



ORIGINALS

Influence of social networks on adolescent body image. An integrative review

Influencia de las redes sociales en la imagen corporal de adolescentes: una revisión integrativa

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ABSTRACT:

Introduction: During adolescence, the foundations of figure and appearance are laid, and constructs such as self-concept, self-esteem and body image make sense. It is a stage of evolutionary development characterized by the search and consolidation of one's own identity, in the development and acquisition of which social networks have a considerable influence.

Objective: To analyze the available scientific evidence on the influence of social networks on adolescents' body image.

Methods: An Integrative review of the literature published in the last 5 years, carried out between January and March 2024, in the databases Pubmed, Psycodoc, CINAHL, Cuiden, Scopus and Web of Science databases, following the phased process of the PRISMA statement. The search covered the period January to March 2024. We used health sciences descriptors (DeCS) "mental health", "adolescent", "social network", "self-image", "body image", "Internet addiction disorder" and their English equivalents (MeSH). The AND and OR operators were used to combine them. A total of 19 articles were included.

Results: 19 articles were identified through the established selection criteria. The results indicated that there is a relationship between excessive use of social media and a low assessment of body image among adolescents.

Conclusions: Excessive use of social network negatively influences the self-esteem and self-concept of adolescents. The most used social networks with the greatest impact on the health and well-being of

young people is Instagram followed by YouTube. Furthermore, it has been seen that there are differences in the use and impact that these have between girls and boys, with the former being the most affected and those who spend the most time.

Keywords: Teenagers; body image; self-esteem; social networks; nursing.

RESUMEN:

Introducción: Durante la adolescencia se cimientan las bases sobre la figura, la apariencia, y cobran sentido constructos como el autoconcepto, autoestima e imagen corporal. Es una etapa del desarrollo evolutivo caracterizada por la búsqueda y consolidación de la identidad propia, en el desarrollo y adquisición de las cuales, las redes sociales influyen considerablemente.

Objetivo: Analizar la evidencia científica disponible sobre la influencia de las redes sociales en la imagen corporal de las y los adolescentes.

Métodos: Revisión integrativa de la literatura publicada en los últimos 5 años, realizada entre enero y marzo de 2024, en las bases de datos Pubmed, Psycodoc, CINAHL, Cuiden, Scopus y Web of Science. Se utilizaron descriptores en ciencias de la salud (DeCS) "salud mental", "adolescente", "redes sociales", "autoimagen", "imagen corporal", "trastorno de adicción a Internet" y sus equivalentes en inglés (MeSH), además de los operadores booleanos AND y OR para combinarlos.

Resultados: Se identificaron 19 artículos mediante los criterios de selección establecidos. Los resultados indicaron que existe una relación entre el uso excesivo de las redes sociales y una baja valoración de la imagen corporal entre las y los adolescentes.

Conclusiones: El uso excesivo de las redes sociales influye negativamente en la autoestima y autoconcepto de las y los adolescentes. Las redes sociales más utilizadas y con mayor impacto en la salud y bienestar de las y los jóvenes es Instagram seguida de YouTube. Además, se ha visto que existen diferencias en el uso y el impacto que estas tienen según el género.

Palabras clave: Adolescentes; imagen corporal; autoestima; redes sociales; enfermería.

INTRODUCTION

Adolescence is defined as a transition period in a person's life characterized by physiological, psychological, and relational⁽¹⁾ changes. According to the World Health Organization (WHO)⁽²⁾ this life stage extends from childhood to adulthood, that is, from ten to nineteen years of age. It represents a unique stage of human development and an important time to lay the foundations of good health.

Furthermore, it is a stage of evolutionary development where the bases of the concepts of image and appearance are laid⁽³⁾ and where constructs such as self-concept, self-esteem, and body image become meaningful^(3,4).

Each person's self-esteem is built through their life experiences. Depending on how these experiences are perceived and processed, they may act as a protective factor or, on the contrary, they may affect how individuals compare themselves against everyone else, according to their needs⁽⁴⁾. Self-concept is defined as the singular perceptions each person has about themselves, based on their experiences with others and on their own behavior⁽⁵⁾.

All these concepts are associated with how adolescents feel about their bodies. We define body image as the behavior toward the size, shape, and appearance of the body that significantly affects how people see, consider, and value themselves. Certain behaviors, emotions, memories, fantasies, and experiences, built from self-reflection or based on the opinion of others, also help shape the subjective image of us, which may be conscious and accurate, or the complete opposite. As such, body image perception is fed with contextual messages received from family, peers, the media, and other social, cultural, and religious influences, and has two important elements: a physical and a psychosocial element⁽⁶⁻⁸⁾.

