DOES SOCIAL MEDIA CONNECT OR DISTRACT US FROM WHAT REALLY MATTERS?

What is a distraction and life saviour both for me? I just can’t refrain myself from using social media but so much of usage can cause harm to my eyesight and can interrupt my studies sometimes. This is the main problem faced by everyone. Our life was still on pace before social media but after the creation of social media our life has become very easy and smooth or we can say we totally depend on social media now. Before it was leisure and refreshment but now it is a fully integrated part of our daily life in every aspect. Social media has many platforms like Instagram, facebook, twitter and many more. It gives people a chance to connect with each other and take a glance in their life. It seems as if the whole world is at our fingertips. Nowadays you get every news from social media. People have stopped watching news. They all just wait for their phone to beep. Whether it is political news or some notice from your workplace, you get every notification from your whatsapp. Social media impact on political campaigns is increasing tremendously, whether it is black lives matter or the statement remark by our president. Through social media you get to connect with your old friends and long- distance cousins. If you are on social media, you never feel alone. You can create memes, do publications, social networking, and can see the entire world bolstering their worldview and can prompt yourself from doing various things. Without social media, the nation’s concern towards politics and sports won’t be enough visible.It also helps you to expand your business and provides you with platforms where you can show your talent. Remember ‘baba ka dhaba’, the reason behind its success is social media. Not only prompting but you can also earn money through it. So much gratitude, one entity is in charge of the whole world. But as we know every coin has two sides, one that is good for you and one that is bad for you. Everything has pros and cons, so as social media. Social media is killing real activism and promoting slacktivism. You just can’t change the whole world by just uploading pics and doing retweets. Social media has taken us far from the real world. Expressing concerns over social media won't help you to change the world. You really need to get out and attend campaigns. It may help you to strengthen knowledge within the workplace but still some companies have confined the use of social media. Social media is also not good for health. It is very harmful for the eyes. According to survey, no of bespectacled people has increased upto 60%. Eyesight has become weak. Also, body posture has tilted down. Due to long sitting on laptop or continuously using mobile phones has lurch the body posture. It is very important to take care of your health because health always comes first. So, we have minimal use of social media. Use it up to your context. Don't waste your time on social media. Rather go out and play some sports, meet your friends and spend some quality time with your family. And then come to social media if you have something really important missing out. Use social media, don’t let social media use you. Everything when used in limits will benefit you, otherwise it will only cause you harm. Now you are the only person who has to decide how you want to extract benefits from it otherwise you will destroy yourself.