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Reflection #3

Lately, I have been wondering about how social media and technology can affect our mental health. With the rise of social media, people have started to only post pictures and statuses that portray a perfect life. This portrayal can make people believe they are less, or inferior, to their social media “friends;” they see their own lives as imperfect, and others’ lives as perfect. Unfortunately, this can lead to more depression or anxiety, especially in the younger generations. As social media is a modern concept, this problem was not as common in the past as it is today.

Showing only the best parts of our lives is not uncommon; we wish to show the world that we have great lives, and we do not want other people to think we are anything less than perfect. The biggest problem is that we do not remember that perfection is impossible to obtain. Because of this, I think that, with today’s distractions of social media, we are more susceptible to mental health problems.

With what we have started learning about in class, the industrial revolution, I wonder if people in the 17th and 18th century experienced anything similar. With the rise of technology, and the way of life changing so rapidly, surely there were separations between classes, with the higher classes displaying perfection in their ability to have better technology than the lower classes. And with these differences, did people suffer from mental health issues like they do today?