

Article Critique for Psychology

Title

"The Influence of Social Media on Adolescent Mental Health" by Dr. Laura Mitchell

Introduction

In the article *The Influence of Social Media on Adolescent Mental Health*, Dr. Laura Mitchell examines how social media use affects the psychological well-being of teenagers. The article explores both the positive aspects, such as increased social connection, and negative impacts, including anxiety, depression, and low self-esteem. Dr. Mitchell aims to highlight the growing concerns surrounding excessive social media use among adolescents. This critique evaluates the article's structure, evidence, clarity, and overall effectiveness in presenting its argument.

Summary

Dr. Mitchell begins by discussing the rising popularity of social media platforms among adolescents, emphasizing how these platforms shape social interactions. She presents data from surveys and longitudinal studies that reveal a correlation between high social media usage and increased rates of anxiety and depression. One study mentioned found that adolescents spending more than three hours daily on social media are twice as likely to report mental health issues.

The article also highlights some benefits of social media, such as providing a sense of belonging, fostering peer support, and allowing for creative expression. However, Dr. Mitchell stresses that these positives are often overshadowed by negative experiences like cyberbullying, social comparison, and disrupted sleep patterns.

Dr. Mitchell concludes by recommending that parents, educators, and policymakers work together to promote healthier social media habits among young people.

Critique

Strengths

One of the article's main strengths is its comprehensive use of research, drawing from recent studies and reputable sources. Dr. Mitchell effectively balances quantitative data with qualitative insights, providing a well-rounded perspective. The inclusion of real-life examples, such as personal stories from adolescents affected by social media, helps humanize the statistics and engage readers.

Another strength is the balanced discussion of both the positive and negative effects of social media. By acknowledging that social media can offer support and connection, Dr. Mitchell avoids a one-sided argument, lending credibility to her analysis. The article's clear structure and logical flow make it easy to follow, even for readers without a psychology background.

Weaknesses

Despite its strengths, the article has some shortcomings. While Dr. Mitchell presents ample evidence of a correlation between social media use and mental health issues, she does not delve deeply into the causation debate. It would have been helpful to explore whether social media use leads to mental health problems or if individuals with existing issues are more drawn to social media.

Additionally, the article focuses primarily on Western countries, limiting its global relevance. Including data from non-Western cultures could provide a broader understanding of the issue. The article also overlooks potential interventions or

solutions beyond general recommendations, which would have been valuable for readers seeking practical guidance.

While the language is generally accessible, some psychological terms are used without sufficient explanation, which may confuse readers unfamiliar with the field.

Author's Style and Tone

Dr. Mitchell maintains a professional and objective tone, appropriate for an academic audience. Her writing is clear and concise, with a strong focus on evidence-based arguments. However, the inclusion of more engaging language or storytelling could have made the article more compelling, especially given the personal nature of the topic.

Conclusion

Dr. Mitchell's *The Influence of Social Media on Adolescent Mental Health* provides a balanced and well-researched analysis of how social media affects teenagers' psychological well-being. The article's strengths lie in its use of credible evidence, clear structure, and acknowledgment of both positive and negative aspects. To improve, the article could explore causation more deeply, include global perspectives, and offer practical solutions. Despite these limitations, it remains a valuable resource for parents, educators, and mental health professionals concerned about the effects of social media on youth.

References

Mitchell, L. (2024). *The Influence of Social Media on Adolescent Mental Health*. *Journal of Psychological Studies*, 30(2), 75–90.