



Not for your entertainment only, it is hazardous

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Social media is a giant distraction to the ultimate aim, which is honing your craft as a songwriter. There are people who are exceptional at it, however, and if you can do both things, then that's fantastic, but if you are a writer, the time is better spent on a clever lyric than a clever tweet.

–Bryan Adams, singer-song writer

The facts are in, and they are not what one might expect them to be. I would not dare belittle (though definitely not a fan) the use of social networks, particularly Facebook. The story of Facebook alone is an Oscar-worthy work (proved me right, *The Social Network* won the 83rd Academy Awards for Best Adapted Screenplay, Best Original Score, and Best Film Editing). It is true that it is a good way to keep connected with friends and families around the globe. But its merits appear to be outweighed its demerits. It serves as an effective method for personal abuses, bullying, deceit, and all sorts of misdemeanour. (I personally a young couple who are now divorced for half a decade sole on the ground of misused Facebook.) Some reposts say that there are over 80 million fake accounts—enough to establish to a strong nation. Take it this way, there are only 15 countries having more than 80 million population, those fake users are more than Germans and the rest of other nations. One can have a nation of imaginary friends!

On top of it, scientific investigations have cast a doubt on its psychological effects. A 2012 study at the University of Edinburgh Business School reported that increasing Facebook friends has the greater potential to cause offense, and also increases stress in family and employment circles. The same year a report at the University of Western Ontario stated that 88% of

people are habitually following (stalking would be a bit discomfoting) their former girlfriends/boyfriends. What is more staggering is that 70% of those people would use their friend's accounts for tracking their former partners. Researchers at the University of Houston recently (in the *Journal of Social and Clinical Psychology*, 2014) reported that the amount of time spent on Facebook may be linked to depressive symptoms. The first study found an association between time spent on Facebook and depressive symptoms for both genders. The lead researcher Mai-Ly Steers explained, "It doesn't mean Facebook causes depression, but that depressed feelings and lots of time on Facebook and comparing oneself to others tend to go hand in hand." Surveillance use can be seriously debilitating. Surveillance use occurs when users browse the website to see how their friends are doing compared with their own lives. Reserachers at the University of Missouri reported in the journal *Computers in Human Behavior* (2015) that this can directly lead to feelings of depression.

Perhaps social media are just the grown-up ways of having imaginary friends (that I can do without), or the introvert narcissist way of publicizing their persona.

Some say they are making money out of it, but pause for a moment, and ponder, are you? What have you gained?

Remember the hazard is abundant.