

# OUTLINE

Essay :- Social Media is destroying Real life Communication.

1) Introduction : The addition of social media has eroded real-life communication which <sup>has</sup> impacted family bonds, individual's life, and cultural loss. Therefore, striking a balance between offline and online life is crucial for the well-being of society.

Thesis is good.

2) The Changing Landscape of Communication:-

2a) Historical context of real-life communication.

2b) Emergence of social media platforms

2c) The changing landscape of human interaction.

its a bit irrelevant

(According to the Data Report, more than 4 billion people are active users of social media across worldwide).

3) How Social Media has Disturbed the Real-life Communication:-

3a) Impact on Individual's life.

Negative: Cause depression <sup>which</sup> lead to suicidal thoughts.

(Survey conducted by Royal Society shows that depression among young people has shot up to 70%.)

3b) Adverse impact on young teenage girls: body image, eating disorder etc.

(The report of Wall Street Journal 2021 found that Meta's own research revealed, 47% of teenage girls reported Instagram make eating disorder worse).

3c) Increase in Crime rate due to banned websites or gaming.

(Examples: A 14 year old boy, **Zain Ali**, in Pakistan, killed his mother and three siblings influenced by the PUBG game.)

3d) A tool of spreading misinformation, lead to Extremism and Islamophobia)

(Example: **PM Modi**, during his election campaign in India, criticized Muslims which resulted in cultural antagonism among Muslims and Hindus).

3e) Erodes Social cohesion and cause Social Isolation.

(A **2023** study from **(LUMS)** in Pakistan reported that **48%** of respondent observed a decline in traditional family gatherings due to increased social media usage).

It should be your first argument

3f) Weakens traditional classroom structure due to over-dependence on technology.

(According to Techjury, 6.9 billion google searches conducted everyday)

3g) Erosion of traditional culture.

(Research from Pakistan Institute of Development Economic **(PIDE)** in **2022** revealed that

**42%** of respondents prefer celebrating Halloween and valentine's day over traditional Pakistani festivals).

3f) Promoting FOMO (Fear of Missing out).

**CRSPH** report revealed that **40%** of parents don't know what the term means).

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### 3g) Decline in Empathy and Emotional Intelligence

(Book: 'Claiming Conversation: The Power of Talk in a Digital Age' by Sherry Turkle)

### 4) Positive Role of Social Media on Real-life Communication:

4a) An opportunity for getting employment (Example: Instagram and LinkedIn as a source of business and freelancing etc).

4b) Globalization eased the communication beyond borders and access to information in a real time.

4c) Emotional support and community building.

4d) Self-expression and self-identity.

### 5) How to mitigate the negative impacts of social media on real-life communication?

5a) Screen time limitation

(Book Reference: 'Digital Minimalism: Choosing a Focused Life in a Noisy World' by Cal Newport)

5b) Educational awareness about the perils of social media

5c) Introduction of a pop-up heavy usage warning in social media.

5d) Utilizing social media to improve, grow, and develop.

5e) Prioritizing real-world interaction.

### 6) Conclusion.

best effort this time