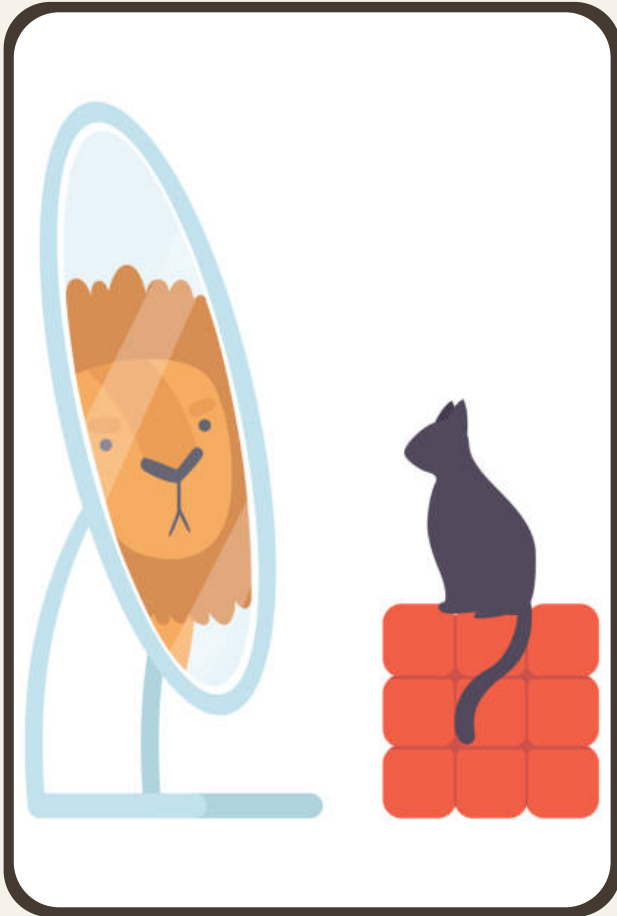




Erasmus project

SOCIAL MEDIA AND NARCISSISM



2020-1-TR01-KA105-089852

PSYCHOLOGY SOCIETY

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This project is funded by the erasmus+ program of the european union. However, european union and the Turkish National Agency cannot be held responsible for any use which may be made of the information contained within



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Contents

- What is Narcissism and Narcissistic personality disorder?
 - How it is relevant to social media?
 - How do we acknowledge Narcissistic behaviours?
 - How do we avoid narcissism?
 - Notes and memories from the project
 - References
-

What is narcissism?

The term is defined as ‘Narcissism is a self-centered personality style characterized as having an excessive interest in one's physical appearance or image and an excessive preoccupation with one's own needs, often at the expense of others.’ in Wikipedia.

important
Narcissism and
Narcissitic
personality disorder
are different things

What is the difference between narcissism and narcissistic personality disorder?

Psychcentral.com explains, Narcissism is a personality trait many live with and only becomes evident occasionally.

Narcissistic personality disorder is a formal mental health condition with persistent symptoms that significantly impact the quality of life.

What traits do people with narcissism have?

- Self-indulgence
- Seeing oneself as superior and more intelligent than other people
- Desire to be the only center of attention
- Expecting everyone to take care of him
- To act with the ambition to succeed everyone
- lack of empathy
- Feeling excluded by the social environment
- Manipulating and using people for their work
- Expecting the social circle to admire him
- Just want your own wishes done
- be overly arrogant
- Being jealous of other people's lives and wanting to be in their shoes



How is social media relevant to narcissism?



A recent study showed that people exposed to narcissistic reality TV characters exhibit higher levels of narcissism immediately afterwards.

Other data also supports this theory: a paper from 2011 found that teenagers who use Facebook more often show more narcissistic tendencies than their peers.

The blog named social media today, shared this data on their site. In today's world, our reality show TV characters are influencers. They are everywhere on the Internet and the internet is also everywhere.

