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Social media ought to be limited

Social media has undoubtedly become an unavoidable part of our lives, however, without its implications being addressed, it is doing more harm than good. Social media can be defined as a web of interconnected networks forming a platform where anyone can express anything in the form of text, media, mobile apps, websites and many more. Given that, it is very easy to spread misinformation on social media, intentionally or unintentionally, as anyone can provide any form of information to everybody available on social media. During COVID-19, it was a result of social media misinformation that millions of people said no to vaccination, which was crucial to fight the pandemic. Children, who are contributing more to social media population day by day do not have the ability to separate true information from fake. They are being exposed to inappropriate content which is affecting them psychologically as well as physically, since they are spending more time on social media than on other physical activities. Social media has also been used as a tool for prompting violence and destruction.

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Social media has also been used as for engaging extremist and invasive communities, leading to insurgency and unrest. Conclusively, social media ought to be managed in such a way that its harms can be subdiminished. Some limitations can filter out the misinformation and a controlled exposure at a personal, as well as administrative level can bring about a positive change so that social media can be more productive than destructive.