

Daphne Allyson C. Poblete  
Infant Jesus Academy of Silang, Inc.  
Silang, Cavite, Philippines  
daphneallysonpoblete@ija.dices.edu.ph

## Social Jones

Social media addiction has become one of the most common problems in this new generation. Since the pandemic, we have used these online platforms to reconnect with our family or loved ones. The students also used the internet to continue their studies, though it was harder than they thought. Because of this, everyone, especially the youth, is addicted to social media and is affected by it. This addiction has led to a decrease in face-to-face interactions and has caused a decline in mental health among youth. Many individuals find themselves constantly checking their phones for notifications or updates, leading to a lack of focus and productivity in their daily lives. It is important for us to recognize the negative effects of social media addiction and take steps to limit our usage in order to maintain a healthy balance in our lives.

Young students aren't all knowledgeable about the effects of being addicted to the internet. This addiction can affect the student's studies and grades because they will spend most of their time on Facebook or Twitter. Instead of studying for their lessons, they use their time for social media. Surfing online every day, the mindsets of teenagers can still be twisted because their minds are still young. Their opinions or beliefs may change and be in favor of good or bad. It is important for parents and educators to educate young students about the potential consequences of excessive internet use. By promoting healthy habits and setting boundaries, we can help prevent the negative impact of media addiction on academic performance and overall well-being.

In the online world, everyone and everything isn't real or is fake. The youth will be confused about who or where to believe because all of the opinions of online users are stated on the internet. The online platforms also became a place where others sought validation and competed against each other. to see who's more pretty, handsome, rich, or smarter. It's a bad influence on everyone because we're not taught in school to judge other people. Instead, we should focus on building self-esteem and confidence through real-life experiences and personal growth. By prioritizing genuine connections and self-improvement over online validation, we can combat the negative effects of media addiction and foster a healthier mindset.

Social media has taught us good and bad things throughout these years. Though it serves as a platform to connect with our loved ones, it still becomes an addiction, especially for young people. Students should concentrate more on their studies than getting caught up in the online world. We should not let social media become a hindrance to our personal growth and development. This affects not just ourselves but also the whole society. By focusing on real-life interactions and personal growth, we can break free from the cycle of seeking validation online. It is important to strike a balance between our digital lives and our real lives in order to lead a fulfilling and healthy lifestyle