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About Us:

International Journal of Legal Enforcement is an online peer review journal provide dedicated to express views on legal and socio legal aspects. This platform also shall ignite the initiative and desire of the young students. We also provide exclusive review by our Advisory Board for the papers submitted to us. We believe humanity is basic thing to be involved in any law. We do not charge any publication charge for online publications. We process to bring out the analysis and thoughts of every socio legal and legal matters from the young powerful minds. Law can be fulfilled as Law only when there is humanity in it.

With this thought we hereby present you,
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Addiction of Social Media-An overview

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Introduction:

Social media are computer-based technologies that facilitate the create, share and learn information, ideas, career interests and other forms of expression via virtual communities and networks. It's also used to stay connected with people. Social media addiction is an addiction that is defined by being overly concerned about social media, driven by an uncontrollable urge to use social media, and spending so much time and effort to social media that it impairs other important life areas. This a developed behavior. It sometimes causes mental illness in people.

What Is Social Media?

Social media is computer-based technology that facilitates the sharing of ideas, thoughts, and information through the building of virtual networks. Social media is also a internet-based and gives users quick electronic communication of content. Content includes personal information, documents, videos, and photos. Users engage with social media via computer, tablet or smartphone via web-based software or web application, often utilizing it for messaging and communicate better with people who are in far away from them. While social media is used by people largely in America and Europe, China and India now lead the list of social media addiction.

What is Social Media Addiction?

Social media addiction is a term that is often used to refer to someone who spends too much time on social media like Facebook and Twitter or other forms of social media. As a result, it affects the person's daily life. They invest their valuable time uselessly. They idle themselves just to scroll down on social medias.

Although there is no official medical recognition on social media addiction as a disease, the negative habit of excessive use of social media has become a subject of much discussion and research. It is harmful.

Addiction simply means a compulsive behavior that leads to negative effects. And in this case, social media addiction is referring to someone who has a compulsive use of social media. For example, people who constantly check updates on Facebook or “stalking” other people for hours (which is useless and this act make themselves underestimate).

However, it is difficult to tell if someone is a social media addict. There is no direct conclusion in determining if someone is a social media addict, however, many physicians have

observed similar symptoms such as depression, anxiety, psychological disorders, and more are the proofs of social media addiction. Now a day, we see many people are like this just next seat.

10 Common Signs You Are Addicted to Social Media

If you want to know whether you are a social media addict, look at how you live your life and how you spend your time. Social media addiction can be considered a habitual disorder and the signs can be identified from what you do each day. Below are the 10 common signs of a social media addict. If you are repeating most of these signs below, there is a high chance that you are addicted to social media.

1. Social media is the first thing you do in the morning. As it is becoming an habit of current generation.
2. You waste your time looking at nonsense and procrastinate. Rather using it in wise. And the worst part is we don't accept this!
3. You checked in everywhere you go. Maybe just to show off!
4. You check notifications all the time, surely not an important thing!
5. You want your friends and family to contact you via social media.
6. You constantly monitor the “likes” and “shares” you receive. If it scores less, may disappoint you for a while.
7. Seeking internet connection everywhere you go and free Wi-Fi.
8. You take photos of almost everything and everyone.
9. Social media becomes part of your life maybe knowingly or unknowingly your life is becoming a part of social media.
10. Making yourself free just to check the social media or skipping your work schedule for this.

Mental Symptoms of Social Media Addictions:

1. Experiencing Less Satisfaction and Hence, Less Happiness because of useless things.
2. It Can Promote Jealousy by seeing others were happy but you aren't! Just know one thing, everyone will show only happy faces!
3. It Raises Your Anxiety Level and Affects Your Overall Well-being which results in depression and memory loss. Forgetting basic things too!

At-Risk Youth because of social media addiction:

An estimated 27% of children who spend 3 or more hours a day on social media exhibit

symptoms of poor mental health. Overuse of social networking sites is much more problematic in children and young adults because their brains and social skills are still developing. Research has shown that adolescents who habitually use social media from a young age have severely stunted social interaction skills. Despite the fact that users are interacting with each other on these platforms, many of them don't necessarily translate to the real world. Studies have found that these individuals have worsened social anxiety in groups, higher rates of depression, negative body-image, and lowered levels of empathy and compassion towards others when surveyed.

10 Ways to Stop Your Social Media Addiction

1. Turn Off Your Notifications on social media.
2. Limit Yourself for using internet in social media.
3. Set a timer! When you reach your limit, be strong and don't be tempted to add on extra time. This will be a strong test of your willpower, but it will be worth it in the end.
4. Get A New Hobby. This may help you to make yourself busy all the time! You rarely find free time.
5. Spend More Time with Your Loved Ones. So, this will help you as well as your loved one's life filled with happiness and joy.
6. Make social media a Treat. So, you will enjoy it, rather making it a meal which is your habit or routine
7. Meet People in real life. So, you will find true friends and people who are real. Social media friends are mostly not true because no one posting Their original face there.
8. Organize yourself. Make plans to go to library, play with friends, visiting your loved ones, attending parties and functions etc.
9. Use your time productively, like learning musical instruments, singing, dancing, painting, etc.
10. Make yourself available for every good thing and get ready to face your life fearlessly with a happy and bright face!

