



You Take Your Phone To The Bathroom?



You Question Your Posts When They Don't Attract Attention?





❖ **Do you find...?**

Logout

**is the hardest
button to click.**

Well, If your answer is


Yes

Don't Worry... You are not

Alone.


- A new study by the University of Chicago has found that social media is more addictive than cigarettes and alcohol. *

(* <https://news.uchicago.edu/story/study-finds-lure-entertainment-work-hard-people-resist>)



Tips that can help you monitor your social media use, and ensure that you are being productive instead of wasting time.

- ❖ Track your time online
- ❖ Remember the telephone
- ❖ Go outside
- ❖ Limit your membership
- ❖ Prioritize
- ❖ Remove the cell phone apps
- ❖ Spend time with Family and Friends.



Make an appropriate use of
technology

... and be careful
don't let it **spoil** your life.

Social Media Addiction



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Defining Social Media

Social Media are media for social interaction, using highly accessible and scalable publishing techniques.

***According to business dictionary**

“ Primarily internet or cellular phone based applications and tools to share information among people. Social media includes popular networking websites, like Face book and Twitter; as well as bookmarking sites like Reddit.”

**Source: <http://www.businessdictionary.com/definition/social-media.html>*

Popular Forms Of Social Media

- ❖ Facebook
- ❖ Instagram
- ❖ Snapchat
- ❖ YouTube
- ❖ Twitter



What Is Addiction?

“Addiction is related to a compulsion to consume something or engage in a set of behaviours to the point that is significantly interferes with a person’s life.”

(M.Fabbri)



Uses of Social Media

- **Networking and Socialization**
- **Education and Awareness**
- **Help and Assistance**
- **Information & Updates**
- **To Improve business**
- **It helps Govt. & other agencies to fight against crime**



**r u addctd 2
SOCIAL MEDIA?**

Do you keep socializing while working or during class?



**Or while being engrossed in
conversation with people?**

