

Pros and cons of Social media

Social media is a double-edged sword. It has positive as well as negative consequences. It has influenced almost every field of life and transformed people's lives in many ways. Social media, as a communication tool, has shaped transmission. It has become a major source of education and learning. It provides updated knowledge and awareness about new ideas that help to grow businesses. It also uses as entertainment purpose and educates about the modern techniques that are being used in entertainment industries. Owing to these, social media is playing an important role in a society. On the contrary, it has also affected the lives of people in various manners. It has threatened the privacy of people and provided place for cyberbullying. Disinformation and fabricated narratives have become more common due to it that are influencing people's opinion and

political beliefs. This further causes social and economic problems. Social media has deteriorated not only physical health but also psychological health. Resultantly, it has affected the society. Although, some steps have already been taken so far to curb the negative effects of it, more are required. For this purpose, strong support network, healthy off-line habits and the role of a therapist are needed. So that, the cons of social media can be overcome and its pros can be used for the progress of a society.

Humans' alienation from their own selves

Alienation refers to the feeling that one has no connection with other people.

This has different types but self-alienation is the major and important one. Self-alienation is the process of distancing oneself from one's own feelings. There are various causes of this. Bad parenting and peer pressure are the major reasons of this. Mental retardation causes this as well. Society also triggers this. The role of education and teacher can not be overlooked in this regard. Further, lack of security and freedom can create this. ~~Due~~ Owing to these reasons, this has a number of impacts. These can be categorized at individual, societal and national levels. This affects person's personal and public life. This may deteriorate social and national fabric. Besides, self-alienation leads to lack of self-trust and causes fear and anxiety. This induces physical and psychological pains as well. However, by providing awareness, updating education system and promoting healthy environment at homes, this predicament can be fathomed. Thus, one can live one's life happily and constitute a happy society.