

Paragraph: 108 words
Negative Effects of Social Media on Eye Sight

There are several negative effects of social media usage on youth, chief among which is having weakness of eye sight. The reason behind weakness of eye sight while using social media is the excessive amount of screen time. Being a part of this generation/system we know that social media is really addictive; so, staring at digital screen for long periods of time can have effects on eye health. According to a new report by the Vision Council, 65 percent of Americans experience digital eye strain symptoms: dry eyes, irritated eyes, blurred vision etc. This shows that spending too much time on social media apps will damage the eye sight.