On Social Networks

Today's prevalent opinion about social networks is that they have turned our relationships more metallic and less humane. While that is one correct fact, it is not the only crucial factor and believe it or not, solving it probably is the most facile.

Here is only a shallow glimpse at some of the common problems caused by the utterly mindless design behind the social networks:

- Studies show that almost every social network makes people isolated and this isolation has a direct connection to the amount of user's interaction with the product. Now given the fact that the younger generation almost lives within these products it is not hard to believe that their depression rate is 20%

- There are studies that suggest Instagram is making people depressed. Only recently, European Union has named it the worse social network for health after a survey by Royal Society for Public Health. (I highly recommend it to read the whole report.)

- Social networks such as Twitter and Instagram with strict boundaries to what you can share —280 chars for Twitter and squared photos and time limited videos for Instagram— cause even another form of isolation. People become isolated because they can't express themselves.

- Social networks amplify everything and therefore what you say can end up

amplified many times across the planet. Almost every person who's exposed to the public becomes very conservative on speaking. They usually avoid going within the reach of any controversial topic. Social networks like Twitter have the same effect on non-celebrities, their users are afraid to discuss any controversy because they are afraid of being bullied by multitude of users.

- Social networks

Not every aspect of social networks are bad however; Take this research for example that suggest in many cases social networks can even act as support groups and lead to better health.

POINT OF VIEW

We know Instagram makes people depressed, we know that Twitter makes you biased and isolated and drives nations to political outrange, we know that project/resume based social networks like LinkedIn and GitHub makes people go workaholic, we know messengers promote cheap content, we know

We used to put

Regarding the previous discussion, we might need to check

Joe Edelman

- Dear Zuck (and Facebook Product Teams)

- How to Design Social Systems (Without Causing Depression and War)

- Human Values: A Quick Primer