

Social MEDIA

TOOL OR TORTURE?

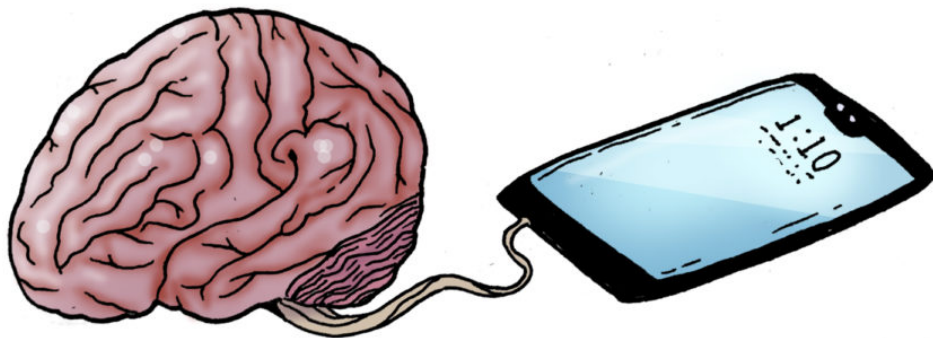
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Introduction

Social media is the group name of various electronic communications that people use to share information, ideas and messages. Different Media like Facebook, Snapchat, Twitter and many others are used for connecting with people around the world.

It is especially popular amongst the millennials and we've gotten so used to it, living without it is not an option anymore.

But unfortunately, every story has two sides and so does Social Media. I've looked a little bit more in detail on how it impacts our lives without us always realizing it.

I want to better understand who is behind the Social Media applications, why they made it and how they make money from it. What are the risks for us, do these companies try to influence us in our value building aspects or maybe influence our decisions? Let's face it, the apps can be downloaded for free, but these companies that create and manage social media are not non-profit organizations. They are making money with this, so how are we being used for making money for them?

Last year, my personal work was about Artificial Intelligence and I explained how Big Data is collected to be used in AI models. Social media collects all messages that are shared, and that data is used to build AI models.

Damaging Mental Health

How our teenage brain transforms

When you are a young child, your social reference point are your parents. Everything you learn is being thought by your parents. When you did something, good or bad, you look to your parents as a social reference point. When you do something good, your parents will praise you and when you do something bad your parents will punish you.

As you grow older, you will build up the same relationship with your siblings. And as you become a teenager you will start looking more and more at your friends, peers, role models (movie stars, musical artists, fashion models...) and other teenagers as a reference point. This is a dramatic shift from a closed protected environment into the open world and modern society. This is a process that starts as a teenager and continues for the rest of your life.

It is obvious that Social Media plays an important role in creating these reference points. Because Social Media only shows us the positive things of life, as people only post the fun stuff on Social Media. I have never seen someone post about their bad exam, not being invited to a party or other disappointment that are also part of life. That's why it is so important that we have enough human social contact, so that we also make contact with the other parts of life that we don't see on Social Media. It is human nature to learn more out of negative experiences than positive experiences. Therefore, the offline social experience is still the most important one as we need to learn to handle these disappointments and negative experiences in order to develop a coping mechanism that we will need for the rest of our lives.

A coping mechanism is very important to fall back on when we experience negative psychological events. Alcohol addiction for example is something that is often short wired in the brain during teen-age period as a "solution". "When I have a bad experience, I drink alcohol to feel better". If this happens during our teenage years, it becomes hard wired in the brain and that person will always fall back on alcohol to handle problems later in life. The same thing can happen with social media. "When I feel bad, I look at other people and how good they have it on social media to make myself feel better." This is the same wrong hard-wired brain evolution as alcohol or other addictions.

That is why it is important for us to better understand who is involved, what the effects are and how they (can) influence us. As this is one of the major skills we need to develop during our teenage years: where to get useful information and how to use it to develop our values for the rest of our lives. Being critical towards the information we are showed, and we collect is a massively important skill we need to acquire as soon as possible.



Sleep

We all know that having enough sleep is very important for our bodies to properly function. But did you know that Social Media is actually keeping you from having a good night sleep?

Let me explain. What's the first thing you do when you wake up in the morning?

Checking your phone to see if you have any messages, there you are already guilty of using your phone too early in the day, which makes it harder to doze off. Now, during the day you get so worked up with anxiety or envy from what you see on social media, that it keeps your brain on high alert, preventing you from falling asleep. The time you're supposed to be sleeping you're checking the viral content on Instagram, Facebook or Twitter, which limits your sleeping hours.

But it's not only anxiety it's also the light from your mobile device, that prevents you from having a quality sleep. The light from your phone just inches from your face can suppress the release of melatonin, a hormone that helps you feel tired. To increase the quality of your sleep, you should put the screens away, at least 40 minutes before going to bed.



Memory

Social Media is very useful to look back on memories and recollecting how past events occurred.

However, it can also change the way in which you remember certain information from your life.

Many of us are guilty of spending too much time trying to take the perfect picture of something visual, instead of absorbing the firsthand experience of witnessing it with your own two eyes and brain. Spending too much time on our phones will distract other aspects of the experience, undermining the happiness we could be receiving from them.

Attention span

It's not just your subconscious brain you need to worry about, but also the extent to which your brain is able to fully concentrate when you're awake.

While it's unbelievable to look at the amount of information available at our fingertips thanks to Social Media, it also means that people have become more easily distracted.

Social Media has provided a means of constantly giving into the temptation of instant, easy-access entertainment.

Social Media can isolate you

Social media can give you grounds to make friends no matter where they live, so it basically enables you to have hundreds or thousands of friends and followers. This will reduce your physical interaction with the people around you because you are virtually connected to your distant friends. After a while, this can make you feel isolated.

Stress

We are all stressed. We have accepted it in our way of life, but there are some activities that increase stress levels. Social media has been found to induce stress in different ways.

Social media platforms are filled with different people who have different opinions. Positive comments you get on your posts could make you feel good about yourself, but negative comments could also make you feel down. When you read a post that encourages you, it builds on your mental health. But reading a post full of bad things could also leave you feeling stressed or upset. Parents are also stressed whenever they come across posts they feel their children are not supposed to see.



Dangerous internet challenges

Why do dangerous internet challenges become trending?