It is worth noting that during adolescence, behavioral problems such as rebellion, eating disorders, sexual issues, communication problems, and parental role problems may become more significant⁽⁹⁾. Moreover, this is a life stage characterized by the search and consolidation of self-identity and, nowadays, online platforms, particularly social media (SoMe) have a great impact on the development and consolidation of our identity. Social media platforms enable adolescents to show themselves, in a way that the screen functions as a “mirror” in which they express, communicate, build themselves, relate, and share their emotions from an “I” narrative, turning the use of these virtual platforms in a common and essential practice for the development of their self-identity⁽¹⁰⁾.

Furthermore, new technologies have meteorically erupted into society, and, in a relatively few years, they have taken over the consumer market and changed our way of life. We cannot fathom our lives without e-mails, WhatsApp, online platforms, or search engines, all of which are essential in daily life in the digital age^(11,12).

There are multiple definitions and theories about what social media is and what it is not. Most authors agree that a social media network is: “a place on the network that allows users to interact, communicate, share content, and create communities”, or a tool for “democratizing information that transforms people into receivers and producers of content”⁽¹³⁾. Other sources suggest that, in addition to being a space where information is exchanged, social media should be conceived as systems that allow relationships to be established in different ways, and to be built and strengthened. There is currently a wide variety of social media platforms that adolescents are exposed to: Instagram (IG), Snapchat, X (formerly Twitter), Twitch, Facebook (FB), Google+, Vine, and Tumblr⁽¹⁴⁾, to name a few. A new reality has been built around these new technologies that, while expediting progress, entails unfavorable consequences that we are just beginning to uncover and that seem to be the tip of a very large iceberg⁽¹⁵⁾. According to UNICEF, low self-esteem issues have grown considerably (494% increase compared to 2021), as well as self-image-related obsessions (440% increase) and complexes (350% increase)⁽¹³⁾. Likewise, the common practice among adolescents of using social media may lead to addictive behavior, which WHO identified as a public health problem in 2014⁽¹⁶⁾. Given this potential consequence, it is worth highlighting that there are protective factors that prevent addiction, such as responsibility or good interpersonal family relationships. There are also risk factors, such as low self-esteem or maladaptive interpersonal relationships. The most common behaviors related to addiction are self-isolation, neglect of personal relationships, either physical or due to feelings of dissatisfaction, and even risk of developing other mental health issues (depression, loneliness, eating disorders, sleep disorders)⁽¹⁷⁾.

Thus, given the inherent influence of social media on adolescents and their health, the relationship between their use and the occurrence of different health issues can be objectified⁽⁶⁾. Therefore, the role of nurses, in particular those experienced in dealing with body image is very important. This professional is trained to help people, providing holistic nursing care focused on human responses to body image, as Jean Watson stated in her theory of Human Care. In this theory, the individual is considered a “being in the world” with which it establishes specific relationships based on three spheres: the soul, the body, and the spirit. Hence, the person is a whole that interacts with the surrounding world and, together, seek to achieve the objective established of body image, self-esteem, and self-acceptance⁽¹⁸⁾.

In view of the above, the aim of this study was to analyze the scientific evidence available regarding the influence of social media on the body image of adolescents.

MATERIALS AND METHODS

Design

To address the research objective, an integrative review of the available scientific literature was carried out between January and March 2024. The purpose of this type of review is to gather and synthesize research results on a specific topic or issue in a systematic and organized manner, contributing to a deeper understanding of the topic investigated⁽¹⁹⁾. Therefore, this type of review is aligned with the scope of the proposed objective.

The research question was posed based on the FINER criteria⁽²⁰⁾: How does social media affect the body image of adolescents?

Selection criteria and search strategy

The following inclusion criteria were established: a) publications available in full text, b) publications written in English, Spanish, or Portuguese, c) publications focused on adolescence, and d) published in the last 5 years. We excluded those articles that did not comply with these criteria and those whose study population was adolescents with previously diagnosed severe mental health conditions.

