

# Is Social Media Addictive?

## Outline:

### I. Introduction

1. Thesis statement

Yes, social media is addictive because of the manner it forms behavioural characters among individual that affect their lives.

### II. People use social media to:

1. Contact friends.
2. Share their feelings, videos and pictures with others.
3. Access important educational information and data.

### III. Social media has become addictive since:

1. Statistically, two out of three persons who have access to technological gadgets, such as smartphones, spend seven and more hours daily on social networking.
2. Research indicates that those addicted to social media tend to become abnormal tolerant and are dependent on things that result from using social media. This includes people wanting to access Facebook or Twitter accounts before going to sleep or immediately after waking up.
3. Those who are addicted to social media can suffer from withdrawal symptoms, feel lonely, bored or be less focused if the privilege of using social media is taken away.
4. Even though counterarguments talks of usefulness rather than addiction as the purpose for the continuous desire of wanting to use social media among people, there is need to define the behavioural character and time limit for which something can be depicted as useful or addictive as with the case of social media.

### IV. Conclusion

It is imperative for individuals to effectively evaluate their use of social media in order to avoid being controlled by the new technology. This way, they can protect their personal lives as well as health conditions from being affected by the negative impacts of social media.