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# **APB REMBAU E-BULLETIN**



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## DISRUPTIONS OF REALITY

Written by: **Nur Amirah Nabihah binti  
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In today's digital age, social media has become a powerful space for self-expression, communication, and connection. However, while it allows individuals to share their lives with a wider audience, it also challenges the meaning of authenticity. Carefully curated posts, filtered images, and the pursuit of likes often blur the line between genuine identity and constructed persona. As a result, the idea of being "real" is increasingly disrupted, raising important questions about how social media shapes self-perception, relationships, and the way we present ourselves to the world.

Through social media, individuals tend to share carefully selected aspects of their lives. Filmscore80 (2018) mentioned that curating images is to influence how others perceive and this often leads to an idealized version of the self that can be used for professional, social or personal benefits. Consequently, audiences may mistake these curated snapshots for an accurate reflection of someone's entire life, leading to unrealistic perceptions of success, happiness, or beauty. This idea may disrupt ones from being real and loss themselves through the use of social media.

Next, social media platforms are designed to reward engagement, and this often leads

individuals to link their sense of self-worth to the number of likes, comments, or shares they receive. Being validated by strangers in online platform is one source of happiness that one may gain in increasing their self-worth (Iyer, 2024). Instead of reflecting on whether they are being true to themselves, many users start questioning whether their posts will attract enough attention or positive reactions. This cycle of seeking constant affirmation not only disrupts the idea of being real but it also causes people to rely on others' opinion to feel valuable.



While social media makes it easy to connect with large numbers of people, many of these interactions remain surface-level. Simple actions such as liking a post, dropping an emoji, or leaving a short comment can give the impression of closeness, yet they often lack the depth of meaningful conversation. *Shallow connectedness* (n.d.) in the article mentioned that the feeling of an isolated connectedness is a huge form of feeling developed through her time in social media. What may appear to be genuine connection is, in many cases, just

performance-based visibility, where people acknowledge each other publicly without engaging in real understanding or support. As result, authentic human connection is far essential in ensuring ones to feel connect.

In summary, social media disrupts the idea of being real by encouraging curated identities, trapping users in validation loops, and fostering shallow connections. While these platforms provide opportunities for communication and self-expression, they also blur the line between authenticity and performance. Therefore, it is important as an individual to balance themselves through reality and their digital presence.

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