# The cancer of social media: A predictive mathematical model
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Social media platforms have revolutionized the way we communicate, connect, and consume information. However, alongside their benefits, they have also given rise to significant concerns regarding their impact on mental health and social dynamics. This paper explores the phenomenon of social media-induced isolation and its parallels to cancer, emphasizing its pervasive and insidious nature. Drawing upon existing research and theories from psychology, sociology, and communication studies, this paper constructs a comprehensive model to conceptualize the relationship between social media usage and isolation. The model delineates various pathways through which social media can contribute to feelings of loneliness, disconnection, and alienation. Furthermore, this paper proposes strategies for mitigating the negative effects of social media on individual well-being and social cohesion. These strategies encompass both individual-level interventions, such as promoting digital literacy and mindful usage practices, as well as systemic changes within social media platforms to prioritize user well-being over engagement metrics. By adopting a multi-disciplinary and holistic approach, this paper aims to deepen our understanding of the complex interplay between social media and isolation, and to offer actionable insights for fostering healthier digital environments and stronger social connections in the digital age.

Keywords: Social media, Mathematical model

## References

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