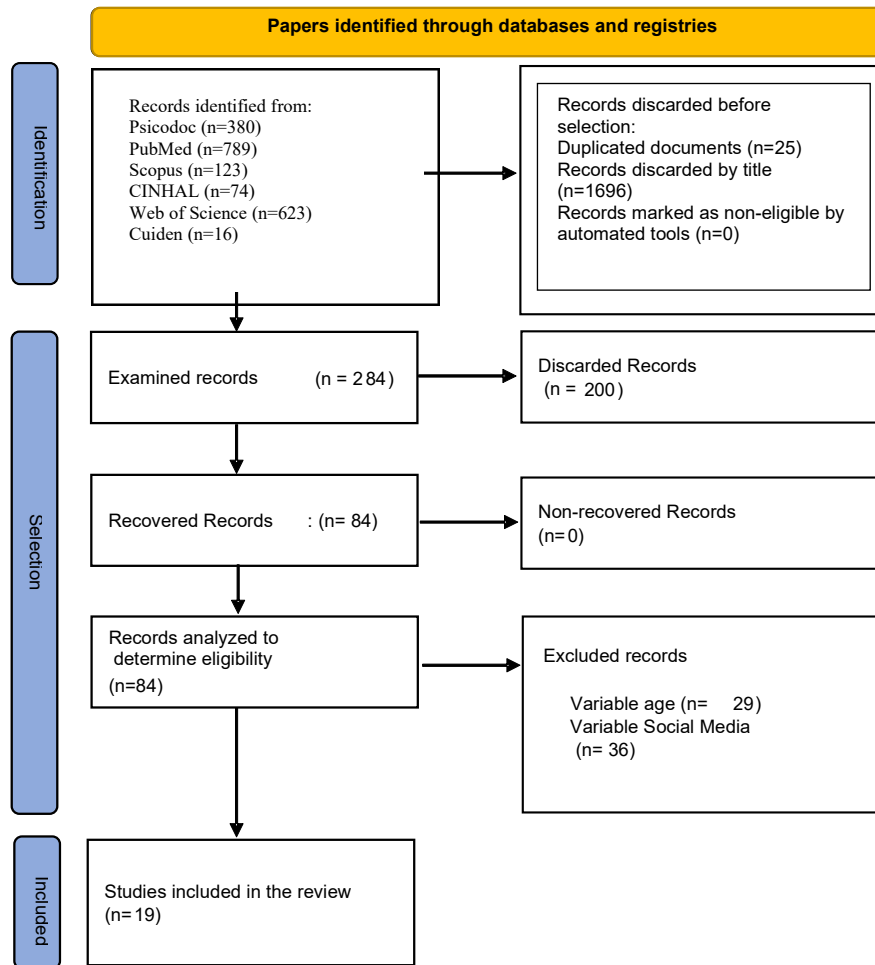
The structured search for information was carried out in the PubMed, Psycodoc, CINAHL, Cuiden, Scopus, and Web of Science databases, using search terms defined with Health Descriptors (DeCS) such as “Mental health”, “Adolescent”, “Social network”, “Self-image”, “Body image”, “Internet addiction disorder” and their equivalents in English according to the Medical Subject Headings (MeSH). The Boolean operators AND and OR were used to combine the terms (Table 1).

Table 1: Formulas used in the search.

Términos (DeCs) y operadores booleanos	Terms (MeSH) and boolean operators
autoconcepto AND redes sociales AND adolescentes	<i>((self concept) AND (social networking)) AND (adolescent)</i>
salud mental AND autoconcepto AND redes sociales AND adolescentes	<i>((mental health) AND (self concept)) AND (social networking) AND (adolescent)</i>
salud mental AND adolescentes AND redes sociales	<i>((mental health) AND (adolescent)) AND (social networking)</i>
redes sociales AND (autoimagen OR imagen corporal) AND adolescentes	<i>((social networking) AND (body image)) AND (adolescent)</i>
salud mental OR (Imagen corporal OR autoimagen) OR autoconcepto AND redes sociales AND adolescentes	<i>((mental health) OR (body image) OR (self concept)) AND ((social networking) AND (adolescent))</i>
redes sociales AND adolescentes AND autoconcepto	<i>((ALL=(social networking)) AND ALL=(adolescent)) AND ALL=(self-concept)</i>

The article selection process was carried out in accordance with the PRISMA guidelines (Figure 1)⁽²¹⁾.

Figure 1. Flowchart according to the PRISMA 2020 model.



