

# The Impact Social Media has on Young Adults Social Skills

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## HYPOTHESIS

Our hypothesis states: Using social media an excessive amount makes it more difficult for humans to perceive the emotion being expressed through the humans with whom they're talking. This makes it more difficult to reply appropriately. Using social media excessively impacts individuals' social competencies whilst having a face-to-face conversation



## RESULTS

Using social media excessively impacts individuals' social competencies whilst having a face-to-face conversation

❖  $r(33) = -.471, p = .006$  Significant



## PARTICIPANTS (N=34)

### Gender

❖ • 10 Males/24 Females

### Race

❖ • 28 African Americans

❖ • 3 Multiracial

❖ • 1 Latino

❖ • 1 Unanswered

❖ • 1 Other

### Classification

❖ • 24 Seniors

❖ • 8 Juniors

❖ • 2 Sophomores



## MEASURES

- ❖ Peer Competence Scale (Wills, Vaccaro, & McNamara, 1992 adapted from Harter; 10 items) – “I am really easy to like.”
- ❖ Bergen Social Media Addiction Scale (Andreassen, Torsheim, Brunborg, & Pallesen, 2014)

## DISCUSSION

The results of this study suggest the following:

- ❖ Students who use social media more are less likely to report good social skills.

