

Post? Like? Comment? How Feedback Influences Self-esteem on Social Networking Sites

Brandi E. Macey

Memorial University of Newfoundland and Labrador, Grenfell Campus

Post? Like? Comment? Influences on Social Networking Sites Effecting Self-esteem

Abstract

Throughout this paper, it will discuss how feedback from social networking sites does affect self-esteem. Twitter, Instagram and Facebook are the three main social networking sites that will be talked about, and how feedback is linked to how an individual will feel after participating on these social websites. Feedback consists of posting a picture/status and receiving a number of likes or comments. As a result of feedback, an individual's self-esteem is affected, where negative feedback is more common than positive feedback. In conclusion, these social networking sites, there is more negative feedback given, which tends to end in a higher number of people having low self-esteem than high self-esteem.

Social networking sites have become a major impact when investigating an individual's self-esteem. Some networking sites that have become popular would include Twitter, Instagram, but especially Facebook. Facebook has greatly increased in the past couple years, and has greatly influenced an individual's social life. When comparing factors in terms of social networking sites, self-esteem is greatly influenced due to the feedback given. Feedback consists of posting a picture/comment, liking a picture/comment and commenting on a picture/status. These aspects are linked to self-esteem, which ties everything together, it is what makes or breaks a person depending on how they take control of situations. Self-esteem can be defined as an individual's self-respect, but it can be influenced as either high or low depending on the type of situation.

Influential factors, which consist of feedback, have an impact on self-esteem and define if an individual's self-esteem, depending on the feedback that has been given on these sites.

Throughout this paper, I will discuss the factors that influence self-esteem, consisting of feedback on social networking sites. The social networking sites that will be discussed will be twitter, Instagram and Facebook. On these social websites, it is a way of social interaction, without having face to face conversations, because it all happens online. Examining feedback such as posting, liking or commenting on a social networking site will better explain how it affects an individual's self-esteem. The positive feedback will cause an individual to have high self-esteem, while low self-esteem will be caused by negative feedback. In most cases, feedback that is given on these social networking sites has been found to have a negative influence on self-esteem (Clerkin, Smith, & Hames, 2013). Overall, the main question addressed in this paper will be; does feedback from social networking sites influence self-esteem?

Individuals do not realize in the beginning how greatly affected their self-respect may be, until they began to see ignorant and rude comments. Self-esteem tends to be lowered, but if the comments are positive, and they have a number of likings on a picture posted, their self-esteem is heightened. There are different ways that feedback on Twitter, Instagram and Facebook can be given. Feedback on twitter consist of only posting, Instagram can include liking a picture, or posting a comment, and Facebook can be updating a status or picture and an individual can also post, comment or like on any of these. Feedback from these social websites is either a positive effect or a negative influence on self-esteem, which reflects self-respect.

Self-Esteem

Self-esteem can be defined as confidence in one's own worth or abilities; a person's self-respect reflects a person's overall emotional evaluation of his or her own worth. Self-esteem can be altered to be either high or low, where an individual can feel happy and enjoy events happening in their life, or an individual can feel insecurity about events happening in their life (Heser, Banse, & Imhoff, 2015). Self-esteem is something that every individual carries around and is a part of who they are as a person. One influence that can affect self-esteem would be social networking sites, but more specifically the feedback that is given on these websites.

Heightened Self-esteem caused by feedback. Heightened self-esteem can have a number of characteristics such as confidence, firmly believe they are equal or more important than others, and the individual has a sense of accomplishment and worthiness in oneself. Feedback can be defined as information about reactions on social networking sites, where an individual post their opinions, thoughts or even personal experiences (Hether, Murphy & Valente, 2014). There are a number of ways where feedback can heighten an individual's self-esteem, some positive comments can include "good job", or "beautiful picture", which makes an individual feel secure and happy with whom they are. Other positive feedback can include posting a picture on social networking sites and others liking the picture, which means that you think highly of the picture/status. The individual will be pleased with the supportive comments on that picture or even a status that has been posted. As a result from positive feedback on these social websites, an individual's self-esteem is heightened.

