

SOCIAL MEDIA 'ADDICTION'



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Are you finding difficulty in managing your time for yourself and family due to social media? You are not alone. Social media overuse is increasingly common today, and can affect your physical and mental health.

WHAT IS SOCIAL MEDIA ADDICTION

Also known as digital dementia, social media addiction has not yet been classified as a clinical disorder, but researchers believe that it can prove addictive. Like other types of addictive behaviour, using social media is rewarding and gratifying to the brain, thereby causing it to release dopamine, the chemical that is released in the brain when one is enjoying a state of joy or ecstasy. Continued use of social media reinforces this good feeling with the brain and gradually leads a person to want more, potentially leading to over consumption or addiction.

General and moderate use of social media is beneficial and can be rewarding. Today, more people are becoming addicted to social media due to excessive or compulsive use. This addiction is driven by an uncontrollable urge to use social media that eventually impacts on other important areas of life. Ultimately, people who spend long amounts of time on social media have less time for in person interactions. This negatively affects a person spiritually, physically and mentally.

CAUSES OF SOCIAL MEDIA ADDICTION

- Social media giants pour billions into advertising and hire engineers to make content more addictive. These sites track users' activity, customising your feed to show you posts you are most likely to watch or comment on. This causes people to continue viewing their preferences.
- They work hard on improving and growing the amount of people they can bring onto their platform, alongside maximising the amount of time a person spends on their platform. It is designed to keep you hooked online.

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- Lack of focus and routine in one's time. Neglecting one's core responsibilities, like Salah, Zikr, Qur'an recitation and forsaking family time ultimately leads one to becoming more occupied with social media.

HARMFUL EFFECTS OF OVERUSE

- The overuse of social media is causing a host of mental, health and relationship problems. Not everyone who uses social media will develop an addiction, but people may develop the inability to restrain their use of it. Due to the effect on the brain, social media is addictive both physically and psychologically.
- relationships, self-esteem, making people less conscious and less productive.

SIGNS OF ADDICTION

- A common sign of addiction is to continue using something even after it has negatively impacted on your life.
- Neglecting important duties and work, and being inattentive to others.
- Using social media so excessively that it impacts negatively on critical areas of your life, like Ibadah (prayer), work, studies, and relationships.
- Experiencing withdrawal feelings of anxiety and irritability, when you can't access social media.
- Using social media as a way to cope with negative emotions.

A 10 POINT PLAN ON HOW TO USE SOCIAL MEDIA BENEFICIALLY

Social media has immense socio economic benefits in terms of connection, communication, access to information, business, education, etc. However, the risks outweigh the reward. Key to social media usage is control. Usage must be regulated and evaluated.

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- 1. Intention** - Use social media intentionally and purposefully. Ask yourself why you are using social media and what benefit you want to get out of it. It must not be a past time or used impulsively for no reason.
- 2. Time** - When using social media, first take a look at the clock and be conscious of the time being spent. Allocate time that you will use it for and actively put the device off or away once your time is expired without compromise. This will be tough at first but will prove beneficial in the long run.
- 3. Wean yourself off** - If you are developing a dependency or addiction, quitting it altogether may not be effective. It could lead to a relapse and a worse outcome. Cut your screen time down from gradually, e.g. 7 hours a day to 6 to 5... day by day. Fill the saved time with constructive activity. Create 'curfew' slots for yourself and the family.
- 4. Respect** - Do not use social media whilst eating, speaking to someone, in a meeting and when with family & relatives. Also respect the Azan, Masjid, Islamic gatherings and Qura'n by not using your device at such times.
- 5. Accountability** - Having a close family member or friend to monitor you and hold you accountable to your goals to cut down, etc. is a good motivator and helps keep you in line.
- 6. Moderation** - Islam encourages us to find balance in our lives. Completely ridding yourself of a phone or other device may not be practical and can leave you feeling empty or lost. Be moderate in your use.
- 7. Evaluation** - Before sleeping, do an assessment of your time spent and make Istighfar for time wasted and be grateful for time spent beneficially - contemplate on the temporary nature of this world, and that one's life could terminate at any time - focus on the everlasting life of the Hereafter and what is required to be successful there. Be regretful if you have been neglectful.

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8. **Routine** - Follow a practical routine of your day and try to implement it as far as possible.
9. **Penalty** - Impose a penalty of 4 Rakats Nafl Salah, recitation of Istighfar one hundred times and some monetary fine whenever you contravene your limit.
10. **Dua** - Turn to Allah Ta'ala for help and protection and learn and recite the Sunnah Duas in this regard daily.

May Allah Ta'ala give us the guidance and ability to value our time.





DARUL IHSAN

HUMANITARIAN CENTRE

GUIDANCE • UBUNTU • EMPOWERMENT

ISLAMIC

- Learn The Deen
- Teach The Deen
- Jumuah Roster
- Bookshop
- Basic Islam
- Library & Research Facility
- GUIDELINE (Counselling)
- Literature Collection
- Al Ihsan Micro Library
- Marriage Registration
- Sadaqah Jariyah Projects
- Taqwa School of Excellence
- Muslim Marriages Tribunal (MMT)
- Drug Awareness Drive (DAD)
- Siyaphambili Madrasah
- Enewsletters, Social Media Posts
- Azmatu-Ahlil-Bayt-was-Sahaba



HUMANITARIAN

- Feed a Pupil
- Feed a Patient
- Feed The Needy
- Al Ihsan Clinic
- Build a Home
- Al Ihsan Relief (AIR)
- Enable the Disabled
- Bursary Fund (DIBF)
- Operation H2O
- Sponsor a Blanket
- Sponsor a Kajoor Pack
- Al Ihsan Boreholes
- House & Home Improvement
- Al Ihsan Fashion & Design Course
- Uniforms & Stationery
- Al Ihsan Garden Patch
- Al Ihsan Caregiver Course





About **Darul Ihsan**

Darul Ihsan Humanitarian Centre provides education, guidance, social, empowerment and welfare services to the community. In providing this service, we adopt a holistic approach, that gives due importance to basic needs as well as human rights and dignity of those that we serve.

Founding **Philosophy**

Darul Ihsan Humanitarian Centre is a multi-purpose, humanitarian-services providing organisation. 'Ihsan' means compassion towards mankind and to act with excellence. The Centre was established in the year 2000 with the primary objective of serving humanity and alleviating poverty and hardship locally and abroad. Since its inception, it has developed and established many humanitarian projects and provides a variety of free services to the community.

Key **Objectives**

One of the key objectives of the Centre is to promote a better understanding of humanity and peace, thereby serving as a bridge-builder between faiths and communities. Through guidance, Ubuntu and empowerment, the organisation hopes to train and develop the youth to become torch bearers of hope, peace and compassion to humanity.

