**Living your life on social media**

In today's digital age, where technology is at the forefront of our daily lives, social media platforms such as Facebook, Instagram or TikTok offer a plethora of opportunities to not only express ourselves but connect with others. However, the question arises: is this constant presence on social media beneficial or detrimental to their overall well-being?

On one hand, the healthy use of social media might lead to a sense of validation and connection. It allows users to communicate their achievements, experiences, and talents to one another, potentially boosting their self-esteem. In an age where loneliness and social isolation are prevalent, this act might give people a sense of belonging: receiving likes and comments can make them feel valued and appreciated. Moreover, it provides an opportunity for communication and collaboration. It enables people to connect with others, share their thoughts and ideas freely while engaging in discussions beyond their local community. This might also be beneficial for studuents, as they can exchange and gain knowledge on several topics, seek each other’s asisstance, and attain a feeling of camaraderie that extends beyond the limits of physical boundaries. Which brings me to my second point:

On the other hand, this might backfire and cause deep-rooted problems that us a society might never be able to undo. Online interactions cannot replace the time, effort, and human connections needed in real-life relationships. If high school students choose internet connections over in-person interactions, they run the danger of losing out on significant chances for personal development and deep connections. Furthermore, a regular social media user's mental health may suffer as a result. Social media's exaggerated expectations have a detrimental impact on users' mental health by instilling feelings of inadequacy and fostering a vicious cycle of self-doubt and unfavorable self-comparison. In conclusion, high school students should be aware of the possible risks associated with sharing their lives on social media, even though doing so can provide them a sense of validation and connection. Overuse of social media can have a detrimental effect on mental health by encouraging an unhealthy dependence on outside approval.

Maintaining a healthy balance between our virtual and physical lives is essential to living a meaningful life. We need to make time for face-to-face communication, introspection, and mental and emotional health-promoting activities. Reducing our use of social media can help us escape the stress of comparison and make room for real connections and organic experiences. A favorable engagement with digital platforms and an embrace of real-life experiences can result in improved well-being, healthier relationships, and personal development.

References:

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