The End of Real Relationships and Reality

Whether it is posting trendy picture or retweeting the latest funny post, social media has woven its way into everyday life. Everything from our jobs to our life at home has been affected. While some argue that social media has had positive effects, I believe the contrary. Social media and technology have changed the way humans think, the way they reason. Social networking has gone past its intended purpose of increasing communication and has caused relationships to be ruined and people’s view of reality to be distorted. The more people invest, the worst off our society becomes.

One trait that people need is the ability to reason. Reason is what people use when trying to make a decision. Logic is used every day and is heavily relied upon in order for individuals and society to function. The only way to reason well is to have all the facts. In other words, people need to have truth in order to better live and think. Social media has absolutely destroyed reality. It has not tainted our ability to reason, but rather the base or ground on which to decide upon. For example, there are thousands of articles on Facebook to read. I know from personal experience. While some are true, most of them are fake. According to one article, forty-four percent of people who read their news on Facebook, believe it (Gottfried). This is absurd. Why is it that people have come to trust a social network that is mostly not truth? The quote, “Give the people an inch and they will take it a mile” is relevant. After people smell a hint of what they think is truth, then they are hooked.
Because people’s view of reality is blurred, it has caused them to make irrational decisions. With the truth being unclear, how can we expect people to make competent choices if they don’t know what they are choosing? For example, a few years ago, a news story came out saying that the sugar sweetener, Splenda, was bad for the body and that it even might cause cancer. There were articles all over the place. I saw them on Facebook, Twitter, and even YouTube. My sister used to love drinking sweet tea and would often use Splenda. That all changed when this news article came out. She started either getting water or regular sweet tea. Whether the news was real or not, I remember thinking that it was crazy that she quit drinking tea with Splenda, something that she loved, because she read an article on Facebook. It just shows that people will go so far to change their lives based off what they read on a social media site.

The most important aspect of a person’s life is their relationships. Social media affects almost any relationship one might have. It sometimes even creates relationships that have no substance. Networking drives a wedge between people by causing communication problems and lack of intimacy. Someone might think that they know another person because they follow them on Instagram, but, in reality, they don’t. Interacting on social media takes away the skill of real life communication. For example, take a husband and wife. Say that they text all day while they are both at work. The couple texts about what they are doing at their job, what problems they run into, and even what they are thinking while at that job. Then, when they get home, the married couple have nothing to talk about because they already know how each other’s days went. A study shows that people spend close to two hours a day on social networking sites (Mander). People spend so much time “talking” on social media throughout the day that they lose the topics they would normally talk about.
Social media completely changes how people treat each other. Networking takes away our want for real and physical interaction. People would rather have a conversation online than in real life. It just makes it easier, and the world is all about easy. There is a problem with this. When it comes time to actually interact with others, people tend to fail in having a conversation. Today’s generation is growing up without knowing how to build real life relationships because they are too busy trying to gain followers on Instagram. Another example is of families going out to eat with each other. What do you see? Each member is usually buried in their phone texting or scrolling through Facebook, avoiding any face to face time. Why talk to a family member when you can just message them through social media? Social networking also creates a separation between people. Have you ever heard a girl be worried her significant other is flirting with someone else through direct messages? It’s because she doesn’t trust her boyfriend/ husband to be loyal on social media, which, in turn, pushes them further apart. If there were no social media, the marriage success rate would skyrocket.

While some may argue in favor of social media, I don’t. However, even though I see the effects of social media, I am still sucked into it as well. I say that the only way reality and relationships are restored is if social media disappears all together. I don’t see that happening. So, the more social media increases, the more disconnected with the world and each other people become.
Works Cited
