

Social Media: The Real Dream or The Fake Reality



Prepared by Light of Hira

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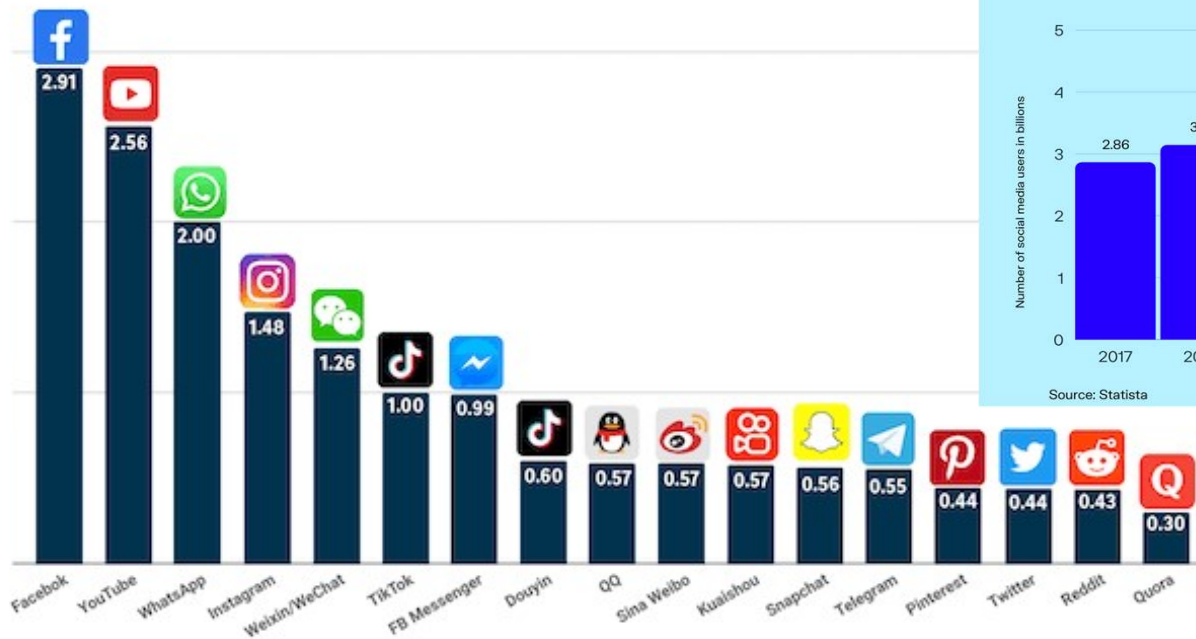
Ulterior Motives behind designing Social Media

- Social Media has been created to be addictive
- We are all vulnerable to social approval
- We crave for social approval; it happens e.g. via likes
- We in turn search for constant feedback and spend hours reading it
- A chemical called Dopamine is released every time we engage with Social Media. This is also released when people perform addictive activities e.g. smoking, drugs or drink intoxicants or watch indecency and immorality.
- As a habit forms, the brain responds by toning down the dopamine. Now you need more of the addiction element to get to that same pleasure level.
- When it becomes more of a need than a want, this is addiction. If you try to stop, you might go through physical and emotional symptoms of withdrawal.
- Even if you've stopped using the substances for a long time, exposure to the substance may trigger your desire and put you at risk of relapsing.
- In excess, Dopamine is a contributing factor in: mania, hallucinations, delusions, obesity, addiction, schizophrenia, etc.
- It is scientifically proven that people who spend more time on Facebook / Meta suffer higher rates of depression. Users of Facebook worldwide are in billions.



The problem is getting worse & growing

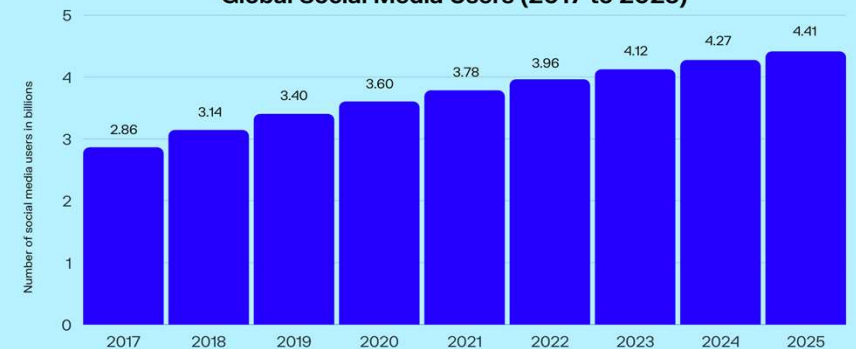
Most popular social networks worldwide By monthly active users, in billions



