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## Negative effect of social media

Along with its benefits, social media can also negatively hit the youth such as it can disrupt the sleeping of the youth. The reason behind this is that they might not sleep well and as a result they can feel or experience anxiety, mental illness, physical under-growthness etc. For instance, most of the youth use social media apps such as Facebook, Tik Tok etc and in consequences they make irregularize their sleeping patterns. And also, they face bad health issue. To remove such issues/problems they must regulate their social media activities in a arrayfull manner.

In conclusion, social media also has its negative effects ~~how ever~~ with immense fruits.