The second negatives of social media Addiction: According to statistics cited in Business Insider magazine, many individuals, especially teenagers, spend about 9 hours a day between the ages of 13 and 18 using social media.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.

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