1. Does the Internet make people more sociable, or does it isolate them?

Nowdays, people spend more than eight hours a day on their phones, with the majority of this time spent on social media. We use technology to define ourselves by sharing our thoughts and feelings in real time to gain social status.

Moreover, we are forgetting how to communicate in traditional written form and we prefer sharing an emotion of agreement or disagreement on the Net rather than using the value of our true emotions to describe how we are feeling. Internet makes people isolated and it can be seen especially in public spaces where people prefer spending time with machines, turning to the phones as a means to escape reality. There exists this feeling of never wanting to be alone and constanty needing to be connected. However in that way we are more disconnected from the reality.

The costant need to be connected to the virtual world has neglected face-to-face communication. Relationships have grown more superficial because there is a lot of pressure to make your like look better than it really is on social media. People check their phones so many times per day and when they are with other people they do not know how to relate to each other beacuse they are used to doing it only through their phones.

To conclude, however Internet has positive aspects, I think there are more negative ones. We should not be addicted to technlogy, we should use it in a proper way because it is the only way for humans not to be replaced by machines.