

# **Social media & Relationships**

**“Do Social media networks strengthen or degrade human relationships?”**

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- Growth in the number of people who use Facebook, Instagram, Twitter, and Snapchat and other social media platforms and the time spent on them has garnered interest and concern among policymakers, teachers, parents, and clinicians about social media's impacts on our lives and psychological well-being.

- Although social media has many positive benefits, it has the potential to wreak havoc on a relationship. Some of the negative effects of social media on relationships include decreased time with a partner, missed connections, jealousy, conflict arising from disagreements or hurt feelings, and negative comparisons.

\* **Decreased Time With a Partner:**

- distraction
- Irritation
- decreased quality time.

\* **Negative Comparisons:**

- Social media makes it much easier for compare our relationship to other
- People do not usually show the negative aspects of their relationship on social media, only the positive.



**Negative effects of social media on relationships**

## **\* Jealousy:**

- Provides an avenue for infidelity-related behaviors

- Social media might make daily life with partner seem less interesting

## **\* Living in World of Fantasy**

## **\* Lack of Conversation**



- Social media can connect us, but there are also pitfalls. Social media may be a problem in your relationship if you find that you and your partner are having conflicts over social media or are spending less quality time together. If this is the case, there are steps you can take to keep social media in its place and keep your relationship strong.