The participants of this Project says that there are lots of people we idealize and they becomes their idols. Since social media does not Show the reality, these “idols” may have let the users of social media to think that they are exactly who they are on social media. These idols’ narcissistic behaviour cause us to do those same things in social media. This way, social media turns into a big hole full of narcissistic behaviours. People who use social media often starts to mirror those behaviours on social media and

“Mirroring is something we do with people we like or are interested in– we copy their body language, speech, facial expression and more” kelly writes in imagine health blog.

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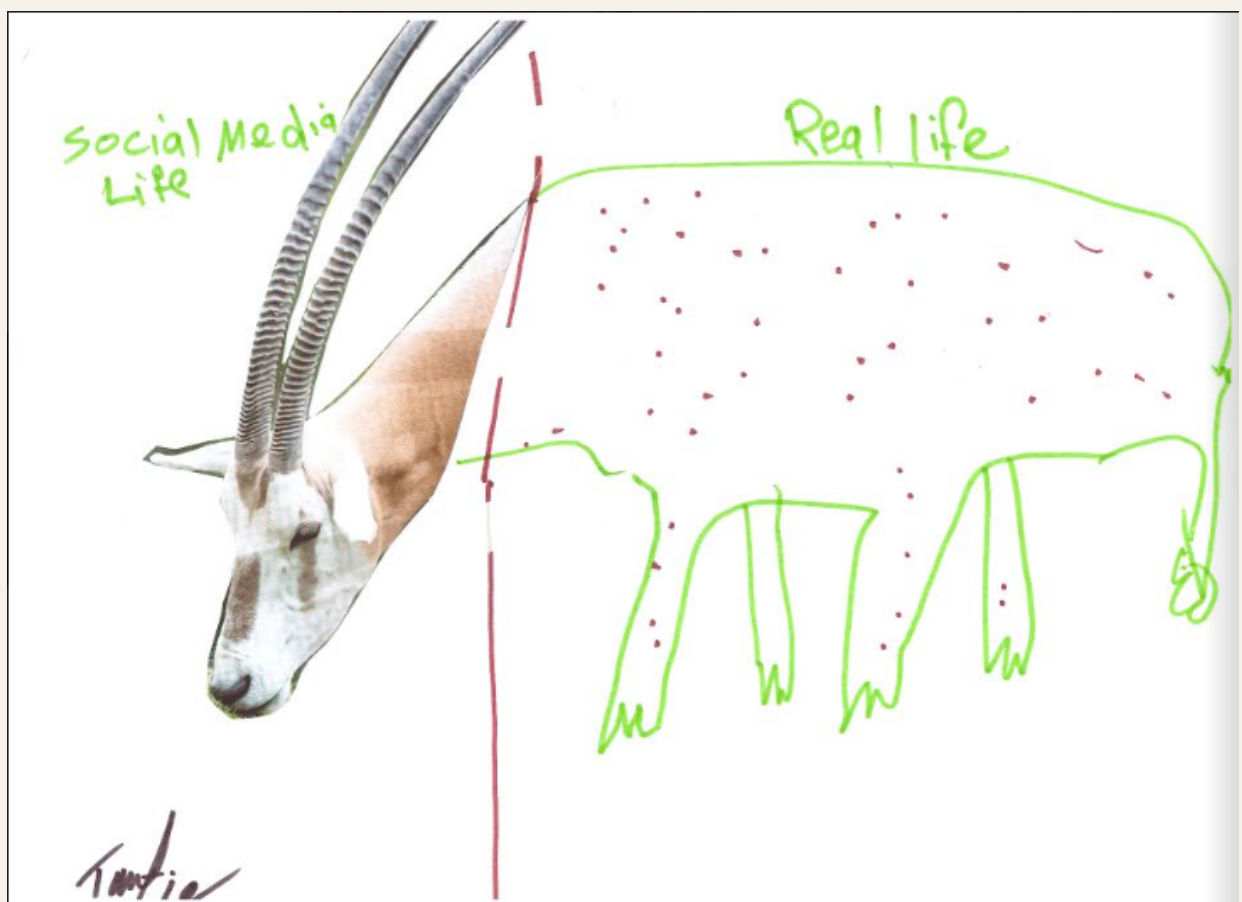
People who use social media often starts to mirror those behaviours on social media. Kelly writes in the imagine health blog“Mirroring is something we do with people we like or are interested in- we copy their body language, speech, facial expression and more.”

