

Micro Trends

As you go outside, you will see most people looking down on their phones. Nowadays, many peoples' lives are centered around their social media instead of on God. On social media, amongst many things on there, one thing that has recently become more popular is micro trends. Micro trends are considered trendy and only last for a brief period of time, like a few weeks or a month. These trends of looking or acting in a certain way are targeted towards people from a younger demographic, teenagers who are still trying to find out who they are and how they would like to represent themselves. What primarily comes from these micro trends is the idea that if you are not following the trend then you are not cool or interesting or that you are doing the wrong thing. These trends push for people to act, dress, and think like everybody else, and push for a herd mentality. These micro trends have ruined the individuality of people on social media.

These short-lived trends make it difficult to find out what one genuinely likes. The point of micro trends is to be brief and change consistently. When these trends keep changing, to somebody who relies on them to stay relevant or feels like this is how they fit in, it makes it hard to find out how you truly feel about these certain things. With how fast these trends pass by, it makes it harder for younger individuals to create a personal style of interests. As most teenagers spend much of their time on social media, they are trying to find who they are and how they want to express themselves. They are now surrounded by trends and influencers who tell them how they should be. Without the guidance of others that tell them how they should act, they lose themselves and do not know who they really are as they get older. We should value our individuality and being unique because it is how God has created us.

A sub-section of micro trends that is extremely popular is fast fashion. It has ruined individual opinions on clothing. Fast fashion is clothing that is currently trending, that has popular designs or styles but is usually low-quality and will not last very long. Fast fashion is an extremely negative micro trend because its production is damaging to the environment. The clothes produced are harmful because they are overproduced, so when the trend dies out, they have excessive waste. The clothing also has hazardous chemicals and leaves a high carbon footprint. Websites like Shein, Temu, and AliExpress have gotten popular in recent years because

of how accessible it is to get clothing like that. Cheap prices and simple designs attract people to these harmful websites which contribute to things that are harmful to our environment.

The main contributor to the spread of micro trends is influencers on social media. Influencers on social media have encouraged people to think and act the same. Popularity has been prioritized over originality. It is more important to be liked and fit in than to be your own person. The desire to be liked pushes people to mimic trends and other people rather than explore their own interests. Nobody now chooses to find out what they like and entertain their own niche interests. These influencers should be promoting something positive like originality and finding yourself rather than encouraging acting the same. Something more positive, the Bible, encourages us to be unique because God created us all differently.

Instead of following micro trends, and conforming to be like everyone else, we should be inspired to be ourselves and do the things we enjoy. God has put us on this earth to live out our unique lives and praise him. We should be encouraged to be ourselves and live out the life God has planned for us; not what others ask of us. Micro trends portray a negative idea of being the same to the people it targets. It thrives on social media and alters the thoughts and opinions of the younger audiences that dwell on there. Social media should continue to influence the people that are on it to be unapologetically themselves instead of now encouraging against it. The more micro trends get the ability to advance, the more harmful it will be for those that are younger and experience things on social media.

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