

In the beginning, we know that social media is through websites and electronic services that provide rapid delivery of information on a large scale and thus be a means of exchanging information over the Internet. We know that there are many advantages of social media and also many disadvantages, one of the advantages is that we can communicate with friends and family, we can form new relationships and learn new things through social media platforms, for example, we can learn how to organize our lifestyle or know the effect of fast food on our health. As for the disadvantages of social media that can do great damage to our health and our psychological life, it can affect our health when spending a lot of time on social media. It affects our eyesight and can cause problems during sleep, and it can also affect on social media and also affects our mental health through the people we meet via online platforms like Tik Tok and Instagram.