

d) Less time for hobbies and physical activities

e) Less time for oneself, lower the creativity

5. How to prevent social media addiction

a) Reduce the amount of time that anyone plans to access the internet
(- Digital Detox)

b) Disable notification and delete applications to establish boundaries

c) Indulge yourself in physical activities and hobbies

d) Allocate time for friends and family

6. Conclusion

Introduction

Social media is a computerized network that enables people to contact with each other.

People share their pictures, views opinion, ^{chat} with each other on social media. It becomes

addiction when they start spending much of their time on social media. It lowers

the productivity, confidence and self esteem of a person. It aggravate the health issues

like depression, anxiety and insomnia. It urges people to avoid and skip social events.

In order to prevent social

media addiction we should

reduce limitize our time for

M T W T F S

Notes:

for internet. We should establish boundaries like deleting social media applications and disabling notification. We ought to spend more time with our beloved ones. Otherwise the result could be (very) longlasting and damaging.

Social Media Addiction

1. Introduction

2. Definition of social media addiction

3. Symptoms of social media addiction

- a) More time spent on social media
- b) Skipping of social events
- c) Loss of interest in former hobbies
- d) Lack of focus and attention from studies
- e) Strong attachment to the smartphone

4. Effect of social media addiction

- a) Decline in face-to-face communication
- b) Low self-esteem and focus
- c) Arise many health issues
 - (- Eye sight, - insomnia, - headache)
 - anxiety, - depression