Dangerous internet challenges can be interesting to young adults, who are attracted to any behavior that draws a lot of attention, especially on Social Media. There are some fun challenges like the mannequin challenge or “Andy’s coming”, but sometimes there are challenges that appear on the internet that can be very dangerous and lead to permanent harm.

You may have heard of the following challenges:

1. Kylie Jenner lip challenge: a challenge where you put your lips inside a shot glass and suck the air out of it so becomes airless. After a while you remove the glass so it creates a “plumped lips” effect.
2. Salt & ice challenge: a challenge where you put salt on your body and press ice against it, so you will get a chemical reaction.
3. The fire challenge: a challenge where you put a flammable liquid all over your body and basically light yourself on fire.

All these challenges can cause very bad injuries.



Why these challenges are misleading for teens

These challenges are very misleading to young adults because their brains aren't fully developed yet, even if they look mature. The human brain isn't fully developed until the age of 25. In these years, children must learn to control their impulsiveness and make good choices.

Because their brains are not fully developed yet, their urge to participate in dangerous things is more likely. They will follow up with impulse and instinct, the two of which are wired for acceptance and acknowledgment by peers.

By participating in dangerous things, you get recognition from your peers, which will move you up the popularity ladder.

Peer pressure

Peer pressure can be very powerful, it is a force that no child is immune to. As a teen myself, I've experienced that some may be able to resist it for a while, but that at some point, nearly every teen will risk doing something dangerous to follow the crowd or to fit in. Luckily, it isn't always about something dangerous. Like wearing the "right" shoes or having the "right" schoolbag.

But as Social Media's present influence in our daily lives, kids are more likely to do something more dangerous to please their peers. Let's not forget that these peers are now hundreds, maybe even thousands of people.



Self Esteem

We all have insecurities; some we openly speak about and some we prefer to keep to ourselves.

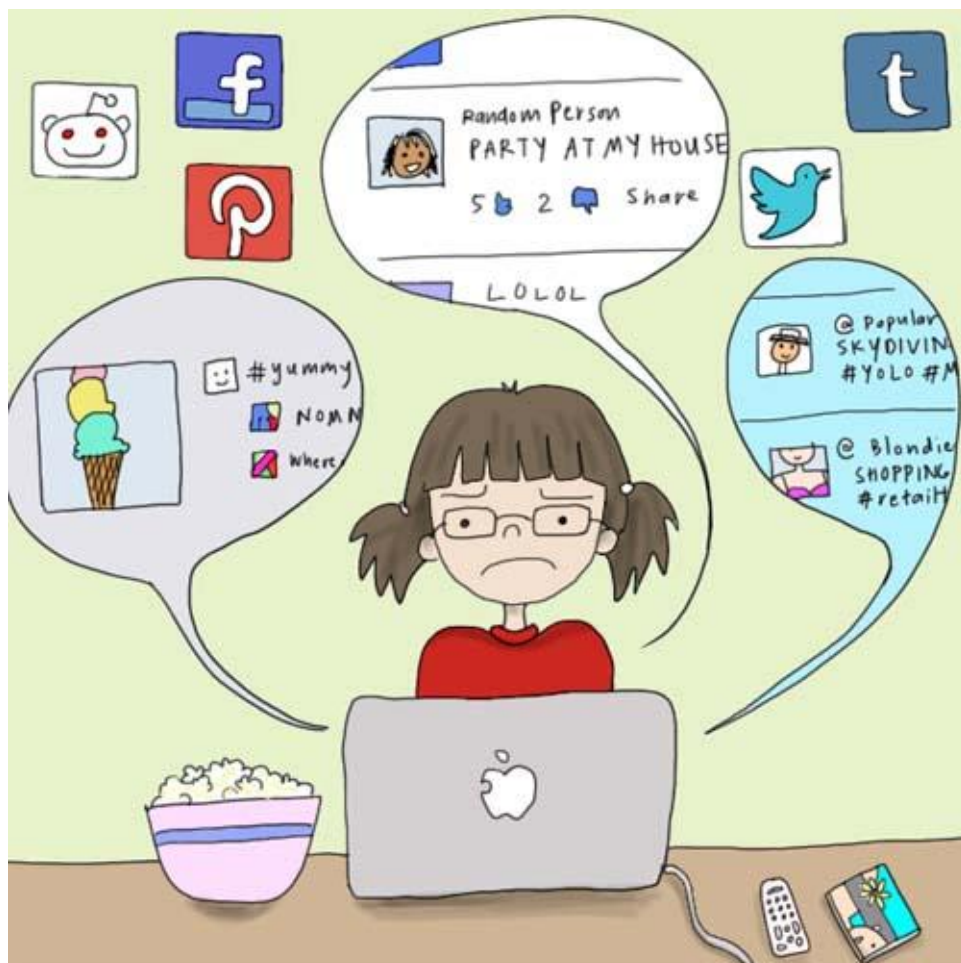
What most people don't seem to notice about social media is that we are constantly comparing ourselves to others. Young girls are comparing their bodies and faces to these perfectly face tuned photos of Instagram models, but did you know that these models, undergo crazy beauty standards like plastic surgery, lip fillers and other stuff?

Magazines and advertising are being criticized for promoting dangerously unrealistic standards of success and beauty, but at least it gets the recognition that it is being glamorized.

Not only teenage girls, but everyone is guilty of it. How many times have you scrolled through Facebook or Instagram, to see pictures of people who are living their best lives?

People going out with their friends, vacation pictures or just videos of fun activities, make you feel insecure about yourself and makes you question the life you are living.

Positive comments on your posts can really boost your self-esteem, while negative ones can decrease it.



Dating and Relationships

The things we share and post on Social Media are often positive and joyful. For the people following these posts, it might appear that they have a perfect life: being in a great relationship, taking expensive exotic vacations and having the time of their lives. However, we hardly ever see the negative side broadcasted on Social Media.

