**U.S.T.H.B /C.E.I.L 2020 /2021**

**Computer Science Department Master 1**

**First English Exam**

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***I Reading comprehension***

**A Read the following text about “Social Media Addiction” and then answer the**

**questions below.**

**Social Media Addiction**

Checking and scrolling through social media has become an increasingly popular activity over the last decade. Although the majority of peoples’ use of social media is non-problematic, there is a small percentage of users that become addicted to social networking sites and engage in excessive or compulsive use. Social media addiction is a [behavioural addiction](http://www.addictioncenter.com/community/behavioral-addictions/) that is characterized as being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas.

Addictive social media use will look much like that of any other substance use disorder, including mood modification (i.e., engagement in social media leads to a favourable change in emotional states), salience (i.e., behavioural, cognitive, and emotional preoccupation with social media), tolerance (i.e., ever increasing use of social media over time), withdrawal symptoms (i.e., experiencing unpleasant physical and emotional symptoms when social media use is restricted or stopped), conflict (i.e., interpersonal problems ensue because of social media usage), and relapse (i.e., addicted individuals quickly revert back to their excessive social media usage after an abstinence period).

The phenomena of social media addiction can largely be contributed to the dopamine-inducing social environments that social networking sites provide. Social media platforms such as Facebook, Snapchat, and Instagram produce the same neural circuitry that is caused by [gambling](http://www.addictioncenter.com/drugs/gambling-addiction/) and recreational drugs to keep consumers using their products as much as possible. Studies have shown that the constant stream of retweets, likes, and shares from these sites have affected the brain’s reward area to trigger the same kind of chemical reaction as other drugs, such as [cocaine](http://www.addictioncenter.com/drugs/cocaine/). In fact, neuroscientists have compared social media interaction to a syringe of dopamine being injected straight into the system.

Due to the effect that it has on the [brain](http://www.addictioncenter.com/addiction/addiction-brain/), social media is addictive both physically and psychologically. According to a new study by Harvard University, self-disclosure on social networking sites lights up the same part of the brain that also ignites when taking an addictive substance. The reward area in the brain and its chemical messenger pathways affect decisions and sensations. When someone experiences something rewarding, or uses an addictive substance, neurons in the principal dopamine-producing areas in the brain are activated, causing dopamine levels to rise. Therefore, the brain receives a “reward” and associates the drug or activity with positive reinforcement.

This is observable in social media usage; when an individual gets a notification, such as a like or mention, the brain receives a rush of dopamine and sends it along reward pathways, causing him or her to feel pleasure. Social media provides an endless amount of immediate rewards in the form of attention from others for relatively minimal effort. Therefore, the brain rewires itself through this positive reinforcement, making people desire likes, retweets, and emoticon reactions.

Another perpetuating factor of social media addiction is the fact that the reward centres of the brain are most active when people are talking about themselves. In real life, it’s estimated that people talk about themselves around 30 to 40% of the time; however, social media is all about showing off one’s life and accomplishments, so people talk about themselves a staggering 80% of the time. When a person posts a picture and gets positive social feedback, it stimulates the brain to release dopamine, which again rewards that behaviour and perpetuates the social media habit.

Social media use becomes problematic when someone views social networking sites as an important coping mechanism to relieve stress, loneliness, or depression. For these people, social media use provides continuous rewards that they’re not receiving in real life, and end up engaging in the activity more and more. This continuous use eventually leads to multiple interpersonal problems, such as ignoring real life relationships, work or school responsibilities, and physical health, which may then exacerbate an individual’s undesirable moods. This then causes people to engage in the social networking behaviour even more as a way of relieving dysphoric mood states. Consequently, when social network users repeat this cyclical pattern of relieving undesirable moods with social media use, the level of psychological dependency on social media increases.

Although many people habitually use social media, very few are genuinely addicted. If you’re worried that someone may be at risk of developing an addiction to social media, ask yourself these six questions:

* Does he/she spend a lot of time thinking about social media or planning to use social media?
* Does he/she feel urges to use social media more and more?
* Does he/she use social media to forget about personal problems?
* Does he/she often try to reduce use of social media without success?
* Does he/she become restless or troubled if unable to use social media?
* Does he/she use social media so much that it has had a negative impact on his/her job or

studies?

If you answered “yes” to a more than three of these questions, then you may have or be developing a social media addiction.

As a precaution, that person should engage in a digital detox; a period of time during which someone significantly reduces the time spent or abstains from using electronic devices such as smartphones or computers. This can include simple steps, such as turning off sound notifications and only checking social media sites once an hour. Other changes can include having periods in the day where there is self-imposed non-screen time, such as during meal times, or leaving the phone in a separate room at night so as not to disturb sleep. This allows for a restored focus on social interaction in the physical world and reduces dependency on networking sites.

