Keep track of the amount of time you spend on social networking sites for one week. Do you

think that this is time well spent? Why or why not?

Step 1:

I typically spend an hour per day on social networking. hence, 7-8 hours per week. Using social media has different effects depending on how we use it.

Step 2:

In actuality, social media can be advantageous for society. People may connect and their relationships may become deeper as a result. Student development and learning are also encouraged by social media. Additionally, it can help firms grow their audience and boost their profits.

Students can find mentors and training programmes on social media, which is a terrific way for them to develop new skills and move closer to their future professional aspirations. Additionally, it's a fantastic venue for companies to promote their products, services, and software. Amazing tutorials to develop your talents can be found for no cost on YouTube. Today, the possibilities for online learning are virtually endless.

However, using social media more frequently worsens FOMO and emotions of inferiority, discontentment, and loneliness. Your mood is significantly impacted by these emotions, which also exacerbate the signs of stress, anxiety, and depression.

Step 3:

As per my usage I can say, I am using social media in an effect way , because I use it for learning purpose and for effective communication etc.