

**Personal Media History**

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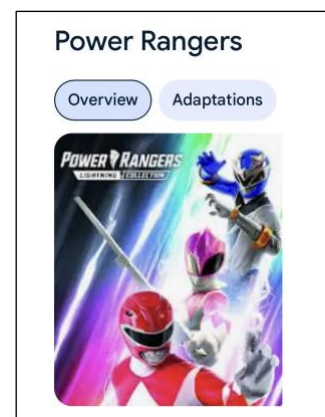
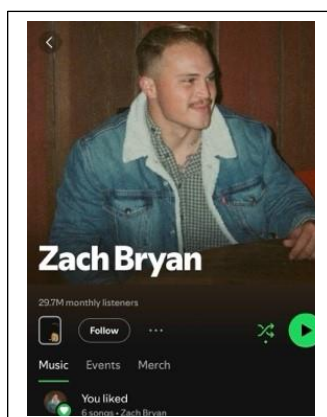
COMM 260

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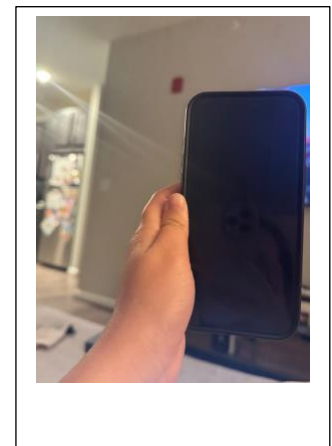
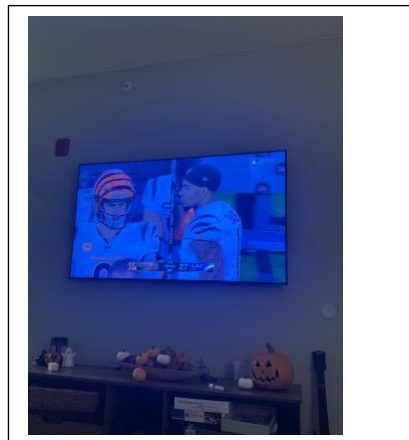
People use some form of media throughout their everyday lives. It could be in the form of a book, or maybe they are watching a movie or TV show or even scrolling through a social media platform. Most people are consuming a rather large amount of their time engaging in digital media usage, especially with one then more devices at a time (Vivian, 2017, Chapter 1.1). I know for me I will be scrolling on TikTok while also watching TV. In today's life, I have noticed that the most used mass media is social media. There are so many different apps that can do so many things. Media is everywhere, and it can help us with everyday tasks. When at work, mass media can help us connect with people in the form of social media, and in our home life, it can help us be able to unwind from a hard day's work by watching a movie or TV show. Mass media has a large impact on our lives, but let's see how it can move us emotionally, help us feel more connected, how it can help us gain perspectives, and how it can influence our personal growth.

When talking about mass media, there are a range of things in the world that can be categorized as mass media. These can include movies, TV shows, and music. People all around us engage with these types of mass media every day. As for me, I enjoy watching TV and I am a big fan of listening to music. Mass media has shown me what I enjoy in my everyday life, and it has evolved as I have gotten older, For Example, one of my favorite show as a child was Power Rangers, but now my favorite show is The 100, and one of my favorite music artist is Zach Bryan.

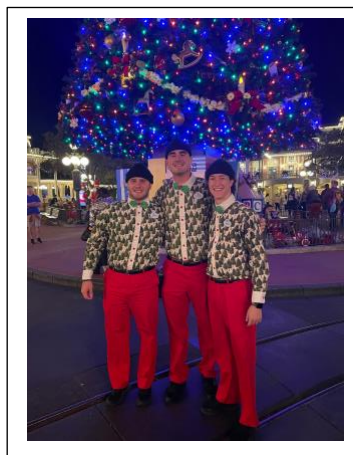
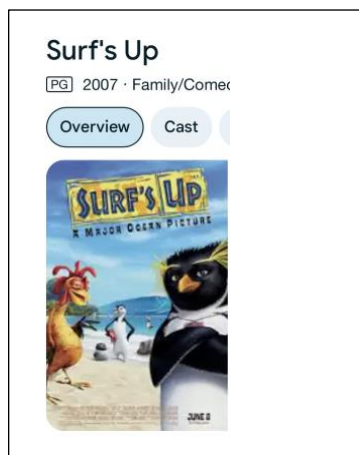


Even though all these types of mass medias are different, they have helped me throughout my life to relax and unwind.

