

《沉迷社交媒体会令你痛苦》

导读:一项研究显示,沉迷网络可能让你痛苦,研究人员建议人们与他人积极沟通。



Excessive use of social media without connecting with others is more likely to make you miserable, a study showed.

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The study, published recently in the journal *Cyberpsychology, Behavior and Social Networking*, was conducted by researchers at the University of Copenhagen on over 1000 participants, mostly women.

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The results indicated that regular use of social networking like Facebook can "negatively affect your emotional well-being and satisfaction with life."

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Spending too long looking at other people's social media posts can create "unrealistic social comparisons", which induce a deterioration of mood and a sense of envy, it suggested.

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Instead of lurking on social media, researchers encourage people to actively engage in conversation and connect with other people, which seems to be a much more positive experience.

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The study suggested taking a short break from social media, a week for instance, which could help improve mental well-being.

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