

# Prezilimpia Junior 2025

## Digital addiction and the impact of social media

“Something wonderful has happened! Nothing makes us happier than sharing it with others. Social media is great because it allows us to do this easily and quickly with everyone we love or whose opinion matters to us.”

Is it really that simple? If we examine the above statement more closely, several doubts may arise:

Does every piece of news, story, or experience deserve to be shared? In addition to good things, less happy events can also happen to us. Do these also deserve attention? Looking at social media, there are much more positive events in the world, but if we rely on news programs or websites, negative news tends to dominate. So, what is the truth, then?

Do we want to make our everyday lives accessible to everyone? Do we expect reactions, and if so, what kind? Whose opinion matters and whose does not? Is there a problem with young fellows who find it difficult to process hurtful or rude comments?

We learn about other people's lives, opinions, and events in the digital space, or we just get entertaining content. Social media shapes our worldview and knowledge, forms our opinions, and influences our decisions. Is this good or harmful? Is the amount of time we devote to this every day too much or too little? Are we sure we are devoting time to it, is this type of media consumption a conscious decision?

Many people believe that we could no longer live without Social Media. Today, almost every school uses one of these platforms, so why is the state of Florida banning their use by children under the age of 14 from next January?

Overall, research shows that the average Hungarian spends more than three hours looking at their cell phone screen. Since the amount of time spent awake has not changed significantly in recent years, this time can only be allocated at the expense of some other activity. Is this amount of time necessary, or is it already beyond the harmful limit? What have we given up in order to feel comfortable in the digital space?

We all have experience in this area. The opinions of both laypeople and experts shall be important.