

# Understanding the Influence of Social Media on Communication and the Importance of In-Person Interactions

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Here's a sudden question, how many people here have access to social media? Those who have raised their hand, have you ever experienced being engrossed in social media and lost track of the present moment? The modern landscape witnesses a visible growth in the proactive engagement of social platforms. As of October 2023, the global tally of social media users reached 4.95 billion, as reported by Statista, thereby emphasizing the use and significance of these digital platforms. To understand the complex interdependence between social media and the communication process, we must look into the pros and cons and its effects among young adults.

Presently, social media plays an extensive part in our lives. It assists you to connect to the world, provides rapid access to knowledge and research, and keeps you updated with the latest trends. However, some people can get overly addicted with maintaining their social image, ignore the significance of communication, or lose sight of the present. In what way has social media affected our direct interactions? Nowadays some people might think, What's the use of dressing up to go hangout with your friends when you can communicate with each other online? But it is crucial to re-recognize the relevance of face-to-face communication because it encourages interpersonal relationships that strengthen connections and build trust between individuals. Communicating with someone directly allows you to read their body language, reaction and mood. Non-verbal clues tell you numerous things about a person, therefore making it easier to read the atmosphere and adjust your language or tone you're speaking in. In what way does it have an effect on security? Are you familiar with the word "Nettomo"? This term has been brought up multiple times lately to refer to a friend who you only have a close relationship with online and not in the real world. Interacting with a wide

range of individuals worldwide has countless benefits, but there are unspoken risks in indirect interactions. Because it is challenging to confirm another's identity while communicating indirectly, there is a higher chance to be involved in an incident. The gap between direct and indirect communication has physiological and security implications. How can we keep ourselves from being addicted to social media and the digital world? The simple solution to this is to quit social media but I know that's impossible, even for me. You can start by setting a time limit restricting your social media usage, and make the best out of the time you spend with family, and friends. I believe that these initial steps will lead to an improved, well-balanced life.

While social media is swift, available 24/7, and is mandatory in our lives, in-person interactions should still take priority over social media usage. As I have indicated previously, while social media is essential and can provide you access to the outside world, it can additionally cause us to overlook the moment. For there are many advantages in in-person interactions, whenever you recall my speech. I hope you will consider giving your phone a rest, connect and communicate with others face to face, and cherish the present.