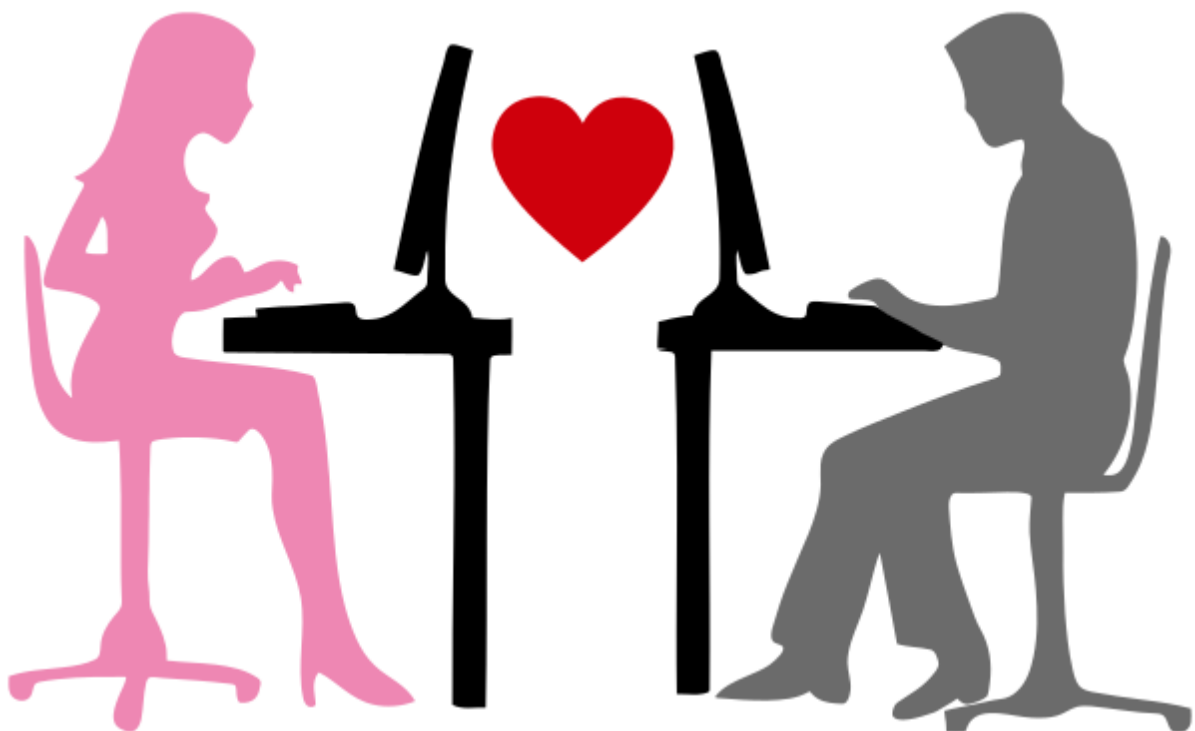
Since we are only getting people's best moments and comparing them to ourselves, it is normal to have reactions to the content that we're watching. But how does this impact dating, relationships and our love lives?

Based on statistics published by HuffPost on the 22nd of February 2017, we found out that:

- 50% reported that Social Media has a negative effect on their relationships
- 60% of Social Media users reported that it has impacted their self-esteem in a negative way
- 80% reported that it is easier to be deceived by others through their sharing on Social Media

Posting selfies, vacation pictures and dinners over human intercourse is for some people interaction.

Some couples forget how to talk in real life, with all the all the texting and social media-updating that they do. Couples seem to know everything about each other nowadays that they don't feel the need to talk much in person.



Cyberbullying

What is Cyberbullying?

Cyberbullying is a type of harassment using electronic methods. It has become more and more frequent, especially among teenagers. Cyberbullying is when someone bullies or harasses others on the internet (usually on social media sites). Damaging bullying behavior can be posting rumors, threats, sexual remarks, a victims' personal information, or hate speeches. Harassment can be recognized by repeated behavior and an aim to harm. Victims may be faced with lower self-esteem, suicidal thoughts and a lot of negative emotional feelings, including being scared, frustrated, angry, and depressed.

Cyberstalking

Cyberstalking is a type of online harassment in which the violator uses electronic devices to stalk a victim. This is probably the most dangerous form of cyberbullying because it generally involves a threat to the victim's safety. They usually send repeated messages intended to harass, threaten or embarrass. It may also include watching/supervising, identity theft, threats, damage or destruction of someone else's property, asking for/encouraging for sex, or gathering information. They may try to encourage others to do the same, explicitly or by impersonating their victim and demanding others to contact them.

Because the internet is everywhere, it will always keep following you wherever you go.

Former Vice President Al Gore once said: *"Make no mistake: this kind of harassment can be as frightening and as real as being followed and watched in your neighborhood or in your home."*



Trolling

The goal of a troll is to engage their victims in an online argument.

Internet trolls intentionally attempt to provoke or offend others in order to inspire a reaction. Trolls and cyberbullies do not always have the same goals: while some trolls take part in Cyberbullying, others may be engaged in comparatively harmless mischief. A troll may be problematic either for their own amusement or because they are a really combative individual. Trolling is also used to try to influence other people's thoughts. (Russia with US elections and Brexit...)

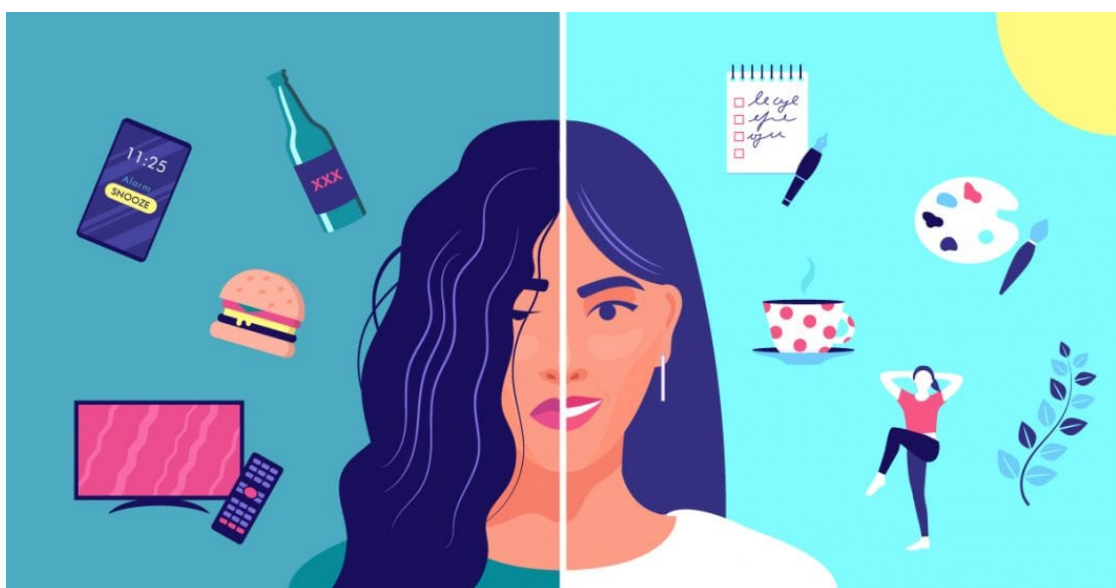
The conclusion of Cyberbullying is that no actual physical confrontation is used, only online tools are used; especially Social Media. Therefore, it is much more dangerous and hurting than the usual physical harassment.

