The Psychology of Social Media

"The Impact of Social Media on Mental Health"

Social media platforms like Instagram, Facebook, and TikTok have become part of our daily routines. While they allow people to stay connected, they also influence mental health. Research shows that frequent social media use is linked to anxiety, loneliness, and poor sleep. The pressure to present a perfect image online can lead to feelings of inadequacy, especially among young adults. However, social media is not all bad. It offers opportunities to find support, build communities, and raise awareness on important issues. Whether it harms or helps depends on how it is used. A balance is crucial for maintaining a healthy relationship with these platforms.

Comprehension Questions:

1. What are some negative effects of social media?
2. How can social media help users?
3. Why do people feel pressured when using social media?
4. Which age group is most affected by social media pressure?
5. What is essential for a healthy relationship with social media?

Grammar Focus: Relative Clauses

Explanation

Relative clauses provide additional information about a noun, helping create more detailed, complex sentences. They are introduced by **relative pronouns** such as:

- **who**: refers to people (subject)

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- **whom**: refers to people (object) (formal or written style)
- **which**: refers to things or animals
- **that**: refers to people, animals, or things (used in defining clauses)
- **whose**: shows possession (for people or things)
- **where**: refers to places
- **when**: refers to times

Types of Relative Clauses:

1. **Defining Relative Clauses**:
   These clauses give essential information about the noun. Without them, the meaning of the sentence would change or be incomplete.
   Example:
   - *The platform that I use the most is Instagram.*
2. **Non-defining Relative Clauses**:
   These provide extra information that isn't essential to understand the sentence. They are separated by commas.
   Example:
   - *TikTok, which is popular among teenagers, has millions of users.*

Examples:

- *A person **who** uses social media too often might feel isolated.*
- *Facebook, **which** was launched in 2004, is still widely used.*
- *He joined a group **where** people share their digital detox experiences.*
- *The influencer **whose** posts went viral has gained thousands of followers.*

Practice:

Complete the sentences with the correct relative pronoun (**who, which, that, where, whose, or when**).

1. TikTok, _____ is popular among teenagers, has millions of users.

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2. The person _____ posts too frequently might feel anxious.
3. I know a group _____ members took a break from Instagram.
4. Social media, _____ impact can be both positive and negative, is hard to avoid.
5. She joined a community _____ focus is on mental health.
6. 2020 was a year _____ many people spent more time online.
7. Instagram, _____ was originally designed for photo-sharing, now offers many other features.
8. I met someone _____ blog focuses on mindfulness and social media.
9. This is the platform _____ I discovered my favorite content creators.
10. The person _____ advice you shared really helped me manage my screen time.

Conversation Practice

- Have you ever felt overwhelmed by social media? How did you handle it?
- Do you think people behave differently online than in real life? Why?
- How do you manage your time on social media?
- If you could change one thing about social media, what would it be?
- What advice would you give someone who feels pressured by social media?

Video: *How Social Media Makes Us Unsocial* by TEDx Talks

Watch the video and answer these questions:

1. What are some ways social media isolates people?

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2. What strategies does the speaker suggest for healthier social media use?

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