

A Crisis in My Life

同志社国際高等学校 2年 竹内 恵 麻

2020 was a disaster. People lost their jobs, students were trapped in a 12-inch screen, and adults were forced to work from their homes making them unable to communicate with their coworkers directly. Many were knocked off to the lowest points in their life as the life they were not used to kept going on and on. However, there was this one tool that allowed people to keep connecting even with this severe situation we were all in. And that was social media. Through all this mess, social media has provided us with the ability to keep connected with our classmates, friends, and family. Without this convenient tool, it might have been impossible for an excessive amount of people to deal with the tremendous stress with the lack of connections. However, the rise of social media has made it easier for us to gain emotional support through the use of its platform by being able to contact each other easily whenever a situation occurs.

Through social media, we can feel connected to our friends and family instantly and support each other with the use of the platform. According to a study conducted by the Pennsylvania State University, people were able to stabilize their mental condition by using social media during covid-19. As we all know, people were forced to stay in their homes for months without almost any direct interactions they used to have because of the pandemic. Despite this sudden unforeseen crisis, people were able to cope with their mentality well through contacting people they know and helping each other through it. There is no doubt that more people would have gone insane with the immense amount of stress they had to cope with without the help of others if only social media did not exist in our society. Because no matter who you are, anyone will go insane without any human contact for such a long time.

I experienced this during covid-19 last year when all the schools in Japan were conducted online. Although I could take classes anytime I wanted, I fell into a negative loop of not completing my assignments till the last minute

because of the lack of motivation I had. Even though I knew that I had to start working harder, once I fell into this negative loop of mine, I was unable to get out of it. I was trapped in this miserable cycle. My lack of motivation caused me to stop working to achieve something. Stopped working to have a goal. And stopped working to take care of myself. I was overwhelmed with disappointment and dissatisfaction with myself. Feeling too tired and drained to do anything productive, I decided to go on my Instagram page which I haven't been on for a while. When I opened my Instagram account there were a couple of messages from my friends I was close with. Although the contents were stupid and nothing special, it made me extremely happy that my friend took the effort to contact me. I started talking with my friends more frequently, and even the smallest inside jokes made me laugh and feel cheerful again. We sometimes even studied together using Skype when I couldn't gather the motivation to study. Although there were no changes in the situation of me being trapped in my house twenty-four-seven, I finally felt like I was getting back to my old usual self. Since then, I try to communicate with my friends on social media during holidays because no matter how angry, sad, and frustrated I am, the conversation I have through the platform with my friends always makes me feel content, happy, and lively again.

People need connection. It doesn't matter what kind of situation you are in or what age you are. Whether they're children, adults, or seniors, we all need to communicate with each other if we want to maintain a healthy environment to live in. Social media has become a platform to be used to have emotional support in numerous situations. Is social media as bad as the society paints it to be? Or is it finally a cure for people to feel connected even when they're isolated?