

KONU DIGITAL ERA

THE EFFECTS OF SOCIAL MEDIA

Have you ever thought of being completely free from social media? How would your life be without smart phones, better or worse, easier or much harder? I guess, you haven't even imagined it. So, close your eyes for a minute and do it right now. If your answer is 'better or easier', you're exactly aware of the harm that social media gives you day by day. But if you insist on saying that social media is just your cup of tea, then you'd better keep on reading, to realize both the pros and cons of social media or raise your awareness about it.

Since teenagers are vulnerable and among the heaviest social network users, the effect of social media on this specific group is particularly important. While the fact that social networking plays a considerable role in expanding social connections and acquiring technical skills is undeniable, its risks can not be ignored. There are many positive aspects, but there are equally as many dangers that come with the use of social networking sites. So, what may the longterm effects of social media use be?

Positive effects of social media

Education: Teachers are able to collaborate and communicate with students and one another easily. They can benefit from various course materials such as photocopyable worksheets to be handed out to students. Students have the opportunity to access to resources online to help them learn, discuss educational topics and talk about school assignments via social media.

Awareness/Being informed: People usually learn about breaking news on social media as information spreads faster online than any other media. Social networking allows people to access previously unavailable resources for academic research and empower people to change themselves and their communities. **Social relationships:** Social media make it possible to communicate with friends and strengthen those relationships. People make new friends online, stay in touch with friends they don't see regularly by forming 'groups' or 'pages' and find friends they haven't heard about for a long time as well.

Job opportunities: Social networking is great for professionals for marketing, connecting and finding business opportunities because employers find employees and the unemployed find jobs, easily. Social media sites are able to create many different jobs and new avenues of income.

Emotional support: Young people, who may be suffering from mental health issues, have an opportunity to read, watch, listen and understand the health experiences of others. Conversations on social



media can help those people to overcome difficult health issues when they may not have access to that support face-to-face.

Negative effects of social media

Anxiety & Depression: Researchers suggest that young people who are engaged with social media for more than 2 hours per day are more likely to state poor mental health, including psychological distress and symptoms of anxiety and depression.

Sleep: Countless studies have shown that young people suffer from poor sleep quality because of increased social media use (phones, laptops and tablets) especially at nights, before bed.

Lack of privacy: People, mostly the young, feel free to share their personal information when online without being aware that their information may be used by third parties. They believe that posting personal information using photos is safe and harmless.

Fear of Missing Out (FOMO): Checking social media and e-mails constantly, feeling impatient and nervous in case of disconnection, trying to stay in the know are

all related to FOMO. But, of course, we are missing out everything as time is finite. What we should do is to pay attention to the people around us, instead of posts.

School/Work: Engaging in social media can harm both students at school and employees at work. It enables cheating on school assignments, lowers the grades of students who go online while studying and decreases the productivity of employees who check social media at work thus, it is a great waste of time.

Misinformation: False rumors and unreliable information cause infollution so it becomes harder to rely on what we read on social media. Amateur medical advice and self-diagnosis of health problems are also some of the common problems in the cyber world and they can be dangerous and life-threatening.

While social media can be harmful, there are benefits that can come from it. So, what is your final decision?

EXPRESSING PREFERENCES

We use would rather

- to state specific preferences.

I would rather visit the Aquarium when I go to Istanbul this summer.

I would rather stay at home and watch a movie with my friends tonight.

We use would prefer

- to say what someone wants in a specific situation not in general.

A: Shall we meet in front of the theatre?

B: No, I would prefer to meet in front of the City Hall. It is nearer.

We use prefer

- to state general preferences.

I don't like big cities. I prefer living in the countryside.

My little daughter prefers wearing pink clothes instead of yellow or green ones.

PREFER	WOULD RATHER	WOULD PREFER
to say your general preference	to say what you want to do in a situation	to say what you want to do
PREFER + VERB – ING + TO + VERB-ING / PREFER + NOUN + TO + NOUN	WOULD RATHER + VERB	WOULD PREFER + TO + VERB
% I prefer reading books to surfing the net. % I prefer geography to literature.	% I'd rather stay at home than go out.	% I'd prefer to stay at home.

SORULAR:

Aşağıdaki sorularda boşluklara gelebilecek uygun ifadeyi bulunuz.

1) I love being all alone in nature, so I - - - - when I am out for hiking.

- A) prefer being with friends
- B) prefer shopping at big malls
- C) prefer turning off my mobile phone
- D) would rather eat at a nice restaurant
- E) would rather hot drinks than cold ones

Cevap: C

2) I don't like theatre, so I would rather - - - - .

- A) visit the historical theatre here
- B) buy a ticket for the theatre
- C) leave the cinema now
- D) get theatre lessons
- E) go to the cinema

Cevap: E

3) When I travel, I always - - - - because they are cheaper and safer.

- A) prefer walking slowly
- B) prefer trains to planes
- C) would rather stay home
- D) prefer buying expensive gifts
- E) would rather spend all the money

Cevap: B