

According to a recently published article on the Forbes website, social media is very popular, "72% of American adults are currently using social media sites, this number has increased by 800% in just eight years "(Olenski). Social networks were originally created to connect people to older high school friends, but in recent years it has evolved to a completely different operation. When social media first appeared, it was also used for adults, and in recent years it has expanded to use in all ages.

Research is increasingly being investigated on the potential adverse effects of the use of social media on romantic relationships. In groundbreaking research on the subject, Clayton et al. (2013) We discovered that Facebook uses the results of predictive negative relationships (eg fraud, dissolution, divorce), but this association is mediated by conflict associated with Facebook, depending on the length of the relationship It is regulated. In other words, Facebook uses the results of negative predictive relationships only if there is a conflict, in particular with respect to this use, but for those who have established relationships within three years. Clayton (2014) shows similar results with respect to using Twitter. The rise in utilization was related to the result of a negative relationship which is mediated by competing usage of Twitter. However, in this case, the length of the relationship does not mitigate the indirect impact that the use of social media has on the outcome of negative relations.

Do you have something to hide? Infidelity and spousal satisfaction of social media sites

Research shows adverse effects of excessive social media exposure and use. This blog post is some good summary of early research. Below are some of the findings. In November 2013, 350 million people crazy on Facebook. In addition, the group of researchers found a clear relationship between the use of extreme social media and mental health problems such as depression. It seems that social media and anxiety are also directly related. According to a survey conducted by Salford University, 51% of surveyed users think that Facebook and Twitter "changed their lives", the situation is getting worse. If 45% of respondents can not access social media, they answer "I feel worried or uncomfortable". Furthermore, another study found that 73% of people fall into a panic if they left their smartphone behind. According to my experience and data, we are becoming a slave to our device and social network.

Social media is like an excellent social networking tool and its disadvantages in society can not be ignored. Teenagers and young people are particularly vulnerable to potential harm caused by the use of social media. These adverse effects of social media can be dangerous to the health and social well-being of your children and youth unless they are recognized and dealt with in a timely manner. Facebook recession is a mood disorder related to the use of social media. When feeling that teens are as good as their social media partners, they often get depressed and are often referred to as 'Facebook depression'. Being prominent, adapting, or

being accepted by Facebook and Twitter friends is driving user motivation for such emotional confusion.