How do the media influence my beliefs?

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What occurred to you when someone talks about “Social Media?" Perhaps some of you think that the media give you a good chance to exchange ideas with people around the world. While some others think social media is the window links with all kinds of resources they need. Others think that social media is about the way we get many updates from people who we follow and maybe someone out there thinks social media is a part of a new business opportunity. In a word, media makes our lives different. But can it bring different degrees effects to our beliefs that direct our behavior?

“Media Influence has a massive effect on your life – you probably just don’t know it yet. “I saw this sentence in a passage few days ago, and I try to catch any clues to find out how it effects on my life, or in other word, influences my beliefs.

“If you read newspapers, watch TV news or check online for the latest developments in the world, you are opening yourself up to be programmed by the media – often several times a day.” the author said. In fact, I did it every day. I check my Wechat, enjoy friends’ moments and share my feelings. I used to seeing what the world is going on by reading news on BBC, CNN, Sina or Tencent. And I always search information that I need from Google, Wiki or Baidu.

Sometime it seems that the world is getting worse. Honestly, I trust most of thing that comes from these search engines until the death of Wei Zexi recently. His case changes my thought about Baidu. I started to doubt those solutions to health problems that I had followed these years. In addition, I don’t understand those people who by hook or by crook to make profit. It reminds me of those food safety incidents in China from 2003 to 2015. And Wiki tells us that the food safety problem is a universal phenomenon. There is voice in my deep heart keep warning”you are in danger; you are taking poison in your daily life. Even the water you had drunk one minute ago.” Besides, it seems that we should think twice to help when we saw someone especially elder fell over himself on the road after the Peng Yu case in 2006. A lot of people refuse to give a hand when somebody has trouble so that they will never involved in a conspiracy by those staged crash called “Peng Ci” in China. However, I feel pained when I remember the tragedy of “Little Yue Yue” in 2011. Wang Yue, a two-year-old Chinese girl who was run over by two vehicles in a narrow road in [Foshan](https://en.wikipedia.org/wiki/Foshan). She lay bleeding on the road for more than seven minutes, at least 18 passers-by skirted around her body, ignoring her. She was eventually helped by a female rubbish scavenger and sent to a hospital for treatment, but succumbed to her injuries and died eight days later. Dozens of staged crash cases made those people who really need help lost their lives. Bad feeling like fearful – worried, anxious and powerless envelops my heart.

# Sometime it seems that the world is getting better and better. In a society where people’s attention is always grabbed by bad news, the annual "touching china" award in china from 2002 to now definitely sends a different message. The award honors ten of china’s inspirational role models every year. No matter whom you are, a celebrity or nobody, you get the award if you touched people’s heart. Media did effect through this kind of TV program called “mental pabulum”. And touching stories can be known over the world by media. Like “50-year-old woman saves boy from drowning without seeking recognition” and ” drowning man saves thanks to heroic of a young couple” in 2016. Maybe the world is not that pessimistic and maybe we can go on like the author’s saying “create a naturally positive, productive and happy state of mind.”

In addition, media give me a feeling that I have hundreds of friends but yeah, I am alone. I speak to all of them every day but none of them really know me. The problem I have system space between looking into their eyes or their names on the screen. I took a step back and looked my eyes. I look around and I realize these media virtual social is anything but when I open the computer and it is a door I shut. The world sounds interest, sounds image and sounds promotion when we are share the best. I acted out I am happy with the experience I share but it is the same if no one is there. I took my word in order into my weibo to share the moment but I don’t even know if anyone is watching. And then spend few hours to wait for someone’s common. Day by day, I start to feel alone when I am in public. But if I step out from the phone during these hours to read a book or do some exercise maybe I can get more benefit.

Media influence my beliefs and it seems like that I will always under control if I do nothing to stop it. Follow the media without own opinion can dump people. Just put down the phone and look up. Just look into someone’s eyes and communicate face to face. Taking surrounding make a move of my day. I believe it will show difference.

Reference：

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