

ADVANTAGES AND DISADVANTAGES OF SOCIAL MEDIA

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There are those who miss the times when letters, love, were in no hurry to move from one point to another during days, weeks, months. Writing and receiving a few lines was a real ceremony, today it is the time for snapshots, recordings in a two-by-three format, and sending messages by email, so as not to waste time.

Advantages and disadvantages of social media with the advent of the Internet in our lives has meant dramatic changes in many daily aspects of life, as well as in the way we interact with others. Although even today, relationships between people are still valued more in real life than online relationships, online relationships affect the connections we form with other people.

Establishing new relationships thanks to social networks, people can easily find out about any aspect of the person's life, their pastimes, hobbies, or maybe even their secrets – these are some of the reasons people use social networks.

Social networks make it easier to find acquaintances, often, we do not even think about what is happening in our messenger, although at this time, the messenger recommends us a list of possible acquaintances who, probably, could become good friends and colleagues for us. For example, if a person is fond of cars and wants to immerse themselves in this area, it does not cost them anything to go to a group, a newsgroup or a forum with the same people of the same interest where they can ask questions and quickly find out the answer to the question of their interest.

Thanks to social networks, people can communicate with relatives over great distances, send them e-cards, hearts, congratulate them on their birthday and always stay close to them.

Also, people have not to forget about such a factor as the relevance of news in social networks; it is impossible to keep up with the news that is spread in social media. The news is always the latest, but not always truthful, because in the 21st century, people use the word on the Internet in order to attract attention and to distract from other issues.

For instance, Greta Thunberg, a well-known activist started the school climate strikes in August 2018; many people at that moment began to criticize her for showing her civic-mindedness at such an early age, for the fact that she was just a child and did not understand anything about the climate change problem. At least one news on any of the sites was published with this activist and not always the news was positively presented. This is an example of the fact that social networks are suitable as a place to be heard by people and a place where people can easily be brought in the mire for no reason.

Imagine a situation, a person is flying in an airplane, driving a car or just walking, perhaps they are listening to music, perhaps listening to a training record of a famous person, but in any case they are using social networks for this, which is their indisputable advantage.

For many people, social networks have become their work, for example, radio presenters, bloggers, musicians and others. Thanks to social networks, people can go

shopping from their home comfortably, which greatly facilitates the grueling choice of one thing or another.

But of course, everything has its drawbacks, and there are many drawbacks of social networks.

About 40% of the world's population uses digital social media, and it is estimated that every person spends two hours a day in social networks.

Could it be that we are sacrificing our mental health for them? People can also be mentally affected by social media, for example, messing around with a person can completely change their mood for the whole day.

Feelings of anxiety caused by pranksters on the Internet can also affect people behaviour, if someone wrote that they knew where you lived and would definitely come to see them in person.

Dependence on social networks is also not uncommon. Many young and sometimes not always young people spend whole days in social networks without going out into the real world with real conversations, with a real environment.

From all of the above, we can conclude that social networks can be harmful if they are used too much, but at the same time they can provide unimaginable help not only in a certain area, but also in life in general.

References

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