In order to look confident and look more fancy and fit into the idealized superstar model, the users of social media are getting all narcissistic on their behaviours. As it is explained before, by mirroring we are all getting pulled to the big black hole.

We realized we are different on social media...

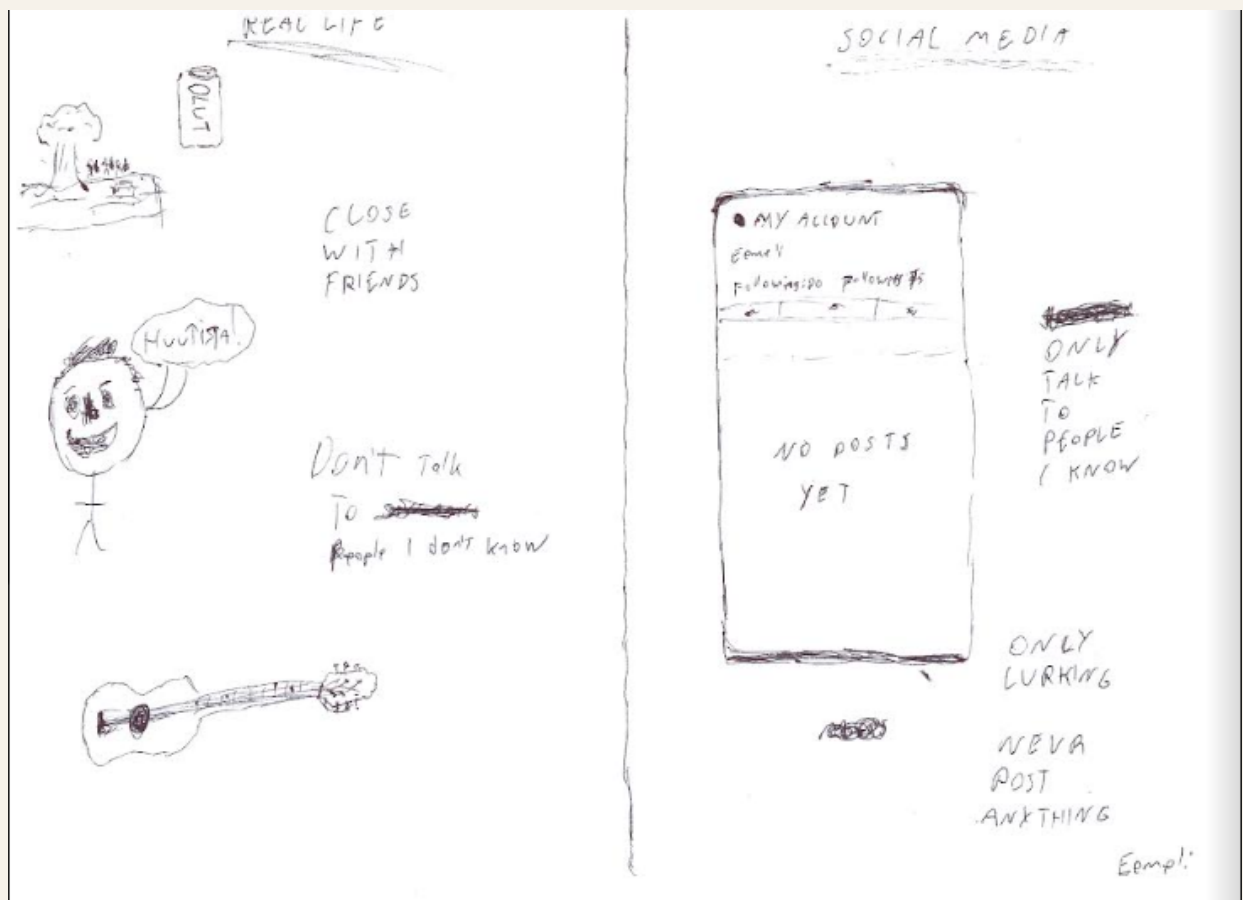
During the project days, we made an activity by drawing our real life selves and social media selves. Some of the outcomes' example is down below. We believe, the biggest change starts with acknowledging the problem. With this activity, almost every participants realized how their personality changes in social media.

