



“EFFECTS OF SOCIAL MEDIA USE”
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Social media has made a considerable impact, both positive and negative, to all of our daily lives. Social media’s functionality has produced greater advantages that has increased our access to each other while also introducing faster ways of sharing information with just a click of a button or a swipe of a finger. For elite athletes and high-level competitors, social media can be used as a helpful resource to maintain high levels of performance. Because of the nature of their popularity and desires to maintain social connectivity as opposed to exclusion (which some athletes fear will impact their goals), social media can be detrimental to maintaining high levels of focus and performance.

In addition to several benefits such as coping with daily stressors, promotion of continued learning, and social connectivity, social media also offers negative points of distraction that can have a significant impact on their life functioning. Thus, social media can pose considerable threat to the personal and sport development of athletes and high performers. A focus on social media can dissuade preparatory efforts for sport, school, or

professional assignments. Furthermore, a constant process of comparing oneself to others can result in low self-esteem and low self-confidence, which can subsequently occur as symptoms of depression or anxiety. Burn-out related to maintaining a projected image misaligned with the true nature of the person's personality and identity may occur and can lead to other stress-related problems.

There are innumerable possibilities of occurrences related to social media content because social media has become a normal part of common interaction and everyday life. Maintaining personal and professional boundaries are key to projecting a positive social image and branding. However, the most significant protective factor to overuse or overstimulation from engaging in social media activities is self-monitoring for minimization of use. Placing a two-hour limit on social media use or only using social media for specific academic or professional purposes (with 2-to-3-hour limit) may be the most effective way of maximizing the positive use of social media and minimizing its risks and dangers.

Helpful Resources:

Article: Do's and Don'ts of Social Media for Athletes (teamusa.org)

<https://www.teamusa.org/USA-Field-Hockey/Features/2017/December/28/Dos-and-Donts-of-Social-Media-for-Athletes>

Article: Why Professional Athletes Are Now Quitting Social Media (socialmediahq.com)

<https://socialmediahq.com/why-professional-athletes-are-now-quitting-social-media>

Article: The Pros and Cons of Athletes using Social Media, Coach's Clipboard Basketball Coaching (coachesclipboard.net)

<https://www.coachesclipboard.net/athletes-and-social-media.html>