Society & Social Justice · GS - I

Social media has transformed communication and public participation but has also raised concerns regarding addiction, mental well-being and social cohesion. Discuss.

EXAM YEAR	PAPER	SUBJECT
DAILY PRACTICE 16/11/2026	GS - I	Society & Social Justice

MARKS	WORD LIMIT
10	~150 words

Answer Hint

Digital dependence, behavioural addiction, mental health, misinformation, echo chambers, social polarisation, privacy, digital literacy, platform accountability, responsible usage.

Model Answer

Introduction

Social media platforms have revolutionised communication, information access and civic participation. However, excessive and unregulated use can create significant individual and societal challenges.

Major Concerns

- **Mental well-being:** Excessive screen time, social comparison and cyberbullying may contribute to anxiety, stress and reduced self-esteem.
- **Behavioural dependence:** Algorithm-driven recommendations and notifications can encourage compulsive usage.
- **Social cohesion:** Misinformation, hate speech and echo chambers can deepen social divisions.
- **Productivity:** Excessive engagement may affect concentration, education and workplace performance.
- **Privacy:** Extensive data collection raises concerns regarding individual autonomy and surveillance.

Measures Required

Digital literacy, parental guidance, responsible platform design, transparent content moderation and effective enforcement of data protection laws are essential. Educational institutions should promote healthy digital habits and critical thinking.

Conclusion

Social media should remain a tool for empowerment rather than compulsive dependence. A balanced approach combining individual responsibility, technological accountability and digital education can protect well-being and strengthen social harmony.