

The Effects of Social Isolation on Children and Adolescents

Introduction

- Hook
- Context
- Thesis statement

According to a recent study, social deprivation affects teenagers more than any other age group, as peer interactions are vital during adolescence—a critical period of development (Orben, Tomova, & Blakemore, 2020). Social isolation can have both positive and negative long-term effects on young people's mental health and psychological development. To better understand the phenomenon of social deprivation, it is essential to examine its effects. In adolescents, social isolation can lead to various behavioral and psychological symptoms, excessive use of digital media, and biological changes in brain activity.

Body Paragraph 1

- Topic sentence
- Supporting evidence
- Concluding statement

First, prolonged social isolation in teenagers can have many negative psychological side effects. According to Over (2016), social isolation can have extreme consequences because it directly opposes one of the most important social motivations in children and adolescents: the need to belong. In fact, when young people are ostracized, it can negatively impact their mood, their self-esteem, and sense of control (Over, 2016). Furthermore, a lack of social bonds can be detrimental to the well-being of children and teenagers, leading to anxiety symptoms, hyperactivity, depression, aggression, an increased risk of self-harming tendencies, decreased happiness, and general loneliness (Orben et al., 2020). In summary, social deprivation has been shown to cause a wide range of negative psychological effects on adolescent mental health.

Body Paragraph 2

- Topic sentence
- Supporting evidence
- Concluding statement

Second, social isolation can lead to excessive use of digital media among children and adolescents. According to the Digital Health Task Force (2019), digital media can help lonely or socially anxious children and teenagers form deep and meaningful friendships, which may help reduce symptoms of anxiety and depression. This may seem beneficial, but Orben et al. (2020) suggest that individuals without strong offline friendships may be more vulnerable to the negative effects of digital media, such as excessive screen time and

cyberbullying. To summarize, social isolation in children and teenagers can increase their reliance on digital media, which may help them build diverse friendships while also exposing them to the dangers of the digital world.

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Body Paragraph 3

- Topic sentence
- Supporting evidence
- Concluding statement

Third, the biological effects of social isolation can also be observed and analyzed. Recent research in rodents has shown that social isolation, particularly during adolescence, can alter brain activity. For example, social deprivation changes serotonin levels in different regions of the brain (Orben et al., 2020). In the prefrontal cortex, serotonin levels increase, while in the hippocampus, they decrease, leading to symptoms of anxiety and hyperactivity. Research suggests that social isolation can have long-term consequences beyond the initial isolation period (Over, 2016; Orben et al., 2020). In addition, social deprivation can reduce cell growth in the hippocampus, which can have an impact on learning and memory (Orben et al., 2020). To conclude, social isolation can affect neurobiological activity.

Conclusion

- Rephrased thesis
- Summary of main ideas
- Final comment

In conclusion, to fully comprehend the complexity of social isolation, it is important to understand its numerous effects on the mental health and development of children and adolescents. These include psychological difficulties such as loneliness, anxiety, and depression; an overindulgent use of social media to counter the negative effects of social deprivation; and significant changes in brain activity. It is vital to be informed about the many facets of this issue to better understand its complexity.

Daphné Riva, Cégep de l'Outaouais, December 2024.

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