Twitter Thread by ■yudhika

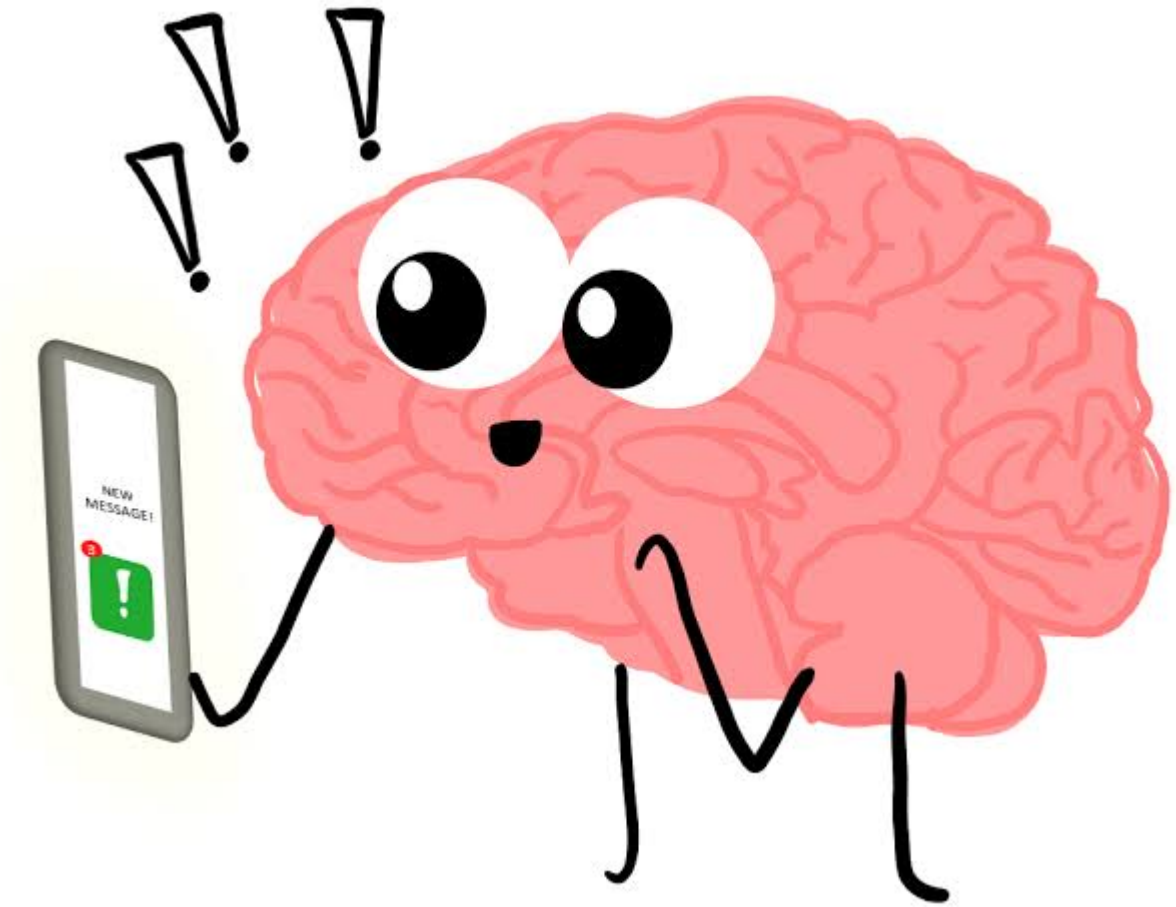
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Dopamine, SM and Addiction

