

# Social Media's Impact on Teenage Empathy and Emotional Intelligence

Henry Collins  
PhD  
University of Oxford  
Oxford, England, UK

Riley Hall  
Dr.  
University of Auckland  
Auckland, New Zealand

Riley Lee  
Prof.  
University of Munich  
Munich, Bavaria, Germany

**Abstract.** This article investigates the effects of social media usage on the development of empathy and emotional intelligence among teenagers. By analyzing data from a longitudinal study, the research explores how frequent interactions on social platforms influence teenagers' ability to empathize and manage emotions. The study reveals both positive and negative impacts, emphasizing the need for balanced and mindful social media use. These findings are essential for understanding the broader implications of digital communication on emotional development.

**Keywords:** Social Media, Teenage Empathy, Emotional Intelligence, Digital Communication, Longitudinal Study

## Introduction

With the rise of social media, teenagers today are more connected than ever before. However, this connectivity comes with both benefits and challenges, particularly regarding emotional development. This research delves into how social media usage impacts teenagers' empathy and emotional intelligence. Drawing on data from a comprehensive longitudinal study, the article examines the correlations between social media interactions and teenagers' emotional skills. The findings indicate a complex relationship, where social media can both enhance and hinder emotional growth. Understanding these dynamics is critical for parents, educators, and policymakers.

**This is a preliminary version. To read the full version of the article, please purchase a subscription.**

## References

1. Lewinski, P., Fransen, M. L., & Tan, E. S. (2017). Embodied Resistance to Persuasion in Advertising. *Front. Psychol.* 7: 1202. doi: 10.3389/fpsyg.2016.01202 Embodied Resistance to Persuasion in Advertising. Adaptive Hot Cognition: How Emotion Drives Information Processing and Cognition Steers Affective Processing, 9.

2. Khrebtii, H., Holubovska, Y., Petrina, R., Buchkevych, I., Kurka, M., Kobzieva, I., ... & Navchuk, I. (2023). Innovative ways of improving medicine, psychology and biology. International Science Group.
3. Spytka, L. (2022). Interrelation of social and individual aspects in personality. Scientific Collection «InterConf+», (28), 147-153.
4. Спицька, Л. В. (2015). Особистісні деструкції неповнолітніх як чинник делінквентної поведінки. Теоретичні і прикладні проблеми психології, (3), 448-453.