**Name: Batuhan Student Number: 22011093**

**Surname: ODÇIKIN Class: B2-11**

**Choose one of the given topics below and write a cause OR effect OR opinion essay (min 250 words) Please circle the topic you have chosen. You’ll have 60 minutes to write and 15 minutes to upload your essay to the system. (75 min - 12:00-13:15)**

1. Write an essay about the **effects** of social media on mental health (min. 250 words)
2. Write an essay about the **causes** of childhood obesity (min. 250 words)
3. Write an **opinion** essay about the benefits ofdigital literacy (min. 250 words)

**SOCIAL MEDIA STEALS OUR MENTAL HEALTH**

Day by day, usage of social media increases uncontrollably. Our screen times are rising, our time is stealing more and more by social media platforms. Most of us can realize that using social media that much isn’t a beneficial thing however we can’t stop ourselves. Unfortunately using social media for long hours can affect our mental health too. For my point of view, this effect is not in a nice way. Here are three main effects that social media causes to out mental health.

The first effect that social media on mental health is dopamine bombing. Social media platforms, especially short videos that called “reels” or “shorts” gives enormous amount of dopamine. And that dopamine bombing causes to low desire to other doings. As you notice we can’t even do our hobbies as desireful as before using social media. Because human brain always wants more and more dopamine to do something. And because of dopamine bombing which social media does to our brains, our brain doesn’t want to do a job with less dopamine.

The other effect is low attention times. In social media platforms, things happen very fastly, in addition with scrolling down when we scroll, all the event changes suddenly. And that happens in seconds. If that sudden event changing keeps changing for long hour our brain can’t focus to anything and to gets used to sudden event changes. And when our scrolling dones, our brain wants more sudden changes because it can’t focus. However, the real life is not that fast so we feel like bored, and we can’t focus for long times to one thing.

The last effect that I handle is being not satisfied with own life. Social media is all about deception. You can know what other people shows to you. No one shares his/her any bad situation or scene of his/her life. When you look to social media everyone is happy and loves their lives. Everyone experiences interesting things in their lives, everyone is travelling or making interesting things. However, life is not works like that. There are ups and downs in real life. You think like everyone is happy in their lives but I have some bad times with life. And you become unsatisfy with your life. And that makes you feel bad all the time.

All in all, social media effects our mental health not in a nice way. It reduces our dopamine level we get from real life, it reduces our attention times and it makes us feel uncomfortable with our lives. Yes, social media is a part of our lives however, we have to prevent it to affect badly to our mental health.