

ADOLESCENT PEER RELATIONSHIPS AND ADJUSTMENT IN THE DIGITAL AGE

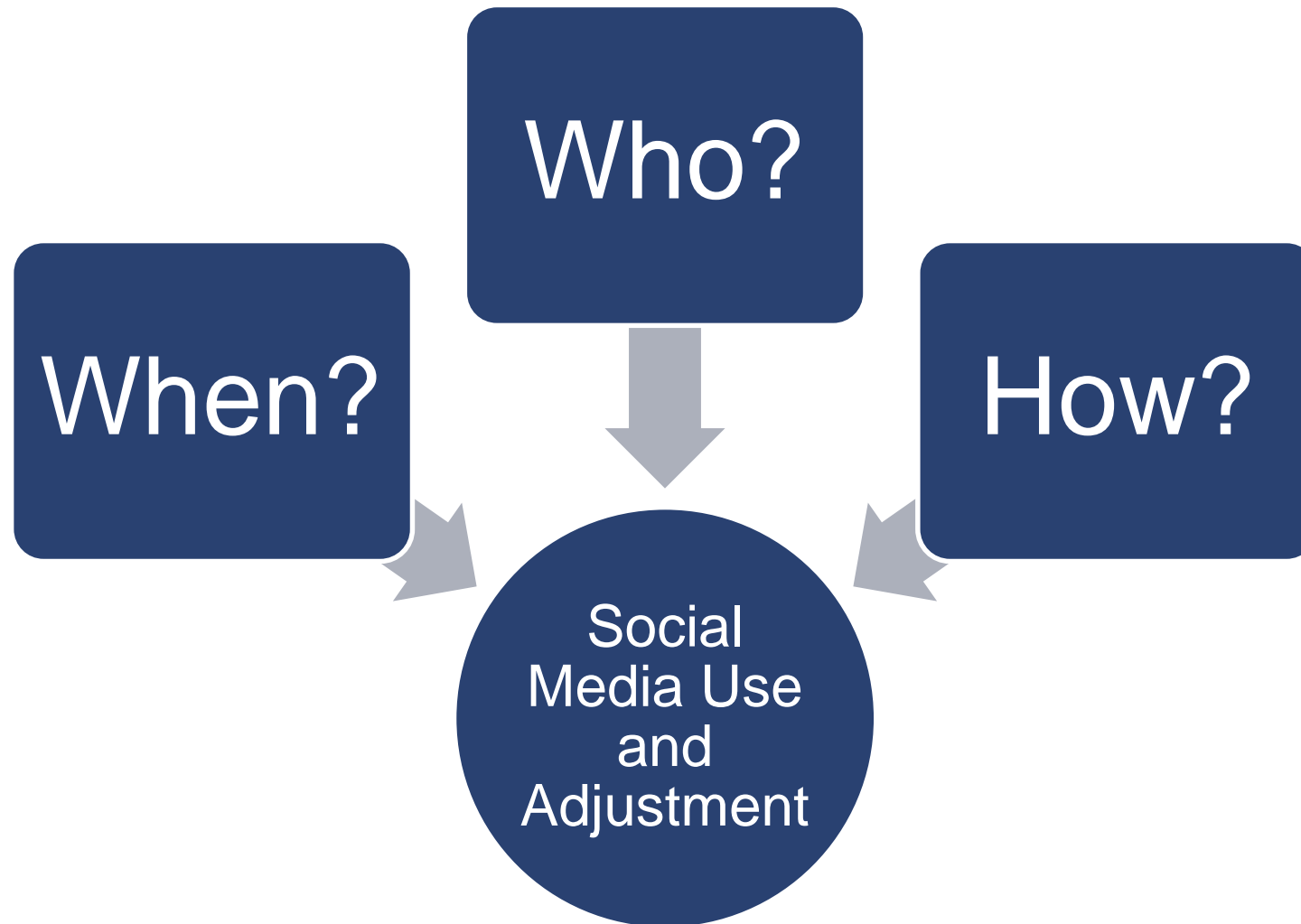
Jacqueline Nesi

University of North Carolina at Chapel Hill &
Warren Alpert Medical School of Brown University