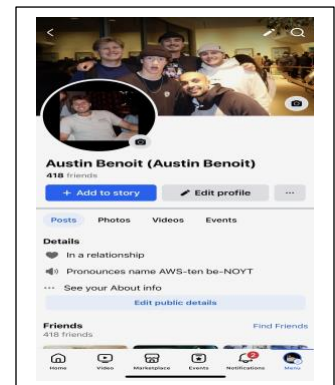
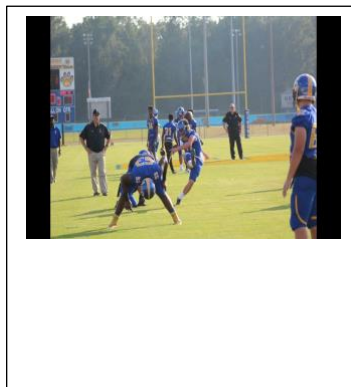
Furthermore, we ingest media in many different ways, but the way that it helps us gain insight about ourselves and the world around us can be different for everyone. Internet based mass media has revolutionized how mass media is looked at today you can use the internet on your phone computer, and even your TV now (Vivian 2017, Chapter 2.5). When mass media first started most people would get their information, or entertainment from the newspaper, or books. This was true for my grandpa he would also get his information from the newspaper every morning. For example, in the picture below is a newspaper from when I played football that my grandpa has with the football stats on it. To this day he still reads the newspaper every morning and has not complied to the social norms of society with using the internet. For me, I usually spend most of my time-consuming mass media, on my phone and my TV. With either watching my favorite show or watching football.



Mass media can move us emotionally in a way that we can watch and read things that maybe, before mass media, we would not be able to do. Watching movies alone can have a great emotional impact on people. When watching any movie, there's usually a message in it. These messages can potentially have an emotional impact on the persons who are watching them. For me, when I watch the movie "Surf's Up," I am emotionally attached to it. I grew up watching this movie with my family, and it reminds me of my childhood every time I rewatch it. This movie also touches me in a way where watching your idol can help you believe in yourself in something that you are passionate about doing. When watching this movie, I realized that my Idol would be my grandpa. Growing up I would always see how hard he tried in everything that he did and never gave up, it made me want to be just like him. Growing up he always believed in and was always there for me day in and day out. In addition, "Surfs Up" reminds of how friends and family or just that important to have in life. This movie is a most that has had the most emotional impact for me.

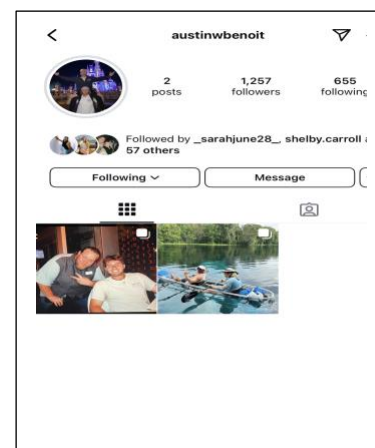
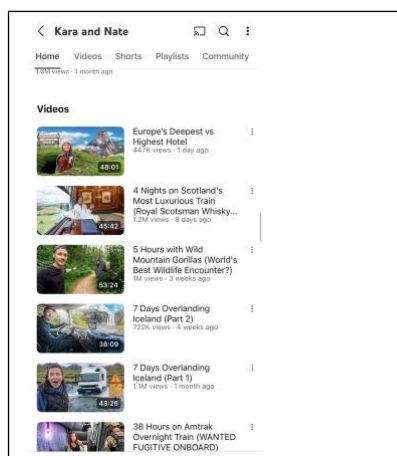
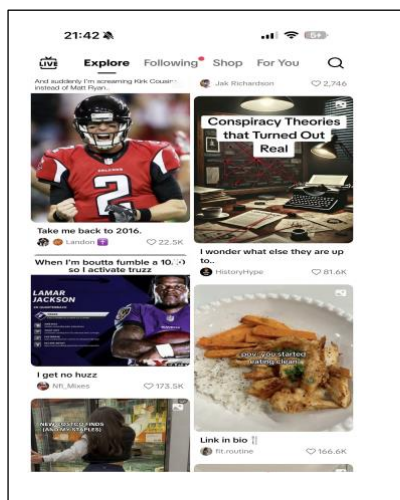


We see that mass media can move us emotionally but what about it making us feel as if we are part of something bigger than ourselves. To mass media helps me feel more connected with my community around me. I have been able to have the opportunity to be able to coach children in football. The way that I started to this was through Facebook. I had an old coach that was able to reach out to me through my Facebook profile to ask me if I wanted to help him. He remembered how passionate I was for the sport, and he knew that I would give the same passion to coaching. I used to play football in high school and college, and I still love it today. Helping children be able to potentially succeed at this sport makes me feel included in the community and helps me feel connected to something other than my needs.



