The topic on which I am going to debate is “Has Social Media improved Human Communication” and I am totally against this statement, the fact that I am going to present is how social media is making people feel lonely. We are plagued by a loneliness epidemic. Now this sounds very unusual to hear that communication which is so called considered as a source to reduce distances and making people closer to each other is promoting loneliness. Yes it is, a recent survey shows that the individuals who spent more time on social media are likely to be more depressed than those who spent a less time like an hour or so.

The ease of accessibility may be causing us to connect more in the digital realm, but disconnect from the world around us. Researchers at the University of British Columbia found that even seemingly mild distractions from a buzzing phone could cause individuals to experience a decrease of present enjoyment. For example, if you’re at a social gathering and impulsively grab your phone as you feel the notification vibration, even if you do not continue to open the app, this brief moment could cause a feeling of disconnection with others present at the gathering.

Individuals may become glued to their devices to avoid feeling unaware of current events and feel disconnected from others. It is also possible to encounter unwanted updates that prompt feelings of isolation. For example, if someone finds a picture of their loved ones gathered for an event to which he or she did not receive an invitation, seeing this update could trigger the individual to feel excluded. And this is how social media is playing a huge part in promoting loneliness.

As before my fellow debaters have already presented to you many facts proving how is social media not a source of human communication like: How’s it a mean of cyber bullying, how our relations are being shifted online and no physical contact, the distraction it is causing to the people of every age, the vast effect it has on the sleep cycle especially of the youth. The promotion of sedentary lifestyle which has its own effects on the well-being of humans and the spreading of false information which has ruined lives of many. Over placing all the above points into account I can say that communicating online starts from cutting down human interaction to completely demolishing one's ability to confront people. There is absolutely no filter, which ends up giving a rise to pointless controversies. People can stay anonymous and easily share their views even if they are deceptive, now to some extent it is helpful but when it comes to misleading the unaware audience, no one is held accountable for that and they can easily get away with it. Other than that, Generation Z here falls victim to thinking traps. Once you get comfortable with the idea of online conversations it is hard to keep up with your social skills. People get anxious to speak in public because mainly it requires confrontation. The whole purpose of raising these points is to mainly spread awareness among my fellow classmates and our generation that through social media we are slacking off on our social skills, most people now avoid actual human interference, and even if we look ahead of 10 to 20 years there is no conceivable way that we can live on without human interaction. Speaking online is so comforting that we have now started to avert from personal interaction.

“It has become appallingly obvious that technology has exceeded humanity”

{Albert Einstein}

All the above arguments are enough to understand and agree that the social media is indeed not a healthy source of communication. As there’s a saying and I quote:

“***Technology should improve your life and not become your life”***

Now this leaves us all with a question that are we consuming technology or is technology consuming us?

That’s all from our side, Thanks!