

## Topic: Social Media has Destroyed Real-life Communication.

1 Introduction.

2 Decoding the term "social media".

3 How has social media destroyed real-life communication.

(a) The "dopamine trap" has ~~trapped~~ reduced the people's desire to go out in public.

(b) Scrolling of shorts and meme culture has limited the ability to focus and communicate for longer periods.

(c) Body language and expression part of communication is under developed due to over exposure of social media.

(d) Chat GPT and AI <sup>in social media</sup> has limited intellectual thinking and responding ability.

(e) ~~Social~~ has influenced the originality of one's expressions and thinking.

(f) "Negativity Bombardment" has made people think and communicate negatively.

(g) Social media has destroyed the tradition of sitting ~~and talking~~ in elders' discussions.

4) Negative off-shoots of distorted communication skills owing to excessive use of social media.

a) Isolation among the young generation.

b) Declining mental health and depression.

c) Lack of confidence in the affected.

d) Laziness and under performance in young generation.

e) Negatively affected cognitive skills and lack of focus.

5) Pragmatic solutions to decrease the destruction of communication ~~of~~ by social media and to enhance communication skills.

- (a) Educating the youth about the "dopamine trap" and its consequences.
- (b) Teaching the usage time of social media apps and limiting them.
- (c) Promoting outdoor activities to enhance interactions and communication.
- (d) Debate and speech programs to improve cognitive and clear thinking.
- (e) Regulation of social media apps.

## 6. Conclusion.