

SOCIAL MEDIA ADDICTION AMONG CHILDREN

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I. Introduction



Social media addiction is spending too much on social media sites to the point it affects all other aspects of a person's daily life. While social media addiction is not an official medical diagnosis, it is used to describe the cluster of behaviors related to the addictive behavior of social media. It became a part of our life in the new millennium.

II. Magnitude of the problem

- ✚ Addiction is a hard drawn out problem that affects a person for the rest of their life.
- ✚ Addictive behavior is any behavior that holds any of the components of addiction.
- ✚ Teens spend up to 9 hours on social media per day
- ✚ 60% of social media time spent is facilitated using a mobile device
- ✚ It takes about 27 minutes for somebody to regain the same level of focus on a task after checking a social media site

III. Potential effects of the problem

- ✚ Checking the site in the morning
- ✚ Checking the site throughout the night
- ✚ Spending hours a day on the site
- ✚ Day dreaming about checking the profile when not using it

IV. Impact of social media addiction in our daily lives

- ✚ Ruins relationships
- ✚ Can lower self-esteem
- ✚ Hinders personal growth
- ✚ Can lead to accidents

V. Potential solutions of the problem

We need to search solutions where youngster controls the technology, not controlled by technology. It's time to identify and create balance and healthier relationship between technology and its use.

1. Acknowledge addiction
2. Enjoy the moment
3. Think before tweet or post
4. Plan a social media vacation
5. Enrich real relationships
6. Stop following trends
7. Disable push notifications
8. Set time limits
9. Get a hobby
10. Cut out early morning and late night

VI. Conclusion

Social media is a really convenient and important communicate network for all the people nowadays. It changed our life so much. Our life became more convenient because social media is a very useful tool for us in 21st century, it could help us to improve our life. However, we have to aware of how we use them. If we could use the social media smartly, having social media will become a good change for us.

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