#Thread

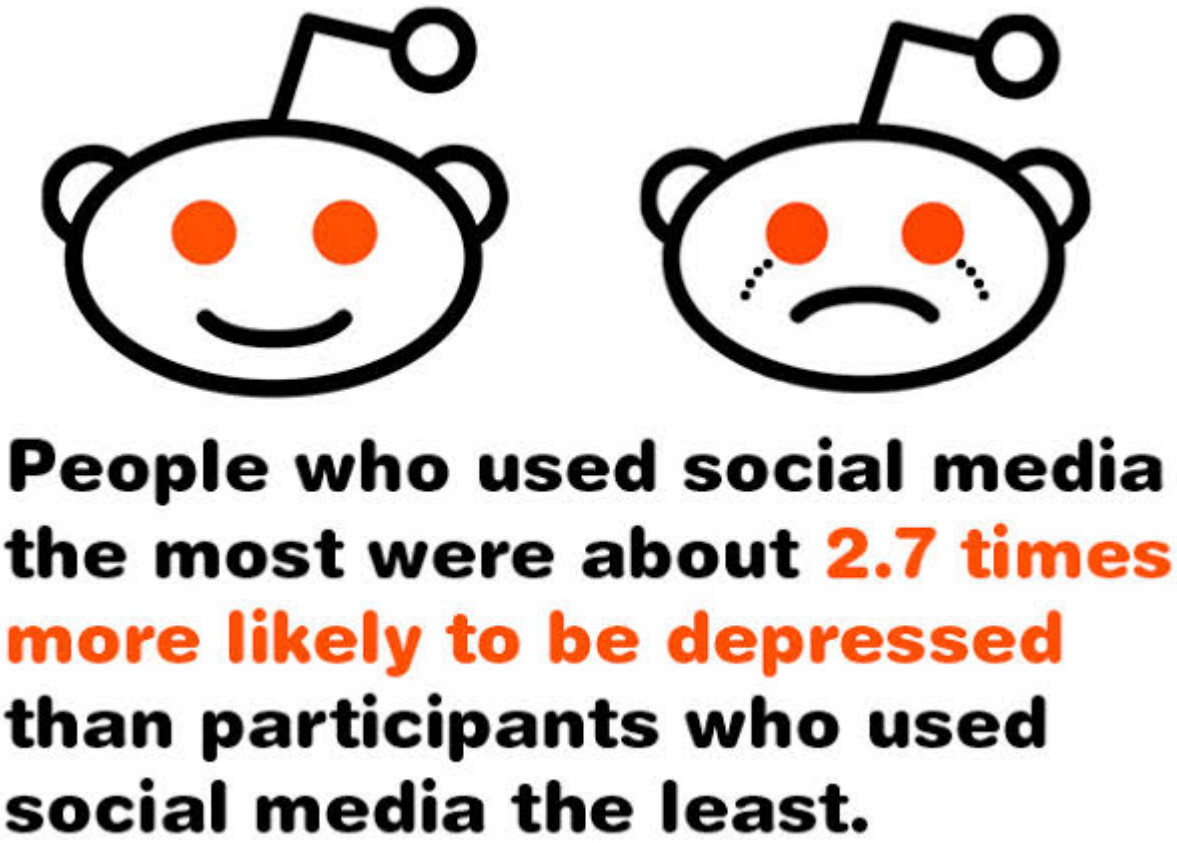
Please check where you fit and act accordingly.

‘Like’ it or not, using social media can cause anxiety, depression, and other health challenges.