Cyber-crimes related to social media:

About 27000+ cybercrimes reported in 2017 with an average of one every ten minutes.

Here are the types of cyber-crimes that were reported-

Remember, it's very difficult to remove the viral content on Social Media so it's always better to be safe than sorry. Cyber-crimes are many, but here are some of the most common type of Social Media Crimes that I often come across:

7 Types of Social Media Crime Faced:

1. Profile Hacking

Profile hacking happens when, as a user, you are not able to log in to your account. Someone has complete control of your account and has changed all the credentials. Facebook is the most hacked social networking site and it generally happens because of the following reasons:

- Not logging out from the account.
- Sharing passwords or having passwords that are easily predicted.
- Hacking the email with which your login to your Facebook account.
- Logging in through Facebook options for apps.

2. Photo Morphing:

Photo morphing is a special effect that allows a person to morph or change one image or shape into another without any difficulty. As per the 4th quadrant of 2017, there is roughly around 3.2 Billion images shared every day. It is easy for a hacker to use your images, morph it and then use it for porn sites or blackmailing for financial/sexual gains.

You can't stop anyone from morphing. If your images are publicly available, people can easily access them and make use of them to morph. Every popular male and female celebrity are probably photo-shopped and used by most porn sites to satisfy sexual fantasies. You never know, when someone take your photographs and use them. So privacy is an important aspect that everyone should know. Because of this photo morphing many girls have lost their lives.

3. Offer and Shopping Scams online:

You would often come across messages, post which would say 'Click on the link to claim the offer' or 'spin the wheel to win.' These offers would generally ask you to forward the message to another 20 people once you have registered in order to get the code or coupon. You won't get coupons but the host would get your personal information.

4. Romance and Dating Scams:

Every girl out there should be aware of this term. Don't believe in online dating or a person who doesn't exist in your real life.

There are people out there who would connect to you on social media, interact with you, and persuade you to move to a different form of communication through various excuses. Once they realize that you are falling for them, they would send you small gifts to show you that it's

same on either side. After a point the romantic period would start declining and they would start asking for monetary help in the form of recharge, booking flight tickets to meet and the list only grows.

There are also extreme cases where a guy promises to marry the girl and before the marriage runs away with all her money.

It is basically a trick/scam which would begin with romantic intentions to build goodwill and later commit fraud.

The other form of romance scam is where the person who you fall in love with will ask you to strip naked in front of cam. He is more likely to chat with you on skype and you might be so much in love with the person opposite that you wouldn't mind doing him/her a favor. This is the last time he/ she would chat with you and then you will start receiving blackmail calls. Many people try to take an offline scam to online where they record videos of girls in compromising positions for porn sites. Might be a worst thing of living as a human being!

5. Link Baiting:

Many of have experienced it. We get messages from the person in our contact list, believing them we click the site and from our phone without our knowledge the same kind of messages will be sent to the persons in our contact list.

Link bait happens when the content of your website or pages gets linked to other sites because they want to and not because they have asked you. A few instances where link bait has been showcased are-

- Your photo just got leaked on internet, check here:
- Look what people are talking about you:
- This video of yours is going viral. To know more click here:

When clicking on any of these links, there are chances where you are likely to send the same message to the people from your profile. This link would be sent from your name and would make people think that you are the one doing it.

6. Information Theft:

Information is wealth. Informational theft occurs when an imposter identifies key pieces of personally identifiable information like social security, driving license number in order to impersonate someone else. Many people tend to store passwords or bank details on their email. Many people try to have very private conversation on Facebook or Instagram messengers. Businesswomen are also more likely to be at the risk of information theft especially with

respect to her organization.

Women bloggers these days are faced by plagiarism of various types. When they try to open their business page on Facebook for the first time, there are chances that their competitors would already have promoted bad things to bring down their reputation.

7. Cyber Bullying:

Very helpful point for the women's out there. Be careful ladies! Posting any kind of humiliating content on the social media or sending vulgar messages online, or threatening to commit any act of violence, or stalking by means of calls, messages or threatening of child pornography is called as cyberbullying. There are many Indian laws that can allow a woman to deal with this and with the help of Indian police, you can sort this particular issue.

One of the best examples here is singer Chinmayi was threatened by few bunch of people on Twitter and she took police's help to detain them as she was getting rape and murder threats from people for quite some time.

Conclusion:

Overcoming social media addiction is not a big deal. The above mentioned terms can help people to defeat this addiction. Preventing the upcoming generation to become a social media addict is in our hands. Every coin has two sides. Likely social media too. We should protect our younger generation and show them a good way. Cyber crimes are increasing daily. We can't control it, but we can stay safe from harm and protect our family and friends. Prevention is better than cure!

Suggestions:

Social media addicts are not in need of medication. They just need love, appreciation, motivation. Everybody has enough will power to overcome the worse situation. Some aren't because of lack of motivation and support. They are not patients. Likely, people facing cyber bullying or other sort of crimes are in need of help. Help them with remedies. No one's intention is to get into trouble. But they fall into the trap unknowingly. Rescue them! Support them! Be a solution. All they need is a soul to share their joys and sorrows. Be available for your loved ones!