Bryant Nguyen

Chris Carruth

ATLS 2000

Social Media Challenge

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Hypothesis: What I believe will happen is that I won’t be able to restrain myself at all because I have a set routine where I check social media every night before bed so I can sleep. I’m usually good with holding myself back and changing my habits but with this, it is going to be very difficult.

During the first few days of the challenge, I’m going to be honest and say that I wasn’t able to restrain myself from using any type of social media. I would still go on Instagram and Snapchat at night and go on Reddit and YouTube constantly. I think this was mostly because I forgot about the challenge and that these were all habits that I’ve built over many years. However, I had told my friends about the challenge and so they were the ones that reminded me about it and to keep with it.

After about a week or so, I was able to shake off my habit of checking Snapchat and Instagram before bed by instead reading the books for my English class. I saw the results immediately; I was able to keep up with my readings and all the other homework for my other classes as well as get more sleep. Although I was able to get rid of my habits for checking social media, I didn’t quit using internet games, Reddit or YouTube, mainly because I didn’t know that they were part of “social media” (lol). Reddit was hard because I mostly used it to check up on news for the internet games that I played. I’m going to be honest, I didn’t give up internet games for the challenge because that was how I relieved all my stress from life. Going back to Reddit, I was able to limit myself to not using it at all about halfway through the challenge. I was the same with YouTube as I was with internet; it was a stress reliever, and I couldn’t live without it. I think this just comes to show how reliant I am on this kind of technology such that I couldn’t even give it up even if I wanted to. When I told my friends and family about this, they were surprised and said that they would never be able to take on the challenge. I told them I would try my best to restrain myself, and I believe that I did. However, I did have to keep connected to Facebook because that was where I kept updated on church issues and on my lion dance team. I think this also comes to show how dependent we are on social media that it is integrated into our lives.

Overall, I think this experience/challenge really helped me. Thinking back on it, I felt really weighed down by social media such that I had an obligation to check it and to be a part of it. After the challenge, it felt as though chains were lifted and I didn’t really feel like I needed to check social media every single moment of the day. Now, I only check social media once every couple days and I don’t feel like I’ve missed much from not checking it constantly because in the end, it is just a bunch of pixels. I will still continue to use Facebook mostly for keeping up to date on things because it would be extremely difficult to get everyone else I know to not use it. As for internet games and YouTube, I will honestly say that I will continue to use these two as I did before the challenge because I feel as though I need these in my life in order to not go insane (which kind of sounds really sad). All in all, this challenge really impacted my life and makes me think about the effects whenever I use social media.