Lowered self-esteem due to feedback. Lowered self-esteem can have a number of characteristics such as a negative outlook, heavy criticism, dissatisfaction, feeling shame, or especially insecurity. Feedback is very influential when it comes to low self-esteem where there are negative comments or no likings on a picture or status (Leitner, Hehman, Deegan, & Jones, 2014). Some negative comments consist of “why would you post this picture”, or even when an individual posting a picture or status on a social networking site and there are no likes on either would be considered negative feedback. With negative comments, or no likings, low self-esteem is highly expected, as a result of feedback given. When an individual has low self-esteem due to feedback from social networking sites, they feel insecure or even shame about who they are because for most people it can come as a shock. Due to the negative feedback, they feel differently towards social networking sites, where it becomes a dismissive matter and do not feel the same about these websites.

Social Networking Sites

A number of individuals depend on social networking sites as their social life. Some individuals see this as a way of experiencing a social life without having to step out the door. One positive aspect about social networking sites would be that individuals can communicate with others world -wide, which can have a positive effect on an individual’s self-esteem. These social networking sites include twitter, Instagram and Facebook, where each of these websites does influence self-esteem in a positive or negative way, depending on the feedback. But it does

manage to affect both men and women, only in different and circumstances. In most cases, these social networking sites do lower self-esteem (Fox, & Rooney, 2015).

Self-esteem and Twitter and Instagram. Twitter is a social networking site where many individuals write about their own personal experiences, observations and even opinions about different aspects in their lives. But it also consist of, providing feedback to one another, such as posting a comment on a status/picture that another individual had already posted. This feedback can be either positive or negative, where there are no limits to what an individual can post, which indicated that there is no privacy on these websites. These factors have a large impact on how an individual feels where feedback on these websites affect if an individual's self-esteem is either heightened or lowered. One aspect that comes into play would be how celebrities also use twitter to post their opinions and experiences and other individuals can comment or like. Due to the popularity of these websites, it affects how individuals look at themselves, where self-esteem is influenced due to feedback, which consists of comments they receive on a status they post. When an individual receives many likes or positive remarks on a status, this information heightens an individual's self-esteem, but if there are rude or inappropriate comments, this lowers an individual's self-esteem. This explains the feelings of the insecurity and the fact that being on these websites are their social life, but another key factor is how positive feedback from others will make an individual feel very secure and happy about their lives. In most cases with twitter, positive self-esteem seems to have increased learning which leads to high self-esteem (Bledsoe, Harmeyer, & Wu, 2014).

Instagram is another social networking site that is very influential on an individual's self-esteem. Instagram has also become popular in recent years, where it consists of signing up to enjoy what the website has to offer, which means uploading a picture where others can like or comment on the picture posted. Instagram is a social networking site that can also heighten or lower an individual's self-esteem. Feedback can include commenting on a picture, the majority is positive, where self-esteem is heightened, but if someone posted a picture and there were no likes or comments, the individual does not feel secure about their picture posted which means self-esteem is lowered (Valkenburg, Peter, & Schouten, 2006).

Self-esteem and Facebook. Facebook can be a deceiving matter, where some individuals very much enjoy Facebook while others are not fond of this website. Facebook is another popular social networking site, where an individual can see everything you post, and then if that is liked by a friend, then all of their friends can see the post and this chain continues on and on, where the end result is no privacy at all for the individual posting a comment or even picture. Behaviours on Facebook, which include posting updates, updating a photo of one self were compared with antisocial behaviours. These findings were investigated because the individual would seek social support, getting aggressive or very upset when someone do not comment on a status or update, which results in negative self-esteem (Carpenter, 2012). The individual's self-esteem is heightened, but if there were rude comments posted or no likes on a picture the individual feels discouraged and insecure about themselves from what they have posted. Due to feedback which has been mentioned, the negative effects from social networking sites, especially Facebook can cause an individual to change between states of high to low self-esteem. When there are pictures posted on Facebook and there are comments such as "Oh my god, you are

beautiful”, this can make an individual feel worthy and secure about who they are as a person (Lee, 2014). Stress is an important factor that can impact an individual’s self-respect, but can become very overwhelming to handle. Stress is an aspect of self-esteem because it is a result from the loneliness and feeling of unworthiness an individual feels because of the negative feedback. This reflects on their self-esteem where it is lowered, due to the minimal feedback that has been given on a picture or comment posted on Facebook. It is easy to understand why an individual’s life revolves around Facebook, as a result of it being one of the most popular and powerful online websites. Feedback can go either way, but it can be very powerful and can disrupt self-esteem in harmful ways. Self-respect is the most important thing in a person’s life and if that is not supported, they can experience symptoms of depression, loneliness, and feelings of unworthiness.

