

## **A week without social networks – Maxime Marlot**

Since I am not a phone user addict who spend 3 hours per day on my mobile. I have decided to slightly change the challenge by 'A week without social networks'.

Nowadays most of the persons you meet are on social networks, we can think of Facebook and Twitter but the way we share informations through the internet changed and new ones like Snapchat and Instagram reach out younger people and create more addicted users.

Even if I'm only on Facebook and Twitter, I can still feel the effects on myself. Our behaviour with social networks is both weird and scary. I was checking my newsfeed almost instinctively, not because I want to know what my friends do or because I post news (It never happens actually) but more because it's an incredible tool to gather news from around the world on topics you care about and in real time. The real issue with social networks is the way we use them : it is so easy to scroll down during an hour and wasting your time whereas you could work.

The first half of the week went right, although sometimes I found myself typing the name of a social network mindlessly without realizing it. I managed my time better and I found I was more focus on tasks at hand and also for a longer period. Before the cut off, i would glance on my feed all the time and it slowed me a lot in my work.

One of my concerns was to miss something 'important'. Indeed you can miss several good news or articles but you quickly realize nothing major happen in one week or you will hear by 'traditional media' or by your friends.

On the other hand, the second half of the week was harder. Most of social networks have instant messaging tool and I have noticed that a lot of persons use these applications, instead of their phone, if they want to message you, except for work perhaps. I found it pushes you to always keep tabs on your notifications. If you want to go out with your friends, it becomes hard to do without.

Lastly it was really interesting from ditching Facebook for a week. It leads to a lot of personal realizations. You realize you don't need social networks as much as you thought : in fact only several tools are really usefull.