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Social media and addiction**Khurram Sadiq**

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Well we live in a dynamic world of social media. The world is divided into two paradoxes, real world and online which is now declared a domain. We know the advantages of social media, how connected we are, how easy it is to communicate however what we disregard is the unknown dark realm of the social media with a dynamic interface which is very engaging and addictive in nature. With the expansion of social media and advent of smart phones, our universe is in our hands and just a touch away. Screen time has increased considerably, real time has decreased substantially, and there is a false perception of anonymity, closeness, proximity and security. This leads to a lot of deviant behaviors. Outdoor activities have been replaced with gaming consoles, VR gismos and ever engaging social media. Social isolation is on the rise, there has been an increase in the mental health disorders amongst children, adolescents and adults. Social media is now deemed as an addiction. There is a significant withdrawal, craving and dependence on social media, working on rewards, surges, highs and pleasure system. The conundrum is to counter this addiction which impacts the young, impacting not only the social values but institutions affecting skill sets and endangers the societal fabric.

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