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COMM 205

### Speech 4: Preparation Outline

Specific Purpose: To inform my audience about the effects of social media and the need for an app to help students manage their time through self control.

Central Idea: Social media is something that takes a lot of self-control, and when there is a lack of said self-control, there are very dangerous consequences, such as interference with physical activity, sleep deprivation, and even decreased self-esteem.

#### *Introduction*

- I. Thank you, Kelsey. I want to talk to you y'all a little bit about why there is so much need in our society today for a way to help us with our self control.
  - A. How many of us have stayed up way later than we planned on our phones and felt more exhausted than before we got on them? (show of hands)
  - B. Social media and our phones in general can be a very useful and enjoyable resource for us, if used in the proper way.
  - C. However, they often aren't, so it's our job to come up with solutions to be able to help ourselves.
  - D. Some of the most damaging effects of social media include decreased physical activity, sleep deprivation, and even lower self-esteem.

#### *Body*

(*Transition:* Let's start with the first effect: physical activity)

- II. The first and most obvious of the effects of excessive social media is a lack of physical rest.
  - A. According to a research article from the journal PLOS One, "One meta-analysis revealed that smartphone addiction in adolescents was strongly negatively correlated with self-control"

- B. Self-control is a huge part of how we handle social media and our phones
  - C. If we don't do well managing our time, we're going to get all the bad side effects that come with that, and one of them is physical activity
  - D. Your body needs to move daily; this is why we're told to work out and go on walks and all that sort of thing
  - E. The longer we're on our phones, the less motivated we are to move our bodies and be productive, which usually puts us in a pretty vicious cycle of not getting what we need to get done and not getting enough sleep to feel energized enough to do it.
  - F. This leads me to my second point
- III. The second of our effects is sleep deprivation.
- A. According to an article from the journal *Scientific Reports*, "A key component of helping college students do better academically is their sleep quality[11], that is, getting enough sleep is crucial to ensuring that college students' academic performance improves. Many studies have shown that good sleep is an important physiological and psychological guarantee for human survival, which affects our health in many aspects, such as promoting metabolism, improving cognitive ability, eliminating brain fatigue and maintaining mood"
  - B. As the quote states, sleep is crucial, not only to feeling better, but also doing better on your school work and exams.
  - C. I'm sure many of us have stayed up way too long watching a show or looking at reels or any number of other things, and even though we told ourselves that it wouldn't be for very long and it would make us feel better, it lasted for a while and made us most likely feel worse
- IV. The final effect, and one that might be more obscure and harder to identify, is decreased self-esteem.
- A. An article from the journal *Psychology Research and Behavior Management* puts it this way: "Self-esteem, an important personality variable, is a major predictor of behavioral addiction and likewise significantly predicts mobile phone addiction"
  - B. This is a deeper issue than just sleep and motivation, this begins to infiltrate how much value we attribute to ourselves

- C. How many of us have ended up looking at someone else's social media and feeling less than or not enough?
- D. This is a pretty common phenomenon, and one that we can prevent if we have the proper self-control

*(Transition: These are the most crucial effects, so how do these all create a need?)*

### *Conclusion*

- V. Each of these problems are tied to the issue of self-control.
  - A. Since we struggle to exercise self-control, we need to create something specific to help us practice it.
  - B. I'm going to hand it over to Reina to tell us a little bit about how our app can help satisfy this issue.

Speech 4: Speaking Outline

- VI. Thank you, Kelsey. What's the need?
  - A. Who's stayed up late on their phone?
  - B. Phones & SM can be helpful
  - C. Often aren't, so solution needed
  - D. Effects: physical activity, sleep deprivation, and even harmed self-esteem.

*Body*

(*Transition:* Let's start with the first effect: physical activity)

- VII. Most obvious of the effects is a lack of physical rest
  - A. According to a research article from the journal PLOS One, "One meta-analysis revealed that smartphone addiction in adolescents was strongly negatively correlated with self-control"
  - B. Self-control is a huge part of how we handle social media and our phones
  - C. Don't do well managing our time, we get all the bad side effects that come
  - D. Need daily movement; work out and go on walks, etc.
  - E. Longer on phones, the less motivated we are to move our bodies and be productive
  - F. vicious cycle of not enough done and not enough sleep
- VIII. The second of our effects is sleep deprivation.
  - A. According to an article from the journal *Scientific Reports*, "A key component of helping college students do better academically is their sleep quality[11], that is, getting enough sleep is crucial to ensuring that college students' academic performance improves. Many studies have shown that good sleep is an important physiological and psychological guarantee for human survival, which affects our health in many aspects, such as promoting metabolism, improving cognitive ability, eliminating brain fatigue and maintaining mood"
  - B. sleep is crucial to feeling better and doing better on your school work and exams
  - C. Stayed up too long & felt worse after

- IX. The final effect, and one that might be more obscure and harder to identify, is decreased self-esteem.
- A. An article from the journal Psychology Research and Behavior Management puts it this way:“Self-esteem, an important personality variable, is a major predictor of behavioral addiction and likewise significantly predicts mobile phone addiction”
  - B. Deeper issue = valuing self
  - C. Feeling less than in comparison
  - D. Common phenomenon, needs self-control

*(Transition: These are the most crucial effects, so how do these all create a need?)*

### *Conclusion*

- X. Each of these problems are tied to the issue of self-control.
- A. Self-control is a struggle, need help with it
  - B. I’m going to hand it over to Reina to tell us a little bit about how our app can help satisfy this issue.

## Works Cited

- Yin, Zhonggen, et al. "The Relationship between Physical Activity and Sleep Quality among College Students: The Chain-Mediating Effects of Self-Control and Mobile Phone Addiction." *PLOS ONE*, vol. 19, no. 12, 19 Dec. 2024, p. e0315930, [link.gale.com/apps/doc/A820571027/AONE?u=nysl\\_ca\\_dmvacces&sid=bookmark-AONE&xid=8627b261, https://doi.org/10.1371/journal.pone.0315930](https://doi.org/10.1371/journal.pone.0315930).
- Zhang, Junliang, et al. "The Mediating Effect of Rumination and Fear of Missing out between Mobile Phone Addiction and Sleep Quality among College Students." *Scientific Reports*, vol. 14, no. 1, 9 Nov. 2024, [www.nature.com/articles/s41598-024-79235-z](https://doi.org/10.1038/s41598-024-79235-z), <https://doi.org/10.1038/s41598-024-79235-z>.
- Zhang, Peng, et al. "The Effect of Self-Esteem on Mobile Phone Addiction among College Students: Sequential Mediating Effects of Online Upward Social Comparison and Social Anxiety." *Psychology Research and Behavior Management*, vol. Volume 18, Mar. 2025, pp. 657–669, <https://doi.org/10.2147/prbm.s508668>. Accessed 31 Mar. 2025.