Source: Statista

WordStream
by LOCALIQ

Global Social Media Users (2017 to 2025)



Source: Statista

OBERLO

Ulterior Motives behind designing Social Media

- When there is significant stress in people's lives, millions of people are increasingly turning to Social Media for relief, approval and support, rather than talk face to face with the right people. They are seeking temporary relief and this in turn creates addiction.
- Social Media has produced a generation of people who lack in the skill of asking for help. Those who are addicts struggle to find real solutions with the experts who can help them.
- In search of acceptance, people are posting anything with filters to make them look good. But we don't know how their life really is.
- Some of the happiest people in Social Media are actually some of the saddest people in reality.
- People end up comparing their ordinary and plain lives that they don't show to others, with other people's fake and glamorised/exaggerated highlights.
- Social Media platforms are injecting things in our lives that we did not ask for and we are unaware of. This in turn makes us feel unsatisfied with our lives and this in many cases leads to depression and many other evils.
- It is called Social Media, but in reality it is Anti-social.



Harms of Playing Video Games with Online players

- Video game addiction is a compulsion to play a specific game or kind of game. Within our modern world, we are seeing more and more people suffering from new technologies and entertainment, unable to consume or focus on much else. Video games are no exception.
- People who suffer from video game addiction will spend multiple hours everyday on their chosen game, typically ignoring friends, family, work, and even their own needs.
- Video games can be abused in a similar way to how people abuse drugs and alcohol. People want an escape. **Massively Multiplayer Online games**, allow a player to attain a level of interaction that would have made them nervous in real life. Putting a computer between them and another person can help them conceal a part of themselves that they may not feel comfortable with and give them greater confidence.
 - This is not how human beings are. What kind of a society are we becoming that we are not true to ourselves and who we truly are and we are just playing to be doing something else or someone else, or become addicted to fake fantasies. This will destroy us as humans and the fabric of our society.

The Fortnite logo, featuring the word "FORTNITE" in white, bold, uppercase letters on a blue rectangular background.

Harms of Playing Video Games with Online players

- **Role-playing games**, allow people who play them to role-play another life entirely. They can be the person that they want to be without the fear of rejection or failure, with few real consequences. People, however, are typically addicted to a specific game, based off their need and what they are feeling. This is particularly true for any games with VR, extremely dangerous as everything is a fake reality.
- In many addictive and violent games which involve shooting, violence, wasting money on purchases, indecency, self-harming there are numerous harms.
- In many of these games text chat cannot be turned off in many games, and there are no filters for voice or text, which may be concerning to parents. There's nothing to stop an adult from saying lewd things to a younger player, or to stop kids from swearing at each other. Playing with strangers on-line endangers our lives & imān.



Social Media, Internet, Online Gaming & their Negative Impact on Muslims

Large amounts of time wasted
Addiction

Immodesty & Indecency

Flirting / Dating

Promiscuity

Cheating Family and Friends

Bullying

Backbiting

Spread rumours and lies

Vulgarity / Foul language

Scams

Loss of Mental Wellbeing

Sinning with eyes, ears, the tongue and other parts of the body

Tools for Shayṭān to make us avoid our duties as Muslims

Disobedience of Allāh

Disobedience of Parents

Cause misunderstandings of Islam

Questioning the Fundamentals of Islam & stop believing eventually



Negative Influences of Social Media on Youth

- Copying Famous personalities in Real Life
- Increased cases of crimes
- Flirting / Dating
- Superiority and Inferiority complex
- Influence of wrong personalities
- Rude attitude with parents
- Fearless attitude, breaking social and religious/moral guidelines
- Lack of interest in spending time with family
- Becoming lazy in studies
- Following of unknown friendships that could destroy a Muslim in both worlds



Moral Compass for Life from the Best of Mankind

Nabī Muḥammad ﷺ said: *“Take advantage of five matters before five other matters:*

- *your youth, before you become old;*
- *your health, before you fall sick;*
- *your wealth, before you become poor;*
- *your free time, before you become preoccupied,*
- *and your life, before your death.”*



[Musnad Imām Aḥmad]

When we have used Social Media in the wrong way, remember ...

