

# The Art of Using a Double-Edged Sword: Social Media

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## Abstract:

In our current scenario, social media has become the most impactful platform in society. Our communication has shrunk because of social media. Our society is nothing but the contributions of individuals. The social media platform has now given us a bright chance to express our filtered and unfiltered thoughts and emotions. Apart from this, social media has now become a double-edged sword. It consumes our valuable time. Now the individuals start to experience everything without experiencing anything.

**Keywords:** Social media, Mass media, Double edged sword, Time

## Introduction:

A sword with one sharp edge will be useful to humans. But at the same time, it has to be learned how to use the sword. Thinking about a double-edged sword is unimaginable. Now that this is the condition of the human mind in the present scenario, social media is playing a very important role in our lives. Communication and modes of communication have been developed in unimaginable ways. Humans conquered space and communicated with their launched objects. At this juncture, it is the most important thing for each and every individual to understand the limits and delimits of social media. Time is the important factor, and it should have been used with cheered memories and in a purposeful way. Actually, the real treasure of a human being is his or her cheerful memories. Because of the great potential of our mind, humans have the ability to remember, recollect, imagine, and enjoy the experience, which they can convert into real-time happiness. Social media has now become a thread. It highly affects our cognitive potential, particularly in children's lives. The addiction to social media is a recent trend among mankind.

## Valuable Treasure Time is now on the two edges of social media:

**One Side:** "Time" is one thing that no man can "buy" in economic terms and "afford" in philosophical terms. No man ever steps in the same river twice, for it is not the same river and he is not the same man. a famous quote by poet Heraclitus. This best explains the value of time and what we can achieve in the given time. The worst impact of social media addiction is that we lose precious time" watching "reels", shorts,, stories,, tweets, and serials," when it could have gone towards other useful purposes for ourselves.

**Other Side:** In a utopian society, utilisation of time will be the ultimate purpose. However, we have never experienced such a society. Given this fact, a considerable population has enough time to spare, and social media has also helped humans save this precious time by bringing information to our fingertips in the form of social media. Social media nowadays helps us be aware of the current happenings in the world. The same information that took 24 hours every day to reach everyone in the form of paper media (newspapers, magazines, etc.) is now available at the touch of a screen.

### **The cognitive representation of the human brain: The mind is now on the double edge of social media.**

**One Side:** Social Media has made the human brain a live dustbin, making many feel alive by feeding off of information that is absolutely of no use or value to themselves. Imagine a beautifully crafted, precious gemstone-affixed golden pot filled with slime and sludge. The current social media culture intensely fills one of, if not "the" best creations of God in this universe with unimportant, useless data. Because of social media, the Millennial generation's mental evolution has been stifled.

**Other Side:** The Internet is like a time capsule with X TBs of information stored and accessible at any point in time. Social media is a tool for accessing and sharing this amazing volume of data and information. From something as simple as preparing curd rice to solving a complex problem, all the information is accessible. The awareness of such information's existence is widely popularised and publicised by social media.

### **Mass media mastery over the human mind:**

**One side: social** media has the power of mass communication. There are instances of violence indicted due to the power of social media escalating to unfathomable scales. The reach and impact of social media are huge. Any person in the world with a thousand rupee phone and a social media account can be reached through social media. The status of a smart phone has changed from "essential" to "luxury". Given this, any of Tom, Dick, and Harry can have access to social media and get influenced wrongly. There had been research proving criminals watched violent content on the internet or social media before committing their heinous acts. A few years ago, a devastating game by the name of "Blue Whale" took the whole world by shock and awe, consuming close to 130 young lives in India.

**Other Side: The** social media inculcates the power of fire—to destroy but to create as well. Social media has the positive power to influence lives in large numbers with informative and educational contents. People with the thirst of showcasing their innate talents have got the whole world on stage now, "Thanks to Social Media". Humans are always predisposed towards congregation, which led to the culture of social gatherings in earlier times. Gatherings of this sort lead to many innovations and discoveries, evolving humans to the stage we are now living in. This physical process of people meeting and gathering in earlier times has now advanced to people meeting and gathering on social sites, albeit in unimaginable numbers and at their convenience.

### **Social Media: Always a Paradox:**

Social media has always been and will always be a paradox. Social media is like "Alladin's lamp", What we wish for will be bestowed upon us. The same social media that has separated lakhs of young people far away from their "real" relations and towards "reel" relations through corrupting the minds of the youth and tampering with the values of family and relationships has also done the opposite. Gone are the

days where the wife of an army man felt anxiety on seeing a telegram from the postman, dying a thousand deaths between those 100 metres from the gate to the postman. The real distance between people has now been removed, and the world has shrunk within the palm of your hand through this social media. Aged parents can see their sons, daughters, or grandchildren from continents apart. Social media has reduced the distance between people who are far away but also increased the distance between people who are near them.

### **Recommendations to come out of social media addiction:**

Actually, it is a test of the mind, interwoven with our habits and interests. The interest of the mind or the interest of any individual is the choice of his or her own "will", and at the same time, all the interests of individuals cannot be taken into consideration because our interests should have a basic value and purpose, at least not to harm us or any other individuals. Some times the society will suffer a significant loss through human activities; other times the loss of the society will be a collective one, and the same cannot be realised directly. The continuous bombardment of uncontrolled and unfiltered human interest creates a pseudo-effect on society that it is developing and beneficial to the individual, but actually seeing, the individual's achievements and valuable treasures, which could not be regained by any means, will be spoiled and wasted.

Drifting our interest in a constructive way and drafting our lives with elegant achievements through meaningful usage of time is the first step to coming up from the social media addiction.

Changing the habits of spending more time on social media and spending time with friends and family, maintaining healthy relationships with others, and strengthening our belief systems by means of remembering God with creative visuals of father-son relationships, the eternal friend, the supreme guide and philosopher, and doing physical exercise, yoga, meditation, *taba jeba*, and following comfortable spiritual parameters will be the second important thing, playing a considerable role in the unaccustomed phase of individuals who want to come out of social media addiction.

Thirdly, a recommended procedure for comfortably quitting social media addictions is to follow a one-day fast from watching social media. But unavoidable official matters can be attended to with time consciousness and caution. Use social media responsibly.

The use of social media majorly consumes our time. Therefore, it needs to be split into different phases with questions like, Whether the subject now on my mind or posted on social media is worth watching or worth a reply? The time I'm going to spend on this is reasonable. Avoid using social media during your prime times, like eating, travelling, and sleeping. While eating, enjoy the taste of the food. While travelling, try to mingle with fellow travellers, and while sleeping, completely avoid watching or interacting with social media.:

### **Conclusion:**

Social media is the main pillar of a developed society, but at the same time, it should not affect the pillars of our lives. A successful, satisfied life is based on how the time slot of the life is being used successfully. Wasted time is the worst loss of human life. This statement does not encourage a negative view towards relaxation, happiness, and enjoying time, but contempt for the newly developed addictions to social media. It should not spoil our lives. On the basis of correct human anatomy, a normal man should have the proper length of legs, hands, and head. If a person has a very big head, very small legs, and uneven hands, they will have an ugly figure. Similarly, spending enough time with each and every

aspect of life will give you enjoyable moments in each and every second. Though a person is earning lakhs and no one is questioning his or her income, that person is also bound to spend money within healthy economic parameters. Similarly, the time commitment of the individual towards social media is definitely not questionable, but if there is a self-focused concept, he or she should make proper use of time slots in their lives. Time is such a great treasure that it cannot be rediscovered once lost. So winning the time is nothing but using the time in a healthy way.

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