How is Social Media Hurting Us

**Social media is hurting us**

Social media has a massive affect on our day to day lives. It impacts our mood, our perspective and our general well being. It also seems to be having an impact on how we think about politics and the health of our democracy. My phone tells me that I am spending more than 2 hours a day on social media. I believe that there are many more people who spend more time then that on their devices which is bringing harmful consequences to our society.

**Lack of sleep**

I have learned from my experience that I don’t get as much sleep as I would without my phone. It is proven that all phones impact our happiness and overall well being. Most devices emit a *blue light that… restrains the production of* [*melatonin*](http://sleep.org/articles/what-is-melatonin)*, the hormone that controls your sleep/wake cycle or* [*circadian rhythm*](http://sleep.org/articles/circadian-rhythm-body-clock)*. Reducing melatonin makes it harder to fall and stay asleep.”* (Sleep Foundation). Lack of sleep is proven to cause memory and mood problems, difficulty concentrating, and it affects our physical health in many other ways.

**Dating apps**

Another way that social media affects people is on common dating apps such as Grindr and Tinder. In study that was conducted. Earlier this year*, “Suzanne Berne polled … 200,000 iPhone users by non-profit organisation Time Well Spent who* [*found that dating app Grindr topped a list of apps that made people feel most unhappy*](http://humanetech.com/app-ratings/)*, with 77% of users admitting it made them feel miserable. Tinder was in ninth place.”* (Bearne)This shocked me quite a bit learning that something that was designed to make people feel happy was doing the opposite.

**Perspective**

Social media is also distorting how people view themselves. As a consumer we see influencers who are living a vibrant and crazy lifestyles. As we watch videos or see there pictures that they post from their “Life” we tend to think “I wish I had that kind of life” What is not shown however in the perfect videos that they post is what actually going on behind the screen. Even friends and family tend to post images and stories that only reflect the good side of their lives, making our own struggles seem even more isolating. Social media presents an image of always happy and limits our ability to deal with sad events.

**Politics/Fake News**

On the more political side of social media we hear about fake news getting thrown around a lot. I’m not talking about the Fake News that trump claims everything is but more the actual fake news that is discrediting the importance of real journalism. “Much of the fake news that flooded the internet during the 2016 election season consisted of written pieces and recorded segments promoting false information or perpetuating conspiracy theories.” (Ordway 1/2). Fraudsters are getting more sophisticated, so that it is more difficult for social media users to recognize the propaganda and weed it out. The result is a growing distrust of media and increasing numbers of citizens who are informed by false information.

The facts are undeniable. Social media, with its manipulative impacts on our health, our minds and our social ecosystems, is doing more harm than good for our society.

# Works Cited

**There are no sources in the current document.**

(Soltan) (Bearne) (Ordway) (Sleep Foundation)