

Nowadays people are affected by social media and the Internet. Is it a good or a bad trend in your opinion?

Explain it by giving your own examples

The internet and its offspring, social media, have not been around for too long, yet their impacts on people have been huge. Whereas some argue that these effects have been detrimental, it seems to me that, on ~~the~~ most occasions, we should look favourably towards their impacts on people.

On the one hand, there are several reasons why some people argue against these phenomena. Firstly, the Internet and social platforms have been rightly blamed for young generation's social isolation. Being constantly online and extensively accessing ~~extensively-~~ ~~(to)~~ whatever they need, people have not perceived and almost forgotten the imperative role of healthy social interaction ~~on-in~~ both their intellectual and mental well-being. Societies, as a result, ~~would-will~~ suffer far more from consequences such as social isolation, losing touch with reality, and a variety of related diseases it brings in. Secondly, not only has the Internet dramatically reduced people's physical activity, also it has incited a sedentary lifestyle. Gone are the times when we had to commute to banks for our financial tasks, walk up and down offices' ~~'s~~ stairs so as to deliver a letter to a college. What people are doing now is open up their browsers while being desk-bound, and either send an email or place a transactional order.

On the other hand, the Internet and social media, in many ways, have been of great benefits to people. Knowledge-wise, this connectivity has revolutionized ~~ds~~ people's access to information globally. Nowadays, connected to the Internet, scholars and people alike, even in the highly impoverished countries, can enjoy an abundance of academic journals and textbooks either freely or with a low fee, which means we are likely to witness less intellectual disparity between the poor and the rich, hence homogeneous nations. Moreover, finding friends and acquaintances have-has been massively facilitated by social media. Sharing their hobbies, pastimes, and passions, people are able to strike up friendships and expand their social circle; consequently, if employed with determination, not only would they lead a more satisfactory life, but have greater support ~~on-in~~ hardships that life would throw at them.

In brief, I concede the deteriorating aspects of internet technology, yet I am holding on to the view that this trend has been ultimately advantageous, for these platforms promote global parity via free flow of information, and make us more sociably contented through expanding our friendship circle.