

Social Media : A blessing or a curse?

Nowadays, the more technology is improved, the more social networking is used. Undoubtedly, the rise of technology has a huge impact on people's lives and interpersonal relationships in many ways, but mostly for the better.



First of all, due to social media people are not only capable of maintaining their relationships, but also of creating new ones regardless of the distance that separates them. As a result, the individual can boost their communication skills and develop strong bonds with other people. Moreover, as fewer and fewer people use newspapers, they rely on social media in order to gain information about worldwide news but this has negative aspects too.

Specifically, people that depend on social media to learn news tend to be less well-informed and it is truly possible to acquire invalid information through unreliable websites. Apart from that, researchers have found that social media has a serious worrying effect on mental health issues, such as anxiety and depression. These problems appear because of the sleep deprivation that social media cause.

All in all, I am inclined to believe that social media has both positive and negative impacts on people's lives. However, people must be aware of how to use them so that their mental and physical health can improve as well as the society in general.

