



Social Media Addiction

Rajkannan. N¹, Dr. Ratna Chhaya Singh²

¹ Principal, Cauvery College of Nursing, Mysuru. Email: rajkannancon@gmail.com Mob:9019352025

² Principal, Mansarovar Nursing College, Bhopal. Email: chhayasingh7777@gmail.com

ABSTRACT

Social media addiction is a serious issue that affects many aspects of life. It can interfere with academic performance, social relationships, and mental health. People who are addicted to social media often compare themselves to others and feel dissatisfied with their own lives.

There are some ways to overcome social media addiction and regain control of your time and attention. One way is to set a time limit for using each app and stick to it. Another way is to turn off the notifications from your social media apps so that you are not tempted to check them constantly.

If you want to break free from social media addiction, you need to take some steps to reduce your exposure and dependence on these platforms. One of the first things you can do is to delete the app from your phone. Another thing you can do is to spend time with loved ones and friends. You can also indulge in your favourite activity. Social media addiction can have negative effects on your mental health and social skills. That is why it is important to overcome it and reconnect with the real world.

The addiction to social media has gained attention in recent days. The student's education is being hampered, and it is impacting their marks. In addition, it is causing problems in relationships and contributing to disorders like depression and anorexia.

Rather than using social media to interact with their loved ones, people have begun to compete with them. They want their profile to seem the finest and to share better photos and status updates than everybody else. Addicts on social media dedicate most of their attention to figuring out how to differentiate their profile from others'.

Numerous social media platforms, including Facebook, provide access to a variety of games. This makes these games even more addicting. Gamers aim to outshine each other by adding friends to their list. To raise their level and score, they play these games for the most of their waking hours. When they fail to meet their goals, they become irritable and frustrated.

Methods for Overcoming Addiction to Social Media

While it might not seem possible to kick a social media addiction right once, you can do it gradually and with little effort. Here are a few strategies for kicking a social media addiction:

Set a Time Limit

You can use applications to set time limits on how long you spend using various mobile apps. When you use an app for longer than the allotted amount of time, they send you an alert. Getting such an app is a smart way to control how much time you spend on social media. You can gradually cut down on this time.

Put an end to the notifications

On your phone, turn off all your social media network notifications. Knowing that there won't be any updates sent to you, you won't wait for your phone to beep or feel compelled to check the notification screen all the time.

Delete the App

It is advised that you remove a select few social media apps from your phone and use them sparingly. Additionally, avoid putting these apps on your home screen.

Spend time with loved ones and friends.

When you are with friends and family, put your phone away. Engage in activities you enjoy, have a conversation with them, and pay attention to what they have to say. As you work to kick your addiction to social media, make time for them more and more. This can be a useful diversion from the imaginary world you've made for yourself.

Indulge in Your Favourite Activity

Identify the activities you love the most. It may be dancing, gardening, singing, jogging or anything else, for that matter. Engage in these activities for an hour or so each day to keep your mind off social media.

Social media addicts display compulsive behavior. They often disconnect from the real world and become socially isolated. It is important to recognize this problem and overcome it to lead a happy and healthy life.