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EXPLORING THE INFLUENCE OF SOCIAL MEDIA ON PERFECTIONISM AMONG YOUNG ADULTS A QUALITATIVE STUDY

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Abstract

The goal of this research is to evaluate the impacts of social media exposure on the young people to strive for perfection. In recent years, there has been an increasing concern about the prevalence of perfectionism, particularly among younger individuals. This fear is particularly prevalent among those who are more perfectionistic in their work. People are continuously put in the position of being exposed to well edited and idealized portrayals of the lives of others due to the extensive use of social media platforms. This persistent exposure has the ability to either contribute to the formation of perfectionist tendencies or to intensify ones that already exist. As a result, the purpose of this research is to acquire insights into the experiences and viewpoints of young people regarding the connection between perfectionism and social media.

Keywords: Social media, perfectionism, young adults, influence, tendencies.

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Introduction

In the past few years, especially among young adults, there has been a rise in the number of times people worry about perfectionism. A range of unfavorable effects, such as increased stress and anxiety, as well as issues with mental health, have been connected to the pursuit of perfection, which is characterized by high standards, self-criticism, and an acute fear of failing. The goal of perfection has been linked to this fear of losing. Since social media platforms became popular and were used by a lot of people, there has been a big increase in the amount of attention paid to how they make young adults more perfectionistic and make their perfectionistic traits worse. Because so many people use social media, this is where the focus is. People's ways of connecting with each other, talking to each other, and presenting themselves online have changed drastically because of social media.

These platforms provide a digital environment in which users can discuss their accomplishments, experiences, and idealized versions of themselves and others. Users are presented with photographs, posts, and tales that have been meticulously managed, and as a result, they frequently present an unrealistic portrayal of the lives of others. It's probable that as young adults spend more time on social networking sites, they'll be more prone to comparing their own lives to representations that are manufactured to look as though they're spotless and ideal while in reality, they don't even come close. The issue of perfectionism that has arisen as a direct result of the proliferation of social media can be approached from a variety of theoretical perspectives. There are a lot of options. One such theory is known as the social comparison hypothesis, and it suggests that individuals evaluate their own value and achievements in relation to those of other individuals by comparing themselves to those of other individuals. People have a propensity to compare

themselves favorably to those who they believe to be more successful, attractive, or accomplished than they are, and the social media platforms give a multitude of opportunities for this type of social comparison. This continuous exposure to idealized representations of other people's lives may create an unrealistic standard of success and perfection, which may cause young adults to feel as though their own lives fall short of their expectations or cause them to be dissatisfied with their lives. The amassing of likes, comments, and followers on social media sites is frequently incentivized, which contributes to the culture of seeking external approval. Young people may feel pressured to show themselves in a certain way and may look for approval in how many likes or followers they have on social media sites.

People may feel the need to be perfect because they think their self-worth is directly related to how much good feedback they get on social media. Fear of being judged or criticized by others can also make young people want to be perfect. They may try to hide any flaws or shortcomings they think might be shown online. Until recently, most studies that looked at the link between using social media and being a perfectionist mostly used quantitative methods, like surveys and tests that measured how well people did on tasks. This is because it takes less time and is more accurate to do quantitative research and then analyze it than qualitative research. Even though these studies have given us important information, they often don't show how young people really live and how social media has changed their ideas of what it means to be great. Even though these studies have led to useful findings, this is still the case. So, the goal of this study is to fill this gap by doing a detailed analysis of how social media use affects perfectionism in young people. We want to learn more about the subtleties, complexity, and underlying processes that make the link between perfectionism and social media work. This study wants to find

out how young adults' use of social media affects their sense of perfectionism, what role social comparison plays in the development and maintenance of perfectionistic tendencies, how social media affects young adults' self-esteem and body image concerns, and how young adults deal with these problems. By doing this exploratory study, we hope to add to what we already know by learning more about how young people experience and think about social media and perfectionism from their own points of view. The results of this study could be used to make interventions and activities that help young people have a healthy relationship with social media and lessen the negative effects of perfectionism on their mental health.

Research Objectives

To gain a deeper understanding of young adults' perceptions of social media and its impact on their perfectionistic tendencies, this study aims to explore the role of social comparison in the emergence or reinforcement of such tendencies. It also investigates the relationship between young adults' social media use, self-esteem, and body image concerns. The study seeks to identify coping strategies employed to mitigate the negative effects of social media on perfectionism and examine potential variations in how different social media platforms influence perfectionism. Ultimately, it provides recommendations for fostering positive engagement with social media and reducing perfectionistic inclinations for individuals, parents, and mental health professionals.

