Excessive amount of everything is harmful

People mostly spend their time on social media instead of using their time better in my opinion.

  Firstly, spending hours at home on social media, focusing on something, that is, being asocial is a bad thing.

Also, focusing on social media for long hours in the evening can be a problem for eye health, and sometimes I even experience it.

Secondly, I think inactivity is one of the problems of everyone who uses social media because they can have a certain problem because they always sit or stand in a fixed position. Why do we use our time ineffectively when we can go out, do sports, meet with friends and have something to eat in a cafe? So we have to do something. Not always shouldn't spent time on social media.

   There are some problems experienced by people who use social media: health problems, cyberbullying. Some experts say that spending too much time on social media negatively affects mental health. For example chronic, anxiety and depression symptoms. In addition, bullies can open fake accounts to gain people's trust. For example, they can create a fake profile, befriend a classmate, and do things that actually embarrass them.

Finally reason, of course there is a positive effects on social media. For example chatting, face to face communication, important information about your area of interest.

As a result, I think spending too much time on social media is harmful because we can have health problems and become antisocial people.