

5 things you should know to have a reason to quit Facebook

According to recently published statistics by Facebook itself, this social network currently has 1.32 billion monthly users and 829 million daily users. Enough numbers show the importance and role of Facebook with a large part of the world population.

These are the facts that will empower you on the successful . 'addiction' Facebook journey.

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Besides the benefits that this social network brings, many people are feeling themselves too attached to it and want to escape but . hopeless. If you are one of them, maybe the following will give you more reasons why you should pause Facebook for a while.

1. The expression of Facebook 'addiction'

A group of Norwegian scientists conducted a long and serious study to find the manifestations of Facebook 'addiction', including: constantly thinking about Facebook, feeling uncomfortable when not being able to 'surf' Facebook and use this social network so much that it negatively affects work or study.

2. Facebook makes 'old love' difficult

Accordingly, continually 'stalk' Facebook of old people will slow down your mental recovery process.

3. Facebook can lead to a break in marriage

According to 2011 statistics in the two countries, England and the United States, 1/3 divorce papers appear "Facebook". In later years, although no specific figures were given, it is believed that this trend shows no signs of remission.

4. Feelings of boredom can be a consequence of Facebook

Citing a study published by the University of *Gothenburg* , Sweden, the likelihood of a boredom increases in proportion to the time they use Facebook. Even scientists have proven to sit surfing the *News Feed* in the unconscious will exacerbate a person's loneliness and seclusion.

5. Facebook is more addictive than cigarettes

Until now, you may be asking yourself, ' *Why am I still using Facebook?* 'The problem is that Facebook is more addictive than tobacco. Reportedly, an average Facebook user spends 75 minutes every day wandering on this social network. It sounds a little bit but if multiplied, this number is equivalent to 450 hours a year.

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