

## **Persuasive Essay About Social Media Addiction**

Social media is a computer-based technology that allows interactive communication via the internet. It enables people to share pictures, videos, audio, opinion, news, etc. Every day, people log into social networking sites more than any other website. Approximately three billion people worldwide have a social networking account. Social media websites, such as Twitter, Facebook, Instagram, LinkedIn, Pinterest, Google+, and Reddit, help people to stay connected with their friends and families.

With more than one billion active users daily, social media websites are frequently visited for updating status and counting the number of 'Likes.' Experts estimate that every person spends about one hour daily on such sites. These calculations force people to ponder over the fact that social media is becoming an addiction to the present generation. There is a thin line between habit and addiction. An addiction is a situation when people crave for something more than their requirement.

Moreover, they start feeling helpless and see their growing dependency on a particular activity, or food, or drink. In such a situation, people begin to lose control over themselves. Gradually, the condition becomes worse as it converts to complex brain disease.

Sometimes people log on to their social media account daily for meaningless purposes or only to kill time. Most often, they access their account only to check for comments and see the number of views. One evident symptom of social media is when people check in wherever they go. They begin to update their daily activities on social media, such as, 'watching a movie,' 'having lunch at TGIF,' 'enjoying ice cream,' etc.

Furthermore, they begin to think that informing their daily activities or posting their pictures on social media is one of their moral obligations. It seems as if they are living their life virtually on social media. They start getting obsessed with their activities on social media. In such circumstances, the psychologist confirms that the person is suffering from social media addiction.

The after-effect of social media is not very rewarding. It harms the emotional and mental health of people. Over a certain period, a feeling of dissatisfaction, and hopefulness creeps in. Moreover, they begin to feel the peer pressure escalating, and they become frustrated while comparing themselves with others. Furthermore, people suffering from social media addiction

become desperate. They are fatigued and stressed. Their anxiety level rises, and productivity falls. Pop notifications distract them from concentrating on essential things in their lives.

It is crucial to identify social media addiction before the situation worsens. People must spend some time daily on self-reflection. They need to search for an aim in their lives and look at the larger picture. Moreover, they need to divert their attention to more essential things in their lives. They can delete all pop-up notifications and restrict their visit to social networking sites. Furthermore, it would be good to go on a vacation without the smartphone and laptops over the weekend to get rid of social media addiction. Lastly, they need to remember that it is not their social obligation to be on social media throughout the day.