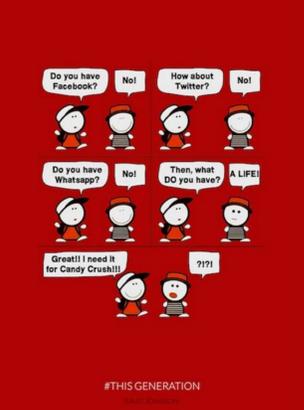


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Addiction of social media on youth. Addiction of social media on students. Addiction of social media conclusion. Addiction of social media quotes. Addiction of social media ppt. Addiction of social media speech. Addiction of social media essay. Addiction of social media hampers performance of students.

The curious title of Stanford psychiatrist Anna Lembke's book, *Dopamine Nation: Finding Balance in the Age of Indulgence*, pays tribute to the crucial and often destructive role that dopamine plays in modern society. Dopamine, the main chemical involved in addiction, is secreted from certain nerve tracts in the brain when we engage in a rewarding experience such as finding food, clothing, shelter or a sexual mate. Nature designed our brains to feel pleasure when these experiences happen because they increase our odds of survival and of procreation. But the days when our species dwelled in caves and struggled for survival are long gone. Dopamine Nation explains how living in a modern society, affluent beyond evolutionary standards, has rendered us all vulnerable to dopamine-mediated addiction. Today, the addictive substance of choice, whether we realize it or not, is often the internet and social media channels, according to Lembke, MD. "If you're not addicted yet, it's coming soon to a website near you," Lembke joked when I talked to her about the message of *Dopamine Nation*, which was published in August. This Q&A is abridged from that exchange. Why did you decide to write this book? I wanted to tell readers what I'd learned from patients and from neuroscience about how to tackle compulsive overconsumption. Feel-good substances and behaviors increase dopamine release in the brain's reward pathways. The brain responds to this increase by decreasing dopamine transmission -- not just back down to its natural baseline rate, but below that baseline. Repeated exposure to the same or similar stimuli ultimately creates a chronic dopamine-deficit state, wherein we're less able to experience pleasure. What are the risk factors for addiction? Easy access and speedy reward are two of them. Just as the hypodermic needle is the delivery mechanism for drugs like heroin, the smartphone is the modern-day hypodermic needle, delivering digital dopamine for a wired generation. The hypodermic needle delivers a drug right into our vascular system, which in turn delivers it right to the brain, making the drug more potent. The same is true for the smartphone; with its bright colors, flashing lights and engaging alerts, it delivers images to our visual cortex that are tough to resist. And the quantity is endless. TikTok never runs out. We're wired to connect. It's kept us alive for millions of years in a world of scarcity and ever-present danger. Moving in tribes safeguards against predators, optimizes scarce resources and facilitates pair bonding. Our brains release dopamine when we make human connections, which incentivizes us to do it again. But social connection has become drugged by social-media apps, making us vulnerable to compulsive overconsumption. These apps can cause the release of large amounts of dopamine into our brains' reward pathway all at once, just like heroin, or meth, or alcohol. They do that by amplifying the feel-good properties that attract humans to each other in the first place. Then there's novelty. Dopamine is triggered by our brain's search-and-explore functions, telling us, "Hey, pay attention to this, something new has come along." Add to that the artificial intelligence algorithms that learn what we've liked before and suggest new things that are similar but not exactly the same, and we're off and running. Further, our brains aren't equipped to process the millions of comparisons the virtual world demands. We can become overwhelmed by our inability to measure up to these "perfect" people who exist only in the Matrix. We give up trying and sink into depression, or what neuroscientists called "learned helplessness." Upon signing off, the brain is plunged into a dopamine-deficit state as it attempts to adapt to the unnaturally high levels of dopamine social media just released. Which is why social media often feels good while we're doing it but horrible as soon as we stop. Yes, a timeout -- at least for a day. But a whole month is more typically the minimum amount of time we need away from our drug of choice, whether it's heroin or Instagram, to reset our dopamine reward pathways. A monthlong dopamine fast will decrease the anxiety and depression that social media can induce, and enhance our ability to enjoy other, more modest rewards again. If and when we return to social media, we can consolidate our use to certain times of the day, avoid certain apps that suck us into the vortex and prioritize apps that connect us with real people in our real lives. Photo by dole777 Stop paying too much for your prescriptions Thanks for visiting! GoodRx is not available outside of the United States. If you are trying to access this site from the United States and believe you have received this message in error, please reach out to [legal@goodrx.com](mailto:legal@goodrx.com) and let us know. Key takeaways: Similar to addictive drugs, social media content and likes can trigger the release of the pleasure chemical dopamine, which may explain why some people report feeling addicted to these platforms Some experts estimate up to 10 percent of people in the United States have social media addiction but it is hard to put an approximate figure as so many of us regularly engage with social platforms Social media giants like Facebook, Tiktok, Twitter, and youtube pour billions of dollars into advertising and hire engineers that are paid to make content more addictive. These sites also track your activity, customizing your feed to show you posts you are most likely to look at, watch, or comment on According to some surveys from 2020, Americans are spending as much as 17 hours per day looking at a screen, and a good portion of this time is spent on social media. [1] While kids, teens, and young people are the heaviest social media users, most adults are also active on at least one social media platform, and many report having trouble limiting their time on them. Also, there are many people who report social media has a negative impact on them, their relationships, and their relationships, but continue to use it anyway, causing some experts to wonder whether it's possible to become addicted to social media. The popularity of social media platforms has intensified over the past decade. Many of us still use social media to connect, share content like videos and memes, read the news, or just kill time. Some people even make successful careers out of social media, such as influencers. Platforms such as Tiktok and Instagram are more popular amongst teens and young adults whereas Facebook is generally used by all ages. It may be difficult to see how something so seemingly harmless can turn into an addiction. The truth is that like other types of