

The Consequences of Social Media on our Mental Health are Worrisome

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In our current society, all of us are using social media for different purposes, such as communication, work, entertainment, etc. However, those interactions are affecting our mental health every day, not only during the time we spend in front of a screen but because we are constantly getting a lot of different information. That kind of information varies from seeing what our friends are doing to watching YouTube videos non-stop. This problem is affecting not only teenagers but also adults.

Although we may not want to believe it, in recent years, we have become more inactive because we are surrounded by more screens than ever before. It started with television, and now we have one that fits in our pockets: smartphones. This is immediate consumption, where no matter where we are, we will always have the information at our fingertips. It is not something we have accepted because all of this is a business model of companies to generate profits for our time. We have become a product. Social media may be “free”, but their currency is our time and our privacy. This is why social media is so addictive.

By spending so much time on social networks, we lose track of time. The best example is TikTok, where you can spend hours watching videos without realizing it. From this point on, the logical consequences of only investing our time in a virtual reality begins. We rarely have time for ourselves, to go for a walk, and to spend time with the family. In extreme cases, we do not even feed ourselves because of this.

Finally, it is worrisome that so many teenagers and adults are getting addicted, spending their free time surfing on the web and not doing another activity. This situation generates consequences in their mental health such as anxiety, depression, etc. The solution is to know when and where to use these tools in order to have good mental health.

