

# English Essay

Topic:- Social media has destroyed real life communication.

## OUTLINE

### 1. Introduction.

Thesis Statement: Social media has effected the norms of real life. It fascinate alot to the youth and children. The smart phone is the basic need of every man and it is in hand of every person.

### 2. Correlation between social media and real ~~life~~ life communication.

### 3. How social media has destroyed the real life communication.

(a)- Easy access to smart phone

(b)- ~~24/7~~ <sup>Excess</sup> usage of phone

(c)- 24/7 availability of internet.

(d) Negative vibes from social media.

### 4- What are issues that helps to engage with social media.



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- a). No physical ~~exer~~ exercises.
- b). No time for family.
- c). fascinated by virtual world.
- d). Social distancing increases.
- e). Lost ~~emotion~~ <sup>of</sup> control of emotions.
- f). Wastage of time.
- g). Phone has become the basic need of life.

### 5. Solutions to ~~get rid~~ of social media ~~world~~ world.

- a. Proper time to family
- b. Do fitness work daily.
- c). Spend more time with other people
- d). stay focus on goal
- e). stay away from negative vibes

### 6. Conclusion.



"More than half of the world now uses social media. 4.95 billion people around the world now use social media, 76 million new users have come online within the last quarter. The average daily time spent using social media is 2h 24m." (Data reported global overview, 2023).

These statistics tell us that how usage of social media is increasing from day by day and destroying the personal life and character of man. The social media has destroyed the real life communication as people have easy ~~access~~<sup>access</sup> to smart phone, excess usage of phone, 24/7 availability of internet and absorb negative vibes from social media. The issues that motivates the person to get engage with the social media are fascinated by virtual world, interaction with society decreases, control of emotion is lost, time is



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wasted, physical activities are neglected, phone has become basic need and less time spend with family and friends. The solutions to get rid of these problems are spend more time with other peoples, enjoy family time, do fitness work daily, stay focus and keep yourself away from negative vibes. Social media has effected the norms of real life. It fascinate alot to children and youth as well. It is because smart phone is in hand of every man and it is misused through social media usage.

“Around 3 billion people use social media for communication in world which is 40% of the world's population.” So, maximum people in world use social media as a mode of communication which has effected to much extent to the real life communication. The increase in social

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media communication and decrease in real life communication will demolish the character of person which will also impact the social life of the specific person. So, the time usage on social media should be decrease for proper character building of the person. The social media plays a ~~part~~ vital role in character building of person.

The easy access of man to smart phone is destroying the real life communication. It is available to man for usage purpose. The man is addicted to use the social media on phone. "According to research conducted by Google, 80% of the world population use smartphones. The study also found that more people are likely to solely use a smartphone (27%) than solely use a computer (14%)"



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The excess usage of phone is also a problem as whenever a person opens his or her phone, it directly click on social media. This causes impact on the health of person, and also waste the time of the person. "11% of adults reported preferring staying home on Facebook than going out on the weekend. Communication is affected in ways such as personal expression, our expectations of others, and the way companies communicate with others."

The availability of internet for all the time also give an option to person to use the social media. As internet is available everywhere and every corner of the world which also causes negative effect on the person life. "China leads the way for global internet users with an estimated 1.05 billion. Nearly 3 in 4 people (74.3%)

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in China use the internet. India currently ranks second with just under half of its population (49.15%) using the internet that accounts for 692 million people."

The social media induces negative thinking in person if it is not properly using the social media. This shapes the mind of the person and destroys the real life communication of the person. "You don't need to go far to see the hatred and abuse that happens online. Even using social media is anti-social because people are always on their phones."

(Ronny Chieng).

The social media usage causes the person for no physical exercises. As man uses much of his time on social media due to which it does not participate in other activities of life. ~~There~~ No

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physical exercises cause the person to become lazy and damages the health of the person. "We need, ultimately, to be able to view mental health with the same cheer-headiness we show when talking about physical health."  
(Matt Haig).

As much of time of man is spend~~d~~ with social media due to which he does not give proper-time to his family. This causes distance in the relationship which indicates bad environment of home. This bad environment has serious impact on health of every person. This thing destroys the real life communication.  
"The more social media we have, the more we think we're connecting yet we are really disconnecting from each other."



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The people are fascinated by the virtual world. They like the living standard of other person and compare their life with other person and they go into state of complex which disturb their life and character. The life shown on the social media interpret that he or she is living 100% perfect life which is just an imaginative world. "I think there should be regulations on social media to the degree that it negatively affects the public good."

(Elon Musk)

The people create social distancing with the society as they spend much of their time on the smart phone and social media. This will cause decrease in relations with people and they could not be able to make social circle with the society. This will create a circle



of loneliness around the people. and he will get depress from such situation. Due to these reason it is said that the social media has destroyed the real life communication.

The man loose his control of emotion due to which it impacts alot his behaviour and his attitude flips at 180° due to which the people keep themselves away from these kind of person. The man's emotion is shaped by social if he or she is keen user of social media. "People are scared to have a strong opinion because with social media, almost everyone lives the life of celebrity".

The social media is also a kind of time wastage. This makes the man to loose his focus of life and could not get his life goal at the end. The time is precious

gift from Allah and it should not be get wasted for such useless things. "There is so much negatively on social media, I don't want to add to that." (Shawn Mendes).

No doubt the smartphone has become the basic need of life but it should be used in positive way. It should not put yourself away from achieving your goals of life. The smart phone does not make you to get distracted from following the right path of life. "We are ~~more~~ dangerous when we are not conscious of our responsibility for how we behave, think and feel." (Marshall B. Rosenberg).

To get rid off from this issue, We should ~~to~~ give proper time to family. There should be good at time managemment and give equal

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importance to our immediate relations and friends. This will help in proper character building and will increase real life communication and interaction with others. "Families are the tie that reminds us of yesterday, provide strength and support today, and give us hope for tomorrow. No government, no matter how well intentioned, or well-managed, can provide what our families provide." (Bill Owens).

We should give less time to social media and work for physical fitness as it will raise the confidence and spare more time for interaction with others. It will help us to take care of ourselves and work for the body character as well. "Exercise not only changes your body, it changes your mind, your attitude and your mood."



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The man should increase its social life cycle and interact with other. The social life cycle will help in life instead social media will do nothing for a person in need of help. Helping and interacting with other will enhance our personality. "Our attention spans have been reduced by the immediate gratification provided by smartphones and social media."

(Katherine Rayson)

Keep focusing on our life goal will lead us to the path of success instead the distraction of social media will leave us for nowhere. It will damage our personal life and gives us no benefit. So in order to achieve success and goal of life, we have to remain on the right track and should not get distracted from other things.



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"Stay focused, ignore the distractions and you will accomplish your goals much faster." (Joel Osteen)

The social media will indulge negative vices in person character. So, we should keep ourselves away from these distractions and remain positive in our life. We should think positive and do something better in our life. "By prevailing over all obstacles and distractions, one may unflinchingly arrive at his chosen goal or destination." (Christopher Columbus).

In a nutshell, the social media has destroyed the real life communication by distracting the children and youth. They get fascinated from the luxurious and perfect life style of other people and feel inferior than others. The



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social media will keep away from your life goal. This put the family and friends away from yourself. So, these issues can be catered by remaining positive and focused in life. This will keep our health better by keeping ourself away from social media. This will add positive thing in our personality. This will make ourself near to our family and friends."

"I think social media has absolutely destroyed our generations ability to be truly happy. We are always seeing someone else who we think has it better than us and it causes us to think what we have is not good enough."

