

SOCIAL MEDIA ADDICTION

Essay Outline

1- Introduction

Social Media addiction is induced in people due to increased leisure time, readily available communication tools and some biological factors. The addiction harms mankind by affecting their personalities, social structures, and political lives. Yet, ~~they can~~ these implications can be countered by raising awareness and training people to adapt to Information Age.

2- This is How Social Media Makes People Addicted

- (i) Increased amount of free time available to mankind
- (ii) Ease of access to Internet and other communication tools
- (iii) Chemical composition of body changing while using social media

3- Harmful Implications of Social Media Addiction

- (i) Waste of time by excessive use of social media
- (ii) Reduction in the productivity due to overuse of social media

- (iii) Emerging Self-esteem issues due to comparison on Social Media
- (iv) Cognitive confusion caused by bombardment of Information
- (v) Individuals escaping reality due to ~~from~~ fantastic world created by Social Media
- (vi) Confusion in Social Norms due to polarized public opinion fueled by Social Media
- (vii) Social unrest caused by hate Speech on Social Media platforms
- (viii) False information leading to biased Political opinion
- (ix) Wrong political guidance making youth walk away from political participation

4- Solutions to Counter Social Media Addiction

- (i) Raising awareness among people about the harms of Social Media overuse
- (ii) Information Age requiring discipline regarding the intake of Information: training teenagers from the beginning on how to use Social Media right.
- (iii) Encouraging goal-orientation among public to avoid distractions

5- Conclusion

She was crying in her room while looking at her phone. The reason for her tears was a picture she saw on Instagram in which her ~~friend~~ Social Media friend posted about her grades being highest. ~~Due to~~ the blurry vision caused by her tears, she was unable to see her medals and certificates displayed on the side table. However, was it only the blurry vision that made her lose sight for her own achievements? The simple answer to this question is no. It was not just blurry vision, it was the lack of self-esteem due to the overuse of Instagram. In fact, the infamous Instagram is not the only platform that disrupts the peace of mind due to over-consumption overuse. Nearly all social media platforms are harmful in some way when used excessively. Their harm comes from various hormonal reactions induced in body when social media is used. In addition, the availability of time and resources is another factor

contributing to the overuse of social media platforms, thus causing its addiction. The addiction, in turn, harms mankind in multiple ways - From wasting a man's time, productivity and mental health to causing damage to social and political institutions, the addiction of social media poses serious threats to humanity - Yet, these threats can be taken up and solved by few measures - To effectively counter social media addiction, the most important measure is raising awareness - Apart from that, new tools ^{designed} according to the Information Age must be incorporated with their focus being youth - It would ensure that social media is used positively responsibly and strategically, reducing risks and promoting healthy use of technology - Although the social media addiction - induced by excessive leisure and proliferation of internet tools - harms mankind at personal, social and political ways; however, raising awareness and promoting adaptations to the new era can significantly decrease the harmful impacts.

To ~~define~~ contextualize the seasons of social media ^{addiction,} increased leisure time is to begin the discourse with - Mankind has long been at war with the universe's law of change - From Stone age ~~and~~ to the successive eras of human evolution till the Industrial Revolution, man has to work using his ~~muscle~~ muscles - It consumed a major chunk of his time and ~~did not~~ ^{did not} ~~leave~~ ^{leave} ~~enough~~ ^{enough} leisure ^{time} to focus on entertainment. However, Industrialisation has given huge amount of leisure to mankind which diverted its attention to leisure activities. The phenomenon has been described in the book *Sapiens*, in which Yuval Noah Harari argues that lack of use of physical strength and overuse of mental capabilities have led to the overdependence of mankind on the convenient tools thus causing an addiction of those tools. Social Media, being a tool created for the convenience of mankind follows the same rule - It engages mankind with its delights and makes people to depend on it leading to addiction -

Additionally, an abundance of communication tools, like Internet has resulted in the overuse of Social Media. The ease of access to the cellular phone, gadgets and computers is also a cause of the spread of Social Media, eventually strengthening its overuse. According to the United Nations estimates, around 5.64 billion people of the world's population have access to the Internet. Among them, 4.96 billion use Social Media. This shows a huge population utilizing Internet and signifies its widespread on globe. This widespread makes it too easy to get, which in turn results in the addiction of Social Media.

Not only social but also biological factors contribute to the addiction of Social Media. Researchers have shown that using Social Media generat induces the production of a hormone named Dopamine. Dopamine is the same hormone that a drug-addict's body releases upon the consumption of a drug. This threatening function of

Human body shows that the use of social media is taken up by body as a drug. This reaction of the body is another reason of the addiction of humans to social media.

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