

OUTLINE

Essay :- Social Media is destroying Real life Communication.

U can start from more mature concept

Social media is like to oxygen for modern man

1) Introduction : The addition of social media has eroded real-life communication which has 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 :- Communication is what makes human being

2a) ~~Historical context of real life communication.~~

its a bit irrelevant

2b) Emergence of social media platforms

2c) The changing landscape of human interaction

(According to the Data Reports, 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 ^{which} 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 ~~was~~ found that Meta's own research revealed, 41% of teenage girls reported Instagram make eating disorder worse).

Intensification in crime rate

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

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

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

(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 49% of respondent observed a decline in traditional family gatherings due to increased social media usage).

It should be your first argument

3f) Weaken 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) 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).

3g) Decline in Empathy and Emotional Intelligence

Well enriched content

(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

Piz send introduction paragraph also in future