

The social dilemma documentary is an inside look into how social media operates on both a technical level and social level, we get insight into understanding how it affects the mental health of others, how it affects society as a whole in a negative manner.

Facebook or Metaverse for example is a prime case of how social media can affect people in a hugely negative manner, with barely any moderation on their sites the websites have become infested with misinformation, extreme political opinions and echo chambers that make those sorts of communities grow unmanaged.

Social media as it is now without any clear order or rules except the companies that created them and their own personal rules is a horrible idea that's somehow managed to go ignored by the majority of people for a long time, so companies are basically allowed to rule their own sites in whatever way they wish without any interference from any government or other outside force.

Social media affects humans in a wide variety of ways, but I personally believe the majority is negative as it stands now, people become polarized and extreme, lose touch on reality and rationality as they get stuck in their echo chambers and filter bubbles with their likeminded fools instead of discussing rationalities like common sense should point to.

People grow to hate, grow to be afraid of other people, they can be branded and attacked for any belief. People grow sensitive and lose the ability to grow thick skin as they can't handle any opinion or information, they personally aren't comfortable with.

The younger generations get especially affected by social media, of course they also may understand technology better because humans are quick to adapt, they also let themselves be swayed more easily by their own online presence and ego, they grow fragile and addicted for likes and attention. Because of social medias effect on our current youth depression and loneliness has skyrocketed, our attention has grown smaller, and our focus is on our online presence and accounts.

Online toxicity spreads like wildfire and people view opinions in black and white, they have grown to have the attitude of "if you're not with us, you're against us." Which is just a horrible degressive mindset to have as discussion of opinions and thoughts are vital to humanity as a whole, we need a wide variety of views so we can grow as a people.

Social media is also negative in the fact that it constantly tracks your online presence and stores any and all information it can about you from your personality to your day-to-day routines and can use that information to make you more and more addicted to the online social world, and it can sell all of your information to advertisements.

I personally believe that if we can regulate social media and put down a strict table of rules to follow, more universal "guidelines", stricter rules for data collection, more moderation, and so forth and a restriction from the youth accessing stuff not appropriate for them, then we can have a much better experience it would probably help even entire countries out. Examples for those rules could be a stricter restriction for younger people from accessing social media of any and all kind, stricter restriction on the creation of echo chambers and filter bubbles, not allowing misinformation in the guise of opinions be spread, restrictions on extreme political opinions, forcing users to interact with people of different kinds from political to racial to

ideological to international and let them experience more culture. Until those rules can be implemented or something similar is created, we need to focus more on creating a healthier relationship with social media, we need to be more careful and stricter with the youth having access to social media, we should also have more talks about how online reactions, likes and followings shouldn't be viewed as something huge or important. We should make people more aware of all other cultures and thoughts and philosophies out there in the world, be more active in focusing on critical thought and discussion among the masses and such as well.

Sources are [https://www.youtube.com/watch?v=uaaC57tcci0&ab\\_channel=Netflix](https://www.youtube.com/watch?v=uaaC57tcci0&ab_channel=Netflix)  
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