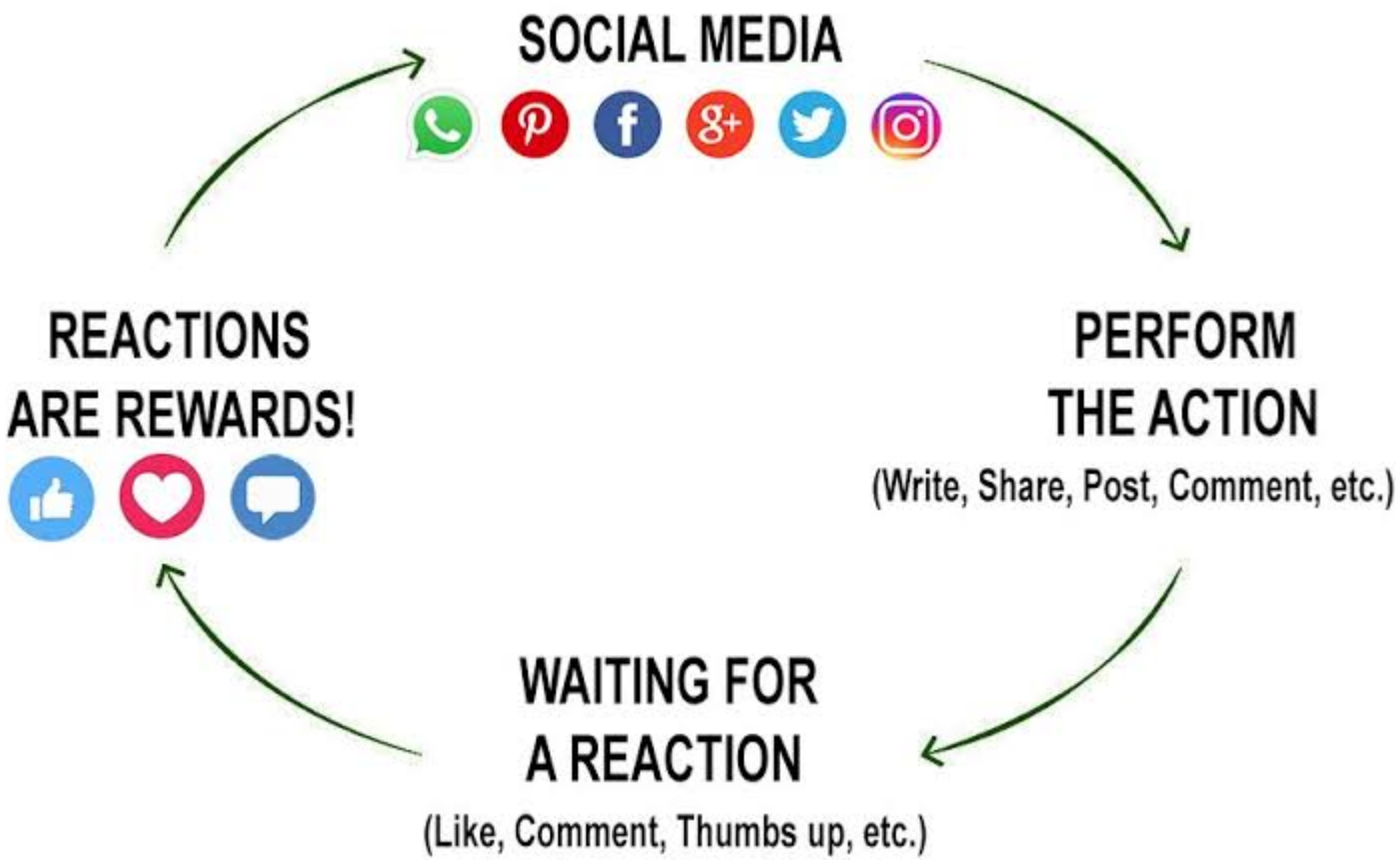
A study performed by California State University found that individuals that visited any social media site at least 58 times per week were 3 times more likely to feel socially isolated and depressed compared to those who used social media fewer than

9 times per week.



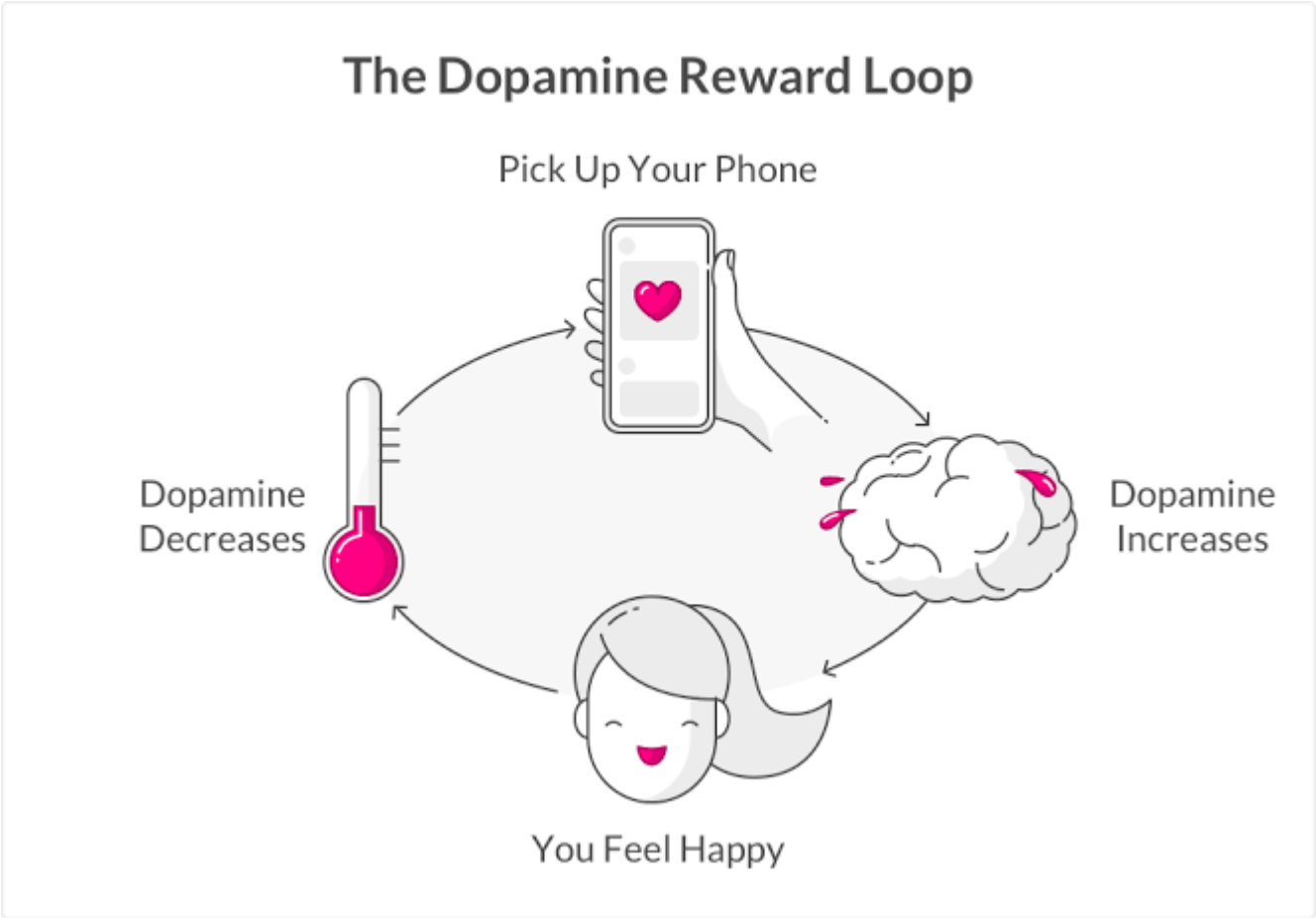
How does SM affect our brain?

