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**Why You Should Spend Less Time Online**

In the contemporary era, technological advancement has advanced to dictate the state of affairs and has made humans immensely dependent on it. Internet is an explicit manifestation of technological innovation which has cast detrimental impacts on society. From desecrating the social structure of interaction to shaping an elusive social circle, humans are addicted to harnessing the adverse ramifications of the internet. A wide range of society spends a significant amount of time online without pondering upon the detrimental consequences (Frick). Society must refrain from spending essential time online as it initiates a vigorous addiction which causes grave consequences. The prominent harm inflicted by spending significant time online fuels anxiety, fabricates the potential mode of interaction and shapes an illusion of essential relationships.

 Relationships are established and forged by spending time online and exploring friends. A vast majority of these relationships ultimately results in deception and illusion (*Teens Today Spend More Time on Digital Media, Less Time Reading*). Facebook and Whatsapp can never bless peers with intimate friends who are always there in the hour of the need. Since society spends a large amount of time online, individuals get deprived of establishing physical interaction with each other. The online presence has assumed an instrumental role and the person struggling to ensure presence is deemed unfamiliar or inclined toward distorting the relationship. Moreover, anxiety is pervasive in the contemporary era which is an explicit illustration of wasting time online. Breakups, deceptions and fallacious interaction manifest in creating unfortunate and unfamiliar circumstances which fuel anxiety among people(Bauer). Such perilous are the ramifications of devoting a significant amount of time to the internet. Therefore, society ought to be made aware of these consequences and urged to spend limited time online to save their mental health, establish strong relationships and cultivate the true spirits of physical interaction.

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