

image not found or type unknown



Of course, now social networks have gained such popularity that everyone, one way or another, depends on it. Absolutely everyone, regardless of age, level of education, social status, has a social network in the gadget, which they use to some extent. Currently, it is possible only, probably, to make a gradation on how much a person is attached to social networks. The younger and older generations are less dependent on social networks, but the middle generation is almost completely dependent on social networks.

Of course, absolutely anything has two sides. The positive side includes such important advantages as ease of communication, quick availability and financial accessibility. Let's take it in order. Ease of communication came with the advent of social networks, because it is easier for people to hide their complexes behind their gadgets, such as shyness, external shortcomings, and more. Access to social networks is provided by gadgets, the variety of which is huge, and the Internet, which can now be connected even on the street. Finally, financial accessibility, the gadget can be purchased at a very low price, and free Internet can be found almost anywhere. But of course, this story has a negative side. The main disadvantages are: reduced live communication, lack of concentration, and a huge amount of time that we waste. People are getting acquainted less and less, going to visit, preferring to communicate in social networks, thereby further losing the ability to overcome their fictional passions and complexes. People who have focused all their attention on phones, do not notice much, do not pay attention, do not concentrate, and thus lose the opportunity to do things efficiently. And as for our time spent on the Internet waiting or just scrolling through the feed of other people's photos and unnecessary news, these hours, if you count in General, are almost the same as we spend on sleep.

Of course, everyone chooses what they want. You only need to think about these and choose the optimal one for yourself. Just like food, sleep, work, social networks must be controlled by a person in order for everything to be harmonious.