

# Facebook addiction

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



FACEBOOK ADDICTION SPEECH GOAL : I WOULD LIKE MY AUDIENCE TO UNDERSTAND THAT FACEBOOKING IS ADDICTIVE. INTRODUCTION : WHO DOESN'T HAVE ANY FACEBOOK ACCOUNT? MOST OF US ARE ON FACEBOOK BECAUSE EVERYBODY IS IN IT. RIGHT? TODAY, I WANT TO SHARE LITTLE THINGS ABOUT HOW THIS AFFECTS OUR DAILY LIFE. FACEBOOK ALLOWS US TO STAY CONNECTED WITH ONE ANOTHER, EXPRESS OURSELVES THROUGH PROFILE ACTIVITIES, INTERESTS, MUSIC, ETC. THIS ALSO ALLOWS US TO SEE OUR FRIENDS THAT WE HAVEN'T TALKED FOR A QUITE WHILE...

AND A GREAT ADVANTAGE FOR THOSE WHO ARE LIVING FAR AWAY FROM THEIR HOME TOWN WITH RELATIVES AND CLOSE FRIENDS. FACEBOOK HELPS US TO BUILD OUR SOCIAL LIFE SINCE WE COULD INTERACT WITH OUR MUTUAL FRIENDS WITH OTHERS AND MAY START A GOOD REALTIONSHIP WITH THEM. FACEBOOK GIVES US SO MUCH REASONS TO JOIN THE SITE, TO SIGN IN, AND NOT TO LOG OUT. IT HAS SO MANY FEATURES THAT A PERSON CAN DO IN ONE SITE SUCH AS PLAYING ONLINE GAMES ON FACEBOOK TOGETHER WITH YOUR FRIENDS AND RAISE YOUR FARM ON FARMVILLE.

SPEAKING OF FARMVILLE, ONCE YOU'VE STARTED TO PLAY THAT GAME, YOU WOULD HAVE TO MAINTAIN YOUR FARM FOR YOUR ANIMALS AND IT WOULD GET INTENSE WHEN YOU START LOSING YOUR COINS AND SO ON. I MIGHT NOT HAVE PLAYED THE GAME BUT BASED ON MYINTERVIEWFROM A PERSON WHO ACTUALLY SPEND HIS WHOLE NIGHT ON FARMVILLE, THOSE WERE THE ONLY THINGS HE COULD SAY ABOUT FARMVILLE AS I ASKED HIM, HE WAS QUITE BUSY PLAYING IT. A LOT OF FUN APPLICATIONS YOU CAN USE ON FACEBOOK WHEN YOU GET BORED. BUT THESE COOL APPLICATIONS TAKES A PERSON'S VALUABLE TIME USING IT.

ONCE YOU'VE START USING ANY APPLICATION ON FACEBOOK, YOU'D HAVE TO GET TIME TO MAINTAIN A CERTAIN LEVEL AND NOT TO LOSE YOUR POINTS. THESE TIME OF HOURS YOU'RE SPENDING ON ONE APPLICATION CAN ALREADY MAKE ONE SET OF DINNER ROLLS FOR SNACKS. AND NOT ONLY THAT, OF COURSE, AFTER PLAYING YOU'D GONNA CHECK YOUR NOTIFICATIONS AND NEWS FEEDS. THEN, YOU MIGHT ALSO LOOK AT YOUR FRIENDS NEW PHOTOS AND GIVE ATTENTION TO SOME NEW POSTS AND MOST LIKELY GIVE A COMMENT ON SOMEONE'S WALL. A QUESTION FOR EVERYBODY WHO'S ON FACEBOOK, DO YOU USE FACEBOOK FOR 5 MINUTES OR MORE THAN 20 MINUTES?

BESIDES USING FACEBOOK ON YOUR PC, DO YOU ALSO OPEN IT ON YOUR SCHOOL'S LIBRARY OR YOUR CLASSMATES' LAPTOP, OR EVEN ON YOUR MOBILE DEVICE MORE THAN ONCE PER DAY? IF YES, YOU ARE A FACEBOOK ADDICT. YOU WILL ALSO FIND YOURSELF LOOKING UP TO OTHER'S PROFILE, CHECKING ALL THEIR ACTIVITIES, MIND OTHER PEOPLE'S BUSSINESSES BETWEEN HOURS OF COMMITTED TO WORK. NOT ONLY THAT, YOU WOULD ALSO FEEL THAT LIFE WITHOUT FACEBOOK IS TOTALLY WORTHLESS. BASED ON MY OWN EXPERIENCE, I STARTED OUT SIMPLE ON FACEBOOK, KEEP IN TOUCH WITH MY FRIENDS, CHECK NOTIFICATIONS AND MESSAGES AND THEN LOG OUT AFTER 5 MINUTES.

BUT NOW, IT'S ALREADY A MIRACLE IF I GET OFF AFTER 15 MINUTES. I GET INVOLVED IN MY FRIENDS'S LIVES THAT I ALMOST NEGLECT THINGS IN MY PERSONAL LIFE. ALL MY HOMEWORKS WERE PILED UP BECAUSE I GET LOST ON FACEBOOK. I tell myself that I am only going to get on for five minutes; however, as soon as I look at the New's Feed, it's all downhill from there. I

SEE MY FRIENDS NEW UPLOADEDPHOTOALBUM AND I MUST SEE ALL THE PHOTOS INSIDE IT. NEXT THING I KNOW 5 MINUTES BECOMES 30 MINUTES TO AN HOUR.

I become so interested with my friends' activities that I don't consider the time I spend on Facebook. I could be doing my homework or something more productive, but instead I am consumed with Facebook to the point where I wonder if it is an addiction. BEFORE IT REACHES TO A POINT WHERE IT WILL LEAVE US IN A COLD SWEAT WHEN WE'RE LOGIN OUT ON FACEBOOK, WE SHOULD Get off the computer WHEN WE GET BORED, INSTEAD GO FOR A WALK, HIT THE GYM OR SEE A MOVIE. THERE IS SO MUCH MORE TO DO IN LIFE THAN WATCH OUR HATCHING EGG GROW. REALLY!