Feedback

Feedback is influential, especially when it comes to social networking sites such as twitter, Instagram and Facebook. Feedback on these social networking sites consists of posting a status or updating a photo, likings and comments, where in reality these websites put an individual’s feelings on the line. Feedback is given as a personal response where it can either improve or decrease self-esteem of the person who is making the post or status. Some types of feedback can include a rude or judgemental comment posted on a status or photo, or there can also be the opposite where there are positive comments or a number of likings on a status or photo updated.

Feedback does influence self-esteem, especially when the individual is using social networking sites, but Facebook is one social networking site that has become more popular in recent years. Feedback is known to affect self-esteem, in a negative way, which means it can be a form of bullying. Cyber bullying has a negative significance and in most cases, the individual's self-esteem is lowered, but not heightened. Feedback can have times where it can cause high self-esteem, but in more commonly, feedback causes low self-esteem, therefore causing an individual to feel insecure or shame about who they are as an individual (Chen, W., & Lee, K., 2013).

Gender Differences

There are many differences between women and men, but especially when it comes to social networking sites (Mehdizadeh, 2010). Men tend to have more anger and feelings of being upset, where women have feelings of hurt and insecurity. Social networking sites are the means of communications and having a social life, where all interactions seem to revolve around what happens on these websites. Self-esteem is altered depending on the gender the individual and the type of the feedback that affects the certain individual. Feedback can be very powerful and can result in negative psychosocial well-being, including depression and loneliness (Oeldorf-Hirsch, & Sundar, 2015). When it comes to negative feedback, women tend to take it more personally, while men tend to keep their feelings hidden and not exposed for others to see. Feedback, which can take on many forms, has been influenced due to the perceptions of one's own self-esteem, where having a large social networking life can either affect self-esteem in a positive or negative

way. Self-esteem is a part of you; it can have high points, but seems to have more low points when examining how self-esteem is influenced due to social networking sites influence (Haas, Pawlow, Pettibone, & Segrist). Women and men both distinguish between the types of feedback that can more personally affect them, but it does affect them in some manner. Social networking sites tend to take over an individual's life, and both genders spend a great deal of their day on these websites and some find it more amusing than others, usually women find it more amusing than men (Okazaki, Rubio, & Campo, 2014).

Self-esteem can be deceiving as well, because of the influences that can either change an individual's self-esteem from high to low or vice versa. There are a number of studies that show how as Facebook interaction increases, self-esteem decreases, but one interesting fact is how women who use Facebook feel less content and happy with their lives. About 30% of the population uses online websites, but has been found that with over 800 million users, 50% use Facebook. Due to status updates on Facebook, a number of individuals resulted in having feelings of loneliness and depression (Deters, & Mehl, 2013). These social networking sites have people self-involved, and not focusing on their surroundings because they are too focused on things that are happening on these websites. Twitter as well as Instagram is websites that people tend to revolve their lives around, where they feel the need to see the feedback in order to know how to feel about themselves. Both genders react to the feedback that may be given because they dwell too much on what others say and how it affects their self-esteem. Self-esteem between genders is drastic but also how some can have the same type of feelings about self-respect. Self-respect revolves around the feelings an individual has about him or herself and in this situation,

social networking sites mostly consist of negative effects towards self-esteem which results in low self-esteem and causes an individual to feel shame, or even worse.

Conclusion

Overall, there are many ways that feedback can alter an individual's self-esteem, whether it is heightened or lowered. Many people see social networking sites as a getaway, a place they can go and feel safe, but in reality this is not the case. Feedback is the main issue that causes an individual to change from high to low or vice versa with self-esteem. Feedback tends to make an individual's self-esteem lower, due to the feedback that is given which includes posting, liking, or even commenting on a status or update are usually in a negative matter. Social networking sites are very personal because of the information that an individual decides to give and how others can say rude or negative comments, or positive, but in most cases, they are in the negative field. Feedback from social networking sites can be dangerous because of things that may be posted, and it can be very crucial for both men and women, even though women tend to feel more embarrassment or shame, while men tend to hide their true feelings. Facebook is a popular website and tends to be the most controversial site because of all the harm it causes an individual, where people who use this website have lower self-esteem than those who do not. Social networking sites are more harmful than helpful, where feedback is the main cause of this. A post? A like? A comment? All of these components have an influence on self-esteem from social networking sites, including twitter, Instagram and Facebook.

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