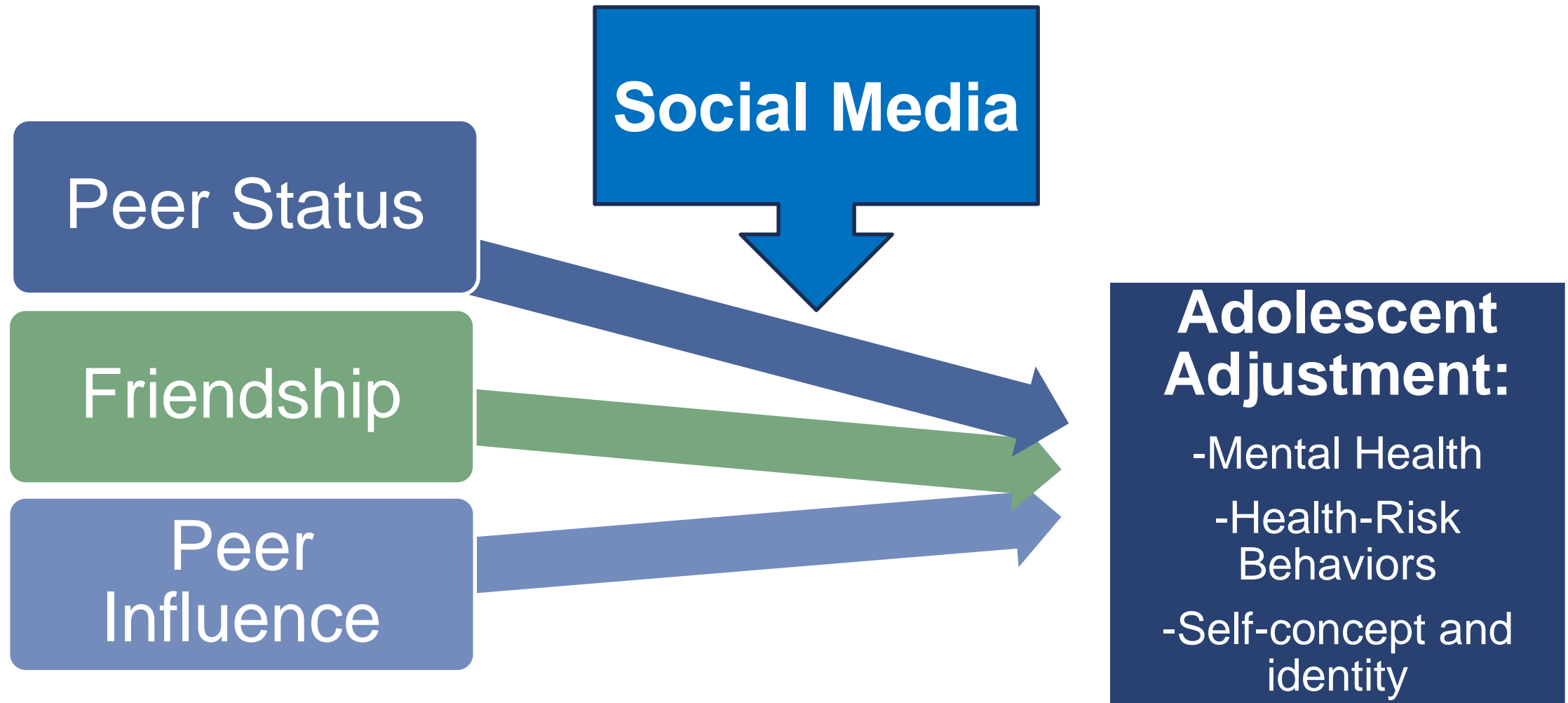


BROWN
Alpert Medical School

Effects of Social Media on Adolescent Adjustment



Adolescent Peer Relations and Social Media



Features of Social Media

- Social media represents a new context for adolescents' peer experiences

Public

Available

Asynchronous

Quantifiable

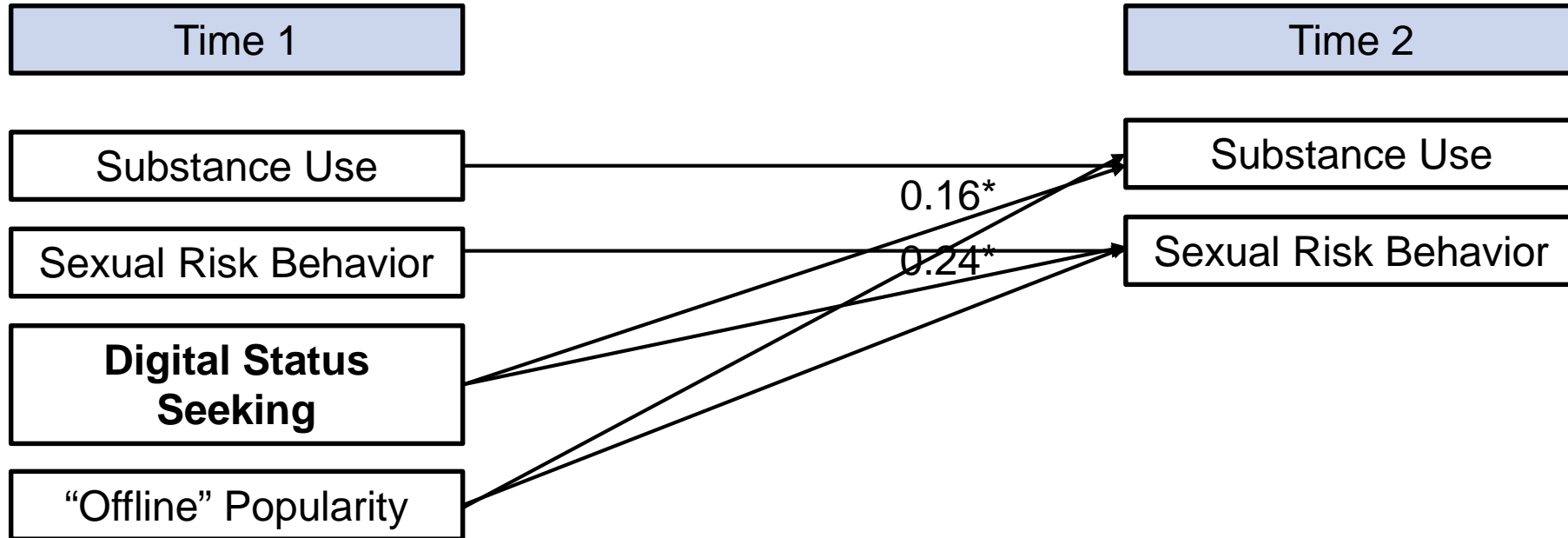
Permanent

Cues absent

Visual

Peer Status

Digital Status Seeking

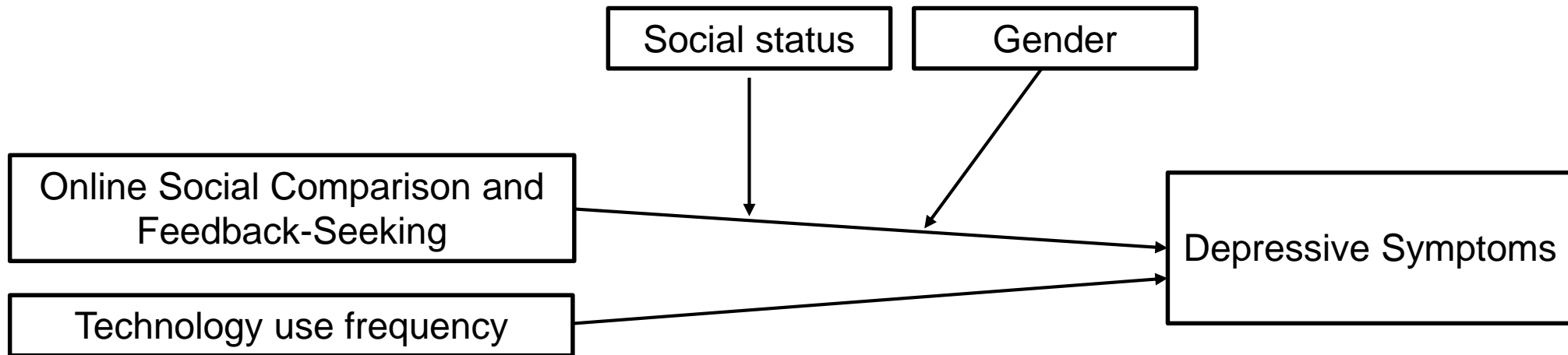


- 716 participants from rural, lower-middle-class schools
- $M_{\text{age}} = 16.01$
- 46% White, 20% African American, 25% Hispanic/Latino
- Girls more likely to be "digital status seekers"

Peer Status

Social Comparison

- Adolescents who engage in higher levels of online social comparison and feedback-seeking reported greater depressive symptoms
- Associations were stronger for girls and adolescents lower in popularity



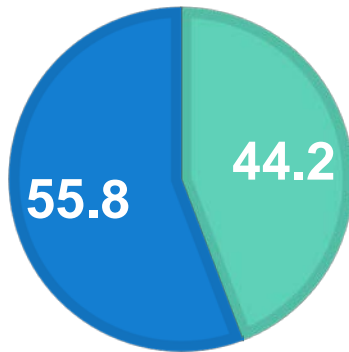
Friendship

Availability and quality of social support

Study 1

I TALKED TO SOMEONE ON
SOCIAL MEDIA THAT I'VE
NEVER MET IN PERSON.

