5 NEGATIVE EFFECTS OF SOCIAL MEDIA

One of the fastest-growing links of communication and integration in the society today is the Social media. It has offered one of the best ways of connecting with people all over the world and information sharing has become easier. But it has its fair share of backlashes which has seemed to haunt individuals and the society at large. So here for 5 negative effects of Social media:

Cyberbullying: Social media allows for anonymity which people have abused by harassing others online, creating trolls, and without any trace to the offender. This has caused the victims to feel low self-esteem and anxiety.

Body Shaming: With the rate at which celebrities and individuals post pictures of their seemingly perfect bodies and shapes, others who don't fit them have become withdrawn and become less proud of their bodies. People then troll these imperfect-bodied persons online, calling them "fat", and this has led to depression also.

Breach of Privacy: Social media requires a whole lot of personal information from its users which can be hacked into or even sold to the highest third-party bidders. People can also misuse the information of others which could lead to unnecessary embarrassment on the owners of such personal information.

Depression and Anxiety: It has been observed that consistent users of social media are more prone to mental health issues, anxiety, and depression. This is because the media isn't social. It plays and toils with the psychology of the user; as people only display the best version of themselves and their successes. This automatically leads to one comparing self with others on social media. It triggers worry, leading to anxiety and depression.

Addiction: One of the selling points of social media is its easy access to its platforms and the unmatched accommodation feel it gives to the user. One can stay on social media for long unpredicted hours without even noticing. It then creates a "cannot-do-without" feeling in the minds of its users. One then finds himself seeking and hanging on the merciful comfort of social media. It ends up reducing concentration in other life activities, low work productivity, and chronic addiction.

Without any iota of doubt, Social media is one of the best sociological advancements in recent times. Its positive impacts on society and technology cannot be overemphasized. But it has also affected society in serious negative ways as Cyberbullying, Body shaming, Breach of privacy, Depression and anxiety, and Addiction. These are 5 damning effects of social media on the society. We must act to mitigate these effects to have a more accommodating society.