social media Addiction

As a part of our daily life, social media shows a significant impact on society and has become a strong way to stay updated. Nothing spreads information faster than social media, which helps many people keep informed about the world’s current affairs. It has changed the way the world interacts by presenting many useful tools, namely, Twitter, Instagram, Facebook, Snapchat, etc. These technological advances assist those who are socially isolated to feel more connected to society, such as socially anxious citizens, since “More than 25% of teens report that social media makes them feel less shy, 28% report feeling more outgoing, and 20% report feeling more confident” (Are).

It also has proved to contribute to education in schools. Its continuous use and high adherence rate have made the world a more powerful and better place to live in. However, even with many benefits, there are a lot of negative effects that come with this technology. Not only is social media made for personal use, but it also benefits the catching and prosecuting process of criminals more efficiently.

According to research, “73% of federal, state, and local law enforcement professionals surveyed think social media helps solve crimes more quickly” (Are). Considering how easy it has become to find people on the internet due to the high online exposure, it is possible to track down almost anybody on websites nowadays. People may post pictures of criminals to alert others, as well as share a criminal’s last location when spotted. The fast sharing of information among the community can lead police departments to add tracking units to arrest criminals more effectively. Not only does the population facilitate the task, but also some outlaws may contribute to their own detention by boasting about their crimes online, as in the case of “A gang charged with the beating of a gay couple in Philadelphia in 2014” (Are).

Besides, social media has allowed students to work with new technologies. It helps them conduct research on topics they have trouble understanding or use it to discuss educational topics when needed. Furthermore, these technologies assist those who are absent from school to catch up on missing assignments or even discuss group projects by contacting one another efficiently without needing an in-person meeting. According to studies, “59% of students with access to the internet report that they use social media to discuss educational topics, and 50% use the sites to talk about school assignments” (Are).

Comparatively, a school in Oregon introduced an educational program that encourages kids to learn; as a result, “grades went up by 50%, chronic absenteeism went down by 33%, and 20% of students school-wide voluntarily completed extra-credit assignments” (Are). Educational programs make studying more entertaining by inserting a daily element into a youngster's life, which includes the chance of writing in digital media over the traditional paper and pencil. The educational programs that are created now also allow teachers to understand the student’s struggles and work on them. In other words, social media can and should be used for educational purposes since it is intrinsically connected to students nowadays.

As research appears to show, “Social media users have been responsible for reporting events before traditional media outlets, including the Paris attacks in France on Nov. 13, 2015” (Are). It is correct to affirm that it is common nowadays to consider the internet a fundamental source of breaking news for professionals and casual users. It also plays an important role in alerting people in emergencies, such as the Ebola outbreak that occurred in Nigeria and Sierra Leone in July 2014. This rapid dissemination of information can sometimes be life-saving, highlighting the importance of social media in modern society.

Despite all the benefits of social media, it is important to clarify that most of the bullying that happens nowadays takes place on the internet. Students, and even adults, have experienced cyberbullying. This unfortunate situation not only affects self-image and esteem but also can cause, or worsen, psychological pathologies, such as depression and anxiety. Indeed, in terms of negative effects caused by the unceasing use of these technologies, the mental health damage, mainly in youngsters, is the principal concern of neuro-physicians. Not only the negativity shared on social media can be a reason for the disadvantages; after all, this is an essay on social media addiction.

As analyzed, “With 91% of young people using the internet for social networking and rates of depression and anxiety in young people having risen by more than 70% in the past 25 years” (this). But why is social media addictive? Studies portray that social media’s effects on the brain include a rush of dopamine, the hormone responsible for pleasure and satisfaction. The high and fast rushes created by the use of those media generate a pattern that ends up in an addictive cycle.

Overall, there are many positive effects that social media has on our society today. As revealed in the thesis statement, it has become essential for social interactions, educational purposes, access to the news, criminal investigations, and many other situations that benefit people’s lives. However, it cannot be ignored that it also has a negative impact on the mental health of thousands of users. Therefore, it is crucial, for all intents and purposes, to pursue ways to minimize the damaging impacts and prevent future users from repeating the same negative cycles that lead to unhealthy relationships with technology. It is undoubtedly hard to imagine how society would be today without all the technologies acquired until now; besides, as common sense dictates, these technologies only tend to be even more present in daily life. Therefore, it is important to be aware of the conscientious use of them. With all things considered, social media networking sites will continue to grow, play a fundamental role in our lives, and affect human life, whether positively or negatively.

In conclusion, social media has undeniably transformed the landscape of human interaction and information dissemination. Its role in education, crime prevention, and real-time news reporting underscores its positive contributions to society. Yet, the darker side of social media, characterized by mental [health concerns](https://papersowl.com/examples/5-reasons-your-kid-should-not-have-a-cell-phone-addiction-and-responsible-use/) and the pervasive issue of cyberbullying, cannot be overlooked. As we continue to navigate this digital age, it is imperative that we cultivate an environment that maximizes the benefits of social media while mitigating its potential harms. Through responsible usage and continuous dialogue about its impact, social media can remain a force for good in our rapidly evolving world.