

Does social media create social isolation?

Collins, Francis. "It's Not Your Imagination: Social Media Is Making Us Lonelier." *Government Executive*, 14 Apr. 2017, p. 6. EBSCOhost, libprox1.slcc.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=mth&AN=122533030&site=eds-live.

In the article "It's Not Your Imagination: Social Media Is Making Us Lonelier", Collins Francis introduces us to research conducted by the American Journal of Preventive Medicine, which states that individuals between the ages of 19 to 32, who are heavy social media users are two to three more likely to feel socially isolated than those who use little to no social media. Facebook, Instagram, Twitter, and other social media applications help bring people together, but they also have the power to make people feel left out and alone. There is a possibility that people who feel socially isolated look to social media to fill the void, as well as spending many hours on social media can make one feel isolated seeing others having fun. It is not suggested that we drop social media all together but that we learn how to maintain a healthy balance of social media in our lives.

Francis Collins builds his credibility heavily on the use of logos. Using research conducted by the American Journal of Preventive Medicine, which is specifically targeted at social media use and social isolation in young adults. Francis Collins is the director of the National Institutes of Health, which shows his audience that he has a basic understanding of the issue. His credibility grows when he states that social media platforms that were used in the study conducted by the American Journal of Preventive Medicine which were: Facebook, Twitter, YouTube, LinkedIn, Snapchat, Instagram, and Reddit. It helped him support his claim

because these are social media platforms the most of use in our everyday lives. Knowing the effects that they might have on us, create a connection with the research and the audience.

I never thought that if you used social media heavily on a daily that you were most likely to feel isolated. It really makes one think of their social media use, and if you are a heavy user, what are the signs that you feel socially isolated apart from social media usage? It truly made me think of the impact social media platforms can have. I agree and disagree with the source because one would think that if you are a heavy social media user that it means that you are constantly in contact with others. It really makes me think of where feeling socially isolated comes in, if you are constantly occupied with other tasks, getting on social media being one of them.

Rodriguez, Annalisa. "Social media doesn't mean social isolation." *USA Today*, Gannett Satellite Information Network, 18 July 2014, college.usatoday.com/2012/10/16/social-media-doesnt-mean-social-isolation/.

In the article "Social media doesn't mean social isolation", first hellos exchanged over social media, can be more comfortable and less awkward than meeting for the first time. Annalisa Rodriguez includes research by the Pew Research Center's Internet & American Life project, which states that social isolation has not changed much since 1985. In their finding, only 6% of the adult population are truly socially isolated nowadays. People who are already social butterflies in real life gravitate toward all media where they can be involved in social interaction, including social media. Rather than creating isolation, research has found that social networking sites have broader and more diverse social networks. Social media does not replace face to face interaction, but it creates more interaction with new people, even if we don't know the people we are

interacting with, social media can create a community and connect people around the world to events and issues.

Annalisa Rodriguez, builds her credibility by appealing to her audience with logos and pathos. Apart from using research found in 2009 report titled “Social Isolation and New Technology,” by the Pew Research Center’s Internet & American Life Project. Who has followed the issue for quite some time now, she relates to you on the college level. Including the difficulty of staying in touch with former friends and fellow college students. Not being able to rely on in person interactions, college students lean on social media to stay in touch with the world. “It definitely would’ve been worse without social media. I did feel isolated to an extent, but not as isolated as I would’ve been without it.” Social media for some was like a placeholder until they could be more social. She overall builds her credibility on her knowledge of the issue, research going as far back as 1985 and appealing to you by incorporating social media as a college student.

Viewing this article made me change my view on the topic. When first looking at the issue I thought that it was split into two categories; those agreeing and those disagreeing. But I discovered that social isolation has not changed since 1985, at the end of the day you choose to remove yourself from socializing. In the society that we live in today, we cannot simply rely on communicating with each other in person. It really pushed me to see the true influence and power of social media, it really keeps us connected whether we like it or not and has become a way we communicate with each other in our daily lives.

Agrawal, AJ. “Are Social Networks Causing Loneliness Among Teens?” The Huffington Post,

TheHuffingtonPost.com, 7 Oct. 2016, www.huffingtonpost.com/aj-agrawal/are-social-networks-causi_b_12396080.html.

In the article “Are Social Networks Causing Loneliness Among Teens?”, AJ Agrawal discusses the reality of social media. With the ability to instant message nowadays, it leads teens to know when they are being ignored. Facebook Messenger allows one to see if your message has been read or not, teens can feel insulted, lonely, depressed and even anxious when they get no response back. He also addresses that teens do not know how to maintain friendships via social networks, with the lack of personal interaction with these friendships can cause the feeling of isolation. Not opening yourself to different viewpoints can lead one to feeling isolated. An example he gives is Tumblr, a place where teens go to reinforce negative thoughts and feelings. Social media platforms like these push teens into only interacting with like-minded people.

Throughout the article, AJ Agrawal builds his credibility through the use of pathos. He wants his audience to see the effects of social media towards teens, “Teens often times feel they are inadequate just through normal real-life interactions, and social networks amplify those feelings and thoughts”. Depression, anxiety, insecurities and loneliness are subject that are addressed to create a connection with his audience. Credibility is established when he states that more studies are needed on the issue but the correlation between isolation and social networks are being felt.

I did not think that the ability to instant message and whether you received an instant response could lead you to feel socially isolated. This source relates to others in the fact that feeling socially isolated occurs more frequently within teens and young adults. Its point is that social media does cause isolation, but its evidence unlike other sources presents the view of teens isolating their viewpoints from others rather than like other sources evidence which was based on the usage of social media.