When a sin is committed, it is witnessed and recorded by all the surrounding creations of Allāh ﷻ, such as the angels, the earth, the nearby objects and even the limbs of the sinner himself. They will all testify against him in the Court of Allāh .

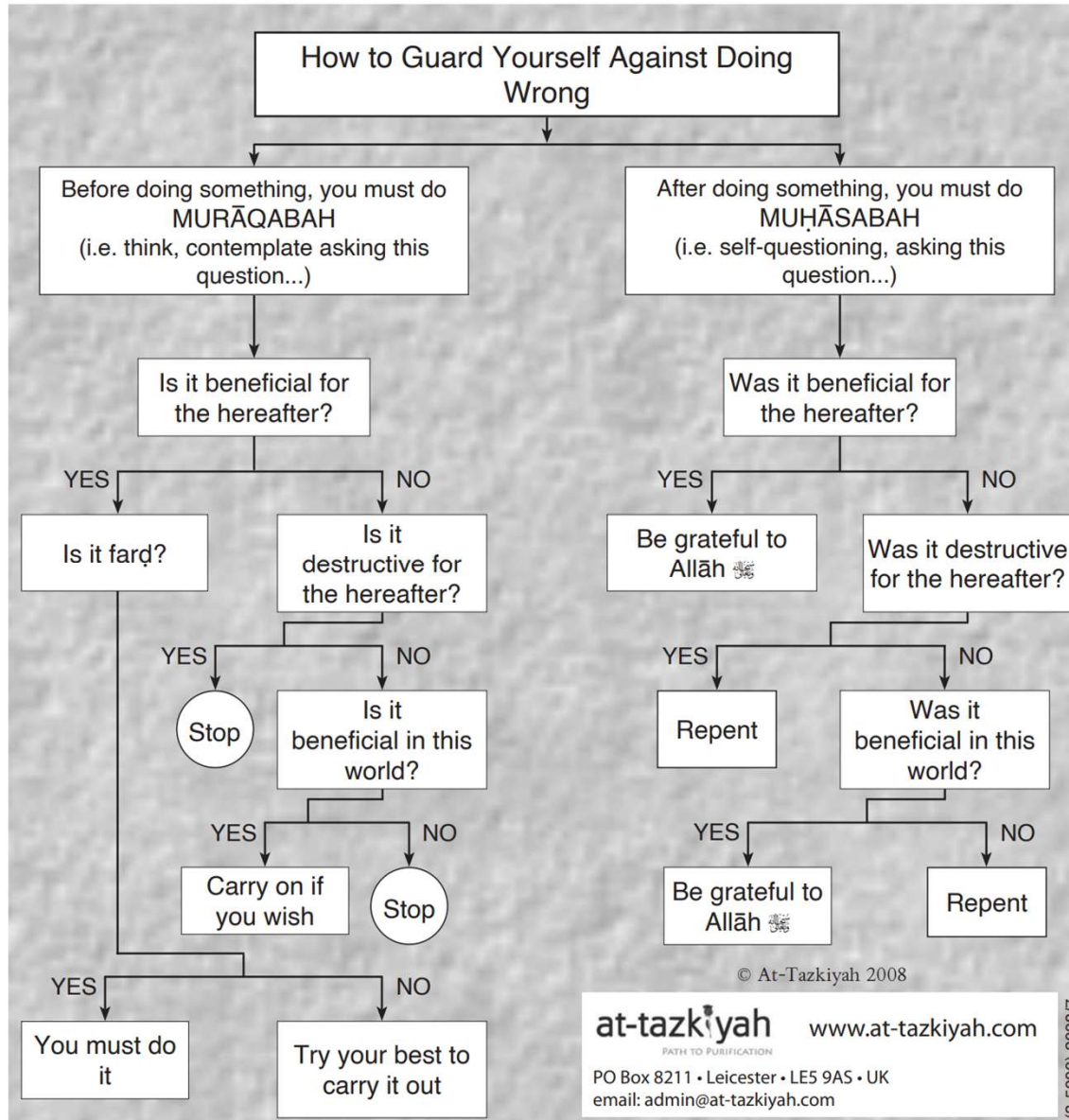
Allāh ﷻ says,

◈ Today we will close their mouths, their hands will speak to us and their feet will testify as to what they used to do. ◈ (36:65)

