

The Social Media Addiction Cycle

Addiction to social media, is the need of a person to be connected to social media (facebook, twitter, reddit, tumblr, etc.) for most of the free time

People with problems like loneliness or low self-esteem find on the social medias the way to satisfy those problems



People challenge each other to get the most comments or followers and when they are on a social media they disconnect from the reality.

People that want to stop using the social media have to:

- Stop using internet
- Get away from the PC
- Use the time they spent online to do other activities.

When...

both...