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Social media addiction

Addiction, the word carries a negative connotation when it is use. By definition, addiction means “the fact or condition of being addicted to a particular substance, thing or activity”. In this case instead of drugs or alcohol, it is addiction to social media. There are no days’ people go without wanting to be updated about what is going on in the world around them and it is causing issues.

Furthermore, we see that now in social media there are many discussions about the type of content that is being shown through our screen. It is a growing concern for many parents or adults that if the young generation is viewing this as a positive rather than something that could hurt them internally. In “ Psychological Risk Factors that Predict Social Networking and Internet Addiction in Adolescents” states that, “ the purpose was to examine the contribution of body self-esteem, personality traits, and demographic factors in the prediction of adolescents’ addictive use of social media and the internet.”(Peris et al. p.1) Each person analyzes what they see, one might take it less offensive than the other person. When we see things negatively, we look back at ourselves and want to find flaws to improve. That causes one’s low self-esteem. This is what the experiment was conducted for. It was aimed at studying to see the sort of impact social media has on adolescents with their active use of social media and the peers play a decisive role in the matter of public online appearance. The article reported that an increasing number of adolescents edit their pictures before posting them on social networking sites to improve their image according to how they wish to see themselves and be seen by others. Following this line of research, studies indicate a negative association between adolescent body satisfaction and the use of social networking sites. (p.3) This means that the users of social media platforms use images that have been edited and compare their own bodies to them and find a huge dissatisfying comparison. They then question and investigate how to change their bodies and more likely the quick answer is surgeries.

From more research I can say social media interferes with our daily life, not only physically but mentally too. As stated in the introduction of “Social media addiction: Its impact, mediation, and intervention”, “Social media addiction has been found to be associated with a host of emotional, relational, health, and performance problems” (Hou et al.1). When it comes to addiction it is hard to stay way. We want to but we ultimately fail to do so. Much of ones’ time is spent on our smartphones because it the world in the palm of our hands and that means less time actually working or doing what must be done, such as homework or job duties. The same article also says, “social media use have been shown to be associated with reduce academic performance” (Hou et al.2). A smartphone can also be used to better preform in school but instead students choose to rather look at social media, where random entertaining things are posted than the internet where answers for school can be easily found. More time on the phone checking social media means less time working on homework and studying for school.

In another research article called “Face it, don’t Facebook it: Impacts of Social Media Addiction on Mindfulness, Coping Strategies and the Consequence on Emotion Exhaustion” it is said that people who are addicted to social media have higher emotion exhaustion. The individuals are stressed due to social media and that causes exhaustion. In other words, a loss of will to do things. Under the subtitle called “Consequence on emotional exhaustion” it states, “In other words, the lack of mindfulness, which happens as a result of social media addiction, will cause people to experience emotional exhaustion at work.” (Swiwilai and Charoensukmongkol 3) Its crazy to see how one simple thing like just looking through your phone can cause affects in your daily life. A job is very important to everyone because we need money to do things and achieve goals in our lives.

In addition, this addiction brings more cons than pros. In a newspaper article called “Digital Cocaine – Tiktok “from Technology Times, it says “Humans are going downwards just because of too much involvement. A UN department WHO (World Health Organization) mentioned TikTok as an actual disease.”(“Digital Cocaine”) It furthermore adds that it has side effects, those side effects being wasting time and energy just looking at a screen knowing there is other things to be done. Social isolation is then experienced because you can maneuver everything by just one swipe so no one else is needed, it’s not like a sport where you need multiple people to play. Paragraph 11 in the same article mentions “Social skills highly suffered like public communication, problem-solving, and creative writing.” (“Digital Cocaine”) This are all things that come from being socially isolated. Social media addiction really does affects us in more ways than we think it does or should.

In conclusion something needs to be done. We cannot let this affects us more than it should. Life is already hard so why make it harder. We see that social media addiction causes us physical and mental health issues. Time on the phone should maybe decrease by half the usage rate it is now. It will be a hard process like recovering from any other addiction is but it can be done.

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