

## 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.

# **Vocabulary List:**

- 1. **Researchers** /,riː'sɜːr.tʃərz/ (noun): Individuals who carry out academic or scientific research.
- 2. Addiction /əˈdɪk.ʃən/ (noun): The fact or condition of being addicted to a particular substance or activity.
- 3. Cautious /'kɔ:.[əs/ (adjective): Careful to avoid potential problems or dangers.
- 4. Anxious /'æŋk.ʃəs/ (adjective): Experiencing worry or unease.
- 5. Rewards /rɪ'wɔ:rdz/ (noun): Things given in recognition of service effort or achievement.
- 6. Wellbeing /'wɛl.bi.ɪŋ/ (noun): The state of being comfortable healthy or happy.

# Vocabulary quizzes

#### Multiple Choice (Select the Correct answer for each question.)

1. What is a compulsive need for and use of a habit-forming substance called?

Option: Dependency Option: Leisure Option: Excitement



Option: Responsibility

2. Which term describes the act of unfairly branding someone as disgraceful or unworthy?

Option: Celebratory Option: Supportive Option: Discriminatory

Option: Genuine

3. What word best describes something that is plentiful or in large quantities?

Option: Thirsty Option: Sparse Option: Rare Option: Plentiful

4. Which term describes something that is clearly seen or understood?

Option: Hidden
Option: Suspected
Option: Concealed
Option: Clear

5. What is the chemical process that involves the loss of electrons?

Option: Reduction Option: Distillation Option: Filtration Option: Oxidation

6. What is the explosive death of a massive star called?

Option: Black Hole

Option: Nova

Option: Supernova Option: Pulsar

7. What scientific technique is used to view objects that are too small to be seen by the naked eye?

Option: X-ray
Option: Sonar
Option: Microscopy
Option: Spectroscopy

8. Which term describes substances that contain carbon and are found in living organisms?



Option: Artificial
Option: Inorganic
Option: Chemical
Option: Organic

9. What refers to a relationship in which a person thing or idea is linked or associated with something else?

Option: Division
Option: Isolation
Option: Connection
Option: Fragmentation

10. Which term refers to the ability to comprehend or have an awareness of something?

Option: Confusion
Option: Ignorance
Option: Understanding
Option: Indifference

## Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

II. In the study	were asked to provide feedback on the n	iew program.	
12. Regular exercise is important for maintaining good			
13. She enjoys	with friends on the weekends.		
14. The volcanic	was visible from miles away.		
15. The of the	situation made it difficult to make a decision	on.	
16. As the team leader she was	for the project's success.		
17. The development of new technology	has the power to	industries.	
18. The community came together to he	elp in the of the n	atural disaster.	
19. Always be	when handling chemicals in the laboratory		
20. The team spent hours	the data to draw meaningful co	onclusions.	
21. The artist specializes in	glass to create unique sculpto	ures.	



#### Matching Sentences (Match each definition to the correct word from the vocabulary list.)

- 22. The fireworks display was accompanied by colorful bursts of light and loud bangs.
- 23. Water is for all forms of life to survive.
- 24. The fingerprints found at the crime scene provided crucial for the investigation.
- 25. is a mineral that can trap contaminants in water.
- 26. Turning 18 years old is often seen as the beginning of .
- 27. The study included various from different age groups.
- 28. Meaningful can enhance relationships and foster understanding.
- 29. DNA analysis provided compelling linking the suspect to the crime.
- 30. The volcanic caused disruptions to air travel in the region.
- 31. The sunset painted the sky in a beautiful hue.

### **Answer**

Multiple Choice: 1. Dependency 2. Discriminatory 3. Plentiful 4. Clear 5. Oxidation 6. Supernova 7.

Microscopy 8. Organic 9. Connection 10. Understanding

Gap-Fill: 11. participants 12. wellbeing 13. socializing 14. eruption 15. uncertainty 16. responsible 17.

transform 18. aftermath 19. cautious 20. analyzing 21. vitrifying

Matching sentence: 1. explosions 2. essential 3. evidence 4. Ferrihydrite 5. adulthood 6. participants

7. conversations 8. evidence 9. eruption 10. reddish

#### **CATEGORY**

1. Health - LEVEL2

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