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Media-Induced Disorders (Facebook, Instagram, Telegram, etc.)

These days, the Social Security Administration and the American Family Department continuously warn that if someone in your home or among your friends and relatives is glued to their mobile phone and doesn't put it down, you should be cautious. These individuals might be suffering from issues like malnutrition, insomnia or lack of sleep, physical inactivity, and disturbing thoughts that could lead to self-harm or even talk of suicide.

These individuals, who can be from any age group or educational background, have become addicted to their mobile phones. They often don't know how to spend their free time, and to fill the void, they look for various topics like jokes, movies and series, music, daily news, or historical information. This addiction grows day by day, just like drug addiction, and gradually they withdraw from work and everyday life, leading them to feel defeated, isolated, and lonely.

These individuals may avoid eating or consume low-nutrition foods, both of which lead to poor brain function. A brain lacking proper nutrition cannot make good decisions. These people may recognize danger but fail to react appropriately, such as not stepping aside from an approaching car or not reacting quickly while driving. Their brain, starved of essential nutrients, loses the ability to issue correct commands.

These individuals might also deprive themselves of enough sleep just to watch one more clip. Sleep deprivation worsens daily, eventually leading to severe anxiety. They become trapped in a cycle of confusion, unsure of what to do. As a result, their life spirals out of control, and they become consumed by the past, haunted by negative childhood memories. This leads to strained family and marital relationships, lost goals, and missed opportunities. Ultimately, their emotions are replaced by anger, frustration, and self-loathing.

The signs to look out for include:

- Rapid weight loss in a short period
- Constant dissatisfaction with everything
- Anger over insignificant reasons
- Spending long periods in one place, such as a room or bathroom
- Frequent crying
- Physical pains
- Retreating into isolation
- Comparing themselves to actors and celebrities
- Constant self-criticism and blaming others

These individuals experience intense emotions of sadness, fear, and anxiety and require long-term treatment. Therefore, help should be provided as early as possible. Engaging them in group social activities, short day trips, and outdoor hobbies can be beneficial and keep them away from their mobile phones for a while. However, never try to give them advice, as they might react strongly, or they may appear to listen but their mind is elsewhere.

We, as Easterners, are very skilled at criticizing, finding faults, and giving advice, which often drives young people away from us. We need to talk to them in a way that resonates with them and not dismiss their opinions. Instead of giving them orders, ask questions that encourage them to think and find suitable solutions. Controlling them or putting words in their mouths will not help. If someone is overly dependent on something and can't break free from it, seeking help from a doctor or psychologist is essential.

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