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Thread: [Do You Think Social Media Is Wasting Our Time?](#)

Jinu - October 17, 2026, 10:38 am

I have been thinking about how much time we spend scrolling through social media every day. We usually open an app just to check something for a minute, and somehow end up spending half an hour or even more.

At the same time, social media can be useful for learning new things, finding opportunities, and keeping in touch with people.

Do you think social media is actually wasting our time, or does it depend on how we use it? Have you ever tried reducing your screen time, and did it make any difference?

Deany - October 17, 2026, 10:41 am

100%. It is such a waste of time. If you use the internet at least make \$ from it !

Th3Hulk - October 17, 2026, 10:44 am

It's definitely a time sink by design ngl, the "just checking for a minute" trap is literally how the app is engineered to keep you hooked.

Although, I do think it depends on use. I deleted the apps off my phone for about a month at one point and only checked them on PC. First week felt weird, but I got so much mental space back. It made me realize most of my scrolling was just muscle memory and boredom, not actual interest. But at the other end, one can get to learn from it and maybe keep up with friends

Omniscient - October 17, 2026, 10:49 am

It's worse than a waste of time. It's pure brain-rot. We're all being PsyOp'd hardcore into the weirdest directions. We're losing our sanity.

I hope I'm understood on this. I just really can't think of one good quality about Social Media. And yes, I use X daily myself. It's a love-hate relationship.

I think if I didn't have HF, I'd delete my account. X is also the only Social Media account I have. And it's not even installed on my phone.

Jinu - October 17, 2026, 11:05 am

Fair point, but "make money from it or stop" is a high bar. Most people will never monetize their scrolling, and treating every online minute as lost income just breeds guilt over something ordinary.

sharn - October 17, 2026, 11:32 am

I think people waste a lot of time on their phones.

I often open social media just to check one thing, but before I know it, an hour has passed.

Bastille - October 17, 2026, 11:36 am

It definitely wastes a lot of time, aside of that I've noticed that it has a bad impact on my memory, I struggle more than before to memorize things, I'm pretty sure it's related to doom scrolling

NotJinx - October 17, 2026, 12:02 pm

100% yes

