3. Psychological Impact of Social Media Usage:

3.1. Filter reality: Social media platforms usually depict an idealized reality, and users only show their best moments. This kind of filtered description may have an unrealistic perception of life. When comparing one's own life with the lives of others will lead to a lack of feeling, resulting in low self-esteem, and this will have a wrong perception in society.

3.2. Verification and self-worth: Social media platforms thrive because of likes, comments, and sharing, which can measure a person's self-worth. Some people will have complete confidence in life because of these likes, but others will feel inferior because others do not recognize them on the Internet.

3.3. Cyberbullying and provocation: The anonymity and distance provided by social media can promote cyberbullying and provocation. This kind of attack will cause others to be in a bad mood, and it will cause others to have severe self-harm behaviors, such as suicide.

3.4 Statistics:

Recent research has studied the relationship between social media use and self-awareness, revealing specific aspects of personal self-awareness that often use social media platforms. The following findings are the data of a large number of social media users:

1. Self-control: On average, individuals who widely use social media platforms often have a high evaluation of their self-control. According to a survey among social media users, their average self-control score is 7.43 out of 10. This shows that social media users have tremendous confidence in their self-control, which shows that most people will not lose themselves in social media and can balance their time and control themselves well.
2. Self-acceptance and satisfaction: Many social media users are usually more satisfied with themselves and their identities. In a study exploring the self-cognition of social media users, the average score of people who are happy to be themselves is 7.62 out of 10. This shows that frequent social media users will be more confident.
3. Reliability: Among the individuals who widely use social media platforms, the reliability is also higher in another aspect of self-awareness. On average, many social media users rated themselves as reliable people, scoring 7.1 out of 10. This shows that people who frequently use social media think they are reliable and trustworthy.

It is worth noting that these findings provide the overall trend observed among many social media users and should only be regarded as universally applicable to some individuals. Due to the differences between people, we can't say everyone who frequently uses social media has the above characteristics.

Although these findings highlight the positive aspects of the self-awareness of a large number of social media users, as discussed earlier in the report, it is essential to consider the potential limitations related to the use of social media. We need to know that social media is always hostile to some people. Due to our mentioned limitations, we need to do more in-depth research to understand better the people who frequently use social media.