

SOCIAL MEDIA IS MAKING US UNSOCIAL

In this 21st century social media has become such an important part of our lives. It all starts with relaxation and time pass but ends with wasting a heck lot of time. We got rights and we go on ranting out on the social media to cool down our anger or expressing our emotions rather than talking to someone. It leads to Addiction to seeking attention, gaining fake sympathy, being popular and end up sacrificing face to face real conversations. It has completely changed the way we meet and interact with each other. Everyone is happy and rich in social media these days. We are always in dire need of people to like us and often tend to take the ones for granted who like us. In this generation people have more friends on social media than in real life. We love hanging out on devices for someone to talk to and never realise that our loved ones are waiting outside this device. We go on dining out and we let our food get cold just to click those perfect images and sharing them.

We tend to generate a habit of checking our phones constantly and often forget spending quality time with our loved ones. Then the consequences. Real life relationships begin to mimic the shallow relationships of social media and we lose our real ones gradually.

In simple language Social Media just fuels our already broken society.

In an American research it has been found that for 10% rise in negative experiences on social media leads to 13% rise in loneliness especially in the age group of 12 to 17.

But if its so negative why do we use it?

Well, It has definitely made the world a better place, a better place to reach out to a massive audience and adding value in millions of life. It is not always the technology to be blamed for making us unsocial, but us humans only because it is us who created it and we need it. Yes we need it. It just depends what content you consume on the social media and how much priority is that for you in your life.

We should use social media as a support for building real relationships not a catalyst to losing them.

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