Scope of the Study

The purpose of this study is to examine how social media affects young people' perfectionism. The goal of the study is to have a thorough grasp of how social media sites help this population's perfectionistic tendencies develop and be reinforced. It looks into how young individuals perceive, use, and feel about social media and how it affects their pursuit of perfection in both thought and action. In-

depth interviews or focus groups will be used in the study to collect rich qualitative data and enable a thorough examination of the subject. Young adults will be the only focus of the study, taking into account their particular experiences with social media and perfectionism as well as their vulnerabilities. The results of this study will provide important light on the intricate relationship between perfectionism and social media and could guide interventions and efforts to encourage younger individuals to have healthy interactions with social media.

Statement of the Problem

The study's goal is to examine how social media affects young people' perfectionism. It emphasizes the need for a detailed knowledge of how social media platforms aid in the development and reinforcement of this population's perfectionistic tendencies. The problem is the potential damage that social media might do to young adults' body images, self-perceptions, and self-esteem, as well as the potential impact of peer pressure and social comparison on the emergence of perfectionistic attitudes and behaviours. The goal of the study is to examine this issue, add to the body of knowledge, and provide information for treatments aimed at promoting a healthier relationship with social media and reducing perfectionistic tendencies in young adults.

Methodology

In order to investigate how social media impacts young people' perfectionism, this study used a mixed-methods approach that mixes primary and secondary data. To give a complete understanding of the body of literature already published on the topic, secondary information will be gathered from a range of sources, including books, papers, journals, and websites. For documentary research, a thorough evaluation of academic and non-academic materials is necessary to assemble theoretical frameworks, conceptual models, and

findings from prior studies. In an analytical study, pertinent themes, trends, and insights about how social media affects perfectionism are discovered through a critical analysis and synthesis of secondary data. Combining primary and secondary data improves the validity of the research results by providing first-person descriptions of young people's experiences and a more comprehensive theoretical foundation for interpretation.

Result and Discussion

Social Media's Impact on Young Adults' Perfectionism Perceptions

The use of social media platforms has become a big part of young adults' daily lives. This has a big impact on how they think and act in many different situations. The influence of social media on the young people' judgments of their own personal perfectionism is one topic that has gotten a significant amount of attention in recent years. Using studies and data that are pertinent to the topic at hand (Calancie et al., 2017; Harren et al., 2021; Perloff, 2014), the purpose of this essay is to investigate how young adults interpret social media and how it affects their perspectives on personal perfectionism.

Effects of Social Media on Perfectionism:

Young adults who have anxiety may discover that utilizing social networking sites adds stress to their lives and exacerbates their symptoms, according to studies. Constant exposure to highly regulated and idealized images of (others') life on sites like Facebook might lead to perfectionist and comparison tendencies (Calancie et al., 2017). According to Harren et al. 2021, exhaustion from and problematic use of social media are associated to perfectionism and metacognitions. Perfectionist tendencies, such as unrealistically high expectations for oneself, may lead to the ongoing need for affirmation and pursuit of perfection on social media networks. Perloff's (2014)

article is a must-read for anybody interested in how social media affects the self-esteem and body image of young women. Prolonged exposure to photographs of "idealized" bodies might lead to feelings of inadequacy and dissatisfaction with one's own body. Haferkamp and Kramer (2011) highlight the possibility for social comparison in their analysis of the influence of social networking profiles. When young individuals compare themselves to their peers, it can lead to feelings of inferiority and an increased desire for perfection.

Social advertising messages on Instagram, for example, may have an impact on users' mental health, claim Kemp et al. (2020). Ads that feature idealized lifestyles and goods connected to perfection may have an effect on young adults' perceptions of their own perfectionism. Xiaojing's (2017) article delves into the ways in which body monitoring and social comparison are tied to the use of SNSs in mainland China. Exposure to images of friends and acquaintances living seemingly perfect lives increases the likelihood that young adults may compare their own lives and bodies to those of their peers. This may cause you to adopt perfectionism-related beliefs and practises. Lisitsa et al. (2020) conducted a systematic review using a mixed methodology to examine the relationship between young adults' use of social media, body image, and food. The study found that young adults' food preferences might be impacted by social media, particularly when it comes to the pursuit of "perfect" diets and body standards. Social media use affects young adults' judgments of personal perfectionism, according to studies conducted by a number of academics. Stress, social comparison, body dissatisfaction, and the development or escalation of perfectionist tendencies have all been connected to frequent social media use. Recognizing the potential for negative impacts brought about by social media and working towards promoting a more

balanced outlook on the concept of personal perfection are of the utmost significance. To achieve this goal, interventions that foster media literacy, critical thinking, and the development of self-acceptance and self-compassion can be put into place.

