

# No Facebook 'likes' to reduce anxiety?

By Amber Vance  
Staff Writer

Facebook is doing away with the 'like' option in Australia! If this test is successful in Australia, Facebook may decide to do it in other countries.

Users will no longer be able to see the number of 'likes' and 'reactions' to their posts. The only thing available for users to see regarding posts will be the comments.

The goal of this stunt is to reduce anxiety due to social media. According to SBS News, the director of policy for Facebook Australia, Mia Garlick, said research from mental health specialists proves the exclusion of the 'like' option will reduce the level of anxiety social media users experience.

Garlick also stated that Facebook users should feel more encouraged to share their posts without feeling as if they are in a competition. "We've had really positive feedback from a lot of the anti-bullying groups and mental health organizations that we work with," Garlick said.

Many Facebook users pay attention to the number of likes their posts receive and some see it as a competition of sorts. The more 'likes' you receive, the higher your social status.

"It really is just taking that number out of the equation, so that people can focus on the quality of their interactions and the quality of the content rather than on the number of likes or reactions," Garlick said.

The 'like' option should just be seen as a

way for users to communicate and appreciate other users' posts. Instead, likes are seen only as a social status symbol for dividing social media users as they compete in hopes to win the approval of others. 'Likes' are just numbers and users of social media give those numbers more power than they are worth.

With that said, 'likes' are not the only thing that can cause social media anxiety. Several social situations can cause users to have anxiety concerning other things besides the 'like' option on posts. A few examples are disagreements between users for differences in opinion or

profile pictures and posts may be ridiculed for various reasons.

There will always be some form of cyberbullying if you are using any form of social media whether or not a 'like' option exists. Just because no one will see the number of likes a user may have does not mean users will be protected from cyberbullying or reduce anxiety from social media.

Withholding the 'likes' count on Facebook will not change the fact that anxiety from social media is still a heavy issue affecting many social media users.



Facebook CEO Mark Zuckerberg

## TCDP Halloween festival *Volunteers needed to run booth*

Volunteers are needed for the Transylvania County Democratic Party booth, at the Heart of Brevard Halloween Festival, on Oct. 26, 2019.

For information and to volunteer, please send an email with your contact information (email and telephone number) to [harmony@comporium.net](mailto:harmony@comporium.net).

[comporium.net](mailto:comporium.net).

Volunteers for the festival, as well as those who may be interested in volunteering for the Transylvania County Democratic Party in the future, are welcome to join the TCDP for a Volunteer Appreciation event.

The event will be held in the Rogow Room of the Transylvania County Library on Saturday, Nov. 9 from 9-11:30 a.m. Coffee and pastries will be provided. Please RSVP by October 21 by emailing [transcodems@gmail.com](mailto:transcodems@gmail.com).

— Victoria Johnson