How it benefits your Mental Health

Inspire healthy lifestyle changes

Social Media can be used to motivate people to achieve healthy lifestyle goals such as quit smoking or going to the gym on a regular basis. Presenting a goal via Social Media and posting about it regularly promotes responsibility to others, creating positive strength from friends and stimulating an “social support system” which may lead the competition to form or join other communities dedicated to similar goals.

Research has shown that sharing a goal publicly not only promotes strength but helps one stay focused, and dramatically increases one's chance of success, whether it be weight loss, or sobriety for recovering addict or alcoholic.

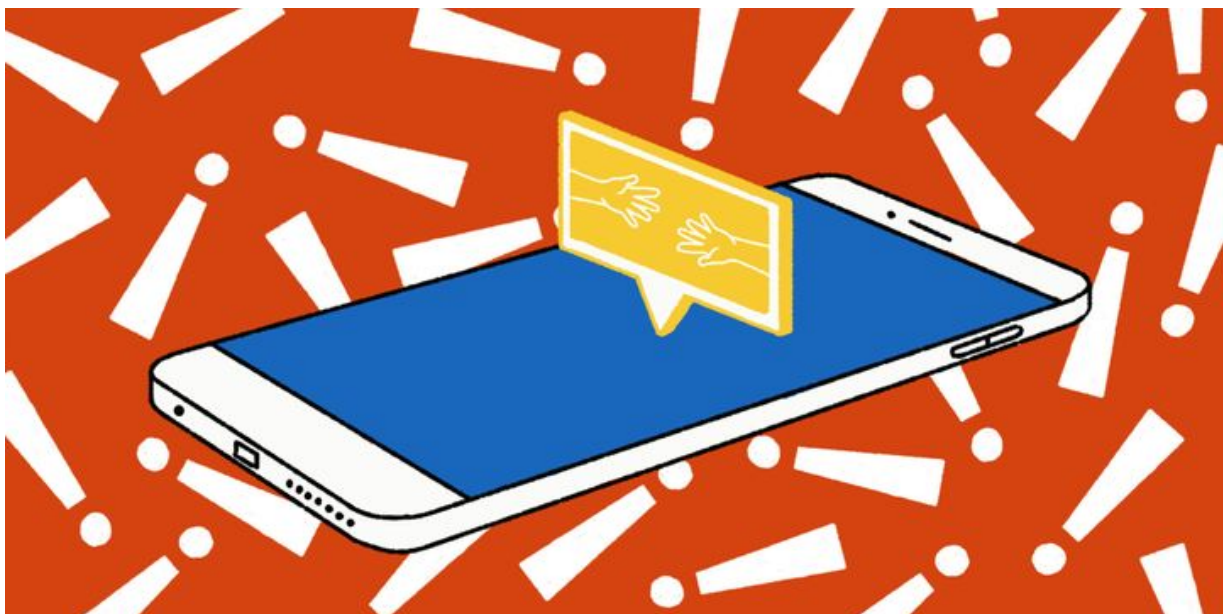


Provide teens with opportunities to develop technical and other skills needed to function in society

A common difficulty among people who have mentally problems, is the unwillingness to talk to the people who are the closest to them about their problems. More and more people are turning to the internet for health advice, including subjects such as birth control, acne treatments, etc. Far from being a uniquely damaging power in their development, Social Media can in fact do the opposite. A lot of teens will post online what they are unwilling to talk about with their parents. For teens who are struggling with mental health and addiction, this makes early intervention by concerned friends possible. For others, it provides an opportunity to experiment with different ways of creative self-expression, which is therapeutic. While it is difficult to deny the dangers of Social Media, parents may choose to concentrate on the positive employments of Social Media like empowering better online habits for their children.

Make social support and inventions possible

Twenty-four-hour suicide aversion hotlines aren't the main sources of intervention. An expanding number of sites are presently offering help through web-based life channels. These locales regularly provide anonymous forums for people to connect, share individual encounters, and many even allow to sign up for an SMS service to get advice every day, like motivational messages, and helpful information for looking for accelerating recovery.



Communication

Being able to communicate properly is one of the most important skills in life. It is important, because it enables us to pass information to other people, and to understand what is being said to us.

How Social Media changed the way we communicate

Social Media is an easy way to communicate, however it lessens the quality of the connection. It has changed our ability to interact with other people on a meaningful level. Our Social skills are challenged to the point where a lot of people struggle to interact in a traditional conversation.

Before Social Media was a thing, the ways in which we connected and how many people we could reach were limited. We had to depend on phone calls and face-to-face interactions to strengthen relationships. On the bright side, Social Media provides endless ways to connect. We can reach more people than ever before. But on the negative side, the “way” we communicate has changed, which challenges our ability to make meaningful connections. A study has shown that 74 percent of millennials prefer to converse over electronics than in person. This helps them communicate more efficiently, but it diminishes their communication effectiveness. The more people communicate over electronics, the more it declines their interpersonal communication skills. Our necessity for fast bits of information replaces our ability to clearly express our thoughts and ideas when talking to people.



How Social media could affect your hiring potential

Today, Social Media is one of the most important tools for career search, especially for college graduates. For expanding their job search, graduates change to postings from companies and set up notifications to instantly find career opportunities and openings. Social media postings and profiles also allow them to look closely into a potential employer.

