

Social Media has destroyed real life communication.

Day: _____

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 one. ✓
 - 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 social norms, values, and culture ~~that 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 addicted 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 the cognitive abilities through real life communications

③ → Increase the sitting time with family and friends

④ → Initiate the debating and communication skills programs 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

Repetition of idea

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

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

Repetition

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.

Make less arguments to avoid repetition

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~~ ^{Phrase it properly} 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~~ ^{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's 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 ~~could~~ be restored among people.

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