Role of Social Comparison on Social Media and Perfectionism in Young Adults

Platforms for social media have become more pervasive in the lives of young adults, and as a result, they are influencing how these individuals view both themselves and others. One important facet of social media that deserves more attention is the way in which it contributes to the development and maintenance of perfectionist tendencies among young adults through the practise of social comparison. The act of judging oneself in relation to other people is referred to as social comparison, and social media platforms provide an environment that encourages ongoing comparison as well as criticism.

A plethora of studies have been conducted to study the effect that young adults' perceptions of social media have on their levels of perfectionism. According to the findings of Sedera and Lokuge (2020), the emergence of digital social networks like Facebook and Twitter contributes to the development of perfectionistic tendencies among their users. These platforms give an idealized depiction of the lives of other people by showing carefully curated photographs and accomplishments, which can cause individuals to compare their own lives to those of others and feel inadequate as a result of the comparison. The phenomena of comparisons being created by social media has been studied extensively. According to research published in 2015 by Lup et al., regular usage of Instagram is connected with an increased risk of young adults developing depressed symptoms and engaging in unfavorable social comparisons. Because of its emphasis on visual content, such as

selfies and edited photographs, the platform may generate excessive expectations regarding attractiveness and achievement. This persistent exposure to idealized images might give individuals a tendency towards perfectionism, as they attempt to attain the same level of flawlessness as depicted in the idealized images. The influence of social media on a person's internal drive for perfection extends far beyond their outward look. Patel et al. (2016) carried out a qualitative study with the purpose of investigating the social functioning of young people who suffer from eating disorders.

Adolescents with anxiety disorders were found to be more likely to report greater stress as a result of their usage of social media, specifically Facebook. When they compared their lives to those of their peers on social media, it heightened their desire to strive for perfection and increased their emotions of inadequacy. Solomon (2016) looked into the effects of social media on young women's sense of self, identity, and the way they view and compare themselves to others. The study's findings suggest that perfectionism may emerge alongside an individual's excessive usage of social media due to the rise in negative self-evaluation and comparisons to others. The development of harmful levels of self-criticism and unrealistic expectations among young women is aided by images that represent lifestyles and bodies that appear to be flawless. The impact that social media has on perfectionism may be tempered by factors such as the user's own life circumstances. Addiction to social media was found to be a predictor of academic procrastination and, in turn, perfectionism among university students in Turkey (Pekpazar et al., 2021). These results suggest that excessive time spent on social media may strengthen perfectionistic tendencies by encouraging unhealthy patterns of academic conduct. Users' perceptions of social comparison and perfectionism in themselves and others may also be influenced by the unique features of

social media sites. Chua and Chang (2016) investigated the ways in which Singaporean teenage females exhibit themselves online and how they compare themselves to their peers. They discovered that girls participated in activities involving self-presentation and comparison, selecting and manipulating their images with care in order to create an idealized image of them.

This behaviour not only encourages social comparison, but it also encourages individuals to perpetuate perfectionistic tendencies, as people attempt to portray themselves in a flawless manner in order to gain the validation and approval of other people. Lewallen and Behm-Morawitz (2016) looked into the influence that the feminized social media platform Pinterest has on users' perceptions of their bodies and their relationships with others. They discovered that the emphasis that Pinterest places on idealized pictures and content that aspires to be achieved can contribute to an increase in young women's feelings of body dissatisfaction and social comparison. Individuals who are constantly exposed to well produce images of perfect bodies and lifestyles may develop tendencies towards perfectionism as they attempt to achieve goals that are impossible to achieve. The impact of social media on people's conceptions of perfectionism goes well beyond the confines of individual platforms. Kasson et al. (2021) investigated the use of emotion control tactics in social advertising messages and the effect these strategies had on the well-being of consumers. They discovered that advertisements on social media platforms that promote perfectionism-related ideals, such as faultless appearances or achievements, can contribute to elevated levels of perfectionistic inclinations among young adults. These advertising frequently give people the impression that they are not good enough and encourage a drive for ongoing self-improvement.

