

## AP High School Synthesis Essay Example

Social media apps are a dime a dozen. Feeling lonely, all you must do is hop on Facebook to connect with your thousands of friends. However, are you truly connecting? Social media giants like Facebook are supposed to make us feel more connected; however, they can lead to loneliness, less face-to-face connections, and lower self-esteem.

With thousands of friends, how could a person possibly feel lonely? Having thousands of friends means nothing if they aren't true friends. According to research from the Massachusetts Institute of Technology, many people called friends on Facebook aren't. There are few true friends you can rely on in social media. Additionally, these so-called friends are only showing you their best through their posts and tags, according to Sherry Turkle. This can make you feel more isolated and lonelier.

Secondly, Pew Research points out 94% of teens spend time with friends on social media. Additionally, 66% state they connect with friends through social media like Facebook. The prevalence of the online connection can lead to fewer in-person connections with one another. Additionally, studies show social media has also affected the quality of face-to-face interactions with one another. For example, while out with friends, most teens will still text or look at phones rather than making real-time connections.

Thirdly, cyberbullying is a real problem across the globe. More than 70% of young people state they have been bullied on social media like Facebook, according to the Cyberbullying Research Center. This coupled with the loneliness social media can create leads to lower self-esteem. Lower self-esteem can not only lead to depression and anxiety, according to Amy Morin, LCW, but it can also lead to antisocial behavior.

While social media is designed to promote connections, it can lead to loneliness. The removal of face-to-face connections only gives you a glimpse into your so-called friends' lives. This glimpse of their best self can work to make you feel alone in your world or unable to share your struggles. The online connection is a slippery slope to even more concerning mental health issues.

### **Linked references:**

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