RESULTS

The peer review was carried out by two research team members working simultaneously. If at any time differences arose, a third party resolved them. First, 2005 publications were identified and, after applying the inclusion criteria and elimination of duplicates, a total of 19 articles were exhaustively analyzed.

Following the guidelines described for reviews^(19,21), the information obtained from each article was classified in a table containing the most relevant information (Table 2), for subsequent analysis and discussion.

Table 2: Description of the articles selected for the review.

Authors	Year	Country	Methodology and Sample	Objective	Results Conclusions
Malo-Cerrato, et al ⁽¹⁶⁾	2018	Spain	Cross-sectional study 1102 adolescents (11–18 years old)	To explore the psychological and social profile of adolescents who overuse social media.	Women tend to overuse social media more. No differences in age. High scores are observed in neuroticism and impulsivity. Lower scores in family relationships, education, and emotional self-concept.
Malo-Cerrato, et al ⁽²²⁾	2023	Spain	Cross-sectional study 593 students	To analyze the psychosocial profile of adolescents aged 13 to 18 who exhibit low-risk behaviors in the use of Information and Communication and Technologies (ICT).	Women are more frequently identified with problematic situations due to the use of ICT and social media. Two extremes were identified: their use of social media and ICT is excessive (high risk), but it is more adaptive (low risk).
Prieler, et al ⁽²³⁾	2021	Austria, Belgium, Spain, and South Korea	Cross-sectional study. International large-scale survey in Austria, Belgium, Spain, and South Korea 981 adolescents (12-16 years old)	To explore how comparing their appearance on social media relates to self-esteem in a cross-cultural context.	There are differences in how much social media impacts adolescents in the participants from the countries where the samples were obtained. European women are more likely to have low self-esteem and body dissatisfaction and are also more inclined to compare themselves on social media. Adolescents' body-related behavior and social media use (comparison of physical appearance on social media) as predictors of possible self-image disorders.
Kim, et al ⁽²⁴⁾	2021	Switzerland	Cross-sectional study Phase 1: 103 participants Phase 2: 500 participants	The objective is to investigate in two correlated studies the impact of social comparisons on social media addiction.	Social media addiction is related to psychological constructs relevant to social comparison, both positively (well-being) and negatively (stress).
Dam, et al ⁽²⁵⁾	2023	Vietnam	Cross-sectional study 1891 participants from three cities in Vietnam	To identify the relationship between the use of social media and analyze the risk factors of using social media, as well as the	Women spend more than 2 hours a day on social media and men do not. Women are at greater risk of developing an addiction to social media due to how they use it, as they tend to create

Authors Year Country	Methodology and Sample	Objective	Results Conclusions
		quality of life and mental health of the active users of social media.	interpersonal connections while men use it more for recreational activities.
Frieiro, et al ⁽²⁶⁾ 2022 Spain	Cross-sectional study 721 students (12–18 years old)	To study how self-esteem and socialization through social media platforms affect the development of eating disorder behaviors in adolescents.	Students with low self-esteem obtained higher scores for risk of developing an eating disorder (ED). It was shown that high socialization through social media platforms lead to a greater presence of eating disorder symptoms.
Carbonell and Julia ⁽²⁷⁾ 2023 Spain	Narrative review 29 publications	To explore the relationship between social media use and self-esteem, body image, and body satisfaction in adolescents and young adults.	Social comparison is a frequent and harmful result of social media use. In women, body dissatisfaction is a result of self-criticism caused by concerns related to physical appearance and low self-esteem, having a negative impact on body image. Frequent use of social media and social comparison are associated with low self-esteem in young people.
Dienlin and Johannes ⁽²⁸⁾ 2020 Germany	Narrative Review	Overview of the existing literature on the use of digital technologies and the well-being of adolescents.	Although the existing research is limited, technology has a mediating role. Existing problems increase the inappropriate use of technology, and as a consequence, satisfaction with life decreases.
Nevard et al ⁽²⁹⁾ 2021 United States of America	Systematic Review 49 publications	To provide a fundamental basis of the association between social networks and health and well-being (children and youth, under 18 years of age) for future research.	Connections built through social media can compensate for the lack of family connections, which is usually a risk factor because the family is the main source of support. Participating in this network is associated with positive outcomes, particularly for vulnerable children and young people, in terms of health and well-being.
Ma ⁽³⁰⁾ China	Cross-sectional study	To study the relationship between	Women use social media more and have higher self-esteem