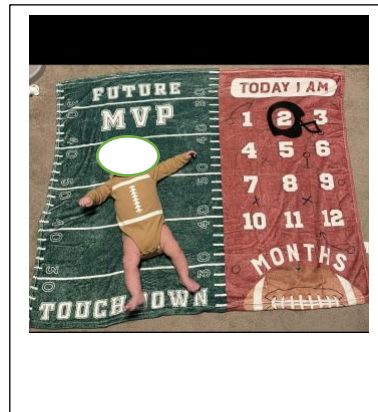
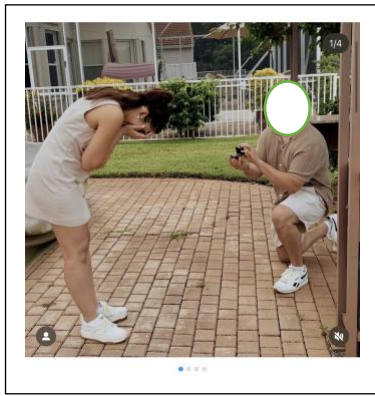
While staying on the topic of social media, it can continue to help us gain new perspectives as well. For me, I would love to travel the world one day. When browsing YouTube one day, I came across a content creator who traveled the world. It made me want to hopefully do that one day. This YouTube channel gave me a new perspective of different cultures and ethnicities around the world. TikTok and Instagram are big places where one can gain new

perspectives. There are many different people these platforms that make all types of videos in which you can search anything that interest you. For me when I go to my explore page it is specially tailored to what I am interested in. There's football, conspiracy theories, and food all things that I usually talk about daily. Gaining new perspectives in life can help us gain more knowledge of our surroundings rather than be clung to our everyday lives.

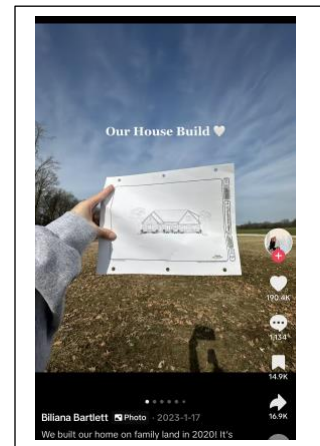
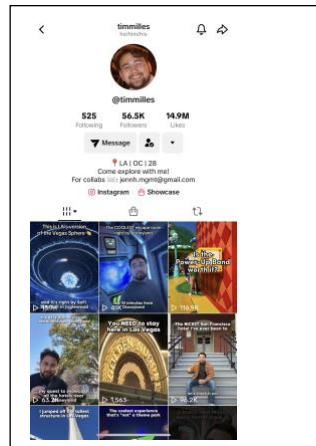
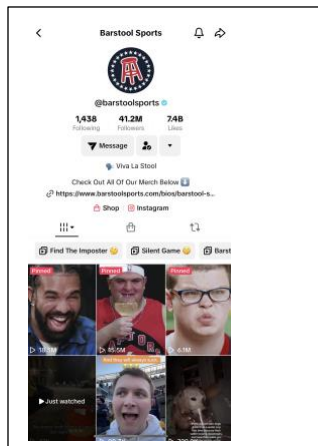


Mass media can influence our personal growth. Sometimes, this can be a good thing, but what I have seen is that it can negatively impact someone's personal growth. The media can influence people and how they see themselves, which I've seen negatively impact people in a way that pushes their personal growth back instead of forward. When I think of my personal growth when looking at social media, I tend to compare myself to others, not by looks but by what people have gone through in their lives (i.e., getting engaged, getting married, having babies). Even though not everyone's lives are the same, I still tend to compare myself to others, and at times, it has stunted my personal growth, I have asked myself what I am doing with my life. Why am I so behind?





Even though there are negative impacts, there are also positive impacts that it has on my personal growth. It helps me when I am having bad days, when I need a good laugh, or when I need to relax. TikTok is usually the place I go for a good laugh. There are many funny TikTokers out there that will sometimes have me on my phone for hours. It can also have videos of inspiration for me as well. I see a lot of videos of people building their first houses and this is something I hope to achieve in the near future. Mass media has many influences on our personal growth; whether it is positive or negative, it will always be in our lives.



In summary, we have seen what an impact mass media can have in many parts of our lives. It can help us gain insight about ourselves that we maybe wouldn't have had without it. It can move us emotionally in a way that can help us in our lives. It can help us feel connected to the world around us. Mass media can help us gain new perspectives, which can potentially help

people in the long run. Lastly, mass media can influence our personal growth even though sometimes this can be negative, there are also positives to it as well. Mass media is a huge part of our lives today, and it can potentially keep growing over the years.

Eportfolio link

<https://sites.wp.odu.edu/austinbenoit/>



### References

Vivian, J. (2017). *The Media of Mass Communication* (12<sup>th</sup> ed.) Pearson.