



# Social Media Use & Self-esteem in Adolescent Girls

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## Introduction

Previous studies have shown that social media use is the number one leading cause of low self-esteem in adolescent girls. Occupational therapy (OT) can significantly improve adolescent girl's self-esteem by promoting meaningful activities such as coping strategies.

This study aims to evaluate adolescent girl's response to behavioral modification approaches provided by an OT student using an educational seminar to increase their self-esteem.

## Methods

An OT student provided an educational seminar for adolescent girls and assessing maladaptive behaviors before and after the seminar, using a questionnaire about social media.

### Criteria for this study

Adolescent ages 10-16 years of age  
 A member of Girls Inc. of Central Alabama  
 4th-10th grade  
 Female

### Primary Measures

Effects on Mood and self-esteem  
 Frequency of use of social media apps  
 Online Cyberbullying knowledge  
 Level of confidence

A total of 14 participants completed a questionnaire approved by UAB IRB were analyzed and categorized from excel spreadsheet into 4 themes.

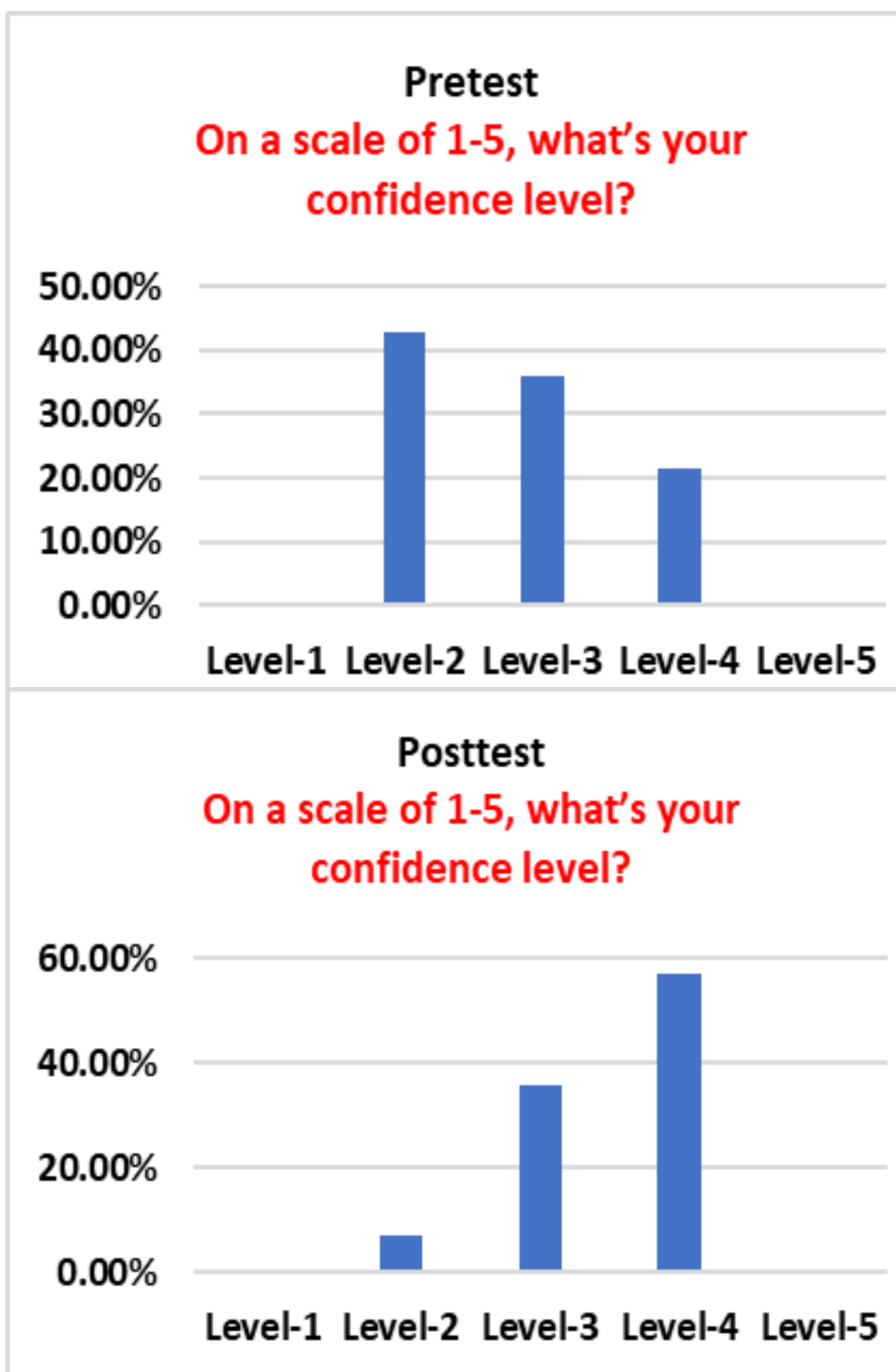
## Results

Initially respondents primarily used four leading apps: YouTube, TikTok, Facebook, X (formerly Twitter), and Instagram, but in the final trial, they reduced the number to two.

Girls typically spent over two hours on social media platform, decreasing to at most one hour .

Participants understanding and perceptions of online cyberbullying with a significant increase from 57% to 79%.

Respondents had a significant increase in their confidence after a three-month period using meaningful activities to increase their self-esteem.



## Discussion

### Main Findings

Occupational therapy partitioners (OTPs) can use support groups to establish a safe place where girls can talk about issues about their self-worth, exchange coping mechanisms, and get advice.

OTPs can help young girls engage in non-screen activities to lower screening time, including mindfulness exercises, leisure, and self-care. This will help them achieve required psychological well-being, such as greater self-esteem.

OTPs support groups can incorporate educational modules that address media literacy and assist adolescent girls in differentiating between curated online personas and real-life experiences.

## Discussion continued

Regular feedback sessions in OTPs support groups allow participants to share changing views and preferences about social media, influencing the creation of more effective interventions for young girls.

### Implications

Create a 14-question questionnaire to understand adolescent girl's views towards their self-esteem, online cyberbullying knowledge, frequency use of social media, and level of confidence.

### Limitations

Small sample size  
 Anonymity in the study limits follow-up with participants .

## Conclusion

This study offers valuable insights for OTs on helping adolescent girls navigate the digital world, particularly in the face of low self-esteem. It emphasizes the need for professional assistance and considering factors. This can also include social support networks, social media benefits, social comparison techniques, young girl's perspectives, and program constraints. The findings can guide the development of interventions for OTs to utilize to improve self-image satisfaction among adolescent girls.

## References

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