Just alike, some Social Media sites now allow companies and employers to do background checks on their applicants' profiles. Job interviews and credentials almost don't cut it anymore. For example, LinkedIn, Facebook and Twitter posts, have become a radical tool, which changes the way how companies view and choose their employees. Social Media posts have allowed companies to filter candidates based on the content of their online profiles. They take an applicant's handling on Social Media seriously. Meaning that, if you show behavior that is uncalled for, they can decide whether you get the job or not. Some companies even have a specific code of management that needs to be strictly observed and followed. These companies have a written contract that explains what kind of Social Media behavior is allowed and not allowed. Going against the terms and conditions of this contract can reduce your chances of getting hired by a distinguished company.



Social Media posts you need to look out for, to avoid your career going to pieces

Social Media is a display window of yourself and your behavior. So, it is extremely important that you behave as correctly as possible. People will judge you based on how you act and how you behave on Social Media. Otherwise said, your Social Media profiles will by most people be seen as you. The values that you respect or don't respect on Social Media will be expected to be treated the same in real life. On top of that, everything that you post on the internet, stays on the internet forever.

So you better consider well before you post something on Social Media. Not once, not twice, but three times.

Posts about alcohol and drug use

Jobvite revealed in 2017 that more than 60% of recruiters consider record on use of illegal drugs detrimental to a candidate's hiring potential. This means with no doubt, that social media posts on drug use are not in any way acceptable. Occasional alcohol use might not be so harmful, but you should rethink sharing photos of your shenanigans on Social Media. This is an influential element of your job application, too! So next time, pause before you post because whatever you share on the internet has lasting effects, even on your career.

Nude pictures

You probably think that you have full control of whatever is posted on your Social Media accounts, may it be decent or vulgar. But sharing nude photos for the world to see may leave a bad impression on your employer or recruiter.

Yes, one of the qualities that companies look for in applicants is self-confidence, however if you are showing off your self-confidence by revealing indecent content of yourself or others, your job application will go down the drain.

Beside from losing your chances of landing on a high-paying job, you may end up being reported for unprofessional behavior because of these inappropriate social media posts.

Cyberbullying

Cyberbullying is completely unacceptable. Social media posts that show hate or swearing towards a fellow classmate, or any other individual for that matter, may have an undesirable impact on your hiring potential or future career.

While being cyberbullied can mentally ruin the person that is getting attacked, employers know better than that. Expect your future or current employer to figure it out by determining the source of those swearing posts. Upon proving that such posts do stand for cyberbullying, it will raise questions about you, and you can be sure that your employers are quick to handle that.

Spelling and grammar flaws

People become too excited when it comes to posting about any significant event or milestone on our Social Media accounts. Rereading them before posting will save readers the eyesore that is spelling or grammatical error. But did you know that properly spelled sentences and paragraphs have an impact on your professional career?

Wrong grammar and misspelled words on your postings reflect you and the business you represent. Employers not only pay attention to Social Media posts; they also look at your grammar. It pays to make a good impression on your employers, whether you are applying for a small or a big company. It is safe to say that a good-organized portfolio of foregoing works is not enough. A fantastic resume with your detailed achievements won't get you where you want either.

Plagiarism

Plagiarism is stealing someone's original work and trying to pass somebody else's work as your own. Plagiarism is a top form of Social Media sharing's that can have a big impact on your hiring potential. In companies it is important that everyone takes their responsibility individually and can be trusted to contribute. However, if you show on Social Media that you do not value the hard work on someone else than you cannot be trusted to do that on company level.

Untruthful Information on Qualifications

In general people don't like lies, so it is normal that on Social Media people don't like it neither. So, don't show or tell lies on Social Media. Things remain on the internet forever, so your lie will be there forever. Don't pretend to be taking a vacation in Hawaii when you are sitting at home on the couch.

Especially don't lie on Social Media about your qualifications.

Don't pretend to be a doctor if you're not. Same thing goes for sport qualifications, don't pretend to be a sailing genius when you are invited on the boat. Or any other posts that could lead to people thinking you have qualifications when you don't.

Confidential Information and Job Offers

Information that could lead to identity theft don't belong on Social Media. As well as information about yourself as of others. Identity theft is something that happens a lot, way more than people think. It is a serious offense, which often people don't realize until it happens to them.

Do not communicate anything on Social Media about job offers you are applying for. This is not something you will do in real life; it is best to not do it on Social Media neither. The people offering you the job will not want you to communicate about it on Social Media neither. There is a big chance that they are already following you on Social Media, which is an extra reason not to post anything about it.

Employer or Company Complaints

Complaining about something or someone does not belong on Social Media. It is always best to keep your feelings to yourself. Especially feelings about your job and or workplace; it's not only unprofessional; it is also unfair to the people you are complaining about. Complaints about your boss, your teacher, your colleagues, your peers, the company you are working for, the school you go to, none of those complaints belong on Social Media. If you have a problem with someone, go talk to that person, don't post it on Social Media. Same thing goes for universities and schools. Complaining does not solve any problems and complaining on Social Media certainly doesn't solve anything.

Inappropriate and Profane Remarks

We are allowed to express our opinions on Social Media but be careful because there are responsibilities that come with it. Be careful how you phrase things and make sure you do not offend people. Use words to praise people not to offend people and stay far away from things like racism and other ideas that put people down.

Conclusion

Your Social Media profiles and posts matter way more than you think. It can have a big effect on your recruiter's decision whether they will hire you or not. Behaving proper on Social Media will increase your hiring potential and can land you your dream job. But, on the other side, a lack of sensitivity to or awareness of your company's social media posting rules can decrease your chances.

If you want to get ahead, think forward and be mindful of what you share on your Social Media profiles. Keep in mind that your daily life, which you share through your social media platforms, says a lot about you, and your employers are more than just taking a quick peek.

Marketing

What is Social Media Marketing?

Social Media Marketing is using Social Media to communicate with your audience and to build your brand, increase sales, and drive website traffic. You will be able to for fill this by publishing great content, listening to and engaging with your followers, analyzing your results, and running social media advertisements. There are also a lot Social Media platforms that provide a range of management tools to help you succeed.



Oversharing

Social Media is full of “those” people. We all know them, the ones that share too much on Social Media. Social Media is a place to share experiences, good and bad ones, to engage with your friends and have fun. NOT to share every tiny aspect of your life.

