

Spring 5-11-2018

Social Media's Impact on Relationships

Taylor Koberinski
koberinsta@mnstate.edu

Follow this and additional works at: <https://red.mnstate.edu/thesis>



Part of the [Counselor Education Commons](#)

Recommended Citation

Koberinski, Taylor, "Social Media's Impact on Relationships" (2018). *Dissertations, Theses, and Projects*. 44.
<https://red.mnstate.edu/thesis/44>

This Project (696 or 796 registration) is brought to you for free and open access by the Graduate Studies at Red. It has been accepted for inclusion in Dissertations, Theses, and Projects by an authorized administrator of Red. For more information, please contact kramer@mnstate.edu.

This article aims to identify the impacts social media has on relationships. It is no secret social support has been shown as a predictor of positive mental health but there are negative interpersonal and personal factors as well. This article will discuss the roles social media plays and the importance couples hold on social media. The article looks at ways to address social media in family counseling using a Structural Family Therapy approach. The bridge between social media and relationships is an important area to research so that we can understand its effects on society.