

## The dangers of the digital world

A report by Pamela and Emma

### SOCIAL MEDIA.

One of the dangerous to our future generation is most definitely social media. It's a part of our daily routine and becomes fixated into anything and virtually everything we do. It is a major influence on us today in modern life and we can only imagine what it will be like in the future. Did you know that:

- Facebook now sees 8 billion average daily video views from 500 million users
- Snapchat users also sees 8 billion average daily video views
- US adults spend an average of 1 hour, 16 minutes each day watching video on digital devices
- Also in the US, there were 175.4m people watching digital video content
- 78% of people watch online videos every week, 55% watch every day
- It's estimated that video has accounted for 74% of all online traffic in 2017

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In my opinion, this statistics will either creep you out, or interest you in their apps. The fact that they have many users in itself makes you want to investigate why it's an interest to so many people, and before addicted yourself.



What shocks me most is that in 2019, it is estimated that there will be around 2.77 billion social media users around the globe, up from 2.46 billion in 2017. Social network penetration worldwide is ever-increasing. In 2017, **71 percent** of internet users were social network users and these figures have grown. It seriously seems to me that we're dependent on social media for our very existence. There are now 3.196 **billion** people using social media, up 13% from last year. The **total** number of mobile phone users is 5.14 **billion**, up 4% from last year. This means more people have access to social media on the go. 11 new people start using social media every second, which is about 1 **million** people every day. Soon enough, it'll become impossible for people to operate with social media and imagine a world without it as they've never experienced it!

A negative aspect of social media though is that unfortunately it is the cause for a various increasing cases of health problems and depression/anxiety. Social media is such a manipulative platform full of platforms which influence you to think that no matter what, you're not perfect. This constant exposure to "perfection" from **social media affects a** teen's self-**identity**, self-esteem and even may cause depression. ... **Social media can affect a** teen's self-esteem by changing their entire style such as clothes, music, and personality and even change what kind of friends they have. According to studies published, "**Social media** has been linked to higher levels of loneliness, envy, anxiety, depression,

narcissism and decreased **social** skills .We're always categorised as too skinny, too fat, etc. No matter what you do or say, people will always have something negative about your appearance and it's unfortunately affected most of us today.

## FOMO

We are constantly comparing ourselves and trying to promote an artificial, digital profile of you to look as appealing as possible. We aren't learning how to love ourselves, and I find that to be a major issue. Social media is remotely endless, you could scroll for hours and still view new content. One of the main causes teens are on their phones is due to FOMO.

**FOMO** is the **Fear Of Missing Out**.

FOMO has been robustly linked to higher levels of social media engagement, meaning that the more an individual uses social media, the more likely they are to experience FOMO. This therefore increases the use in social media, increases the lack of communication, reactions and health problems.

Personally, this as a major problem that needs to be resolved for the sake of our future generation, social media can and is used in a positive way, but unfortunately the positive side of social media isn't what were predominantly presented with. Our use of social media and intake of it is unhuman and unhealthy, it must stop!