According to a new study by Harvard University, self-disclosure on social networking sites lights up the same part of the brain that also ignites when taking an addictive substance.



The reward area in the brain and its chemical messenger pathways affect decisions & sensations.

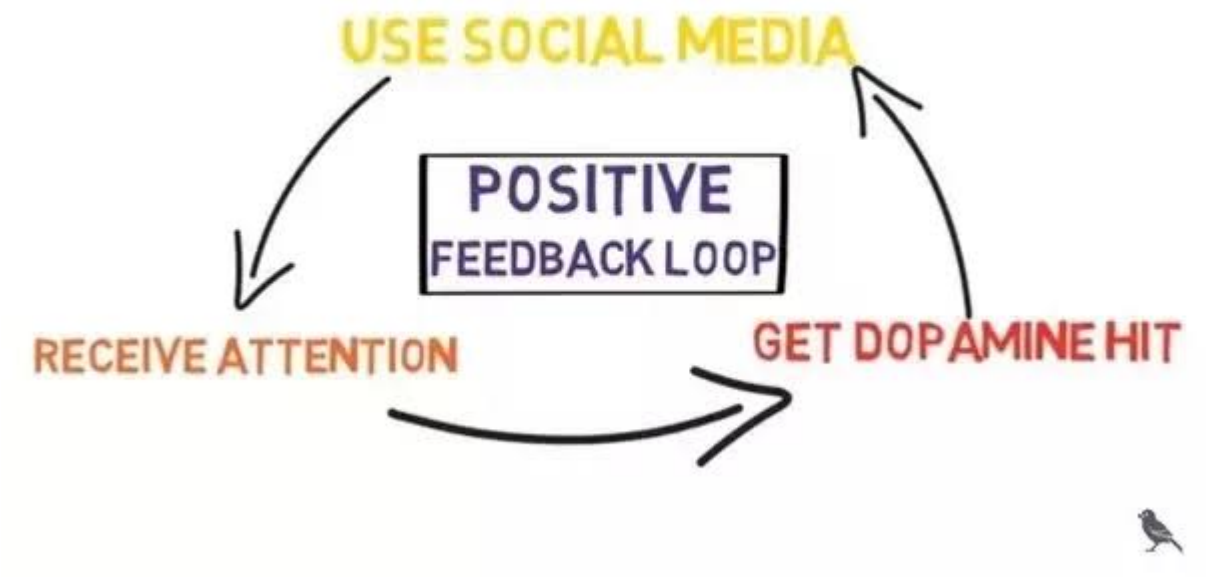
When someone experiences something rewarding or uses an addictive substance, neurons in the principal dopamine-producing areas in the brain are activated & dopamine levels rise.



