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Social Media as a Tool for Developing Creative Potential and Expression among Teenagers

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Abstract

Social media is constantly developing and changing with unique features and apps being introduced on a day-to-day basis. Numerous individuals utilize social media to post about their life online, create connections with others, and create content. Adolescents, ages 11 to 18, are going through a substantial period of development and growth and are easily influenced by the things and people surrounding them. Because of this, adolescents can have both negative and positive experiences and feelings toward social media. It can cause adolescents to frequently compare themselves to

the individuals they follow online; however, it can also be used for self-expression. The purpose of this paper is to discover how social media can influence adolescents both negatively and positively. After reviewing six primary articles, the negative effects heavily outweigh the positive; moreover, a future study using a prospective, mixed-method design is proposed to find interventions that can be implemented to make using social media a more positive experience for everybody.

Keywords: Social Media, Potential, Creative

Introduction

Social media serves as an important tool to foster creative potential and expression among adolescents due to its multimodal affordances, enabling various forms of creative production and interaction. While adolescents can experience both positive and negative influences from social media, its role in self-expression and connection with others is significant during this phase of their development (Du, 2023) ^[5]. Social media significantly affects the way adolescents express themselves, leading to both positive and negative outcomes. Adolescents use social media for self-expression, communication with peers and family, and obtaining information (J., U., A., 2023) ^[11]. However, constant exposure to social media may result in teens comparing themselves to others online, potentially leading to feelings of anxiety and insecurity (Paul, MUTEBA, 2022) ^[18]. In addition, the desire to create curated online images may cause cognitive dissonance between their real-life behavior and their online persona, affecting their social interactions and well-being (Rustono, Farady, Marta., Miletresia., M., 2022) ^[20]. While social media offers a platform for self-expression, it is imperative to address the negative effects by implementing interventions to promote more positive experiences for adolescents online (Sathirachat, 2022) ^[21]. (Sathirachat, 2022) ^[21]. It allows adolescents to socially interact with peers and family, engage in the learning process, and create content (J., U., A., n.d.) ^[10]. social media platforms provide a safe space for marginalized groups such as LGBTQ youth to connect, educate, and support each other, foster friendships, romantic relationships, and share information on a variety of topics (Delcourt *et al.*, 2022) ^[4]. In addition, social media enables innovative experiences and collaboration, as seen in the virtual design workshop where teenagers co-created a new online social space, promoting positive experiences and active participation among a diverse group of teenage girls. (Paul, MUTEBA, 2022) ^[18]. However, while social media offers a unique learning experience, face-to-face interaction remains valuable, as it can improve adolescents' concepts of quality of life and sustainability, highlighting the importance of a balanced approach to collaboration methods. (Berger *et al.*, 2021) ^[2]. Teenagers demonstrate creativity on social media platforms in various ways. For example, teens use social media to express their views on contemporary issues, highlighting their unique language styles and discussing themes such as relationships, economics, and politics (Routledge, 2022) ^[19]. In addition, young people engage in creative production through naming their social media accounts, reflecting their identities by

using their real names or creating new identities with nicknames, numbers and punctuation. (Dwi, Kurniana, Hereka, 2021) ^[6]. Additionally, adolescents utilized social media to support social distancing initiatives during the COVID-19 pandemic, creatively crafting narratives of fear, responsibility, disruption, fun, and denial to encourage compliance with safety measures (Siti, Mazidah, 2020) ^[23]. These examples underscore how teenagers utilize the affordability of social media to showcase their creativity, express themselves, and contribute to community conversations and initiatives. Social media plays an important role in facilitating collaboration and the exchange of ideas among teenagers. Research has shown that adolescents use social media for various forms of social interaction, including individual-to-individual, group-to-group, and group-to-individual interactions, which can involve tasks, learning-related information, and communication with friends. (J., U., A., 2023) ^[11] (Delcourt *et al.*, 2022) ^[4]. Additionally, the research highlights how social media can be leveraged as a domain for computational exploration, enabling a diverse population of adolescents to co-create new online social spaces and engage in collaborative design processes, fostering positive experiences for adolescent girls. (Jessica, L., Hamilton., Melissa, J., 2023) ^[12]. (Li, 2023) ^[16].

Materials and Methods

Qualitative research method, by adopting qualitative research, the author can investigate the opinions, responses, and perceptions of individuals regarding social media responses as a potential and creative development tool among adolescents (Kudakwashe, 2022) ^[14]. Social media plays an important role in understanding the impact of social media on adolescent creativity. Studies show that adolescents rely heavily on social media for communication, information seeking and self-expression. (J., U., A., 2023) ^[11]. The use of qualitative research methods allowed the researcher to investigate different aspects of the influence of social media on adolescent interactions, highlighting both positive and negative impacts on creativity. (J., U., A., 2023) ^[11] (Siti, Fatmawati, Sesady., Nuvida, Raf., Rahma, Nazila, 2022) ^[22]. While social media provides a platform for teens to innovate, be creative, and gain emotional support, it can also lead to negative consequences such as seeking validation through viral content that may not align with cultural norms (Jessica, L., Hamilton., Melissa, J., 2023) ^[12]. By understanding these influences through research, interventions can be developed to enhance the positive aspects of social media on adolescent creativity and reduce the negative effects, ultimately fostering more positive online experiences for young individuals (Taddeo & Tirocchi, 2021) ^[25].