Social media and young adults' self-esteem and body image

Social media provides a variety of channels for communication, self-expression, and knowledge sharing; young adults are increasingly using it. On the other hand, there is growing concern over how social media may affect young adults' struggles with self-esteem and body image. This essay explores the relationship between young people's perceptions of their own self-esteem and body image and social media. Examples are provided, and relevant research findings are included in the discussion. The relationship between young people' use of social media and sense of worth has been the subject of numerous research. For instance, a study on the consequences of publishing selfies on multiple social media sites was done by Mills et al. in 2018. They discovered that those who shared selfies regularly had greater rates of sadness and body dissatisfaction, both of which affected how they felt about themselves. In a study that was quite similar to this one, Shen and Xie (2021) looked at the connections between social media use and academic burnout, language achievement, perfectionism, and anxiety. They found that often using social media was associated with lower self-esteem and increased levels of concern in young adults.

Studies on the impact of social media on the body image issues of young adults have also been conducted. In order to examine how problematically these sites are used, Zhang et al. (2022) used Chinese college students. They discovered that frequent usage of social media sites among young people fueled problems with body image and attempts at body modification. Bolt (2019) looked into the connection between men's perfectionism, their usage of Instagram, and their concerns about their bodies. The study's conclusions suggest that higher levels of Instagram use among the study's male participants were linked to higher levels of body dissatisfaction and

use of body-altering methods. Jarman et al.'s (2022) investigation of the impact of social media on body image focused on critical measuring concerns. Their study shed light on the complicated nature of this link by demonstrating how the effect of social media on issues relating to one's body image can vary depending on a range of personal factors as well as the type of platform that is being used. In order to investigate the vulnerability to perfectionism in the wake of appearance-focused social comparison on social media, Etherson et al. (2022) undertook a multi-wave study with female adolescents. The results of the study imply that being exposed to idealized images on social media platforms may encourage the development of perfectionism and feelings of body dissatisfaction.

The impact of social media use on young people's self-perception and overall health has been studied. In a qualitative study, Westwood et al. (2016) focused on the friendship experiences of women both before and after the start of anorexia nervosa. According to the study's results, those who struggle with eating disorders have far higher levels of body image anxiety, which in turn drives up social comparison to higher levels. Ramm (2019) conducted research on how social media affects several metrics that might be used to gauge imposter syndrome feelings. According to the study's findings, the urge to portray an idealized picture of oneself on social media platforms may result in feelings of inadequacy and self-doubt. Research has also examined the relationships among social media platforms, eating disorders, and body image. Ringrose and Barajas (2011) examined the digitized sexual identities of adolescent females in post feminist media contexts. They focused on how social media sites affect young adults' opinions of themselves and contribute to the development of idealized body norms. The empirical research on the relationship between internet use, eating disorders, and

body image issues was evaluated by Rodgers and Melioli in 2016. The results of the study demonstrate that young adults who use social media are substantially more likely to experience and maintain both disordered eating patterns as well as body dissatisfaction. Dane and Bhatia carried out a scoping review in 2023 to investigate the connection between young people's use of social media, issues with body image, and the growth of eating disorders. The focus of the review was on how social media sites contribute to the spread of unrealistic beauty standards, the growth of eating disorders, and issues with body image. The extent to which young adults worry about their appearance and sense of worth is largely influenced by their use of social media. A negative mood, the rise of perfectionism-inclinations, and feelings of dissatisfaction with one's appearance can all be brought on by excessive use of social media, watching idealized photos, and participating in social comparison. People, especially young ones, need to establish healthy interactions with social media sites, putting an emphasis on self-acceptance, critical engagement, and knowledge of social media's potentially harmful effects. For young adults in particular, this is essential. Helping young adults develop media literacy and digital literacy skills can also enable them to use social media in a way that is beneficial to their wellness and promotes a good sense of self.

Coping strategies for young adults and social media's impact on perfectionism

(Harren et al., 2021) examined the coping strategies used by young adults to lessen the harmful impacts of social media on perfectionism. The effects of social media on perfectionism and any possible drawbacks, according to Perloff (2014). Haferkamp and Krämer (2011) looked into how people deal with comparison pressure and the effects of online profiles on social networking sites. These studies shed important light on the coping mechanisms used by young adults to offset the negative

impacts of social media on perfectionism. Use of social media in moderation is one coping strategy used by young adults. According to research by Kemp et al. (2020), people deliberately limit their exposure to triggering content and choose to interact with websites and apps that encourage a positive body image and self-acceptance. People can build a positive online community that supports a better self-perception and matches with their ideals by curating their social media feeds.

