

THE PHENOMENON OF SOCIAL MEDIA AND HOW IT AFFECTS LIVES OF ADOLESCENTS AND YOUNG ADULTS – PROCRASTINATION, MOTIVATION, SELF-ESTEEM AND SELF-IMAGE

Module name	The phenomenon of social media and how it affects lives of adolescents and young adults – procrastination, motivation, self-esteem and self-image.
Erasmus code	
ISCED code	
Language of instruction	English
Website	
Prerequisites	None
ECTS points hour equivalents	<p>Contact hours (work with an academic teacher) 15 Total number of hours with an academic teacher 15 Number of ECTS points with an academic teacher 0,5 Non-contact hours (students' own work) Studying literature 20 Preparing presentation 20 Preparing for the final test 20 Total number of non-contact hours 60 Number of ECTS points for non-contact hours 2,5 Total number of ECTS points for the module 3</p>
Educational outcomes verification methods	Class participation, presentation, final test
Description	The module covers the knowledge in the area of present psychological issues regarding the usage of social media by adolescents and young adults. The aim of the course is to discuss the role social media plays in shaping self-image and how it can affect self-esteem and motivation of young people. The course will also cover the subject of procrastination and its relationship with social media.
Reading list	<ol style="list-style-type: none"> 1. Kaplan, A.M. (2010). Users of the world, unite! The challenges and opportunities of Social Media. <i>Business Horizons</i>, 53, 59-68. 2. Correa, T., Hinsley, A.W., de Zúñiga, H.G. (2010). Who interacts on the Web?: The intersection of users' personality and social media use. <i>Computers in Human Behavior</i>, 26, 247-253. 3. Whiting, A., Williams, D. (2013). Why people use social media: a uses and

	<p>gratifications approach. <i>Qualitative Market Research: An International Journal</i>, 16, (4), 362-369.</p> <p>4. Vogel, E.A., Rose, J.P., Roberts, L.R., Eckles, K. (2014). Social comparison, social media, and self-esteem. <i>Psychology of Popular Media Culture</i>, 3, 206-222.</p> <p>5. Fardouly, J., Diedrichs, P.C., Vartanian, L. Halliwell, E. (2015) Social comparisons on social media: The impact of Facebook on young womens body image concerns and mood. <i>Body Image</i>, 13, 38-45.</p> <p>6. Meier, A., Reinecke, L., Meltzer, C.E. (2016). “Facebocrastination”? Predictors of using Facebook for procrastination and its effects for students well-being. <i>Computers in Human Behavior</i>, 64, 65-76.</p>
Educational outcomes	<p>KNOWLEDGE Students:</p> <ul style="list-style-type: none"> • Know the definition and different types of social media • Are familiar with young people’s motivations for using social media including the knowledge about gratifications approach. • Know the effects social media usage has on self-esteem, self-image and a tendency to procrastinate <p>SKILLS Students:</p> <ul style="list-style-type: none"> • Are able to identify major psychological issues regarding social media • Distinguish between advantages and disadvantages of social media usage • Discuss the role social media has in shaping young people’s self-esteem <p>ATTITUDES Students:</p> <ul style="list-style-type: none"> • Are aware of the negative outcomes of overusing social media • Acknowledge the importance of continuing research in the area of psychological aspects of social media usage
Practice	
Website	
Educational outcomes verification methods	Class participation, presentation, final test
Comments	
Reading list	1. Kaplan, A.M. (2010). Users of the world,

	<p>unite! The challenges and opportunities of Social Media. <i>Business Horizons</i>, 53, 59-68.</p> <ol style="list-style-type: none"> 2. Correa, T., Hinsley, A.W., de Zúñiga, H.G. (2010). Who interacts on the Web?: The intersection of users' personality and social media use. <i>Computers in Human Behavior</i>, 26, 247-253. 3. Whiting, A., Williams, D. (2013). Why people use social media: a uses and gratifications approach. <i>Qualitative Market Research: An International Journal</i>, 16, (4), 362-369. 4. Vogel, E.A., Rose, J.P., Roberts, L.R., Eckles, K. (2014). Social comparison, social media, and self-esteem. <i>Psychology of Popular Media Culture</i>, 3, 206-222. 5. Fardouly, J., Diedrichs, P.C., Vartanian, L. Halliwell, E. (2015) Social comparisons on social media: The impact of Facebook on young womens body image concerns and mood. <i>Body Image</i>, 13, 38-45. 6. Meier, A., Reinecke, L., Meltzer, C.E. (2016). "Facebocrastination"? Predictors of using Facebook for procrastination and its effects for students well-being. <i>Computers in Human Behavior</i>, 64, 65-76.
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A list of topics	<ol style="list-style-type: none"> 1. What is social media? 2. Who uses social media? 3. Motivations for using social media. Gratifications approach. 4. Social comparisons on social media. 5. The effect social media has on shaping young people's self-esteem. 6. Social media as a modern tool for procrastination.
Teaching methods	Discussion, group work, presentation, film
Assessment methods	Activity during classes (discussion, preparing presentation), final test