

SOCIAL MEDIA ADDICTION



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WHAT IS SOCIAL MEDIA ADDICTION?

“Social media addiction is a behavioural addiction that is defined by being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life area.” (addictioncenter.com)

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SYMPTOMS OF ADDICTION

Concentration difficulties; Sleep problems; Anxiety; Anger; Social distancing; Stress; Depression; Restlessness, etc

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DETECT RISK BEHAVIOURS

To determine if you are at risk of developing an addiction, here are 6 questions that you can ask yourself:

- Do you spend a lot of time thinking about social media or planning to use social media?
- Do you feel urges to use social media more and more?
- Do you use social media to forget personal problems?
- Do you often try to reduce your use of social media without any success?
- Do you become restless or troubled if you cannot use social media?
- Do you use social media so much that it influences your studies/work?

If you answer “yes” to more than three questions, you may want to have a closer look at our section about social medias’ consumption regulation.

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TIPS TO REGULATE SOCIAL MEDIA CONSUMPTION

1. Have a digital detox once in a while:
switch off your notifications and allow yourself to check your social media once per couple hour for example
2. Don't keep your phone next to your bed
3. Install a time tracking app and monitor the time spent on social networks, settle a limit per day
4. Encourage dialogue and family activities
5. Keep your phone in another room when you are studying

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| Topic | Social media addiction | | |
| Activity Title | Smartphone addiction: short movie | | |
| Type of resource | Self-Help Resource (SHR) | Type of learning | <i>This activity promotes self-directed learning. It can be used for personal use by the individual.</i> |
| Duration of Activity (in minutes) | <i>5 minutes for the activity; 10 minutes to answer the self-reflection questions.</i> | Learning Outcome | <i>To raise awareness on smartphone's addiction</i> |
| Aim of activity | <i>By completing this activity, you will self-reflect on your relationship with your smartphone and the various ways to keep it healthy</i> | | |
| Materials Required for Activity | <i>PC or Smartphone + Internet connection Paper and pen to answer the questions.</i> | | |
| Step-by-step instructions | <p><i>Watch this short movie:</i> https://www.youtube.com/watch?v=QugooaNRnsk&ab_channel=BilalFarooq</p> <p><i>Then, answer the questions listed in the following box.</i></p> | | |
| Self-reflection Questions | <ul style="list-style-type: none"> • <i>What is criticized in this short movie?</i> • <i>How to have a better online behaviour?</i> • <i>Can you make the difference between your online identity and your true self?</i> • <i>Why is it important to be able to disconnect from social media sometimes?</i> • <i>What are the threats described in the short movie?</i> | | |



Co-funded by
the European Union

"The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein." Project Number: 2030-3-IE01-KA205-082880