

# The more you use Facebook, the more likely you are to be negative and often disappointed

Be yourself, don't let other people's painted pictures make you change yourself. Facebook is merely an entertainment place, so limiting this will protect your own life.

A study by the University of Missouri said, if you spend time all day just wandering to see the news of people on Facebook, your jealousy will increase. Over time, when you reach a certain level, envy will make you feel frustrated, sad and depressed.

According to Leon Festinger's social comparison theory, *"Every innate individual has a desire to know how they compare to those around them in ways that they themselves feel important to be able to beat. whether they are living well "*. And this desire seems to be evident on Facebook every day.

Former US President Theodore Roosevelt once said: *"Comparison is a thief who steals joy."* More than a century has passed but Roosevelt's judgment remains true to today's social reality.

In fact, joining social networks Facebook makes us more likely to be involved in social comparison and this comparison always leads to certain negative effects. Many people are often overwhelmed by the news and pictures of family members, friends and acquaintances.



## The first story

There was a girl who decided not to go to the big dance at school because she didn't have a dance partner. At first she was very sad but accepted at home and did her homework. However, after the dance, the images of friends at the party began to flood on Facebook, especially her News Feed. So the negative emotions, accompanied by the disappointment of yourself as not attractive enough, not beautiful, nothing impressive . to justify that she found herself unworthy to be in the session. that day. That is the effect of social comparison. If this girl did not compare herself to her friends, would she have been so depressed?

## **The second story**

After completing the semester at the university, the towel wrapped up on the way home. After a hard day's work to help parents, you decided to check-in at night and posted a few statuses of "telling misery". You are looking forward to waiting for your friends' comments, but this feeling only lasts less than 2 minutes after you see your best friend and his family on a trip across the country. And so you start to lose. You feel that your life is nothing fun, you can never be like people; You are so different from her when her home is rich, and you are from a poor family; You feel your life is unfair and unreasonable when someone is very happy but someone lacks everything. Worse, you start to blame your parents and have strange wishes that wish you were born into a well-off family, you are uncomfortable when your parents make errands and become lazy.



## **The third story**

You married for more than 1 year. The couple loved each other very much and tried to spend reasonably well because their salary was not much. For this reason, all things that need to be used for the money of both people are very deliberate and both are interested. One evening, after cleaning the house, you relax by going to Facebook to chat with friends. Who doubted, just after logging in, the image of her classmate and her husband at a very luxurious restaurant caught your eye with a caption "Birthday with his wife". Looking at the scene of a friend who is now happy and youthful, getting a wealthy husband, wearing a colorful dress makes you surprised. Looking back at me with the old clothes, I didn't know the brand for a long time and never had my husband go to the restaurant to eat, I felt like I was deprived, unhappy, charismatic enough and started to scowl .

Through such small stories, it is clear that spending a lot of time with Facebook can make you very depressed and not interested in working or studying. Even if you try to control your emotions or ignore the information, you are still not sure when, what piece of news will make you start to compare with others, simply because you never know what the next story you read until you surf or hover over there.



People often try to express themselves positively on Facebook, meaning they dismiss negative aspects and emphasize on their positives to express. Therefore, what you see is actually only part of their real life picture. No one is perfect, everyone has their own problems, it is important that they choose to show something to others.

Facebook or other social networks like **Twitter** or **Instagram** itself cannot judge whether it is good or bad. They are created to accomplish a specific purpose, to entertain and connect people all over the world together. Basically, Facebook creates positive experiences. So if you feel depressed after watching pictures of your friends traveling abroad, engagement announcements, pictures of cute babies, or friends' promotion information, perhaps It's time to leave the keyboard.

**Be yourself, don't let other people's painted pictures make you change yourself. Facebook is merely an entertainment place, so limiting this will protect your own life.**

*Note : The article has some adjustments in the stories to suit your readers.*

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