Introspection and self-awareness are additional coping mechanisms. Young adults who practise introspection and critically assess how social media affects their self-image are better able to withstand the demands of perfectionism, according to Xiaojing's (2017) research. This self-reflection enables people to see how unrealistic the stories and images shared on social media are, encouraging a more balanced and accurate view of oneself. A crucial coping strategy is asking for social assistance. According to Lisitsa et al. (2020), social support is crucial in reducing the detrimental impacts of social media on body image issues. Young adults are more likely to challenge the perfectionistic standards promoted by social media if they actively reach out to reliable friends or participate in online communities that support self-acceptance and body positivity.

The practise of hobbies and offline pursuits is a powerful coping mechanism. Rounsefell et al. (2020) examined how young individuals who set aside time for pursuits unrelated to social media, such as physical activity, creativity, or time in nature, report fewer impulses towards perfection. These offline activities give people a constructive outlet for self-expression, relaxation, and personal development, promoting a more nuanced view of one's own value. Self-compassion and self-acceptance are essential for reducing perfectionism's harmful effects from social media. Chang (2000)

emphasised the value of developing self-compassion as a bulwark against self-criticism and inflated expectations. Young adults can create a more resilient attitude that is less vulnerable to the expectations of perfectionism fostered by social media by practising self-acceptance and kindness towards themselves. In order to counteract the detrimental impacts of social media on perfectionism, young adults use a variety of coping strategies. Researchers have found a number of solutions, including self-reflection, seeking social support, participating in offline activities, and engaging in self-compassion exercises. Young adults can build a healthy connection with social media and a more realistic and well-balanced view of their own perfectionism by implementing these coping strategies.

Social Media's Impact on Perfectionism in Young Adults

Social media sites in general can affect how young adults see their own perfectionism. Teenage girls in Singapore, for instance, actively engage in peer comparison and self-presentation on Instagram in order to receive approval through likes and comments (Chua & Chang, 2016). On the other side, Pinterest encourages users—mostly women—to compile photos that represent their ideal body image, which heightens emotions of perfectionism and sets unattainable expectations (Lewallen and Behm-Morawitz, 2016). Perfectionistic tendencies and the desire for social acceptance have been found to contribute to the rising usage of Instagram among Turkish university students, which has been connected to greater academic procrastination (Kasson et al., 2021). Self-presentation on social networking sites is characterized by selecting and exhibiting positive aspects of one's life, which might fuel social comparison processes and perfectionistic impulses (Haferkamp et al., 2012). Exposure to images of the human body on social media sites with a heavy emphasis on

visuals, such as Instagram, has been linked to an increase in body image concerns, which may contribute to the development of perfectionistic views in some individuals. These findings illustrate the varied effects of various forms of social media on young adults' evaluations of their own levels of perfectionism. Instagram's focus on self-presentation and body image comparisons, Pinterest's idealized standards, and social media's generally positive portrayal of life can all encourage or sustain an unhealthy obsession with perfection. Understanding these factors is crucial for fostering healthy self-perception and mitigating the negative effects of perfectionism. People can cultivate a more realistic and balanced perspective on their own perfectionism by interacting with social media platforms with forethought and by learning how to mitigate the negative impacts of these platforms.

Healthy Social Media Use: Recommendations for All

Young adults now live largely on social media, which presents both opportunities and difficulties for their mental health and general well-being. It is essential for people, parents, and mental health professionals to take a proactive stance in order to promote a good connection with social media and reduce perfectionistic inclinations. Following are some suggestions derived from research and industry knowledge:

