

Topic: Social Media Addiction

Outline

A. Introduction

- i) Views of Katherine Ryan ✓
- ii) What is Social Media Addiction ✓
- iii) Thesis Statement ✓

B. Evidences of Social Media Addiction

- i) Extreme compulsion to check social media accounts ✓
- ii) Changes in mood, particularly when not using social media ✓
- iii) Spending less time in physical activities ✓

C. Causes of Social Media Addiction

- i) Inbuilt features of social media cause addiction ✓
 - a) Endless scrolling and personalized content feed ✓
 - b) Continuous bombardment of information ✓
- ii) Launch of new social media platforms at rapid pace ✓
 - a) A plethora of platforms for connectivity like Facebook, Instagram and Wechat ✓

b) more than one platform serving the same purpose like Tiktok and likee

iii) Easy accessibility of social media to all age groups

D. Implications of Social media Addiction

i) Health concerns due to social media addiction

a) Ratio of obesity is increasing in teenagers

b) Psychological problems been reported

c) Impact on vision due to increased screen time

d) Increase in suicide ideation

1.0) what to know about social media addiction Report

ii) Social impacts due to overuse of media

a) Propagation of misinformation

b) Increased Polarization in society

c) Decreased tolerance and less regard for freedom of speech

d) Negative growth trend in communication and interpersonal skills

e) Illustration of disorientation in society

E. Recommendations to Reduce Social Media Use

- i) Prioritize and select one application for one purpose
- ii) Indulge into physical activities
- iii) Parental check on children to reduce use

F. Conclusion

Essay

Our attention spans have been reduced by the immediate gratification provided by smartphones and social media.

According to Katherine Ryan, social media addiction is a topic of debate due to its widespread implications for people of all age groups. Social media attracts users to such an extent that its unavailability for longer span of time causes intolerance in user. It has sensitized the youth to a significant extent. Social media has become a place when authenticity goes to die. The paradoxical nature of social media can be witnessed as it has altered the routines of people, created intolerant environment and has impacted the

psychological health of youth. The factors behind social media addiction are many. First, social media's design and functionality is engineered to capture and retain user's attention. Second, there are plethora of platforms that serve the same purpose but yet manage to engage users. Third, the access of all such platforms is made so easy that they are at click away from every user. Therefore, the negative impacts are also surging and deriving new lows. Not only health but also social life is adversely affected by it. There is an unprecedented increase in the ratio of obesity and cases of suicides. Also, unchecked and imbalanced use is creating psychological problems. Furthermore, prolonged screen use is deteriorating vision and creating impairment. Moreover, social life is negatively impacted, there is an environment of intolerant, polarized, disoriented and confused society. This essay will discuss the evidences of social media addiction, causes of excess use of social media, implications on the health and social gatherings and recommendations for productive usage of social media.