

Social Media has destroyed real life

Day: _____ Communication.

Date: _____

1- Introduction

2- What does real life communication
stands for?

3- How Social media destroyed real
life communication?

(1) → Social media has reduced face-to-face
interactions.

(2) → Social media has made relations
superficial in the society.

(3) → Social media has reduced the feelings
of empathy among people.

(4) → Social media has distanced people from
their loved ones.

(5) → Social media has diverted the ^{attention from} real
life challenges and issues.

(6) → Social media has made people isolated
from social life.

(7) → Social media has ended the culture
of learning and listening to the
experiences of wise people.

(8) → Social media has increased the issues of
communication misinterpretation among people.

(9) → Social media has ended real friendships
and made introduced online friends concept.

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(10) → Social media has made people unaware of indigenous societal norms, values, and culture and how to communicate people in the society.

(11) → Social media has blotted the sense of respect while communicating elders in the society.

4. What are the repercussions of having no real life communication?

(1) → Affecting the cognitive abilities of children.

(2) → Eroding the communication and debating skills of people.

(3) → Creating the sense of comparison and envy among people through social media apps.

(4) → Making people vulnerable to fall into the propagandas of extremists, fundamentalist, and terrorists groups through social media.

(5) → Increasing the privacy concerns for the people.

(6) → Isolating people from family and real friends.

(7) → Eroding the self confidence of the people.

⑧ → Diverting and confusing people regarding their ambitions

⑨ → Making people addictive of social media apps; reels, stories, and posts

5- What would be the possible ways to restore real life communication?

① → Reduce the screen time through digital detox

② → Keep the social media apps away from children, to let them develop their cognitive abilities through real life communications

③ → Increase the sitting time with family and friends

④ → Initiate the debating and communicational skills programmes at societal and state level

⑤ → Restore the concept of public-sphere at societal level.

⑥ → Increase gathering programs with friends and family; invite them on tea, lunch, and dinner.

⑦ → Ban the easy and cheap internet packages for social media

⑧ → Encourage and participate in physical

hobbies in free time; cricket, plantations, walking, and cooking

⑨ → priorities face-to-face interactions and debates,

⑩ → Make people aware of the negative impacts of social media on mental health.

6- Critical Analysis; How social media shapes our perceptions about life, society, and state, and way of communication of those created ideas.

7- Conclusion.

One must wonder that in the past there was no internet and social media, then how revolutions had made possible? If there were no self projection and on social platforms and advertisements, then how people have become leaders? The only answer to this, is the presence of real life communication among the people, and ~~the~~ people between the people and the leaders. However, the technological advancement has brought distanced people closer to their loved ones, but it has destroyed the real life communication among the people. Answering this, how social media has destroyed real life communication is by reducing face-to-face interactions, making relations superficial, reducing the feelings of empathy, distancing people from their close ones, and isolating people from social life. Moreover, social media has ended the culture of learning and listening from wise people, increased the issues of communication misinterpretation, and ended the real life friendships among people. Moreover, the absence of

real life communication has far reaching repercussions on people life, including; effecting the cognitive abilities of children, eroding the communication and debating skills of people, isolating people from family and real-friends, reducing self-esteem and confidence, and making people addictive of social media apps.

Although, every ill has ^{some} remedies, by some stringent measures the -so called ended- real life communication can be restored by reducing the screen time on phones, keeping social media apps away from children, ^{reach} increasing sitting time with family and friends, restoring social spheres, prioritising face-to-face interactions, and making people aware of the negative impacts of social media on mental health.

In short, through above steps the social media addiction could be ended and real life communication would be restored among people.

No doubt, it is the real communication among people that makes human, ^{social} human being, not ^{the} reels, stories, comments on social media platforms.