Social media is an important part of our daily lives.This has a significant and negative impact on other aspects of life, as time is spent using the Internet at the expense of family, work, and study time without realizing it. Addiction to using these platforms also affects our focus in general and causes distraction Social isolation and the illusion of virtual communication: It may reach the point where we find a family in one house communicating through social media, or families whose members spend hours using phones without any effective personal communication, and everyone is satisfied with virtual communication.Through it, we learn about the world's cultures, customs and traditions that the world shares in many programs such as YouTube, Instagram, Snapchat and Twitter.To push your career path positively, you must appear on all social media platforms in a way that does not violate public morals, or engage in arguments that may give a negative idea about you and your level of thinking, which may not be a true image of you, but your posts may give this perception.Such practices may lead to a person's weak social and professional development due to his inability to interact positively and naturally with the different aspects of life

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