Authors Year Country	Methodology and Sample	Objective	Results Conclusions
2022	193 students (12–19 years old)	different types of social media use and self-esteem and whether they differ by gender.	than men. The relationship between social media use and self-esteem was not significant; family background was shown to be a stronger predictor than self-esteem.
Maricuțoiu and Zogmaister ⁽³¹⁾ 2023 Italy	Cross-sectional study. Completion of questionnaires. 176 adolescents	To research the relationships between self-concept and problematic use of social media.	Problematic use of social media is higher among adolescents with secure high self-esteem. This is because people with secure self-esteem use social media confidently and expect positive feedback, while people with fragile self-esteem may stop using social media due to a lack of such feedback.
Si, et al ⁽³²⁾ 2023 South Korea	Cross-sectional study. Completion of questionnaires 506 adolescents	To study the relationship between the time spent on social media and self-esteem among adolescents, and to identify the moderating effect of digital citizenship and gender on this relationship.	The moderating effects of adolescents and gender on the relationship between time spent and self-esteem were significant. For boys, this relationship was positive in the high digital citizenship group and negative in the low digital citizenship group. For girls, it was the opposite.
Moran-Pallero and Felipe-Castano ⁽³³⁾ 2021 Spain	Empirical, quantitative, and cross-sectional study 350 adolescents (14–19 years old)	To analyze the consistency and inconsistency of self-concept on social media platforms (online) and outside them (offline) and its relationship with affection.	Instagram was the social media platform most used, according to the participants (97.4%). It has an average of 2.85 public profiles per person and users spend, on average, 6.84 days a week connected, that is, an average of 3.43 hours per day. Women spend more hours online and post more photos on the Internet than men.
Bajaña and Garcia ⁽³⁴⁾ 2023 Spain	Systematic Review 12 cross-sectional design studies.	To review the available scientific literature on the use of social media and risk factors for developing eating disorders, such as low self-esteem, body dissatisfaction, and/or thin ideals, in	The use of social media platforms focused on appearance is more closely related to thin-ideal internalization than general social media use, as well as restrictive eating behaviors, feelings of comparison, and the need for external validation. In Spain, the use of IG stands

Authors Year Country	Methodology and Sample	Objective	Results Conclusions
		the Spanish population.	out for its relationship with body dissatisfaction, the drive to be thin, and a greater tendency towards social comparison.
Schreurs and Vandebosch ⁽³⁵⁾ 2022 Belgium	Longitudinal study. 1032 adolescents (mean age 14.55 years old)	To examine the internal relationships between social media use centered on adolescent appearance and body dissatisfaction.	No internal relationships were found between personal dissatisfaction and social media interaction. Feedback on the selfies posted mediated the positive association between selfie posting and body satisfaction. Boys in this study showed greater body dissatisfaction than girls, but unlike girls, boys perceived Internet content as a positive and motivating influence.
But and Badajoz ⁽³⁶⁾ 2022 Austria, Belgium, South Korea, and Spain	Cross-sectional study. 1983 Austrian, Belgian, Spanish, and South Korean adolescents	To analyze how intense social media use is associated with narcissism through egocentric appearance-focused use.	Egocentric social media use focused on appearance moderates the association between social media use and narcissism, particularly in men. Associating narcissism with the time and type of use of social media, regardless of gender and country of origin.
Kwon, et al ⁽³⁷⁾ 2022 South Korea	Cross-sectional study 53,133 adolescents (12–18 years old)	To examine associations between time spent using a smartphone and the types of frequently accessed content with body image distortion and weight loss behaviors in adolescents.	Prolonged smartphone use was associated with a higher prevalence of poor body perception and the use of inappropriate weight loss strategies. There is a positive association between prolonged smartphone use and poor body perception. The use of smartphones for content focused on social interaction, such as social media, was associated with weight loss behaviors.
Fioravanti, et al ⁽³⁸⁾ 2022 Italy	Systematic Review 43 experimental studies.	To define what type of social media content can negatively impact body image and what type of individuals are	Among women, exposure to attractive and thin bodies increased body and facial dissatisfaction in relation to travel and/or landscape images. In turn, women exposed to real IG profiles of

Authors Year Country	Methodology and Sample	Objective	Results Conclusions
		affected the most.	attractive women also reported greater dissatisfaction. In men, the result was the same, but with a lower level of involvement.
De Felice, et al ⁽³⁹⁾ 2022 Italy	Qualitative study 296 adolescents divided into 24 focus groups	To research the uses and dangers of social media, and how they affect the development of adolescent mental health.	Men used ICTs for gaming and meeting women to build relationships. Women used ICTs to seek support, and feedback on their worth (through interactions such as likes comments, or popularity). Both genders used them to become successful and make money, leaving radical comments or posts to get as many likes as possible. Most women are constantly exposed to and compared to the ideal girl model.