Oversharing on Social Media has become a problem. People use online platforms as their diaries, live streaming every tiny detail and personal grievances and particulars of their children’s lives for everyone to see. I am going to tell you the truth right now. No one cares about the family photo you put up above your chimney. No one cares about what your children got for Christmas or for their birthday (aside from maybe your family). No one cares about every detail of your life. I know it is harsh, but those who are most vested and do care will do so offline. It’s okay if you do not post every day. People are not going to forget about you.



Addiction

What is dopamine exactly?

Dopamine is a type of neurotransmitter that is used by our brain. A neurotransmitter is a chemical messenger that our nerve system uses to communicate. Social Media also creates dopamine in our brain just like sugar and other pleasure stimulating substances.

It is made by our body and used by our nervous system to send messages between nerve cells. It is also called a chemical messenger.

Dopamine plays a big role in how we feel pleasure. Dopamine is the most important chemical in our brain to make us feel happy. It's a big part of our unique human ability to think and plan. It helps us strive, focus, and find things interesting.

When we use Social Media and we get a like or message our brain makes dopamine and that makes us feel good. This is the same effect we get from happiness and feeling pleasure.

What is a Social Media Addiction?

Checking, scrolling and posting on Social Media has become an increasingly popular activity over the last decade. The majority of peoples' use of social media is non-problematic, but there is a small percentage of users that have become addicted to Social Networking Sites in an excessive or compulsive way of use. Social Media Addiction is a behavioral addiction that is characterized as being overly concerned about Social Media, driven by an uncontrollable urge to log on to or use Social Media, and wasting so much time and effort to Social Media that it affects important life areas.

Social Media is addictive both physically and psychologically due to the effect it has on the brain. As stated by a study by Harvard University, openness on Social Media lights up the same part of the brain that also triggers when taking an addictive substance. The reward area in the brain and its chemical messenger pathways affect decisions and sensations.

When someone experiences something rewarding, or uses an addictive substance, neurons in the principal dopamine-producing areas in the brain are activated, causing dopamine levels to rise. Therefore, the brain receives a "reward" and associates the drug or activity with positive reinforcement. When someone gets a notification, such as a like or a mention, the brain gets an exhilaration of dopamine and sends it along reward pathways, causing him or her to be happy. Social Media gives interminable measure of direct awards in the form of attention from others for relatively minimal effort. Thus, the brain attaches itself through this positive strength, making people wanting likes, retweets, and emoticon reactions. The urge to be updated with new social media posts makes you feel like you're aren't living in the present world.

Results have shown that Social Media addictions are associated with reduced mental health by partly lowering someone's self-esteem. People with low self-worth usually turn to Social Media as a compensation because of things they are lacking in real life.

How to recognize a Social Media Addiction?

Although a lot of people use social media every day, very few are genuinely addicted. Normally you can recognize a Social Media addiction by behavior such as spending a lot of time thinking about social media, having the urge to use social media more and more to forget about your personal problems.



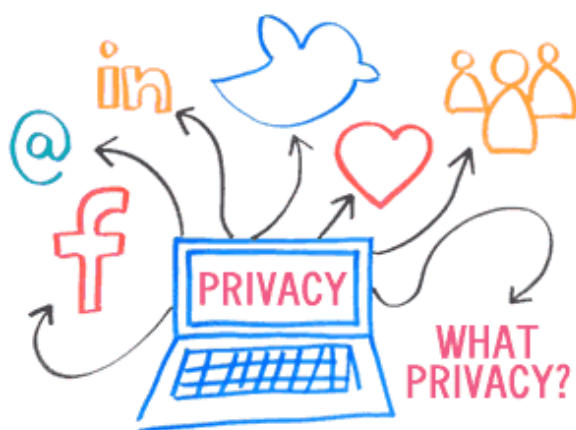
How it invades your privacy

Why is privacy important?

Privacy is important, because it gives us the power to choose our thoughts and feelings and who we share them with.

Privacy helps protect our physical safety (if our real time location data is private).

Privacy protects our information we do not want shared publicly (such as health or personal finances). It is the key to freedom. There is no real freedom without privacy. It is very important that we can decide ourselves who gets which private information about us. And attached to that who potentially can or cannot make money with our private information.



What is Big Data?

“Big Data” are extremely large data sets that are created by users and machines that are active on the internet, and that can only be stored, understood, and used with the help of special tools and statistical methods. Big Data can be used rather correctly to predict human behavior. Big Data is collected information about people, for later to be used to predict their behavior. These large data sets may be analyzed computationally to reveal patterns,

trends and associations, especially relating to human behavior and interactions.

Patterns are actions or events that repeatedly happen.

Example: Every morning at 7:30 I check my emails.

Trends are changes in patterns.

Example: On weekends, I check my emails around 10:30 or even later.

Associations are links between patterns.

Example: On weekends, I check my emails later, because I sleep in. This reveals that I probably live a regular life during the week, while more relaxed during the weekends.



How Big Data endangers our privacy

Big Data has a big potential to transform our lives with its predictive power.

Because of its powerful outcome, there are both security and privacy threats of big data you should be concerned about, especially as you spend more time on the Internet. Like I explained earlier, associations between patterns are made and therefor huge patterns are stored about our personal lives, whether we like it or not.