Results and Discussion

Adolescents can utilize social media platforms to enhance their creative skills, including photography, graphic design, and other digital arts, by engaging in collaborative practices, digital media production, and online peer-to-peer evaluation (Katie, Davis., Petr, 2023) ^[13]. Social media offers a space for young individuals to interact, learn from each other, and showcase their creative work, fostering a sense of autonomy and creativity (Fadhil, Pahlevi, Hidayat., 2021) ^[7]. However, it is crucial for teens to use social media intentionally and reflect on their social media intentions to minimize negative

impacts such as addiction, cyberbullying, and behavioral changes (Paul, MUTEBA, 2022) ^[18]. While social media can lead to negative experiences such as frequent comparisons with others, it also provides a platform for self-expression and creativity, which can be further enhanced through media literacy skills and parental supervision. (Taddeo & Tirocchi, 2021) ^[25]. By utilizing the affordability of social media platforms and participating in online communities, adolescents can foster their creative potential and contribute to the diverse forms of creativity prevalent in digital spaces. (Syamsiani Syamsiani, 2022) ^[24]. The use of social media among adolescents presents challenges and risks that can impact the development of creativity. Excessive social media consumption can lead to negative psychological outcomes such as depression, anxiety, and feelings of jealousy and comparison, which can inhibit adolescents' creative expression. (Chen, 2023) ^[3] (Valerie, A., 2023) ^[26]. In addition, constant exposure to curated online content may result in teens comparing themselves to others, potentially inhibiting their creativity and self-expression while social media offers opportunities for self-expression and connection, it also poses risks to teen creativity by promoting unrealistic comparisons and fostering a culture of passive consumption rather than active creation. (Delcourt *et al.*, 2022) ^[4] (Linda, 2022) ^[17]. Social media platforms have become instrumental in inspiring teens to explore various forms of art and creativity. Research highlights that social media enables collaborative work, observation, evaluation, trend exploration, and sharing of artwork, fostering active learning engagement and enhancing critical thinking skills. Additionally, social media facilitates the convergence of creativity, technology, art, and design education, advocating for the use of digital tools to support creative thinking and innovative teaching strategies (Fahmi *et al.*, 2021) ^[8]. The participatory culture in social media blurs the lines between consumers and producers, empowering youth to create and share original artistic content, indicating a significant shift in how young individuals interact and learn from each other through creative production within online communities (Al Hashimi *et al.*, 2019) ^[1]. Informal youth cultural practices in cyberspace also demonstrate the migration of creative processes to digital social networks, emphasizing the importance of incorporating informal practices into art education to make projects more meaningful and relevant to contemporary youth culture (Kylie, 2019) ^[15]. Media sosial berfungsi sebagai alat yang berharga untuk mengembangkan potensi kreatif dan ekspresi remaja, menawarkan dampak positif dan negatif pada perilaku mereka. Remaja sangat bergantung pada media sosial untuk komunikasi dan informasi, yang mengarah pada peningkatan kreativitas dan partisipasi dalam berbagai kegiatan (François, 2023) ^[9]. Melalui media sosial, remaja berinteraksi secara sosial dengan teman sebaya dan keluarga, terlibat dalam proses pembelajaran, dan mengekspresikan diri melalui pembuatan konten (J., U., A., n.d.) ^[10]. Sementara remaja dapat mengalami efek negatif seperti depresi dan perbandingan karena penggunaan media sosial, itu juga menyediakan platform untuk ekspresi diri dan koneksi dengan orang lain, mendorong kreativitas dan pertumbuhan pribadi. Namun, komersialisasi media massa yang meluas dapat berdampak negatif pada konstruksi moral remaja dan kesehatan psikologis, menekankan pentingnya menyeimbangkan aspek positif dan negatif dari media sosial untuk perkembangan remaja (Paul, MUTEBA, 2022) ^[18].

Conclusions

Social media serves as an important tool to foster creative potential and expression among adolescents due to its multimodal affordances, enabling various forms of creative production and interaction. (Du, 2023) ^[5]. Social media significantly affects the way adolescents express themselves, leading to both positive and negative outcomes. Adolescents use social media for self-expression, communication with peers and family, and obtaining information (J., U., A., 2023) ^[11]. In addition, social media enables innovative experiences and collaboration, as seen in virtual design workshops where adolescents co-create new online social spaces, promoting positive experiences and active participation among diverse groups of adolescent girls (Paul, MUTEBA, 2022) ^[18]. Adolescents demonstrate creativity on social media platforms in various ways. For example, teenagers use social media to express their views on contemporary issues, highlighting their unique language styles and discussing themes such as relationships, economics and politics (Routledge, 2022) ^[19]. Social media plays an important role in facilitating collaboration and idea exchange among adolescents. Research has shown that adolescents use social media for various forms of social interaction, including individual-to-individual, group-to-group, and group-to-individual interactions, which can involve tasks, learning-related information, and communication with friends (J., U., A., 2023) ^[11] (Delcourt *et al.*, 2022) ^[4]. While social media can lead to negative experiences such as frequent comparisons with others, it also provides a platform for self-expression and creativity, which can be further enhanced through media literacy skills and parental supervision (Taddeo & Tirocchi, 2021) ^[25]. Therefore, it is imperative to understand and address these challenges to ensure that adolescents can capitalize on the positive aspects of social media while maintaining their creativity and mental well-being (Paul, MUTEBA, 2022) ^[18]. Additionally, social media facilitates the convergence of creativity, technology, art, and design education, advocating for the use of digital tools to support creative thinking and innovative teaching strategies (Fahmi *et al.*, 2021) ^[8]. The participatory culture in social media blurs the lines between consumers and producers, empowering youth to create and share original artistic content, indicating a significant shift in how young individuals interact and learn from each other through creative production within online communities (Al Hashimi *et al.*, 2019) ^[1]. Informal youth cultural practices in cyberspace also demonstrate the migration of creative processes to digital social networks, emphasizing the importance of incorporating informal practices into art education to make projects more meaningful and relevant to contemporary youth culture (Kylie, 2019) ^[15].

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