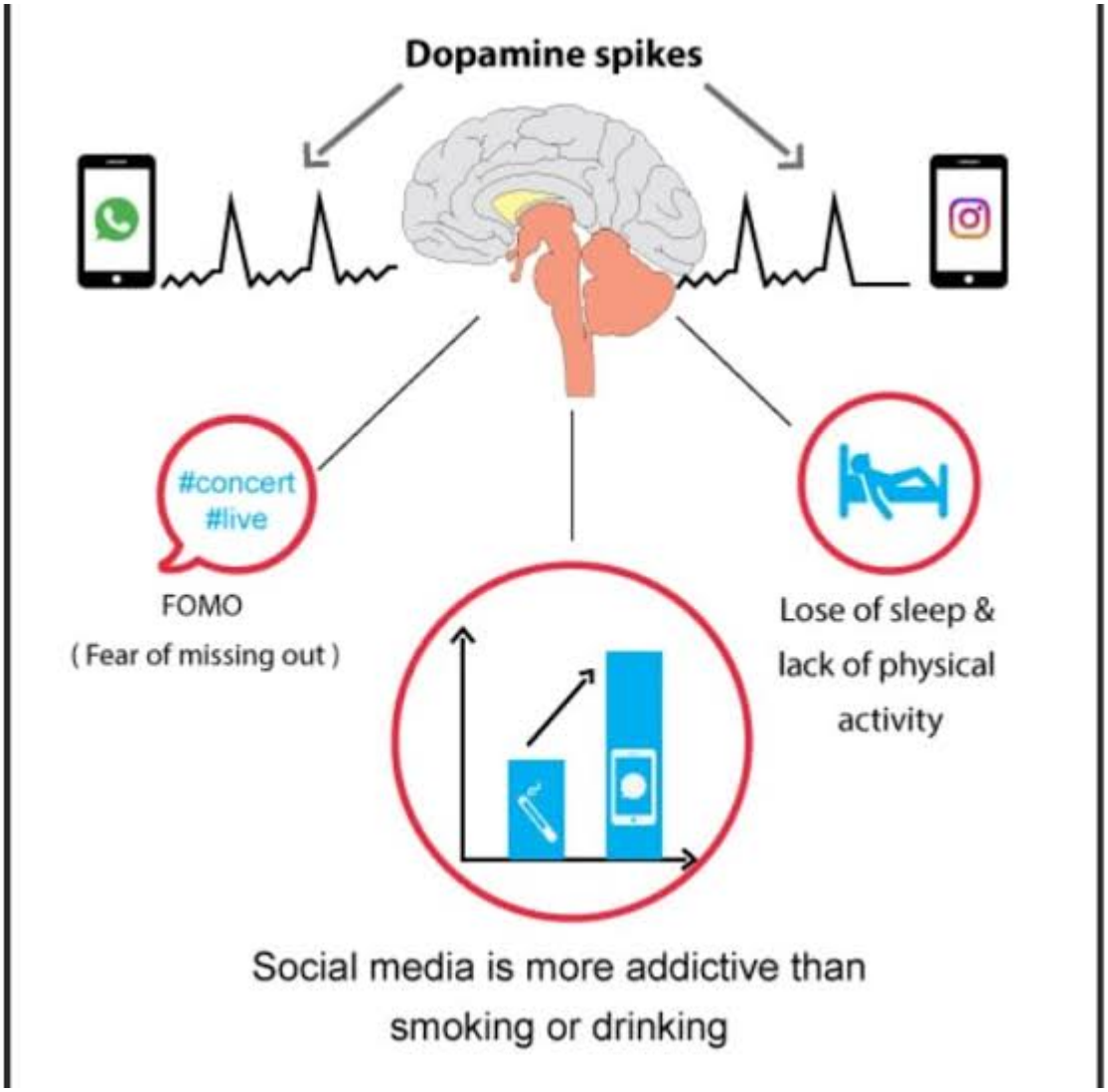
Therefore, the brain receives a “reward” and associates the drug or activity with positive reinforcement.