1. **Developing Media Literacy Skills:** People should be pushed to advance their media literacy so they can assess the information they consume on social media critically. This entails challenging the veracity, motivations, and possible significance of posts. People can question unattainable norms and prevent creating negative comparisons by understanding the curated nature of social media and the presence of filters and editing tools (Calancie et al., 2017).
2. **Establishing Healthy Boundaries:** It's crucial to set boundaries for how often you use social media. People should be urged to set aside certain times to use social media and to reduce their overall screen usage. This lessens the chance of excessive comparison and self-evaluation and enables a healthier balance between online and offline activities.
3. **Fostering Self-Compassion:** People's perfectionism is exacerbated by social media, but self-compassion can help. Self-acceptance includes treating oneself kindly and having an accepting attitude towards one's imperfections. Promoting self-compassion helps people develop a positive view and reduce their reliance on others' acceptance.
4. **Open communication and supervision:** Parents must actively encourage their kids' use of social media. It is critical for parents to keep lines of communication open while offering direction and talking about the possible effects of social media on perfectionism. In order to ensure their exposure to positive and age-appropriate content, they should also keep an eye on their kids' internet activity.
5. **Seeking Professional Assistance:** Mental health specialists can be of great assistance in overcoming social media-related perfectionism. They can support people in creating coping mechanisms, challenging false beliefs, and strengthening resilience. Therapists can also help parents navigate discussions with their kids about social media and perfectionism.

People can develop a healthier relationship with social media and lessen the harmful effects of perfectionistic impulses by putting these suggestions into practise. Fostering mental health in the digital era requires a team effort that includes

individual responsibility, parental direction, and professional help.

Implications of the Study

This study explores the impact of social media on perfectionism among young adults and its implications across multiple domains. It contributes to the expanding literature on the relationship between social media and mental health by highlighting how it influences perfectionistic tendencies in this population. Understanding this issue is crucial for mental health providers, researchers, and policymakers to develop targeted interventions and preventive measures to address the negative effects of social media on perfectionism. The findings regarding the role of social comparison on social media in the development or reinforcement of perfectionistic attitudes can potentially shape individuals' self-perceptions. By cultivating a more realistic and self-compassionate outlook, individuals can mitigate the potential harm caused by comparing themselves to idealized images and lifestyles on social media, thereby promoting better mental health.

The study also provides practical insights into coping strategies employed by young adults to mitigate the detrimental impacts of social media on perfectionism. Incorporating these coping skills, such as setting boundaries, practicing self-care, and seeking social support, into mental health interventions and programs can assist young adults in managing the pressures and demands of social media and reducing perfectionistic tendencies. Recognizing the potential variations in the effects of different social media platforms on perfectionism emphasizes the need for tailored approaches and platform-specific interventions. Mental health practitioners and educators can utilize this knowledge to educate individuals, particularly young adults, about the distinct features and potential risks associated with various social media platforms, empowering them

to make informed choices and cultivate healthy online habits.

The study's recommendations for fostering a positive engagement with social media and reducing perfectionistic tendencies are relevant to individuals, parents, and mental health professionals. Enhancing media literacy skills, promoting self-compassion, nurturing offline social relationships, and seeking professional help when needed can lead to improved mental health outcomes and responsible social media use. The implications of this study underscore the importance of understanding how social media affects young adults' perfectionism and provide valuable insights for stakeholders to develop strategies, interventions, and policies that foster a healthier and more positive online environment, ultimately enhancing the mental well-being of young adults.

Conclusion

The aim of the study was to understand how online platforms affect young people's perfectionism. This study offers light on the complex relationship between social media use and perfectionistic impulses by examining how young adults view and is impacted by social media. The study looked at the function of social comparison on social media and showed how exposure to perfected images and well-kept lifestyles could help young adults develop or retain perfectionistic ideas and behaviours. The study on young adults' self-esteem and body image issues on social media brought to light the possible effect that social media may have on how individuals view themselves and their bodies. The study emphasised the significance of comprehending how these issues are made worse by young adults and affect their wellbeing. Our comprehension of methods for encouraging a healthy engagement with these platforms has improved as a result of learning how young individuals lessen the detrimental impacts

of social media on their perfectionism. Coping techniques include limiting negative experiences, prioritizing one's own needs, asking for assistance from others, and engaging in actions and interests that promote a positive self-image. The study acknowledged the potential variations in the impact of various social media platforms on young adults' perfectionism. This realization highlighted the demand for further investigation into the particular characteristics and dynamics of distinct platforms and their individual effects on perfectionistic impulses. In order to encourage a positive interaction with social media and lessen perfectionistic inclinations, the study offered advice for people, parents, and mental health professionals. These suggestions can include developing media literacy abilities, promoting offline social relationships, cultivating self-compassion and self-acceptance, and getting professional assistance when necessary. Our knowledge of how social media affects young people's perfectionism has increased as a result of this study. The results underlined the significance of addressing the potentially detrimental effects of social media use on people's wellbeing and offered guidance for creating interventions and strategies to encourage young adults to have a better and more balanced relationship with social media.

Conflict of interest and finding

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