

# The use facebook when they frequently experience unaffirmative

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The book of faces! One day when I was walking in a public place, I saw a little crowd not far from where I was.

And when I got there, at the crowd, a young female student approached me and asked me if I would be willing to participate in her small research. The first question was around social media, specifically Facebook. The question she gave me was left alone in my mind and I started thinking on the same topic.

Why do I keep my facebook account, why do people continue to use facebook when they frequently experience unaffirmative or displeasing consequences? At home, I turned on my computer and opened my Facebook account. I scrolled down from the very top part and find the newsfeed filled with so many new posts. In this moment I feel a rush, a sense of exillation and excitement / to-do .

What new adventures have my friends been on? What places have they visited? What information will be there to satisfy my thirst for knowledge? Did that attractive person like my comment or picture? Do my friends find my viewpoint to be enviable? How many responses did I receive? I stop from time to time and read my Facebook friends' status, to see what they have been doing since last time I opened the application. I notice how varied their status were down in mouth , chafed , walking on air , bellyaching , divine , cursing; I also sometimes see people using curses in their comments, as is frequently the custom with many. I must sometimes stop to reflect on my own behavior and the possibility of what causes myself and my friends to continue to use facebook; why do we spend so much time exploring via this

digital medium? Is facebook is actually making people feel vulnerable or delphic? It appears as though many of us are living in two worlds- sharing each others lives and ideals, hopes and pie in the sky / dreams . It's often glamorizing as it is expressing an inaccurate image of our actual life.

So often we take many pictures to ensure we appear in the most clear-cut and attractive light possible. The nature of painting the most positive image of our experiences People, places, information, even our food cannot escape this necessity to portray life as something more than significant. It must appear extra-ordinary if we are to continue to accumulate friends and receive many likes. Perhaps we just do not see the consequences of our comments, pictures and words and there never ending effect on other people or readers of their comments and status. Facebook is often considered stressing, creating jealousy- a medium for people to express anger, to share hatred and spew energy from whatever is currently afflicting them. Others say that they find much redemption and pleasure from using this social media platform. I have many times connected with people from various parts of the world.

Like any other relationship some of these have grown into meaningful assemblies of groups, or even deep one-to-one friendships. We feel good sharing our sinking ships , hopes, dreams, ambitions & disappointments Some of my friends have even traveled to distant places to meet and spend time in person because they feel so close to someone they have only met through facebook. Yet, as I consider these polarizing aspects I am seeing many people choosing to reduce their time with Facebook. So many of us

have seen and heard the studies that claim we are becoming dumber, more reliant, and less satisfied with our actual lives because of spending so much time on facebook. Studies also show that we become addicted to the interface itself; a never ending feed in which we scroll, swipe and view continuously. A friend of mine once said: " Facebook is like a home to me. I do not talk a lot to my sisters, brothers or parents, because it is easier and more rewarding to jump on the mobile phone and check into this virtual world; In our family I can see that we have become more fragmented because of our tendency towards the digital world and social media. Facebook is instant gratification.

If I don't like something I can scroll past or even delete a friend for any reason I choose, whereas dealings with family I am unable to escape the cruel or undesirable dynamics which force us to compromise and listen to overcome the obstacles before us. From this i see that Facebook, just like many other social medias, offers another way of communication and relationship to the world that may be perceived more preferably by some users. That's one reason of many, as each differs according to one's experiences. Some examples of these reasons, as trivial or out of the ordinary it is, are regarded highly by those experiencing it.

High enough to stay on a platform despite an often underlying feeling of dissatisfaction. Recent studies in Cyber psychology has suggested social media is addictive. The supposed ' connection' and ' community' it offers are tempting to many, especially with the technology and culture disconnecting people from each other, and yet offering a false sense of connection. Just the

same way phones are addictive, Facebook is designed to be a habit building product. As we invest by sharing and posting, sending / accepting friend request or even liking a post. Every bit of that is an investment that builds tendencies and habits for us to keep using Facebook; humans are creatures of habit.

So how do we know if Facebook is enhancing our lives, or becoming a distraction? Should we consider it an addiction when it has with it all of the negative consequences that accompanies any other addiction? As with any other mechanism in life we ought to examine ourselves and primarily be aware of and observe our own behavior. What drives our behavior, thoughts, and deeds? Facebook itself is neither good or bad, but a tool to be used at our discretion. When we find ourselves experiencing negative consequences or acting out of compulsion it is essential that we observe and reflect upon these things so that we may experience a positive and helpful Facebook.