◈ On the Day when their tongues, their hands and their feet will testify against them as to what they used to do. ◈ (24:24)

◈ And on the Day when the enemies of Allāh will be gathered towards the Fire and will be restrained. Until, when they come to it, their ears, eyes and skin will testify against them as to what they used to do. ◈ (41:19-20)

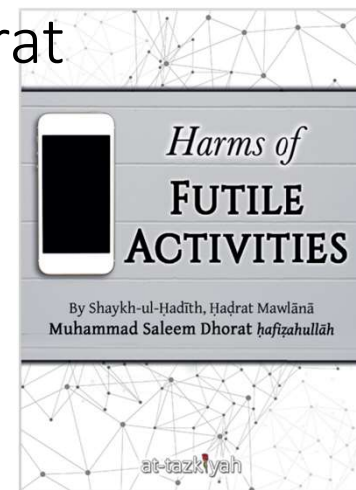
Before



After

From the Advices of our Shaykh Muhammad Saleem Dhorat damat barakaatuhum

We should set principles for ourselves, like not using our phones at certain times, e.g. when in the masjid or whilst we are talking to people, at work, whilst eating or in the toilet. Better still, we should allocate a reasonable amount of time in which we will sit on the internet and spend time to read and respond to our text/instant messages, emails, tweets, etc. Allāh ﷻ says:



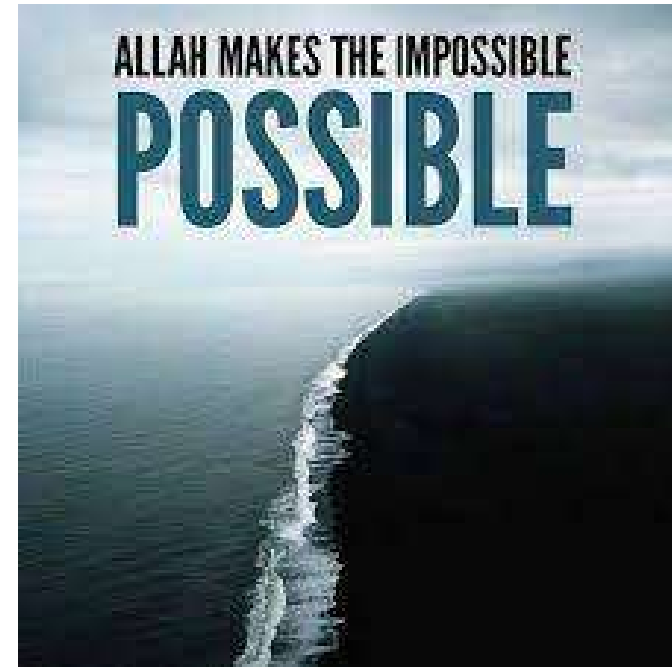
❖ **And whatever thing you are given is [no more than] an enjoyment of the worldly life and its decoration, and that which lies with Allāh is much better and far more lasting. So do you not use reason? ❖ (28:60)**

❖ **But you prefer the worldly life, while the Hereafter is much better and much more durable. ❖ (87:17)**

- In these verses, explaining the transient nature of the pleasures of this world, Allāh ﷻ compares it to the everlasting and unimaginable pleasures of the Hereafter that He has prepared for His pious servants. He then finishes with questioning the reasoning of the one who indulges in worldly pleasures whilst disregarding the ones of the Hereafter, which are far better. May Allāh ﷻ save us all from the harms of all forms of futility and make us all perfect believers in preparation for the Hereafter. Āmīn.

Our Resolutions:

- Do something worthwhile for the Ākhirah (hereafter)
- Use Social Media only when necessary and beneficial in both worlds
- If we are using an App for sinning, repent and delete it
- Don't play online with strangers and play in moderation
- Spend valuable time with the family
- Be punctual in our 'ibādah / acts of worship
- If we had made a mistake, repent and start again
- Be your own judge and take the positive steps if necessary
- Be wise in the use of social media so Allāh ﷻ remains pleased with us at all times.
- If you need help talk to your parents, a qualified spiritual Shaykh, an 'ālim, the Imām of your masjid, an experienced pious elder or someone you trust and can be your life coach for success in both worlds inshā'allāh.



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A key feature of the era we live in is the rapid development of technology and the continuous impact this has on our liv

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