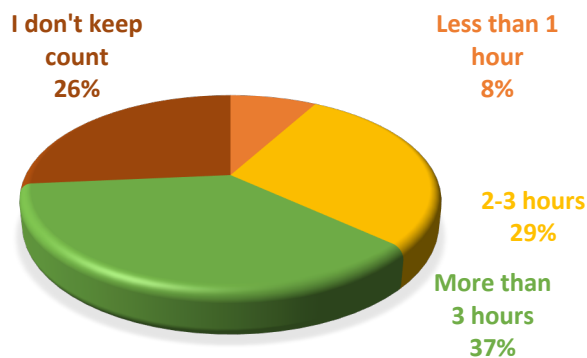
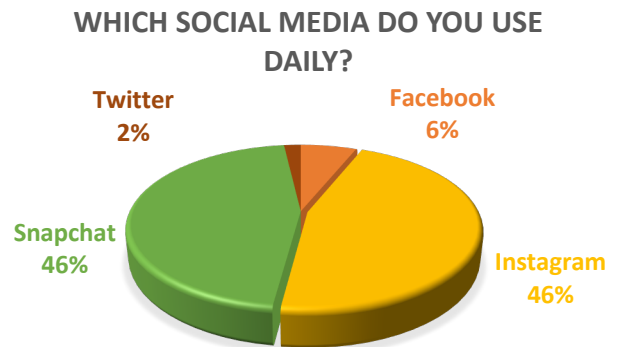
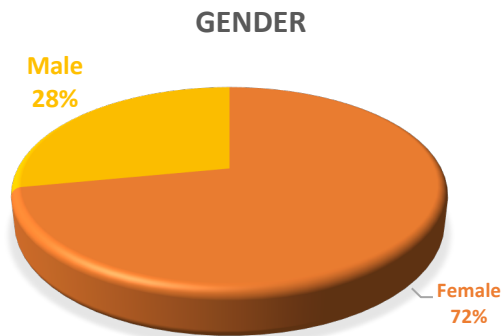
One of the examples where Big Data is used, is in the financial world. You might not get a loan from the bank because the banks Big Data and statistics show that people with your behavior and lifestyle have a bad proven record of not paying back a loan.



Survey

Social Media is an important topic in today's society, that's why I did a survey in March. I wanted to know how people see Social Media, how they manage it and how much they use it in their daily lives.

I posted a link on my Social Media platforms, so people could just click on it or swipe up and fill it in. In total 87 people participated in this survey.



How much time do you spend daily on Social Media?

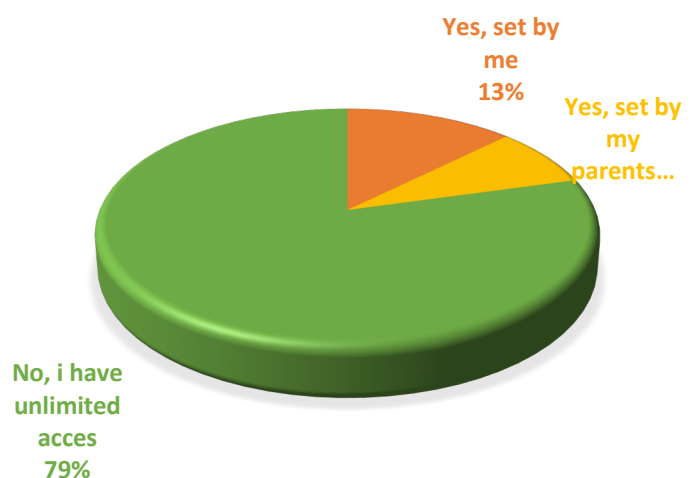
This was for me one of the most interesting questions I asked because I wanted to know how many people spend their free time on their phone. I was really shocked when I found out that 37% spend more than 3 hours on Social Media. That's more than 21 hours a week! 29% said that they spend between 2 and 3 hours and 26% said that they didn't keep track of the time. Only 8% said that they spend less than an hour on Social Media.

For the people that said they didn't keep track of the time, please look at your "screen time" in your settings app on your phone. The number will shock you, because of how much time you really are wasting on your phone.

Do you have a limit on your Social media use?

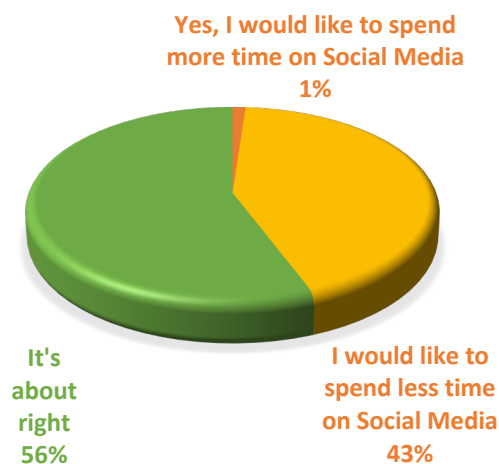
I was very interested in the answers of this question because I also have a limit on my Social Media use that is set by my parents.

The results showed that 79% of the participants don't have a limit on their usage meaning they are free to choose on how much time they want to spend on Social media. This I don't recommend because this often leads into people creating an addiction that will end up interrupting their daily activities such as



school, sports... Except if you can control yourself which I doubt.

8% said that they have a limit that is set by their parents and 13% set a limit by themselves. This is good, so that more people can enjoy their free time with their family and friends and can also invest in school activities and their hobbies.



Do you want to change your Social Media usage?

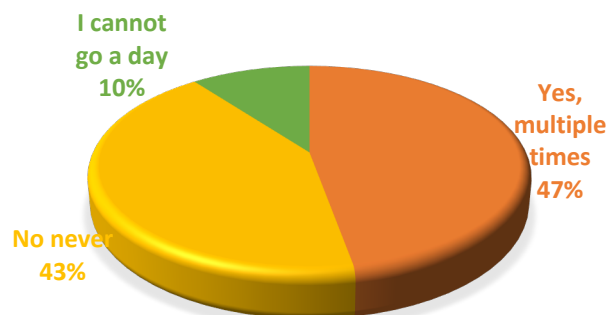
Because so many people answered that they had unlimited access on Social Media I wanted to know how they feel about it. If they think that they spend too much time and want to change that, if they want to spend more time on Social Media or if they think that it is okay.

56 percent of the participants said that their Social Media usage is about right. 43 percent said that they thought that they spend too much time on Social Media and that they wanted to change that. 1% said that they wanted to spend more time on Social Media.

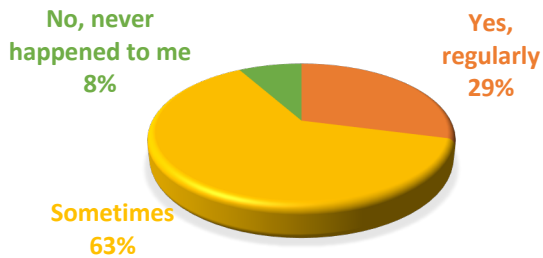
Have you ever tried to go without social media for more than 2 days?

I asked this question because I wanted to see if people actually have tried it and how many people are addicted.

