

## Social Media in Consuming Our Lives

Facebook? Twitter? Youtube? Instagram? I know you are all familiar with it. As you always spend time in using these social media's, I ask for a little bit of your time to read this article and be with me for just three minutes wherein 1200 new users sign-up for Facebook (socialpilot, 2018).

The number of social media users is greatly arising and I believe there won't be a time wherein it is going to die. It gives a lot of impact to the society. Massive of users are now engaged into it. When I say massive, I am talking about 2.5 billion users (Lua, 2018). It has been now included and marked in the lives of the people.

It can't be denied that really social media made our lives so much easier. According to Sharma (2018), social media doesn't only ail the society but is affecting us positively. First of all, it is a way to enhance our connectivity. He mentioned that with just one click away, we can easily stay tuned with our loved ones. Also, 59% of schools have been using social media as a tool for disseminating information to students.

Furthermore Sharma added that through social media, you are free to express your thoughts and through this, spreading awareness on issues can easily reached different places. Thus, it allows to let you post what you want without even letting your identity be publicized and express without fear.

I believe that social media is indeed useful. However as what Uncle Ben said in Spider-Man, "with great power comes with great responsibility". I believe that we should also limit ourselves into what extent we should only use social media. Yes, we have the freedom to do everything we want. But, do we consider what others would be feeling about the things we do in our social media accounts?

A survey by means of Young Minds suggests that a more range of younger people view social media as having a bad effect on the way they sense about themselves. The most generally and common mentioned effect is depression, or depressive signs, with one observe, which did no longer specially look at young human beings, suggesting that greater social media use is linked to lower second-to-moment happiness and existence satisfaction (Hocking, 2018).

In our society today, we almost spend most of our time in social media, we concentrate with our gadgets instead in our real world and the worst is, we base the personality of a person and standards of beauty through the number of likes and friends. It may sound shallow but for some, their life revolves around these things. With a simple like, a person's confidence can easily boost from 0 to 100 but at the same time, a simple dislike or negative comment can make a person's life miserable.

According to data from the federal Centers for Disease Control and Prevention as stated by Tanner (2017), 36 percent of all teens reported feeling desperately sad or hopeless, or thinking about, planning or attempting suicide, up

from 32 percent in 2009. For girls, the rates were higher — 45 percent in 2015 versus 40 percent in 2009. This clearly shows how social media is linked into depression of the teens. A lot of people over used the freedom given to them by the social media. The feelings of others become so irrelevant because freedom is used wrongly. Sad but true, teenagers now a days, including me suffer a lot of depression because of the lies and the standards embedded by the social media.

One more thing, it's so ironic how social media is supposed to be a way to connect with others but ended up being the one to make us disconnect with our loved ones in real life. Not to be hypocrite, I also use social media every day. But as days passed by, I get disappointed on how people, including myself get so dependent in social media. We forget to enjoy the little things in life and we let our lives be controlled by social media. We have fallen into the trap where in the technology controls us. But, what do we achieve by doing this? We hinder ourselves from interacting with people in our real lives and instead we enjoy our privilege of hiding ourselves. Why don't we go out of our shells and socialize in our reality?

In social gatherings, some people prefer to just use their phones because they are afraid to be shut out of the people around them. But, won't it hurt if we try?

Let us try to be real and embrace our imperfections. Our imperfections made us who we are and gave us uniqueness. Let's stop hindering ourselves to be free and enjoy living truthfully because honestly, it is so sad to live in a world controlled by the strings of social media. We don't need likes, favorites, and etc. just to feel happy and loved. We need true friends and real people that will always be by our side in our good and bad days. So instead of sitting down and using our gadgets, why don't we try to look around and start focusing on what is real because at the end of the day, the likes, hearts and our friends in social media will be useless and would not matter.

. Indeed, social media is useful but it can also be so harmful. It depends on how we use and utilize it. It is a powerful weapon that can be used either for convenience or to hurt. At the moment, I believe it is now becoming our tool to harm others. If we don't change our ways and continue in doing so, time will come that we will no longer have control with our own lives and will totally be dependent with these technologies. Before this happens, let us open our eyes and spread our awareness regarding this matter. I plead for change. Let us change our ways. Let us stop looking at the world through our cellphone, laptop and other gadgets screens instead; we should have real experiences with real people together with our real selves. Stop the hate and spread positivity to everyone.

## References

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