This is observable in SM usage; when an individual gets a notification, such as a like or mention, the brain receives a rush of dopamine & sends it along reward pathways,

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causing the individual to feel pleasure. SM provides an endless amount of immediate rewards in the form of attention from others for relatively minimal effort. The brain rewires itself through this positive reinforcement, making people desire likes, retweets, & emoticon reactions

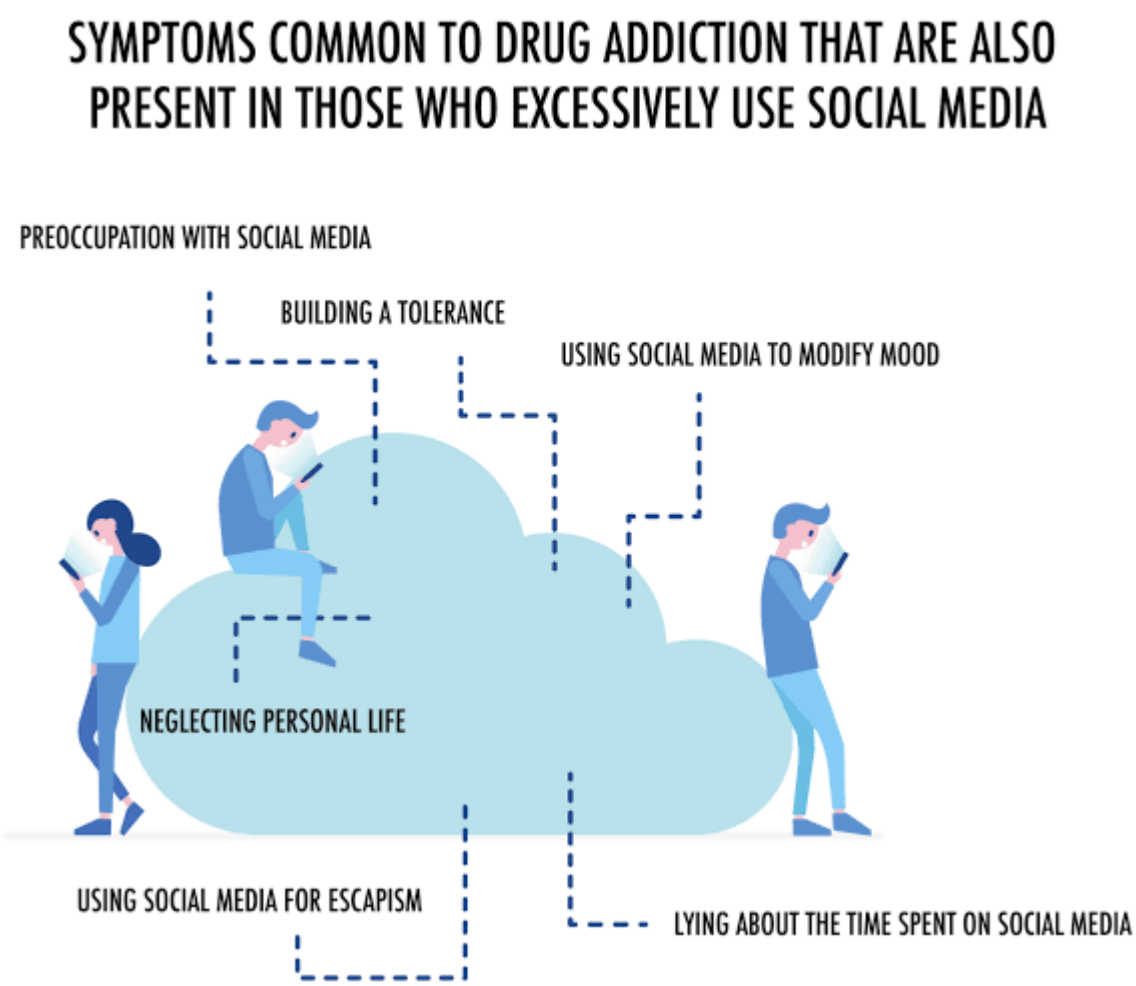


SM use becomes problematic when someone views networking sites as an imp coping mechanism to relieve stress, loneliness, or depression. SM use provides these individuals with continuous rewards that they’re not receiving in real life, so they end up engaging in the activity more.



This continuous use eventually leads to multiple interpersonal problems, such as ignoring real life relationships, work or school responsibilities, & physical health.

And to get rid of bad interpersonal relationships, work responsibilities one uses more SM.



It's a vicious circle.

Please ask yourself the following questions to understand whether you are addicted or not?

