

## 113 學年度高中部英文作文比賽

Topic: "The Impact of Social Media on Teenagers' Mental Health"

Instructions: In your essay, discuss both the positive and negative effects of social media on the mental health of teenagers. Consider how social media platforms influence self-esteem, anxiety, and social interactions. Provide examples from real life or research to support your arguments. Conclude by offering suggestions on how teenagers can use social media in a healthier way.

1. 字數：至少 500 字。
2. 比賽時間：13:10~14:50，共 100 分鐘。
3. 不得使用任何形式的字典與電子載具，其餘依本校考試規定辦理。

Nowadays, with the advancements of technology, social media had quickly become a part of the vast majority of teenagers' life. The existence of social media cast great impacts on teenagers' mental health. These effects, both the positives and the negatives, should be rigorously considered and not to be ignored.

To begin with, social media creates a platform for teenagers to interact with each other. This greatly fulfills teenagers' desire to communicate and engage with peers. In addition, when teenagers feel sad and somber, social media create a space for teenagers to express their feelings or to be embraced once again. What's more, social media exists on the internet, which means it allows teenagers to interact with their friends far away. Granting teenagers to talk to their loved one even if they aren't next to them. For example, my dad went to work in a foreign country, the distance confined my ability to talk to him in person but with the help of social media, whenever I need help on school works or simply missed him, a phone call would allow me to talk however I want. Moving on, social media creates a quick way to transfer information. News can help teenagers get a better understanding of the world, videos can entertain and educate teenagers when they are not at school. Trends online can create a bridge to get along with peers. Overall, I think it's safe to say that social media eliminates the feeling of loneliness that teenagers experience.

I've heard a poem that read: "My name is anagnorisis, king of kings, look at my works, ye mighty and despair!" Nothing beside remains, round the decay of that colossal wreck, boundless and bare... " It tells a story that with the same power that once made a kingdom

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wrong  
example

glorions and proper, also led to the nation's demise. The convenience that social media brings, could also cost detrimental effects on it's users. First, the life that most people post on social media are mostly adorned to be great and wonderful, as if life itself is a never ending harmony. But in reality, this is false, social media could fool teenagers to believe that no harsh challenge will ever exist, resulting in teenagers not prepared and not knowing what to do when the darks come crashing through. Second, the interactions on social media are not always positive. When teenagers get into conflicts on the internet, only a few can really wipe the toxicity and aggressive language off their chest. Most people will be affected adversely and worsen their mental health. Studies have shown the correlation between teenagers' suicide rate and the usage of social media. A conceivable example would be if a teenager is at their lowest point in life, a sudden message filled with invasive words would be the coup de grace to the teenager. Third, another downside of using social media is over using it. Social media is scientifically proven to be addictive, when teenagers are addicted to social media, they often "cannot" resist the desire to procrastinate. This then results in no work being done, thus, enhance the feeling of anxiety. Ultimately, social media does provide benefits to teenagers' mental health, but conversely, if used incorrectly, social media can obliterate one's mental state. From my perspective, most teenagers are not capable of using social media correctly, it is utterly impossible that teenagers can control their screen time all by themselves. The desire to procrastinate is intrinsically built inside their minds and social media is just the catalyst to enhance it. A plausible solution would be using the native trait of humans that dislike a certain object if it's hard to use. By crafting a different design that does not contain bright colors and purposely decrease the loading speed of the application to inhibit the joy of using social media, while maintaining all the functions that benefits teenagers, the design can decrease the negative effects and conserve it's positive effects. Although most social media companies would presumably reject the design, since it uses attractions to their applications and thus decreases incomes,

I still anticipate that a third party program can modify to user interface, which can be fundamental to the said design. At last, I hope with the modifications to social media in the future and the realization that through advertisement can be developed in teenagers, the use of social media can be healthy and not vicious.