

Are we depend on social media?

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Affection addict



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Our little



The number of people who have become addicted to social media is growing rapidly. They spend hours every day on their phones, checking their messages and social media feeds.

What is an addiction?

A social media addiction is when someone is unable to stop using social media even when they know it is bad for them. They spend hours every day on their phones, checking their messages and social media feeds.



So just how addicted are we?



It's not just a matter of time spent on social media. It's a matter of how much time is spent on social media. In 2014, a report suggested that using Facebook made anxiety and depression a person's feelings of happiness.

So just how addicted are we?



Some facts:

- Social networking accounts for 28% of all media time spent online.*
- 1.23 billion users log into the site for an average of 17 minutes a day.*
- 39,757 years of our time is spent collectively on Facebook in a single day.*

Social media is an array of internet sites that enable people to interact.

Users between the ages of 15-19 spend at least three hours a day on average on social media.

So how does this affect our health?

In 2012 a report suggested that using Facebook feeds anxiety and increases a person's feeling of inadequacy.

What is an addiction?

A social media addiction is when preserving a moment gets in the way of having a moment.

This obsession with social media is not uncommon.

Many people have said they have seen a tourist miss a good opportunity because they were too busy trying to take a good photo.

Also, some parents even said they have missed an important memory in their child's life because they wanted to capture the perfect post.



Affection addict



'You phone is not your life.'



Our article



' The number of patients I see has rocketed through the roof. They seem to have a need and want to constantly see what other people are doing!'



