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TOPIC: POSITIVE AND NEGATIVE EFFECTS OF SOCIAL MEDIA

Social media is a computer based technology that facilitates the sharing of ideas, thoughts and information through the building of virtual networks and communities. By design, social media is internet based and gives users quick electronic communication of content. Social media has different types in which social interaction can take place and they are listed below; social-networking sites, social news sites, image sharing sites, video hosting sites, community blogs etc.

Social media is also a way of interacting with different people from different backgrounds all over the world with no fear or stress. There are some ways by which social media can be helpful to our generation today and even to the generation to come. It is a way to enhance connectivity in the sense that connecting with people can be done effortlessly, without delay regardless of location etc. Social networks are helpful in reviving and preserving relationships with other people. It has become easier for us to connect with business people, family and friends. Even, many top companies directly approach candidates through social networking sites like [LINKEDIN](#). We can also, interact with people of authority who might help us in our careers.

Social media is helpful for both students and teachers. It has become very easy to get knowledge from renowned experts and professionals through the social media. You can easily follow anyone to boost your knowledge. Regardless of your educational background, you can learn various skills without paying for them. Online classes, tests and examination can also be conducted on social media too.

Social media is also helpful to save lives and properties. Lives are not only saved only by 24 hours suicide prevention hotlines or measures. Spreading awareness and motivating people is important too. And simply assuring people that they are not alone whereby letting them know they are not the only ones

with their set of problems. Large numbers of websites now offer support through social platforms.

Social media benefits mental health too. Emotions expressed online affects your mood. It not only helps to relieve social isolation but also open new communication pathways and offers much-needed support. It allows people to share their thoughts without revealing their identity.

This same social media we are talking about has some negative influence on individuals too because everything that has an advantage also has a disadvantage too. Depression and anxiety is the key negative influence of social media on individuals today that is to say spending too long on social networking sites, can be adversely affecting your mood. In fact, chronic users are more likely to report poor mental health including symptoms of anxiety and depression. If you see the carefully selected best parts of everyone's lives, which you compare to the negatives in your own life. Comparing yourself to other people is a path to depression and anxiety, and social media has only this easier to do.

Cyber bullying is another negative influence of social media on individuals in our society. Before the arrival of social media, bullying was something that was only possible to do face to face. However, now people can bully others online anonymously or not. Today everyone knows what cyber bullying is and most of us have seen what it can do to a person. While social media makes it easier to meet new people and makes friends, it also enables cruel people to tear into others with little efforts. Perpetrators of bullying can use the anonymity that social networks provide to gain peoples trust and then terrorize them in later in future by pressurizing and bullying them to do what is not in their will.

Fear of missing out (fomo) is a phenomenon that was born around the same time as the rise of social media. Unsurprisingly, it's one of the most widespread negative effects of social media on society. Fomo is just what it sounds like: a form of anxiety that you get when you are scared of missing out on a positive experience that someone else is having. For example, you might constantly check your messages to see if anyone has invited you out, or focus on your Instagram feed all day to make sure that nobody is doing something cool without you.

Furthermore, social media has contributed vastly to online scams, with people creating fake business accounts to lure victims in. A lot of people have

been scammed on social media because it has no strict measures to deal with scammers using it has a medium for their fraudulent transactions

Lastly, unhealthy sleep patterns are another negative influence of social media. Spending too much time on social media can lead to poor sleep. Numerous studies have shown that increased use of social media has a negative effect on your sleep quality. If you feel like your sleep patterns have become irregular and have led to a drop in productivity, try to cut down on the amount of time you browse on social media .This is especially the case when using your phone in bed at night .It's all too easy to tell yourself that you will spend five minutes checking your Instagram notification, only to realize an hour later that you have been mindlessly scrolling through Facebook for content you don't even care about.

So to say social media is indeed a way of helping people and also a way of destroying people. So be alert and put your time to use and don't let social media algorithms steal your valuable sleep.