

WHAT IS THE REAL IMPACT OF SOCIAL MEDIA ON THE HUMANITY AND WHAT SHALL WE DO WITH THE INTERNET IN OUR LIVES

Vinnitsia National Technical University

Анотація

Розглянуто особливості інноваційних технологій у наш час, взаємодію людей між собою з використанням мережі інтернет. Описано основні ризики та стереотипи, пов'язані з розвитком цих технологій, визначено основні переваги та недоліки онлайн-платформ.

Ключові слова: інтернет, онлайн-платформа, соціальна мережа, користувач, гаджет.

Abstract

Peculiarities of present-day innovation technologies were studied, as well as human interaction via internet. Main risks and stereotypes connected with the development of these technologies were described; basic advantages and disadvantages of online platforms were specified.

Keywords: Internet, online platform, social media, user, gadget.

Introduction

The number of people using Internet is growing rapidly in the last few years. New social media platforms are created, people are looking for a different way of interaction according to their needs and preferences. Since various kinds of online platforms had been created, humanity established tons of rules on how to use the World Web. However, now, at the time when almost every person you see is an active internet user, when it is normal to see more electronic devices than humans in the room, when we even created the Artificial Intelligence, there are still people who are saying that Internet is the worst thing ever happened to humanity.

Research results

Every day we hear that we have to spend less time in front of the screen or even stop using internet. This information comes not only from our grandparents, who say that when they were young they were playing outside, talking to each other and living an active social life, but also from young people, who say that internet makes us more and more stupid. Let's discover are social media really so bad and what should you do with the Internet.

First of all, let's take a look on the origins of hating internet. One of the most common thing people say about internet and computers in general is that you will impair or even lose your vision if using it. Another one is that you have to move your body, go on the fresh air and see your friends that it is better than just starring on the screen. Simply saying, it is much more beneficial to play football outside than surfing the net.

We need to stop here and go through those statements again. So, yes, you really can have some problems with your health after using a computer for a long time, but you definitely cannot lose your vision only because of the blue screen in front of. And you do have to move your body to stay healthy. However, that is not correct to say that every single disease is caused by computer. As we have some kind of problems connected to computers, other people, who are constantly doing one kind of work, especially physical, have their own. A person who is sitting in front of computer and a person who is doing sports as a career could have the similar vision problems just caused by the different reasons.

The second part of thoughts when discussing Internet is about "addiction" and loneliness. When someone wants to say how awful the social media are, he would say something like that: "When you are scrolling your Instagram your brain is acting the same way as when taking drugs, you can't stop doing it, it's an addiction and your brain is being destroyed and is slowly dying." Another statement, that in fact is very popular now, is that social media is making people lonely, anxious and depressed.

To begin with, it's true that your brain reacts on Instagram the same way as on drugs. But it reacts so also on chocolate, sports, your dog, meeting friends and many other things – it increases the dopamine level to encourage you to do more. But you won't say it's an addiction when you want to take another walk with your dog, right? Nowadays, almost every person uses social media. Does it mean everyone is an addict? Absolutely not. It's completely normal to use technologies to spend time receiving positive emotions. The same way we are spending evenings staring at our phones, our parents and maybe grandparents are watching TV. Before the TVs were invented, there were radios. When there was no radio, there were newspapers. And spending time scrolling Instagram is exactly the same as using things listed above. Like we nowadays waste our time on the internet, people 20, 50 and even 100 years ago were wasting their time. In different ages there are only different ways to do that.

The problem is how you are using Internet and social media. The problem can exist when all, completely all you see in the web is just an endless flow of stupid pictures, that are not even connected to what you like. In this case you are scrolling just to scroll and spend the time.

In fact, social media is not just about wasting your time. It's also about communicating with other people. You can talk to almost every person on the Earth who has social media. You don't have to be a scientist to be able to talk to a scientist as it was 100 years ago, you can talk to your friend or a celebrity who is thousands of kilometers away from you, or just a family member, who you are not able to meet right now. Without internet you won't even have an ability to do all those things.

However, there is also the other side of communicating using social media. A lot of people adjusted to thousands of bright beautiful pictures, internet looks like an ideal world, and when the real life does not look like in a picture, it could be the real tragedy. In addition to this, people on social media could behave the other way they usually behave in real life. Knowing that no one will see the "real" them, they could just create the great picture of their lives and show it, or even do really awful things and think they are innocent because it is not in real life. All those things cause people to feel anxious and depressed. However, people could be lonely and depressed because of numerous factors, even when living an active social life, a person could feel anxious. It is a problem that did not come with the invention of the Internet; it is just changing due to the circumstances.

Using Internet you have endless possibilities not only in socializing, but also in discovering new things. Have you ever wondered about how the space shuttle is built? Or how does the Korean keyboard look like? Or maybe you want to study Korean? It is not a problem, you can find an online course just in few clicks. An average person now has access to endless flow of information, which no scientist had or even wanted to have 100 years ago.

Conclusions

Social media aren't so bad; you just need to consume them the right way. The difference between wasting your life and improving your life is only in content that you choose to watch. Did you know that you can easily find a free online lecture from Harvard University? Or you can watch a video where a blogger is doing nothing and repeating multiple times to subscribe to his channel. Saying internet is terrible is the same as saying books are terrible. If you cannot find the right one, the problem is not the internet, the problem is inside you.

REFERENCES

1. 5 Crazy ways Social Media is Changing Your Brain Right Now [Electronic resource] // AsapScience. – Mode of access: https://www.youtube.com/watch?v=HffWFd_6bJ0 (date of access: 13.03.2024).
2. Is Social Media Hurting Your Mental Health? [Electronic resource] // Tedx Talks. – Mode of access: https://www.youtube.com/watch?v=Czg_9C7gw0o (date of access: 13.03.2024).
3. Social media isn't bad: you're just using it wrong [Electronic resource] // Tedx Talks. – Mode of access: <https://www.youtube.com/watch?v=CxCsk-rvFTQ> (date of access: 13.03.2024).

Калантай Анна Сергіївна – студентка групи 2КІТС-226, факультет менеджменту та інформаційної безпеки, Вінницький національний технічний університет, м. Вінниця, email: anna5sunny@gmail.com.

Науковий керівник: **Никипорець Світлана Степанівна** – викладач кафедри іноземних мов, Вінницький національний технічний університет, м. Вінниця, e-mail: fotinia606@gmail.com.

Kalantai Anna S. – a student of 2KITS-22b, Faculty of Management and information security, Vinnytsia National Technical University, Vinnytsia, e-mail: anna5sunny@gmail.com.

Scientific supervisor: **Nykyvorets Svitlana S.** — a teacher of English, Foreign Languages Department, Vinnytsia National Technical University, Vinnytsia, e-mail: fotinia606@gmail.com.