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Essay-Test-3

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2) Social Media Addiction

1) Introduction

a) Thesis Statement

The using of social media is increasing nowadays which is also enhancing social media addiction. Thus, misinformation, human's health loss, crim rates are increasing in the whole world. Therefore, countries should take comprehensive steps to control the negative impacts of social media.

2) Defination and types of social media

3) Current scenario of social media Addiction

4) Causes of Social Media Addiction in the world

a) Using the social media for the purpose of entertainment

b) Increasing role of artificial intelligence in all fields

c) Enhancing the trend of online shopping

d) Shifting of education system on

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online, besides physical

c) Rising a vital role of social media in earning money.

5) **Impacts of social media addiction**

a) Increasing misinformation and misleading in the world

b) Creating negative impacts for human health

c) Decreasing the value of time

d) Enhancing crimes rate in the world

e) Fostering hybrid warfare in the world

6) **Measures to improve the social media negative impacts**

a) To create awareness among masses

b) To strength agencies related to social media

c) To ban on false websites or social media apps

d) To set a specific time for using social media

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e) To promote education among masses

7) conclusion

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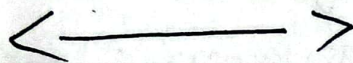
Introduction

Advanced technology and advanced learning have spread in the world. Due to enhancing of technology economic of the world is boosting which is a positive affects of technology. However, social media is playing a vital role to increase advanced technology because people are searching new thing on social media. Social media is becoming messia for the world but its negative impacts are increasing owing to excessive use of its.

Thereby, there are many causes which is creating social media addiction. Firstly, people are using social media for the purpose of entertainment which is enhancing the addiction of its. Similarly, artificial intelligence which works same as human brain. Therefore, public takes

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our to use artificial intelligence. Moreover, nowadays, people like online shopping besides physical through using online social media apps, which is a leading cause of social media addiction. Moreover, education system is shifting on online platform such as zoom, Google meet which are diverting the human brain to use maximum social media. On the other hands, all these causes ^{of social media addiction} are enhancing negative effects for humanity such as ^{increasing} health problems, ^{enhancing} misinformation, and fostering hybrid war. In fact, the using of social media is increasing day by day which is also enhancing social media addiction. Thus, misinformation, human's health loss and crimes rates are increasing in the whole world. Therefore, countries should take positive steps to decrease social media addiction at national and international level.



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Paragraphs

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Additionally, social media is being used for the purpose of entertainment. It is creating and enhancing misinformation, misleading and false news in the world besides entertainment. Furthermore, entertainment on social media is a leading cause of social media addiction. For instance, facebook, instagram, Twitter, whatsapp, LinkedIn, youtube are social media app. These apps are being used for entertainment but people use all the time which enhance social media addiction. Besides, nowadays, gaming is another phenomena which is enhancing social media addiction. People are connects to each other in the world to use social media such as whatsapp. Therefore, people including young^{and} children spend their maximum time for playing game and addict its. However, reducing personal activities which are used for entertainment can decrease social media addiction.

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Furthermore, leading causes of social media are impacting on human health. Using of social media on daily bases can enhance human health problems. People are using media for different purpose such as education, reading, gaming, communicating which are becoming headch for human health.

For instance, people use mobile phone, laptop and computer which is creating eyes problems. Blue rays which are used in computer system are damaging the human eyes. Besides, psychological effects such as depression, anxiety are less increasing due to social media addiction. For example, according to the World health organization, more than 2 million people are facing psychological problems due to ~~using~~ of social media addiction. Therefore, health problems can be reduced for implementing precaution while using social media.

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Similarly, there are many recommendations which can help to reduce social media addiction and their negative impacts on humanity. Creating awareness among masses will be a positive step for right use of social media. First, parents should take steps for their children that they ^{do not} are use social media all the time such as facebook, instagram and twitter. Second, at national level, government should launch aware social media awareness programme for their masses. on the other hand, government should launch such programme which will tell the people about right use of social media and their effects on humanity. For instance, Singapore and China both have launched training programme for using social media which will reduce social media addiction. Therefore, creating awareness masses can help to reduce negative impacts of social media.