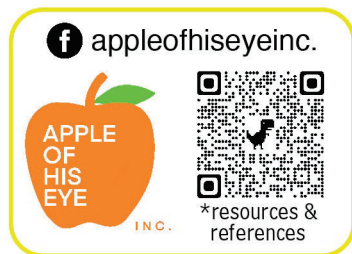


Prevention Strategies for Social Media Addiction

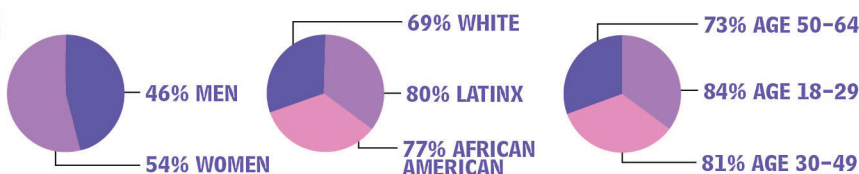


WHAT IS SOCIAL MEDIA ADDICTION?

Social Media Addiction is a behavioral addiction that involves one being overly consumed and worried about social media. This may involve an uncontrollable urge to get on social media sites (Facebook, Instagram, YouTube, etc.). Individuals experiencing this addiction may spend so much time on social media that it negatively impacts other areas of their life (Addiction Center, 2023). Research reports that between 5-10% of Americans may be at risk for social media addiction (California State University, 2018).

WHO USES SOCIAL MEDIA?

(Statista, 2023)
(Pew Research, 2021)
(Forbes Advisor, 2023)



A BRIEF HISTORY...

The Internet was created in 1991 (only 32 years ago). Prior to the internet, people primarily communicated by phone, newspaper, mail, radio, or in person (Ahmed et. al., 2021).

Social media platforms were introduced in 1997 (Maryville University, 2023). A social media platform is a web-based technology that provides the space for creation and sharing of information, interests, and ideas through virtual networks and online communities (Obar & Wildman, 2015).

The average person spends 2.4 hours on social media per-day. This means that if a person lives to be 73 years of age, 5.7 of those years would be spent on social media! (Forbes Advisor, 2023)

Did you know... 98% of people access social media through a tablet or smartphone, 78% on phone, and 1.32% on desktops. It is estimated that 4.9 billion people use social media around the world (Forbes Advisor, 2023).

SIGNS & SYMPTOMS

- May spend a lot of time thinking about social media or planning to use social media
- Urge to use social media more and more
- Often try to reduce use of social media without much success
- Become agitated when unable to use social media
- Social media has a negative impact on job, studies, or other part of life (Addiction Center, 2023)

*A yes to 3 or more of these may indicate a social media addiction

PREVENTION STRATEGIES

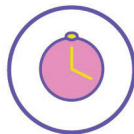
A digital detox is a period of time when an individual makes a conscious effort to significantly reduce their social media use. This can involve:



Turning off notifications



Not using electronic devices past a certain time



Setting limits on daily social media use (Addiction Center, 2023)

BENEFITS & PROBLEMS WITH SOCIAL MEDIA

BENEFITS

- Belongingness (group connection)
- Ease of access to information
- Instant communication (Allen et al., 2022)

PROBLEMS

- Technostress (Stress associated with receiving overwhelming amounts of information) (American Psychological Association, 2023)
- Cyberbullying (Allen et al., 2022)
- Decreased Attention Span (Frontiers in Psychology, 2021)
- Anxiety & Depression
- Low self-esteem *poor body image (Addiction Center, 2023)

