

The depressing reality of our future

[Literature](#), [Russian Literature](#)



'NoseDive' directed by Jon Wright is a confronting and eye-opening episode from the award-winning TV series 'Black Mirror.' Protagonist Lacie lives surrounded by pastel colours, artificial smiles, charts, numbers, and screens. A dystopian world where the ability to rate each other out of 5, determines your social ranking, popularity, and happiness. The story follows Lacie as she becomes addicted to the need to improve her score of 4. Which realistically displays a potential future for our modern world as our obsession with social media continues to grow.

Never before have I felt so personally connected to a story. Primarily I felt that Wright's emphasis of happiness made me question the effects of social media in my own life. In fact, it left me terrified as Lacie's rapid decrease in joy was the result of the need to achieve that perfect 5. "Until I get there I have to play the numbers game" This example told me, although Lacie was aware of the 'game' she still desired to act as if her life was perfect. But in reality, behind all the staged images it was just Lacie, sad in her skin due to the pressure to look, be and act a certain way. What sort of world applies so much strain upon individuals they believe they have to change, to be happy? Sadly it's the society myself and my fellow peers are influenced by, the world of social media." I don't even know who you are anymore" This example verbally identifies Lacie's adverse change in character. As she continued to change to fit society's ideals of being perfect by becoming skinner, wearing pastel clothing and makeup: I could see this is why she was growing unhappier by the day. I'm sure the emotional effects of social media is one of the leading messages Wright intended to address, and I believe he did in a

relatable, eyeopening manner which has and will continue to bring more awareness towards the issues of social media affecting peoples happiness.

The opening image of white picket fences, pristine gardens, and symmetrically constructed homes made me intrigued due to the utopia looking scene. However, I quickly become worried as it displays the darkest elements of the lifestyle that we could realistically adopt; due to the fake images that fill our social media feeds. Leaving me scared for the remaining hour as 'Nosedive' displayed my potential future lifestyle unless we can ensure the real world and the world of social media do not collide. Lacie's comment " All I did was look at some photos...." told me that whenever she was referring to her phone, she was also trying to justify the reasons for repetitive behaviors. Her addiction made me reflect on my actions, as for my generation is it relatable for many teenagers today to be continually making excess such as ' just in case someone is trying to contact me' to yet again check Instagram, Snapchat, or Facebook. Majority of the characters, like Lacie, displayed our sad, realistic future; however, Wright included a few down to earth individuals free from the social media brainwash. One of these people being her brother, Ryan who stated:" High fives like Naomi, I bet there suicidal on the inside." This example struck a chord with me as being quite brutal. Nevertheless, I believe it showed a sense of pure realism, especially when connecting with the audience of technology users. As in New Zealand today we have by far the highest youth suicide and depression rate in the developed world which is largely influenced by our artificial nature on social media. Meaning that although many put on a pretty face to impress

and gain more followers just like Lacie, they dislike the person they have changed to be.

The conclusion I came to from watching this episode was what I believed the directors and writers intention to be. Providing entertainment, while exposing the harsh reality of the future if we do not change our habits and relationship with technology. Terrifying, scaring and saddening me ' Nosedive' provided a clear insight into how social media effects one's happiness in the long run. So why do we feel that we have to change in order to gain attention to therefore be happy?