We highly encourage those who reads this book to try to the activity by themselves. You just need a paper and you need to draw you real life self, and social media self. After, you can compare and choose which element of your life you find narcissistic.

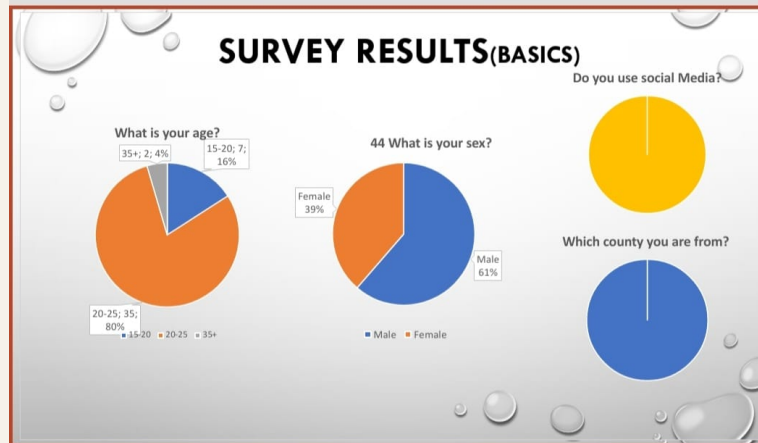


We have 2 different type of people here, first one is someone who likes to portray themselves as better as they can on social media. After this activity they have realized this behaviour on themselves.

Second person is someone we would called an "old person". They don't use much social media and if they do, they only use it to communicate with their real life friends. On the other hand, this person is so active on their real life, they are the opposite of what they are like on social media. These traits has positive effects on the persons life. And most of the participants agreed that the reason for these positive aspects are the minimum use of social media.



Every group had their own presentation prepared about social media and narcissism. They talked about narcissism on social media in their own country. This presentations contained; survey results of their country, examples of narcissistic posts and texts on social media from their own country, social media phenomenons their country, researches done in their country about the topic, behaviours that are crimes on social media in their country, suggestions on social media use etc.

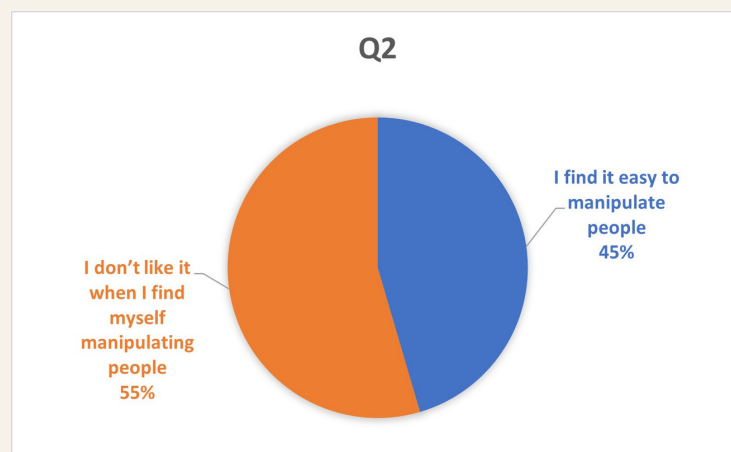
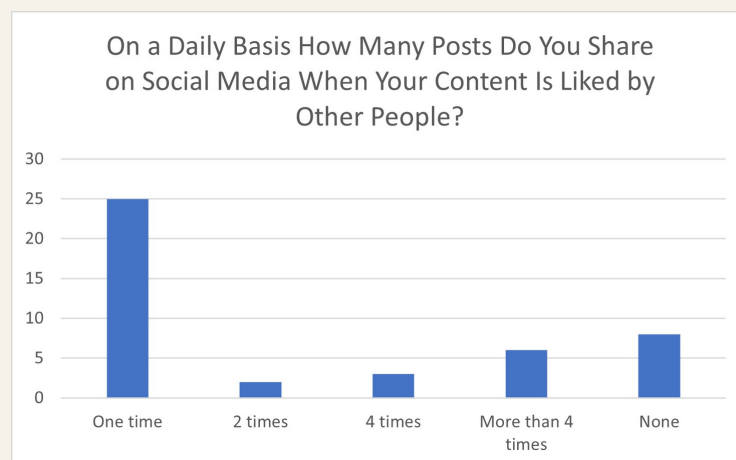
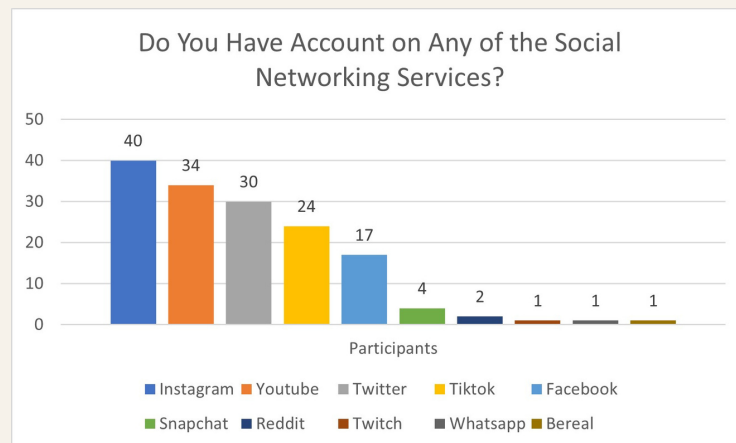