The studies that resulted in the 19 articles selected were carried out in the following countries: seven in Spain^(16,22,26,27,33,34), three in Italy^(31,38,39), two in South Korea^(32,37), and one in China⁽³⁰⁾, Germany⁽²⁸⁾, USA⁽²⁹⁾, Vietnam⁽²⁵⁾ and Switzerland⁽²⁴⁾. Moreover, two multicenter studies involving Spain, Belgium, South Korea, and Austria were also included^(23,26). The methodology used in these articles was based mainly on cross-sectional studies, both observational and through the completion of questionnaires. However, three systematic reviews, two narrative reviews, and one qualitative study with focus groups were also included. Regarding the years of publication, there has been an increase in the volume of articles published on this subject in recent years, with 2022 and 2023 being the years with the highest number of publications.

DISCUSSION

The aim of this study was to analyze the scientific evidence available regarding the influence of social media on the body image of adolescents. As mentioned above, this is a period of transition in which an intensified search for one's own identity takes place, along with individual biological and psychosocial changes⁽¹⁾. In order to achieve the general objective and, considering that body image is directly related to self-esteem and self-concept, we proposed a primary specific objective with the purpose of describing how social media affects the self-esteem and self-concept of adolescents. In this regard, it has been observed that, among adolescents who spend an excessive amount of time on social media, social comparison is expressed as a harmful behavior, generating body dissatisfaction, self-criticism, and lower self-esteem. This is a risk factor for developing addiction, it decreases satisfaction with life and increases stress^(16,20-27). According to a review carried out by Dienlin and Johannes⁽²⁸⁾,

relationships built through social media can compensate for the lack of family connections, which is why the authors claim that engaging in social media is associated with positive results in terms of health and well-being. This is consistent with the literature that reasserts the importance of social media at an early age as a promoter of well-being and a compensatory enabler⁽²⁹⁾.

A multicenter study published in 2021 showed that in Europe, adolescent women were more likely to have low self-esteem, body dissatisfaction, and a tendency to compare themselves on social media⁽²³⁾ than adolescents in other continents such as Asia, where the relationship between self-esteem and the use of social media was not significant⁽³⁰⁾. However, in other studies carried out in Italy⁽³¹⁾ and South Korea⁽³²⁾ the authors agree that the problematic use of social media is greater in adolescents with high self-esteem, because they use them with greater confidence expecting positive feedback. The use of social media also serves as a kind of social “résumé” where users show the best version of themselves, even if it is only for a short term.

It has been shown that when the self-concept is positive it helps prevent social media overuse⁽¹⁶⁾ and also, that there are differences in the construction of the “online” and “offline” self-concept, where the first focuses on the social and physical aspects, and the second on the educational aspects⁽³³⁾. Furthermore, there are statistically significant differences between a poor self-concept and the preference for online interactions; therefore, the authors suggest that this should be considered as a mechanism for changing the relationship between the variables of self-concept and problematic use of social media⁽³²⁾.

Another aspect highlighted in the literature about the relationship between self-esteem and social media is that higher scores have been associated with the risk of suffering from an eating disorder (ED), since it has been observed that high levels of socialization through social media platforms lead to a greater presence of ED-related symptoms, especially in women^(26,34).

As a second specific objective, we proposed to determine the type of social media platforms that are used the most and that have the greatest influence on adolescents. Studies show that, in Spain, the most used social media platforms by adolescents are Instagram (IG) with 97.4% and YouTube with 84%⁽³³⁾; in the United States YouTube takes first place with 84% followed by IG with 72%⁽²⁸⁾. The greatest comparisons and negative impact on the self-image of adolescents are associated with the use of IG⁽²⁷⁾, especially those accounts focused on appearance, which obtained higher values of body dissatisfaction and thin ideas compared to individuals who followed other types of content⁽³⁴⁾.

