JEOPARDIZATION OF SOCIAL MEDIA: WHY IS IT SO DIFFICULT FOR PATIENTS OF EATING DISORDERS TO RECOVER?

Thin Internalization by Social Media

1. Panopticism
- Social media exposes us to a kind of virtual Panopticon
- Our activities are monitored and recorded
- Surveillance comes from whom we share the content
- We are both guards and prisoners
- We observe and criticize one another

2. Spiral of Silence
- Discrepancy of opinions leads to fear of social isolation
- People whose ideas face wide support voice out opinions more
- Minority opinions gradually dissipate
- Others perceive the prevailing opinion as dominant and correct

3. Echo Chamber and Filter Bubble
- Like-minded friends filter out cross-cutting information
- Users prefer information that reinforce their values
- Newsfeed algorithm records browsing history, etc.
- It presents information that we interact with most often
- Information is amplified and reinforced
- Available information shapes our standards of beauty

Research Result from Internship

<table>
<thead>
<tr>
<th><strong>p ≤ 0.01</strong></th>
<th>Time Spent on Facebook</th>
<th>Thin Internalization by Social Media</th>
<th>Body Dissatisfaction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating Disorder Tendency</td>
<td>0.207**</td>
<td>0.292**</td>
<td>0.221**</td>
</tr>
</tbody>
</table>

Fig. 1. Correlation of Eating Disorder Tendency with Social Media Usage, Thin Internalization and Body Dissatisfaction (Source: HEDA Research)

A Case from Caregiver’s Meeting

A girl suffered from ED due to peer criticism of having a belly

SOLUTIONS: To burst the filter bubble
- Do not internalize every piece of information received
- Learn to appreciate opposing opinions in social media
- Be critical: Learn to receive information from other sources
- Believe your own values on beauty and health

ONLY YOU CAN HELP YOURSELF