Unit 7: Exercise 4

Read the information. Then read the first part of the article again. Which paragraphs of the article contain the following information? Choose the correct letter, A–E, for each answer.

In these paragraph matching tasks in the IELTS Reading test, you don't always need to use every letter. And, it is possible to use a letter more than once.

The drawbacks of social media

A Anyone who regularly uses social media will be familiar with that rather irritating sensation of seeing that all their friends seem to be having far more fun than they are. This could be particularly noticeable if you are sitting at home feeling bored while everyone else, it seems, is out partying or enjoying a glamorous holiday. Not fair, is it?

B In fact, this might be just one aspect of a widespread and more ominous social phenomenon. Could social media actually make people depressed? A study commissioned by the National Institute for Mental Health has identified 'a strong and significant association between social media use and depression' in a sample of young adults in the USA. This established that the amount of time spent on social media sites, as well as the number of visits to the sites, correlated closely with depression.

C Of course, the picture may well be more complex than this. Joanne Davila of Stony Brook University has studied interpersonal relationships between both adolescents and adults. She acknowledges the powerful influence that social networks can have on their users, but says it may just be the case that 'people who are depressed use more social media sites'. In other words, it may be simplistic to conclude that one thing necessarily leads to the other.

D As we all know, social media allows people to establish, re-establish and maintain social contacts very easily, with a minimum amount of time spent and at essentially no cost. Relationships can be kept alive with people who live on the other side of the globe, or with those who we rarely, if ever, see. On the other hand, social media can encourage feelings of isolation and, at times, inadequacy.

E Naturally, everyone needs to sense that they are liked and approved of. Social media comes into its own here, with 'likes' being the currency of many social media platforms. Many people aim for as many as possible in order to enhance their self-esteem, but this of course is only a short-term boost to morale.

LIVEWORKSHEETS

1 feelings of jealousy experienced by social media users

2 pros and cons of social media sites

3 the difficulty of distinguishing between cause and effect

4 how social media sites enable people to feel better

5 a proven link between social media use and a psychological problem

LIVEWORKSHEETS