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Identify and discuss the defining issue of your generation. How do you believe it should be resolved?

Imagine living in a world without social media? Visions like this could be challenging as social media plays a large part in our generation. In 2022, internet users worldwide are spending an average of 147 minutes on social media each day. Social media has many positive influences on our world yet still has potentially detrimental effects. Many can anonymously bully and virtually attack individuals by creating unrealistic expectations about body image and popularity, normalizing this risk-taking behavior. Social media is responsible for contributing to mental health issues.

In today's world, the realization of the importance of mental health is becoming increasingly noteworthy. A person's mental health refers to their psychological and emotional well-being. In terms of mental health, social media has damaging effects. For example, a common harmful outcome of social media is FOMO (Fear of Missing Out). This phenomenon was born simultaneously with the rise of Facebook. FOMO is a form of anxiety that occurs when you feel threatened by losing out on what others are experiencing. These social media giants, such as Facebook and Twitter, aim to encourage users to generate more screen time on their

applications. Social media algorithms sort posts in a user's feed based on relevancy rather than publication time. Generally speaking, social networks prioritize content based on how likely the person would want to see it. Some features and social networks strategically hook their users with constantly appealing content. Research has found that social media use can lead to resentment, jealousy, and even questions about one self-worth. Communication through text creates social anxiety as many who aren't used to texting and prefer communication in-person struggle with stress when texting. After all, having a conversation face to face isn't handled and curated in the same way online communication is. Live person conducted a recent international study in which they found that 75% of generation Z and millennial respondents prefer text communication over face-to-face communication.

Another destructive impact devised by social media is ranking of popularity and unrealistic body images. Among the adverse effects, social media may have on body image, it can lead to body dysmorphic disorders. The condition of BDD (body dysmorphic disorder) characterizes the constant preoccupation with one's body image and thoughts. Substance dysmorphic disorders sufferers are more likely to post unnaturally edited images of the hair, gluteus maximum, skin, nose, breasts, and abdomen to meet society's standards. Body dysmorphic disorder sufferers are always thinking about their faults, even when these faults are minor or nonexistent. Ultimately gratifying oneself on social media leads to corrupted emotional power for varying reasons. Teenagers who spend extended periods on social media sites, such as Facebook or Instagram, are more likely to become victims of cyberbullying. There are specific aspects of social media that may evoke resentment feelings, or self-doubt for observers, such as the artificial expression of real life on social media. Being exposed to social media as a teen, I can attest that I am a victim of body dysmorphia. In my early teens, I would see photographs of

females and compare myself based on my flaws, resulting in an eating disorder. Luckily, I overcame my body dysmorphia problems. Some people may not be able to do so, ultimately leading to fatality.

Social media is a significant contributor to bullying and the precautions accompanying it. Many find online communication easier compared to talking face-to-face. Despite social media or direct communication with others, people forget that words hurt. In addition to verbal bullying, social media also provides kids with the ability to publish media files such as photos or videos. It has been found that bullied children tend to be more anxious socially, have low self-esteem, and require more mental health services throughout their lives. 86% of students said, other kids picking on them, making fun of them, or bullying them causes teenagers to turn to lethal violence in schools. According to the National Education Association, it is estimated that 160,000 children miss school each day because they are afraid of being attacked or intimidated by their peers. A seventeen-year-old girl from the Unites States claims, "There is a site right now on Facebook that is called "Calling all hoes" that seems to be a place for people to write, for all the world to see, any hurtful or sick thought about anyone that they don't like Facebook refuses to take the page down... I don't know what to do and I feel that something needs to be done before we are hearing on the news about some poor kid who killed themselves over what's being written about them on this vile site. " At cyberbullying stories.com, you can view a variety of different stories and their impact on individuals. In summary, bullying is a very common occurrence on social media.

Social media does not have a fixed solution, but there are ways we can minimize its effects on us. The easiest way to achieve this is to put your phone on do not disturb or to use

social media on another device than your smartphone. Also, you can spend less time on social media platforms or even delete your social media accounts. Another alternative is FOCUS LOCK by Flipd. It is the original #1 app for limiting screen time and helping to lock away distractions on your phone. Focus enables you to hide All of your downloaded apps for some time that you specify, and your apps would automatically return those apps to your phone's screen at the end of the time. Downloading this app restricts your access to social media sites until the timer expires.

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