behavioral addictions (gambling, porn, sex) constant or excessive use of social media can have a harmful influence on the way your brain process pleasure and reward. Similar to addictive drugs, social media content and likes can trigger the release of the pleasure chemical dopamine, which may explain why some people report feeling addicted to these platforms. [4] One of the hallmark signs of addiction is continuing to use something even after it has clearly had negative impacts on your physical or mental health, relationships, work, or other important areas of life. More and more people are reporting that heavy social media use has a negative impact on their relationships, self-esteem, and makes them less productive at work or school, which is a red flag that may indicate addiction. Some experts estimate up to 10 percent of people in the United States have social media addiction but it is hard to put an approximate figure as so many of us regularly engage with social platforms. Get help during Covid-19 At Recovered, we recognize the impact COVID-19 has had and the continued challenges it poses to getting advice and treatment for substance use disorders. SAMHSA has a wealth of information and resources to assist providers, individuals, communities, and states during this difficult time and is ready to help in any way possible. Speak to SAMSHA Behavioral addictions have much the same effect on the brain as drugs and alcohol, and the same is no different for social media. For those who engage with social media apps on a regular basis, the process of scrolling and intaking images, posting and receiving positive affirmation from others, and other stimuli create the chemical dopamine in the brain. Dopamine reacts with neurotransmitters and creates feelings of pleasure and reward and causing the formation of "addiction pathways" in the brain that makes it hard to resist urges or stop the behavior. [4] The more you engage with social media and receive the rewarding dopamine hit it creates, the more your brain will seek it out to get another hit. This can lead to people using social media for longer periods of time in order to get the same feeling. This leads to a tolerance forming, where the required level of stimuli needed (in this case social media) to get the same dopamine reaction increases. This tolerance can lead to dependence, where the user needs interaction with social media in order to feel normal. If left unchecked, the negative aspects of this dependence can lead to an addiction forming. Social media is in most cases free, readily available on modern devices, and culturally accepted and integrated into society. This means that people can spend excessive amounts of time and energy on social media apps without being scrutinized or questioned, and unlike many drugs, people usually don't get in trouble for spending too much time on Facebook or Tiktok. Also, social media giants like Facebook, Tiktok, Twitter, and youtube pour billions of dollars into advertising and hire engineers that are paid to make content more addictive. These sites also track your activity, customizing your feed to show you posts you are most likely to look at, watch, or comment on. This all makes social media more addictive in nature and makes it harder for the average person to disconnect. There is no harm in using social media platforms every now and then, even every day, but the more time spent on it the more likely you are to experience the negative aspects. Some possible negative consequences from overusing social media include: Low self-esteem and comparing yourself to others Increased isolation and loneliness FOMO (Fear of missing out and feeling excluded) Anxiety or depression Social anxiety and embarrassment Exposure to negative people, trolls, or bullies Disrupted sleep patterns when using at night because of the effects of blue light Decreased physical activity, which may affect your overall health Poor academic performance Depressive symptoms Ignoring the relationships in your "real" life Reduced ability to empathize with others Exposure to fake news and misinformation Developing more extreme views because of one-sided customized content developing an overall internet addiction Feeling withdrawal symptoms when not using social media websites While there may be no medical diagnosis for social media addiction, a doctor or psychiatrist will be able to determine whether you display the hallmarks of addiction or if your social media use is at a safe level. Addiction is measured from mild to severe using 11 criteria of addiction outlined in the DSM-5. Those who meet two or fewer criteria would be classified as mild (not addicted) and those meeting six or more criteria would be classed as having a substance use disorder. [3] More social media usage than intended Experiencing cravings having frequent thoughts or urges to check social networking sites Problems or conflicts in relationships because of social media use Social media impairing your ability to function, work, or complete tasks Cutting back on activities you enjoy to use social media more often Experiencing physical or emotional discomfort when you stop or cut back Trying unsuccessfully to stop or cut back on social media Negative impacts to your physical or mental health Continued use of social media despite problems, consequences, or impairments Using in situations that are risky or hazardous (i.e. while driving or working) reduced real-world social interaction Needing more time/likes/follows to get the same amount of pleasure or enjoyment from social media It is always easier to overcome an addiction if prevention starts early, and by following a few of these steps you can get to a healthy level of social media use. Here are a few simple steps to combating a social networking addiction, or even cutting down if you are using apps too much: Delete your social media apps from your smartphone to decrease the amount of time spent on social media overall Turn off your personal phone during work, as well as during school, meals, and recreational activities. Adjust the setting on each social media app so you can turn off certain notifications Set aside a certain amount of time dedicated to social media per day Turn on a timer to help keep you accountable for how much time you spend online Leave your phone, tablet, and computer out of your bedroom Take up a new hobby that's not technology-related like sports, art, or classes Make it a point to see your friends and family in person when possible Take regular breaks from social media altogether to help find some real-life grounding Final thoughts If you notice some of the signs of social media addiction, work on trying to set some clear limits around how much or how often you log in, and how much time you spend on these platforms. Keep in mind these platforms are designed to get and hold your attention, so work on taking control of your usage instead of letting these sites control you. This way, social media can be something that enhances your quality of life, instead of diminishing it.



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