Social interaction is the root of all human behavior. Without it, people would have never established civilizations, societies, institutions, belief systems, and the list goes on. In Chapter 5 of his book, Harari discusses the impact of technology, specifically Facebook, on the development of communities around the world. Cooley discusses the way social interactions play a significant role in the development of our identities. Both of these ideas display the high importance and impact of social interaction on society and the development of individual identities.

Harari explains how before modern society, humans lived in much smaller groups. Now, we are attempting to connect ourselves with a much larger number of people than we can handle being close to. This is why many people today are experiencing loneliness and other related mental health issues even though it appears that we are more connected than ever. Harari also discusses the impact of sharing experiences through social media on our own feelings and reactions. He says that when we experience something and share it, we lose sight of our own feelings surrounding the experience because we are focused on what others think. He also explains how we are becoming disconnected from our own bodies and reality due to our focus on screens. Psychology shows the high impact of experiences on the mind. Each of these points demonstrate the role of technology in the increasing difficulties many people are currently having in establishing an identity within our current society. Cooley argues that we establish our own identities and self-concepts based on how we think others view us. Assuming this is true, when we use social media, it becomes very difficult to establish our own self-concept due to the constant flood of opinions from others.

In conclusion, the impact of social media and globalization on the development of communities and personal identities has been significant. Although it seems as though technology and social media are not going away, people are starting to further realize and discuss these negative impacts, which will hopefully lead to positive change. Also, Harari discusses ideas for how Facebook can work to become a tool in establishing stronger offline communities, which may be possible and would also cause a shift in the right direction. Hopefully, society can heal itself through the identification and evaluation of the impact of technology.