AWARENESS

Find out just how obsessed you are with the quiz, of **Frances Trussell**, therapist, mindfulness teacher and author of [You Are Not Your Thoughts](#).

The slide features a blue background with a red horizontal line and a vertical teal bar. A yellow rectangular area is on the right side.

Survey results showed the sex and age distribution of participants as well as which social media platforms they used. Participants' answers to the survey's questions displayed how often they used social media, for how long they stayed logged on, their frequency of sharing posts along with their choice between two options that suited them better. These results allowed us to observe their tendency to be manipulative, to show off, to want to be an authority or to see themselves as superior to other people.

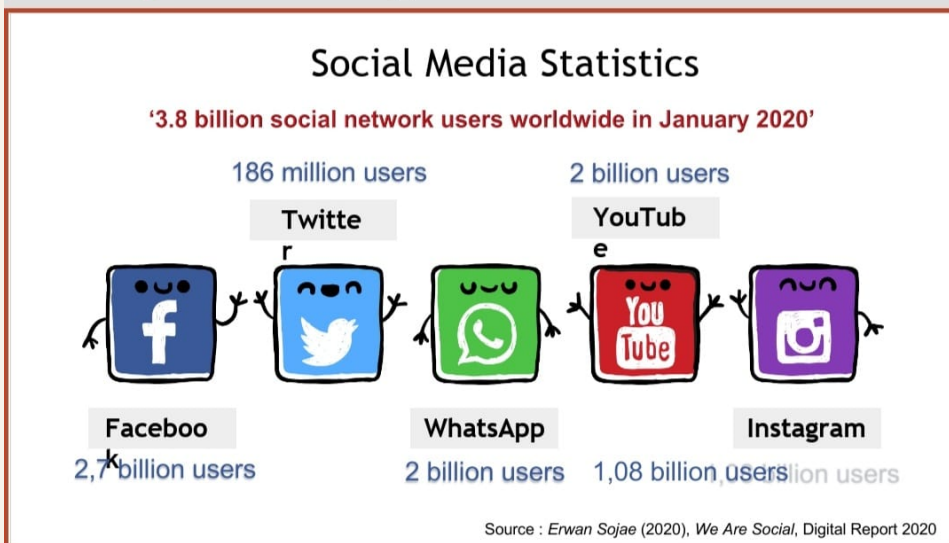


Social media:
"websites and applications that enable users to create and share content or to participate in social networking"

Social Media

Negative Effects On Our Health

TEAM France



Life with Social Media

The use of social media has become an integral part of many people's lives, connecting them with friends, family and strangers from across the globe.

