

Facebook Fatigue

November 10, 2016



I took about a year or a little more away from Facebook – to do something different and break the electronic leash for a while. This last summer I went back on and have regularly been posting on my website and Facebook.

Facebook can be fun – I can see what friends and family have been doing; I can catch up with people I haven't seen in a long, long time. I find myself entertained by the humorous memes I find. People (including myself) have been able to post thoughts on the political election season we have just finished. And recently, I have been reminded why I went on a Facebook hiatus.

Simply put: I had Facebook Fatigue, and I am afraid I am starting to suffer from it again.

Macmillan online dictionary actually has an entry listed, “Facebook Fatigue” defined as a “loss of interest and lack of participation in the Facebook® social networking website, especially by someone who used to use it regularly.”¹ The reason for my fatigue is multitudinous:

1. Political rantings and disrespect: I fully agree that in a society with lots of opinions people should be able to share freely (especially valuing free speech). I have noticed, conservative or liberal, democrat or republican, the postings have become moments of disrespect, name-calling, intolerance, and closed-mindedness.
2. Time Loss: I think I may be the only one that does this, but there are times I get on Facebook, just to check a status or two and look at my clock and 1 ½ hours has passed. I get lost clicking from one page to another, from one meme to another and time just whizzes past.
3. (UN) Social Media: Facebook is one of the things promoted as social media – and it certainly puts me in touch with people I don't normally see or have contact. But I also notice that it creates some distance (electronically and spatially) with those I do see on a regular basis. Instead of bringing me closer to others, it can (and sometimes does) separate me from those I converse with regularly.

I am not advocating for myself (or anyone else, for that matter) that we shut Facebook down completely or remove ourselves entirely from any Facebook activity.

¹ <http://www.macmillandictionary.com/buzzword/entries/facebook-fatigue.html>, accessed 11/10/16.

What I do believe is that I must separate myself from the vitriol that is often on Facebook and I must limit my time on Facebook to monitor and maintain a healthy and proper outlook on life. If I get lost in the pictures, memes, and pages, I lose all perspective on what is really important – and I become physically, emotionally and spiritually fatigued.

Keep connected to social media or Facebook, if you desire. Post your thoughts and your opinions, personal, professional and political. Share with others what you are doing and with whom you are doing it.

But don't allow it to create a fatigue in your spirit. Limit your time; limit the negative, demeaning posts that partisans present to drag others down; broaden your horizons and connect with someone through Facebook and face-to-face!

Discover balance and don't become fatigued in the Facebook interactions!