

# **Problematic Social Media Use**

# **Problematic Social Media Use Characteristics**

- **Devoting copious amounts of time to social media**
- **Having an extreme desire to be on social media**
- **Social media use limits social activities and personal relationships**
- **Having an obsession for interactions on networks**

# **Problematic Social Media Use Effects**

- **Higher chances of being addicted to social media or developing symptoms of depression**
- **Negatively impact personal relations and activities**
- **Difficulty functioning without visiting the platforms**

# Who?

- **Research proves that this trait is seen more commonly in younger generations**
- **Older individuals can still exhibit problematic social media use**