Many young people have never known a world without instant access to the internet and social networking platforms.

The internet and social media has transformed the way in which this generation commonly known as 'digital natives' interact and communicate with each other.

While this presents great opportunities for innovation, learning and creativity, emerging evidence is raising concerns about the potential implications for people's mental health.

How do we avoid narcissism on Social Media, Solutions from our participants

We used padlet to hear solutions from our participants as groups. And they named their groups after baklava and habibi etc...

ANONiM 12 EYL 2022, 11:45

Fresh guys and AT

Hiding likes and comments.

Creating informative advertisements in social media about narcissism and how it effects on personality.

Everybody should reflect on themselves.

Government can create free therapy groups.

Parents should be informed about narcissism.

Schools should add some must lessons about narcissism.

Bad comments should be filtered by Instagram and other social media authorities.

People should try to change their mindset.

People should love themselves.

ANONiM 12 EYL 2022, 11:43

baklava

We need to spend time away from social media

ANONİM 12 EYL 2022, 11:38

Malcolm X

- Awareness workshops against narcissism
- to adapt educational strategies to hopefully have a positive effect on younger generations
- the first step / stage of treatment for the disease is recognition. So, the narcissist must admit her / his disease

We think that trying to integrate narcissistic people into group activities can reduce their narcissism. – ANONİM

ALIKAGO 12 EYL 2022, 11:38

Team Baklava

Need to be carefully and use the social media on right way.

ANONİM 12 EYL 2022, 11:37

Baklava

Balance our cognitions about how much you give vs. take

ANONİM 12 EYL 2022, 11:37

baklava

Insulting content on social media should be removed.

ANONİM 12 EYL 2022, 11:38

Baklava

The hours spent should be regulated

it depends on you – ANONİM

ANONİM 12 EYL 2022, 11:33

should be given school lessons to prevent to grow narcissistic people

ANONİM 12 EYL 2022, 11:33

Team 4

Hiding the amount of likes

Warning young users about the effect of social media and it's negative effects – ANONİM

Limit screen time – ANONİM

Show when filters/faceapp were used – ANONİM

Check the age limit more strictly – ANONİM

The Feedbacks from the participants...

We have opened google forms in order to get people's feedbacks about the project.

In the next pages you will find some of them

What did you like about the project? What should we keep for our next projects?

- I loved the energizers, culture nights and kahoot games
 - Absolutely i would say energized games.
 - It was a very effective project in terms of meeting new people and learning new cultures I want to continue to get to know more people and learn more.
 - The good vibes and team work spirit
 - I liked all the participants from this project, because all of them were active, funny and open-minded. Also I love it because there were many topic-related activities and workshops, which will help me to decrease the amount of time I spend in social media. Moreover, I had a wonderful opportunity to meet people from different countries and get to know their culture more. For the next project we should keep the atmosphere and creativity of all the activities and workshops.
-

What can you take back to home from this project?

- The new way of thinking
 - A lot but mostly that I have to be more open towards new people
 - Positiv memorys and new friendships
Learned more about group dynamic and the topics social media and narcissism
 - I can now speak more confidently to people I don't know
 - More knowledge about social media
 - Many good memories ; learnt relevant working methods
 - I can take back the memories with my friends from other teams and some words that i learned from several languages.
-

Now its time for making the project more visible to people who did not attend to it

Now that our project's activity days are over it is time for us to share the outcomes of it with as many people as possible.

We did street interviews to ensure this and help people become more aware on this subject.



We have been very active on social media even before the project started, here are our social media accounts ;

twitter: @AndNarcissism

facebook: Social Media and Narcissizm

mail: sosyalmedyavenarsizm@gmail.com

instagram: socialmediaandnarcissizm

References

<https://en.wikipedia.org/wiki/Narcissism>

<https://www.socialmediatoday.com/social-networks/how-spot-narcissist-social-media>

<https://imaginehealth.ie/the-psychology-of-mirroring/>



Thank you!

twitter: @AndNarcissism

facebook: Social Media and Narcissizm

mail: sosyalmedyavenarsizm@gmail.com

instagram: socialmediaandnarcissizm