1. When does harmless social media activity become an addiction?

The harmless social media activity become an addiction is when the person become overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas.

1. Why is social media dependence regarded as any other substance addiction?

It’s been regarded as another addiction substance when it starts effecting the human being by causing mood modification, salience, withdrawal symptoms, conflict and relapse.

1. How does social media overuse physically affect the brain?

The overuse of social media can cause some physically affect to the brain by altering the brain’s reward area to trigger the same kind of chemical reaction as other drugs, such as cocaine.

1. In which ways does the heavy use of social media impair mental health?

The heavy use of social media impairs mental health by providing an endless number of immediate rewards in the form of attention from others for relatively minimal effort.Therefore, the brain rewires itself through this positive reinforcement, making people desire likes, retweets, and emoticon reactions

1. How is social media addiction recognized?

The recognition of the addiction happens by answering with yes on at least three of the six question that has been written in the text:

* Does he/she spend a lot of time thinking about social media or planning to use social media?
* Does he/she feel urges to use social media more and more?
* Does he/she use social media to forget about personal problems?
* Does he/she often try to reduce use of social media without success?
* Does he/she become restless or troubled if unable to use social media?
* Does he/she use social media so much that it has had a negative impact on his/her job or
* studies?

You can see it on people who use social media as a coping mechanism to relieve stress, loneliness and other bad feelings.

1. In which ways can over-reliance to social media be prevented?

The over-reliance can be prevented by engaging in a digital detox by avoiding or minimizing the use of digital devices (phones and computers …).

**B** Do you agree with the idea of framing the excessive use of social media as an addiction?

Give your opinion.

The social media addiction comes from our daily basis needs, so it became more of a necessity now days. So, our addiction can be justified because it minimizes our work and speed our progress as humans.

***II Language work***

**A Replace what is underlined with a compound adjective.**

**1** Gravit Designer is a vector design application that has a full range of features.

**2** Java is a versatile programming language used to create applications that run on

multiple platforms.

**3** SVG-Edit (Scalable Vector Graphics) is built entirely on HTML5, CSS3 and JavaScript

without requiring any processing that occurs on the server.

**4** Vectr(a free editor for creating 2D Vector Graphics) is available both as a web application

that runs within the browser and as a desktop application that can be executed independently.

**5** Virtual Reality refers to simulation that is created using a computer program and that allows the

user to experience and interact with a 3-D world.

**1** A **full-featured** vector design application

**2 cross platform** applications

**3 server-side** processing

**4** **a-** A **browser running** web application

**b-** A **standalone** desktop application

**5 Coded program** simulation

**B Complete the following passage about “Virtual Reality” with the appropriate**

**verbs in the correct form.**

**V**irtual Reality is an immersive computer-simulated environment that gives a user the feeling of

**1 living** in that environment instead of the one they're actually in. A lot of video games have already developed the technology **2 to send** the user in an interactive world.

However, your perception of reality is not altered. You are simply a spectator **3** **witnessing** the events that are happening in that world. In order for your brain **4 to enter** a virtual environment, there are a few key factors that are vital for **5** **having** an immersive experience necessary for virtual reality. One of the most popular ways **6 to use** virtual reality is through a headset which uses stereoscopic display **7 to recreate** what you see three dimensional and **8** **to add** depth to the image that you're looking at.

However, stereoscopic display does not make an immersive experience. **9 simulating** a user's motion, particularly their head and eye movements, allows the image displayed in the headset **10** **to match** actually with your perspective. Besides vision, certain VR experiences will also include other sensory stimulation like sound, and even tactile feedback for touch. Lastly, there has to be a certain level of Virtual Interactivity **11 to experience** truly the perception of our reality. True interactivity should let the user **12 feel** a certain degree of controlled navigation.

***III Writing***

Summarize the text “social media addiction”.

Social media addiction is becoming a global issue relatively to the growth of the social media popularity and use. The addiction comes from an excessive use or compulsive use of it taking it to an uncontrollable level. and physically

It affects the human mentally by infecting mood modification, salience, withdrawal symptoms, conflicts and relapse. Or even physically by directly impacting the dopamine system with social acceptances seeking (needs to show off) it has the same effects of drugs in the neural system. It changes the behaviour of the human by becoming more self-centred and social intention seekers which is coming from the reward system in the human brain.

Social media addiction is recognizable on people who views it as a coping mechanism to relieve stress, loneliness, or depression .and we can figure it out be asking few questions of our dependence to it.

As a solution to this people should seek digital detox and minimizing the use of the social media. Stop over prioritizing social media over real life and so on..