

Chapter 1 - What is Digital Detox?

Activities such as yoga and meditation are gaining more prominence because they help people to attain inner tranquility. More people need them because it's becoming more challenging to focus in the modern world, thanks to the myriad of devices and fancy toys we possess. It's difficult to find a teenager in the 21st century without a mobile phone. Access to the internet is increasingly easier and cheaper. Indeed, it has many advantages. Nonetheless, its negative impacts are also numerous.

One of the ills of social media addiction is a lack of focus. Meanwhile, you cannot have maximum performance when you've issues with attention. So, it's critical that you've control over your use of social media, and that's why you need a digital detox. This chapter will explore how social media use can go wrong and how you can reconnect to your true self again.

Stats on Social Media Addiction

Indeed, social media platforms are parts and parcel of the modern world. We all want to be connected to people in other parts of the world through these mediums. However, when you don't control the time you spend on these platforms, it will affect your productivity.

Social media addiction is a severe issue that's ruining many people's potential. Many people are immersed in the digital world such that they struggle to get to grips with the real world. Some people have friends on these platforms but struggle to commit to or maintain quality interpersonal and social interactions.

The stats regarding social media use and abuse are startling, if not terrifying. For example, the Nielsen Company reported that the average US adult spends around eleven hours interacting with media daily! This duration includes reading, listening, and watching videos.

This analysis shows that an average US adult spends almost half a day in the digital world! Meanwhile, many people spend around fourteen to sixteen hours interacting with digital devices, especially during holidays. Instead of using leisure periods for building a

robust bond with loved ones, many people spend them in the digital world.

Moreover, this statistic is mindboggling because it reveals that many people only have around twelve hours left to sleep, eat, work, and interact with loved ones. Many people claim that they don't have time for social activities, hobbies, and regular exercise. Besides, some people also struggle to have sufficient sleep because of their social media activities.

Meanwhile, the Sleep Foundation recommends that you should sleep between seven to nine hours a day. So, such people will not be able to have enough rest for optimum performance in their daily tasks. There're many reasons you need to consider giving up your phone and devices for a while. For example, you may want to enjoy more personal time without interference.

You may also feel that your device use is becoming excessive and increasing your stress and anxiety level. According to a poll conducted by Common Sense Media, 50% of teenagers admitted that they were addicted to their mobile devices. This report also revealed that 78% of the respondents check their digital devices every hour.

The Dark Side of Social Media

Despite its multiple benefits, there's a dark side to social media use. Indeed, these platforms aren't evil, but people can misuse them to hurt others and also hurt themselves. The unpleasant results of social media abuse are as follows:

Insensitive Comments due to Anonymity

Social media platforms allow people to register without using their real names. This anonymity empowers people to say insensitive things that can make others depressed. Many people don't realize that Twitter followers or Facebook friends have many reasons for associating with them. Some of these people you meet online don't care about you or how you feel. Many people say things online that they will never dare to say to you in physical interaction.