In Europe, it has been observed that IG has become rapidly popular among female adolescents, and given its image-based content, it could represent a more important source for body dissatisfaction than Facebook, whose average user profile has grown older since it took off ⁽²³⁾. Another study conducted among Vietnamese adolescents found that people who used more visual platforms, such as IG and TikTok, showed higher levels of addiction to them compared to conventional platforms such as WhatsApp. Similarly, they concluded that the greater the use of social media, the greater the comparison issues and the greater the risk of addiction⁽²⁵⁾. In contrast, a longitudinal study conducted in Belgium failed to prove that increased exposure to

appearance-focused content or increased likes or comments predicted increased body dissatisfaction over time⁽³⁵⁾.

Regarding the impact on adolescents' health, a multicenter study published in 2022 concluded that there was a positive correlation between the use of social media and narcissism, both in men and women, although more in men, in all participating countries. This is an ideal breeding ground since these platforms allow great visibility, social feedback, close control over the image, and easy access⁽³⁶⁾. It has been proven that prolonged smartphone use is associated with a higher prevalence of poor body perception and the use of harmful weight loss strategies⁽³⁷⁾ reinforcing the high impact of social media on the development of ED^(24,34).

Lastly, the third specific objective seeks to analyze the gender differences regarding the use and influence of social media on adolescents. Although it has already been noted subtly throughout this paper, it is worth mentioning that many of the studies included in this review concur that there are differences between adolescent women and men^(16,22,23-25,27,30,32,33). Some papers agree that women overuse social media more, spending more hours online, and posting more photos on the Internet than men^(16,24,33). Furthermore, the greater exposure of women to images of attractive and thin bodies in real IG profiles can lead to an increase in dissatisfaction with their body and face, which in men is attenuated by not being the target of this type of content⁽³⁸⁾. In the studies reviewed we also found that women are more often in problematic situations due to their use of the Internet and social media⁽²²⁾. Although men showed greater body dissatisfaction than women in another study, they perceived Internet content as a positive and motivating influence⁽³⁵⁾.

The sociocultural aspect of this research is worth highlighting, as it may lead to divergences between the results based on gender. As an example of this, we found a research carried out in Hong Kong which concluded that although women use social media platforms more, their self-esteem is higher than men's⁽³⁰⁾. Additionally, it has been observed that European women are more likely to have lower self-esteem than Asian women⁽²³⁾.

Regarding the use of social media during adolescence, differences were also identified based on gender. In particular, it has been proven through a qualitative methodology that men use social media for gaming, meeting women, and establishing relationships, while women use them for seeking support and feedback on their worth⁽³⁹⁾. Lastly, literature shows that women are at a higher risk of addiction to social media due to their use, since they tend to build interpersonal connections and engage in self-improvement activities, while men use them mostly for recreational activities⁽²⁵⁾.

Thus, based on the studies analyzed and through the development of specific objectives, the main objective of this research has been achieved. However, this study has limitations. On the one hand, adding secondary studies, such as reviews, has not yielded results adjusted to the characteristics of the samples to obtain a more accurate approximation of the phenomenon under study. On the other hand, the descriptor "adolescents" includes individuals between 13 and 18 years of age. It is likely that the descriptor "young adult" could have been included as well, to broaden the search. In view of the above, carrying out a systematic review with only primary research and descriptors more specific to the topic and also, conducting another study along these same lines but with a qualitative methodology would give adolescents a voice and

allow multidisciplinary teams with nurses specialized in body image design prevention programs and strategies tailored to their reality. Including nurses specialized in body image is pivotal in promoting the health of young people and their families. They can proactively act in the early detection of risk situations in the use of social media and of other problems related to body image in adolescents, such as low self-esteem, body dissatisfaction, and more serious conditions such as eating disorders. Lastly, we wish to underline that nurses, in their daily practice, can include health education focused on emotional management, foster healthy self-esteem and help build a self-identity less influenced by imposed stereotypes, and in general, promote better emotional health at this stage of development.

CONCLUSION

Excessive use of social media among adolescents negatively influences the development of their self-esteem and self-concept. The most used and most impactful platforms on the health and well-being of young people are Instagram and YouTube. Furthermore, we have seen differences in the use and impact of social media on adolescents, with women being the most affected and the ones who spend more time on these platforms. Overall, we conclude that the use of social media platforms can distort adolescents' perception of their body image, resulting in discomfort and health problems. Nurses, at all levels of care, play a key role in preventing and mitigating the negative effects that social media can have on the body image and mental health of adolescents.

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