In this modern society, Social Media is a part of our life. Social media makes human interaction much more convenient and much faster than real life human interaction. It makes globalization a reality, it gives a chance for introverted people to express themselves, and it also benefits develop international relationships whether its business or social. However, people are lonelier and more isolated when they take a lot of time on social media platforms to connect with their friends. About 77 percent of 18- to 24-year-olds people play their phones when they have nothing to do. About 52 percent of 18- to 24-year-olds people check their phones every 30 minutes. 73% of 18- to 24-year-olds people check their phones before going to bed. According to the research, social media has affected plenty of young people to feel isolated. If you’ll look up from your phone on subway station, you’ll see that everyone around you is engrossed in their phone. Social media not only makes people feel isolated but also bad for our psychological health. “Some results show that people feel lonelier—and experience drops in self-esteem—after using Facebook.” (Social, 1). In my point of view, using social media for a long time can make people feel lonely. People spend so much time on social media and forget about what's going on around them. There are three reasons show that social media causes isolation. First, social networking provides a distraction from real life. Second, people use social
media who more feeling loneliness and affect their personal health. Last, most people only like to post positive experiences on social media, which distorts people's view of real life and easily leads to the imbalance of mentality.

First, social networking provides a distraction from real life. Social media is reducing the quality of relationship between family, friends, and lovers. Social media has become an integral part of our life, social media fragmenting our time and distraction from real life. People check their phones every three to five minutes, no matter what they do or with whom. “One study found that every single time you get distracted, it takes on average 25 minutes to get refocused! They also found that distractions eat close to 2.5 hours of work productivity every single day. That’s 17.5 hours a week and 70 hours a month!” (Social 1). Distraction is the normal thing and concentration is the luxury in our societies. Social media lead our brains to have a hard time focusing on one task and constantly jump from one thing to another. It’s so easy to get wrapped up in what’s going on in social media that people will neglect their real-life goals. As a result, distraction will affect us in different kinds of way which would decrease our work efficiency, quality of life and interpersonal relationships and so on.

Second, social media will easier to affect and destroy our psychology. The young people spend more time on social media which they will easier to destroy our psychology. However, people may think that social media can make us connect with others more convenient, but it makes us feel lonelier when we use social media for a long time. According to recent studies more people used social media the more negative feelings they experience, including depression and loneliness. Loneliness can be one of the most destructive feelings humans are capable of feeling, which will lead to social isolation in
life, and make a person lack of social belonging. It also lacks social relations to contact with other people and obtain psychological satisfaction. In my opinion, people spend a lot of time to use social media mainly as a substitute for real connection, it will increase their loneliness. If we can spend less time on social media and spend more time on communication. It can alleviate anxiety in social activities, and you will meet a lot of people.

Third, most people showing their positive and shiny side on social media can help them build and maintain their relationships. The problem is that people distort the view of real life on social media. It is easier to make you jealous when you see your friend's happiness and success on social media platforms. The digital persona people display on Facebook is often much different than what goes on in their lives. It’s a competition to see who looks happiest. People are starting to do something dishonest on social media platforms. People who use social media unconsciously compare themselves to others and it will be easier to feel depression. For example, my parents posted a lot of family pictures on social media platform in Chinese festival. I felt very sad and depressed. Social media accentuated my lonely state.

In conclusion, I believe that social media creates isolation. Social media is changing the traditional way of life with a new way of information communication. However, social media can be addictive, and people spend a lot of time on it. Everything has two-sided, include social media. It has good aspects and makes our life more convenient, but it also has bad aspects which make people feel lonely. Faced with the wanton impact of social media, we must keep an alert mind, clear the positive and negative effects of social media. Therefore, we should use social media reasonably, and let social media serve us better.
Works Cited

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