

**AUDIO SCRIPT**

**[F1: Teacher; M1: Student; F2: Student]**

F1: Good morning, everyone. Quiet, please!

Today, I'd like to talk about some research into the effect of social media on happiness and well-being. Now, you'd think that people who are active on social media are highly sociable and have lots of friends, right? Not true, according to several studies. One study by Dr. Ethan Kross, a psychologist at the University of Michigan, showed a link between social media use and feelings of loneliness and social isolation. Kross and his team followed the social media activity of 82 participants over a two-week period. They discovered that the more time participants spent on social media, the less happy they felt. The data showed that the participants' level of satisfaction with their lives actually decreased over time... Peter, you have a question?

M1: Yes, I read another study that came to a different conclusion. The researchers discovered that when people interact with their friends and family on social media—you know, posting messages and photos and “liking” things—their feelings of well-being and sociability actually *increased*.

F1: You're referring to the Carnegie Mellon University research. Thanks for bringing that up, Peter. Well, that study focused on “active” and “passive” social media users. The researchers found that “active” users—those who posted a lot of messages and photos—felt happier and more socially connected. However, “passive” users—those who didn't post, but read other people's posts—were generally less happy and more socially isolated. Anyone have any ideas why that might be so? Diana?

F2: I think it's because people usually only post positive photos and messages. You know, fun parties, happy couples, family vacations. If you are looking at those posts and not feeling very good about your life, it can definitely make you feel sadder.

F1: Exactly, Diana. You don't see too many photos of boring parties and unhappy couples. People prefer to present an idealized version of their lives to the world. Peter, you have another question?

M1: Not a question, just a comment about the way social media intrudes on “face-to-face” interactions in the real world. You know, when friends get together, they're always checking their newsfeed or updating their status. Everyone's sharing everything all the time. It's as if experiences aren't real unless they're shared on social media.

F1: Good point, Peter. That leads me to another study I want to discuss. Researchers conducted an online survey of more than 12,000 “sharers”—people who had shared

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some type of content on social media sites ...