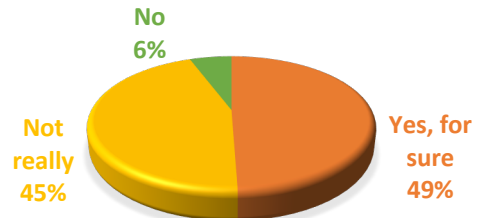
47% said that they have done this multiple times and 43% said that they would never do that. 10% said that they couldn't go a day without Social Media.



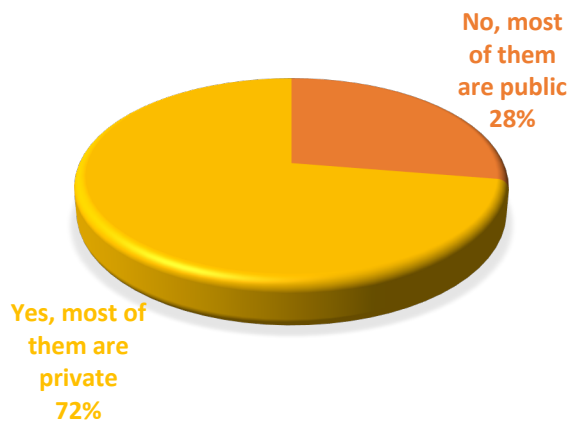
HAVE YOU EVER BEEN UPSET ABOUT THINGS YOU SAW ON SOCIAL MEDIA?



DO YOU THINK YOU WOULD MISS SOMETHING IF YOU DIDN'T USE SOCIAL MEDIA?

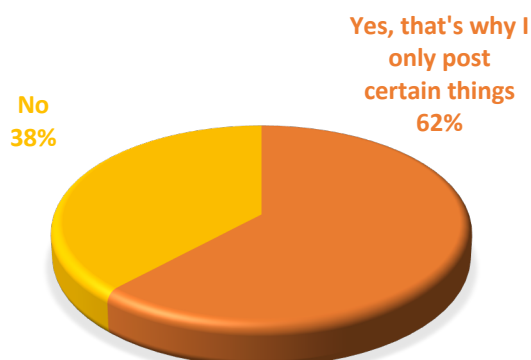


Are most of your social media profiles private?



72% said that their profiles were private which is very good and 28% said that theirs were public, which I would rethink.

Do you think that what you publish on Social Media today can have consequences for your future?

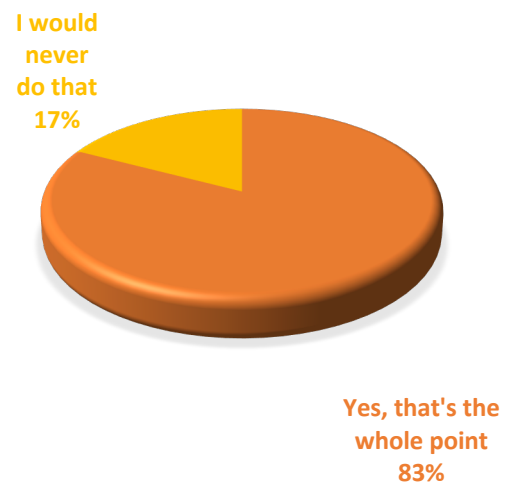


The results showed that 62% of the people that filled in this survey think that everything you post on Social Media won't have an impact on your future. Unfortunately, I have to disappoint them, because it obviously does. Everything you post on the internet, stays on the internet forever and will also be seen by your future boss, employers and colleagues and will have consequences of the way people see you.

But luckily, 38% of the people know what they should think twice before posting something on their Social Media profiles.

Do you post pictures on social media where you can be recognized?

The results of this question showed that 83% of the participants post pictures on Social Media of themselves where they can be recognized and that 17% doesn't think that this is a good idea.



The results surprised me because more people are hooked on to Social Media than I thought and are underestimating the impact of it on themselves and their future. Many young people seem to give away a lot of their personal life without further thinking about the consequences. They don't seem to understand that Social Media is the number one source for identity theft.

30 days without social media (my personal experience)

For 30 days, I deleted every single Social Media app I had on my phone. Snapchat and Instagram were banned from my phone for a month. I wanted to try this to compare my productivity and behavior with vs without Social Media. I put up a message on all my Social Media platforms that I will be taking a break from Social media for a few weeks because of school and that they could text me anytime.

Before I did this Social Media detox, I wasn't very happy with my performance in school. I knew that I could do better, but I just didn't have the time and felt like I was way too much under pressure all the time. My parents always told me to be self-confident, and luckily, I've always been self-confident, but this changed a lot when I saw all these perfectly face tuned models on my feed every day. It felt so bad about myself, it just wasn't "me" anymore. I constantly compared my life to others, that I forget to live my own. Yet we all know that not everything on Social Media is true.

So that's when I decided, I needed to change that.

My first week without Social Media was a little bit weird because I always check my Social Media when I sit in the bus, but this time, I didn't. I felt a little isolated at first, because I communicated with less people than before. My friends always sent me messages over Social Media, but this stopped after I deleted everything and switched over to Apple Messenger. During this "Social Media free time" most of my friends only messaged me when they needed something from me. I got the chance to see who my real friends are and who really cared about me.

After a few days I noticed that I started to become more relaxed and stopped stressing out over little things. I felt happier and became more productive, since I had a lot more free time to do more important things like schoolwork, sports or spending time with my family.

I didn't really feel like I was missing out on something, some of my friends talked about some things they saw on Social Media, but it didn't really bother me. I didn't care about what people posted on Social Media, because I already knew that it's dumb stuff 80% of the time.

After 2-3 weeks of Social Media detoxing, I couldn't feel better. My moods were more stable, and I felt happy with myself, I stopped comparing myself to what others on Social Media did and looked like and became happy with what I had and who I was. I started appreciating the little things in life like reading a book outside in the sun, spending time with my pet and playing soccer with my brother in our yard.

I recommend this to anyone who feels like they are under pressure and miss out on the important things in life. This really helps, trust me.

Conclusion

I got back to Social Media because I think that Social Media is a better way to communicate with others. Most of the people check their Social Media more often than their messages. I don't have the phone numbers of everyone, as I don't want to give it to everyone.

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