1. Do u spend a lot of time thinking about SM or planning to use SM?

2. Do u feel urges to use SM more & more?

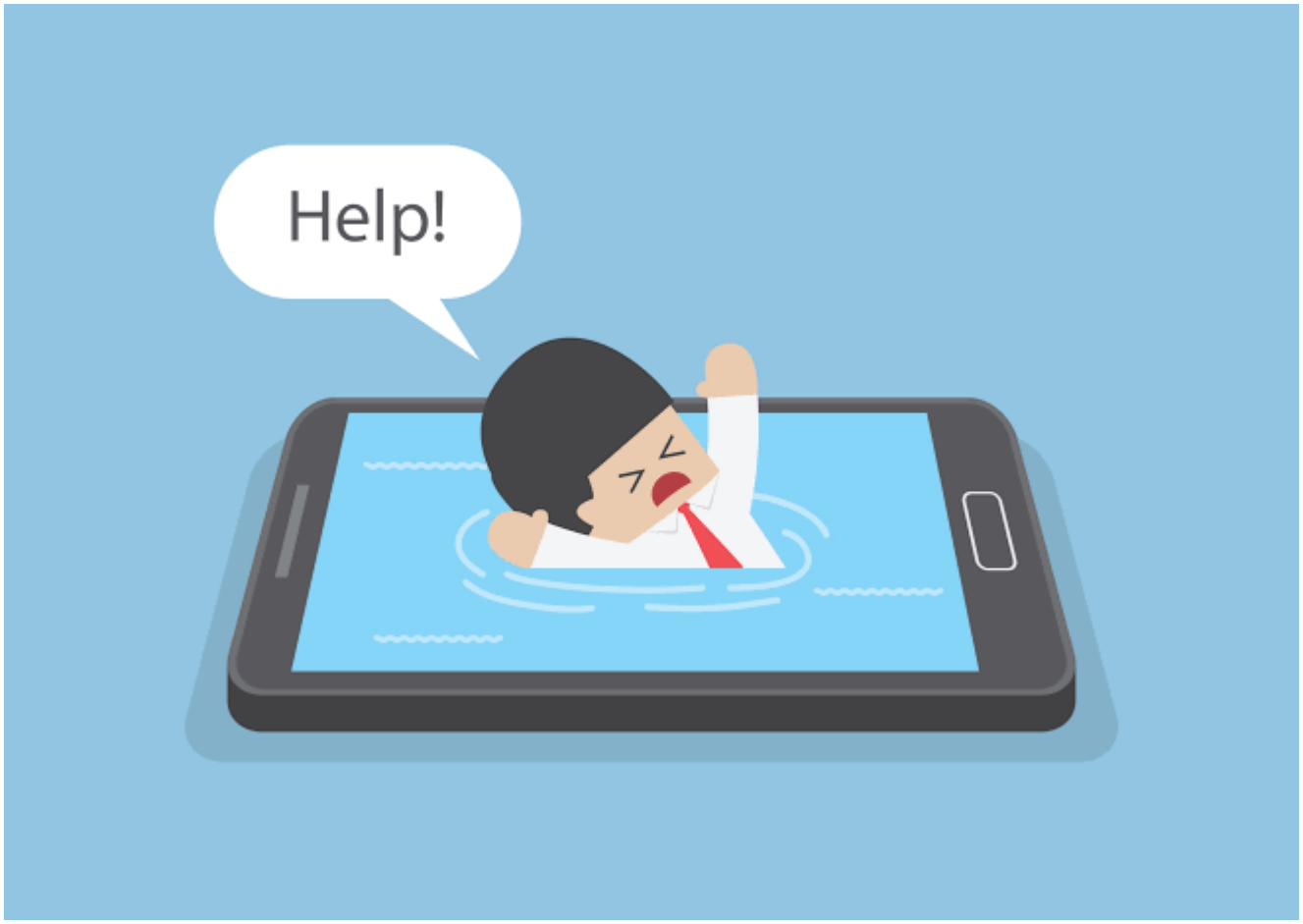
3. Do u use SM to forget about personal problems?

4. Do u often try to reduce use of SM without success?

5. Do u become restless or troubled if unable to use SM?

6. Do u use SM so much that it has had a negative impact on ur job or studies?

7. Do u have the urge to be continuous contact with SM people to maintain consistency?



Please find out more about yourself and save yourself from addiction.

I know this thread might annoy several but it's in the favor of your health/well-being.

There are people in real life who love you. Don't neglect them.

