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# NEGATIVE EFFECTS OF SOCIAL MEDIA

As we know that everything in this world has pro and con. This is the same as social media. Social media not only brings positive effects, but also brings negative impacts to us on social interaction. Some of the negative effects are discussed below.

Depression and Anxiety, spending too long on social networking sites could be adversely affecting your mood. Infact, chronic users are more likely to poor mental health, including symptoms of anxiety and depression. It doesen’t take much thinking to figure out why. Social media lets you see carefully selected best parts of everyone else’s lives, which you compare to the negatives in your own life. Comparing yourself to other people is a sure path to anxiety and social media has only made this easier to do.

Another factor to be considered is Negative Body Image, speaking of instagram celebrities, if you look at popular instagram accounts, you’ll find unbelievably beautiful people wearing expensive clothes on their perfectly shaped bodies. Today, body image is an issue for everyone. Of course, seeing so many people who are supposedly perfect (according to society’s standards) on a daily basis makes you conscious about how different you look from those pictures. And not everyone comes to healthy conclusions in this situation. It’s really important to remember that everybody is human. No one wakes up everyday looking like a supermodel, and while many people have gone to great lengths to train their bodies, that’s not the case for everyone who looks fit. Many people, in search of social media fame, have definitely taken unhealthy routes to appear more attractive. Surround yourself with people who love you for who you are, and you won’t have to stress about instagram beauty.

General Addiction using Smartphones is another factor. Social media can be more addictive than cigarettes and alcohol. It has a powerful draw for many people that leads to them checking it all the time without even thinking about it. If you are not sure whether you’re addicted to social networks, try to remember the last time you went a full day without checking your social media accounts. Do you feel rejected if someone unfollows you? And if your favorite social networks completely disappeared tomorrow, would it make you feel empty and depressed? At the end of the day, social media sites want to keep you scrolling for as long as possible.

Nowadays, there are less real-life conversations and face-to-face interactions among humans as we often communicate with each other through social media such as facebook, instagram, twitter, snapchat and so on. People are more likely to build relationship online and drifting away from the real world into virtual world. Hence, it reduces our ability to strengthen meaningful relationships in the real world.

Through social media, we can express our recent feelings or share recent conditions by post pictures or type in words. Everyone has their freedom to comment on anyone posts and some of them misused social media by attacking other people with harsh comments. This will definitely lead to cyber harassment. Cyberbullying is a form of bullying that is only done through the web and other technologies. With so many children and teenagers are using social media nowadays, they are easily become target of cyberbullying.

The destruction of either these attacks can leave profound emotional and mental scars on the victim. It’s not unfamiliar to hear about children committing suicide because of trauma. Children need more attention regards this issue since their mentally are still not strong enough to against those cruel comments on social media. When they get hurt by those comments, they might avoid facing or interacting with other people because they will care about how other people see them. This will indirectly reduce their confidence and self-esteem while communication with other people.

How to Handle the Negative Effects of Social Media

As with everything else, there are good and bad aspects of social media. We’ve discussed some of the negative impacts social media has for many, but you’re the one who must decide whether there’s more help or harm in it for you personally. If you find that social media is having a negative impact on your life, quit. However, if you decide to stay, waste less time on social media to maintain your hobby in a healthy manner.