**SOCIAL MEDIA AND INTERNET**

Since the internet has started developing in 1950s America, people see it as a fast, easy and a cheap way to communicate and save data. In 1978 Ward Christensen and Randy Suess developed an app called BBS in order to contact and exchange information with their friends. BBS was the first social network even though these two friends didn’t realize it.

Internet continued being improved and naturally spread all over the world. People wanted to use internet not just for information, also having fun and sharing memories with the others. Thus SixDegrees which the first social media app is, was born in 1997. People could share photos, write something about themselves and meet with new people! To me, this app was a turning point for social life.

Nowadays, social media is something indispensable. 4.54 billon people have access to the internet anytime, which means %59 of the world population. And 3.80 billon of it is active social media users and that’s %49 of the world. 2 billion people are Facebook’s monthly users and in my opinion, it’s a huge number! YouTube follows Facebook with 1.5 billon users and WhatsApp is third with 1.2 billion users.

Almost everyone is related to social media sites, but the age group which use social media and internet too much mostly comprises of young people. %88 of people aged 18-29 use social media! Gen Z was born into technology, and they spend a lot of time in social network sites. Research has shown that almost no generation Z member checks or uses social media for getting information or for news. Teens use internet in order to fill up time and have fun. I think they see internet as an escape from their problems and a safe place where they can be themselves.

I guess parents are the most annoyed from the teens’ social media use. They think social media and internet are waste of time and social media sites are so bad for their children’s health. At least mine do. When I say them that I’m stressful or sluggish, they always blame my phone for this. Even though I have almost no social media accounts, they say internet affects me badly so much. And as I observed, generation X and Y –especially generation X- hold internet responsible for teens’ stress or bad mood but unlike parents, most of the teens think that using social media is just relaxing them when they are stressful or sad.

There are different opinions about social media’s effect so I decided to make a social-media-off-day on Sunday. I turned off my phone for a day and took notes about how I felt during the day. Here it is.

**My experiences:**

In the morning I don’t really use internet or social media, so in the morning not much changed for me. After the breakfast I started to do my homework but in my breaks I got bored because I couldn’t find anything to do. Normally I study on Saturdays, so I did my homework on Sunday. Usually I finish them in the evening, but since I couldn’t find something to do, I finished them so much earlier. After homework I practiced violin and realized how time was running slow. I spent my afternoon with my cats in the street and reading a book. It went more boring by evening so I took a short nap. After the dinner I chatted with my family after a long time. I frequently got bored but I was determined to be successful in this challenge. I took my violin again and spent so much time with it. I fell asleep while reading book at 10 pm, even though I usually sleep at 12 pm. My day was generally so boring, but it showed me how much time I waste and taught that I could do so many things instead of watching videos and surfing the net. I have always thought that social media is relaxing me. It could be true at some points, but I was way less stressful during the day.

