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# The Impact of Social Media Scrolling on Your Body

## Description

Many adults in the UK spend a lot of time on social media. Some spend up to five hours a day. Apps like Instagram and TikTok keep us hooked with their constant updates.

A recent study found that our bodies react when we use social media. Researchers observed changes in heart rate and sweating when people scrolled through Instagram.

When participants had to stop using social media, they felt stressed and anxious. This reaction is similar to how people feel when they stop using addictive substances.

Although some people may be addicted to social media, not everyone shows physical signs of addiction. Social media provides rewards that keep us coming back, like personalized videos and the need for social connection.

It's important to be cautious with the term "social media addiction" and avoid stigmatizing normal behavior. Taking a break from social media may not have drastic effects on our wellbeing, as we can fulfill our needs through other activities like talking to people.

## CATEGORY

1. Health - LEVEL2

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