Information overload on social media and its effect on us.

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Information overload is the difficulty in understanding an issue and [effectively making decisions](https://en.wikipedia.org/wiki/Decision_making) when one has too much information. It can be caused by the amount of information being too overwhelming or too complex for the person to understand. The feeling of being overwhelmed by information can be boosted if the information is mostly negative, conflicting, or sensationalized. Stuff like this can be seen on social medial platforms which have increased in use during COVID-19 since they were one of the only information resources for people. Information overload can lead to many different health problems, for example mental fatigue, anxiety, stress, and difficulty of making decisions. It can also affect our self-esteem, happiness, and mood.

In mi opinion the problem can be solved in several ways. The first solution would probably be to reduce time spent on social media, like taking breaks for example limiting the number of hours you spend daily on social media. The second solution is to choose your source of information carefully to avoid huge amounts of misinformation, negativity or drama and look for sources which provide reliable, accurate, positive, and summarized information. Third solution is to spend more time with real people by talking face to face with someone. The final solution in my opinion is to not spend time mindlessly reading and scrolling through different articles and use social media only when it is necessary.

Resources:

https://www.projectmanager.com/blog/prevent-information-overload

<https://www.linkedin.com/pulse/how-social-media-information-overload-can-affect-mental-gideon-abako>

<https://timesofindia.indiatimes.com/readersblog/myblogingtherapy/information-overload-and-how-to-deal-with-it-33901/>

<https://ojs.aaai.org/index.php/ICWSM/article/view/14549>