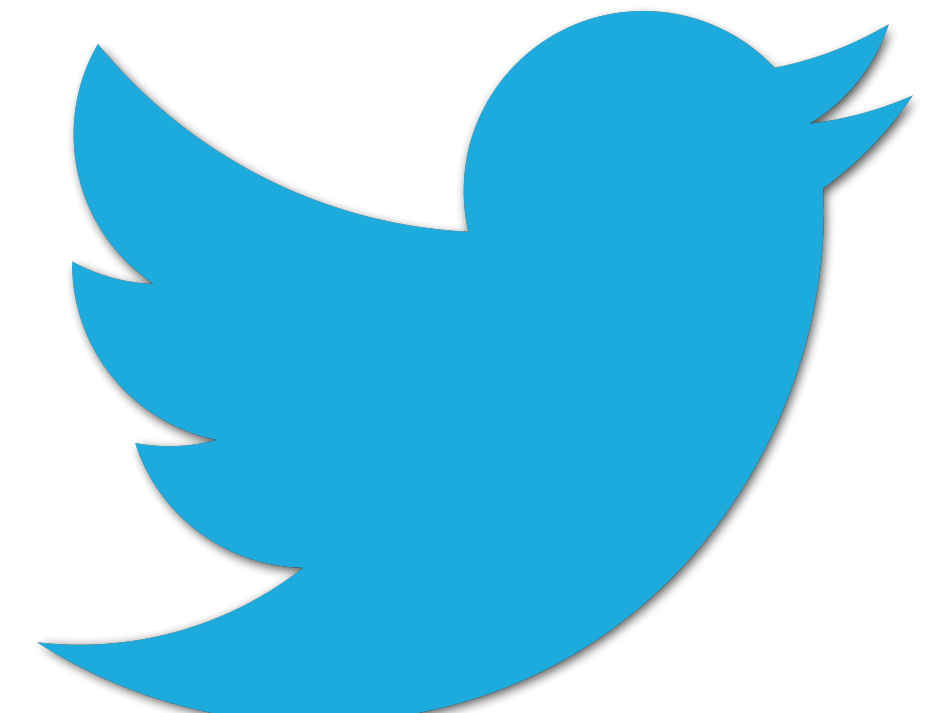# Social Media Addiction

Joshua Woods

Understanding the Issue

- Social Media can act in the same way as addictive drugs, releasing dopamine and can change how the user processes pleasure and rewards

- Can lead to negative impacts throughout lives

- Large companies hire engineers and advertisers specifically to show you the content that makes you more likely to spend more time on the app

Negative Impacts of Social Media Addiction

- It is estimated that around 10% of people in the United States have an addiction to social media

- Some possible side effects of Social Media addiction are:
  - Low Self Esteem
  - Anxiety
  - Dealing with negative users
  - Academic/Work Performance slip
  - Exposure to misinformation

Balanced Usage

- Social Media does not have to be addictive

  - Used in moderation can be a great tool

  - Keeping up with old friends

  - Information on current events

  - Advertising or Networking yourself

The Question

Should companies be allowed to allowed to knowingly make their applications more addictive through the use of algorithms from tracked data?

Paramedic Ethic Analysis
Rights and Obligations

Users		Developers	
Rights	**Obligations**	**Rights**	**Obligations**
The right to have access to social media applications	To not be manipulated while using the app	Their platform they set the terms and conditions	To develop and distribute software applications
To not experience negative effects while on the app	Follow terms and conditions of the application	Track user stats and information	

Paramedic Ethic Analysis
Analyzing Alternatives

	Continue currently	**Restrictions on available data and content algorithms**
Users	0: Right to usage -: Being manipulated during usage 0: Follow terms and conditions -: experience negative effects using application	0: Right to usage +: Being manipulated while usage 0: Follow terms and conditions +: experience negative effects using application
Developers	0: Their terms and conditions +: Track stats and data usage 0: Develop and distribute applications	0: Their terms and conditions -: Track stats and data usage 0: Develop and Distribute applications

Paramedic Ethic Analysis
Social Contract - Compromise

- The most vulnerable party is the Users of the applications

- The app developers should be restricted in usage of personal data gathered

- Social Contract - Restriction on available data and the content algorithms currently in place to benefit the end user

Paramedic Ethic Analysis
Analyzing Alternatives

Deontological Ethics

- Currently does not support deontological as the users are a means to an end for the developers to profit

- Does not fit with deontological ethics

- Social Contract

Utilitarian Ethics

- Currently is not supported as does not appeal to the greatest good for the greatest number of people

- Does not fit with Utilitarian ethics

- Social Contract

Conclusions

In conclusion, the social contract provides the best outcome for all of the parties involved

Questions?

References

- https://web-p-ebscohost-com.kuezproxy.palnet.info/ehost/detail

- https://www.choosingtherapy.com/behavioral-addictions/

- https://ncadd.org/addiction/behaviors/social-media-addiction

- https://www.addictioncenter.com/drugs/social-media-addiction/

- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6679162/