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 EFFECT OF SOCIAL MEDIA ON PEOPLE

 Many of us spend a lot of time on social media, on phones or laptops updating statuses, posting pictures, liking things, and messaging back and forth with friends. It’s where we get updates about our friends and family, share our experiences and go to pass the time. In many cases the effects of social media can be positive and also negative.

 Social media has become immensely popular, and in recent years mental disorders among young adults has become more common. That doesn’t mean they are related, but the numbers are staggering and deserve attention. In 2016,an estimated of 44.7 million adults aged 18 or older in the US had a mental illness. Young adults aged 18-25 had the highest prevalence of any mental illness at 22.1% and aged 50 and older at 14.5%

 Facebook depression is a concern resulting from children’s use of social media. A report by the American Academy of Paediatrics defines Facebook depression as “depression that develops when teens and preteens spend time in social media sites and begin to exhibit classic symptoms of depression due to the intensity of the online world. The factors that contribute to depression are the various measures of popularity that Facebook creates . In particular, Facebook can make kids feel inadequate due to the “in your face" friend tallies, status updates and pictures of others having a good time. For well adjusted kids, however, social media can have the opposite effect, boosting their already positive feelings about themselves.

 Social media use and social media isolation among Us adults. The study used a nationally representative sample of 1,787 19-32 year olds. It assessed participants’ usage of 11 social media platforms: Facebook, Twitter, Google+, YouTube, LinkedIn, Instagram, Pinterest, Tumblr vine, snapchat, and reddit. The study found that those who visited any platforms at least 58 times per week were three times more likely to feel socially isolated compared to those who used social media fewer than 9 times per week . To cut the story short , young adults see themselves as been socially isolated from their peers whether or not.

 As it turns out, social media can also be positive for well adjusted children. They tend to put their best forward connecting with other people, expressing creativity online, social media sites such as Instagram and YouTube offer a space where you can Express your creativity online. Whether you are in an art, drama, singing, dancing, makeup, writing or other kind of activities, you can share what you are doing online, provide progress updates, and find a community of people who can support you in what you are doing. It’s also a great place to get inspiration and motivation to keep going.