■ Yes ■ No

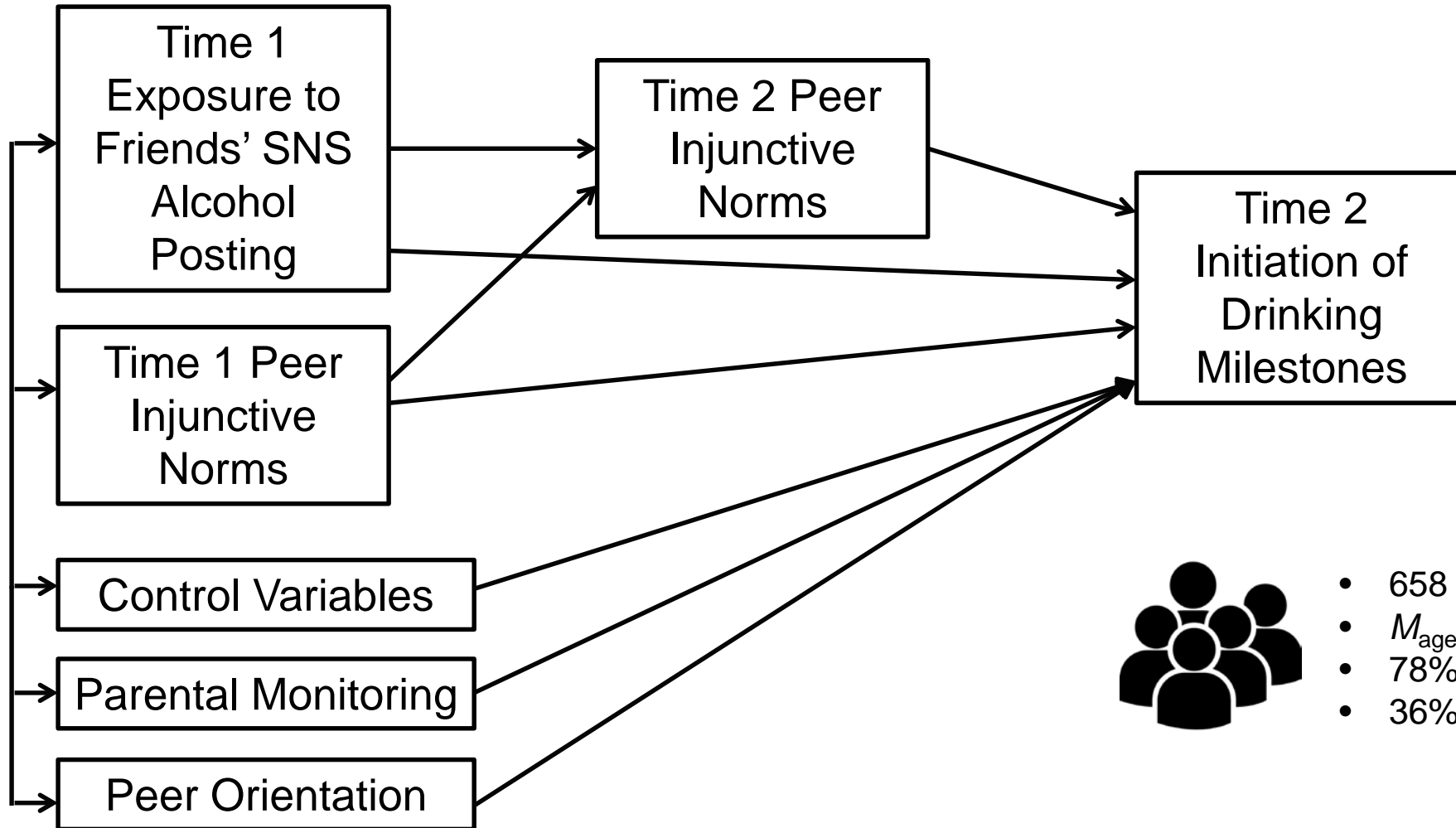


N = 240
psychiatrically
hospitalized
youth

Study 2

- 487 early adolescents in romantic relationships
- Greater proportions of technology-based communication associated with lower levels of interpersonal skills one year later
- Effects were greater for boys versus girls

Peer Influence



- 658 adolescents
- $M_{\text{age}} = 15.8$
- 78% White, 5% Black, 11% Hispanic,
- 36% free/reduced price lunch