

Language of Panic on the Social Media: Building Resilience and Recovery

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Abstract

Although hypertension and cardiac arrest have been identified among the highest causes of death in men and women globally, and high consumption of salt, sedentary lifestyle, stress, alcohol, smoking and diet have also been identified as their major causes, one unobtrusive, popular, friendly but very deadly cause of these health concerns, has been overlooked: the panic generated on the social media through a particular pattern of language use. Adopting an eclectic approach which comprises the analytical approach, this paper reviews the application of the language of panic on the social media and its effects on the global society. The paper finds that panic on the social media is a risk factor to cardiovascular disease and hypertension and also that there is no control over what is posted on the social media. Therefore, the paper recommends ways of building resilience and recovery for users. The paper concludes that since the social media has come to stay, users themselves must find ways to protect themselves from the devastating effect of the language of panic on their health.

Key words: language, panic, social media, resilience, recovery

Introduction

Although hypertension and cardiac arrest have been identified among the highest causes of death in men and women globally (Jin – Sung, et al, 2023 ; Anand, et al, 2008; Mirzael, et al, 2009; Fuster, & Kelly, 2010 and World Health Organisation, 2009); World Health Organisation, (2020) and high consumption of salt, alcohol, smoking, sedentary lifestyle, stress, gender, and diet have also been identified as risk factors. Mirzael, et al, (2009); NHRC, (2018) and World Health Organisation (2018), one unobtrusive, harmless – looking, popular, friendly risk factor of these health concerns, has been overlooked: the panic generated on the social media through a particular pattern of language use. Faresjo, et al (2023) even adds Body Mass Index (BMI) to the long list of risks factors and Stiglic (2019), identifies screen time as being associated with heart risk factors, yet the panic generated daily on the social media is still omitted, as at 2023. Screen time is understood to mean time spent with any media digital devices or screen such as video games, television, tablets, computers, smart phones, or game consoles. (Barber, et al, 2017). Risk factors, as explained by Nepal Health Research Council (NHRC, 2018), refer to habits or conditions that make a person more prone to developing a disease such as age, gender, high blood pressure, cholesterol, diet, family history of cardiovascular disease and smoking. This explanation, elaborate as it is, excluded panic as a risk factor. This is worrisome as the social media, nowadays, is flooded with panic messages.

Social media has shaped and reshaped human lives, economies, societies and environments in considerable ways. The most addicted to social media has been children and adolescents or the teenage children (Tartari, 2015 and Dhar et al., 2023;). While it is appreciable to explore the social media for social interaction that allows all and sundry to share thoughts, opinions, and knowledge (Tartari, 2015 and Carlsson, 2010), the social media comes with its strong and uncontrolled negative impacts as it has directly affected individuals psychosocially and psychologically, and indirectly impacted human health.

People's interests vary. Some like watching and reading horror while others avoid it. However, a situation where everybody is made to watch the same things without considering individual interests and inclinations is condemnable. This is what the social media does. On the social media, most times no warnings are given about the nature of the story, video or picture that are posted. Some users of the social media find themselves watching gory pictures and videos that prey

upon their psyche endlessly. The panic caused by the sudden and unexpected encounter with what one naturally avoids can affect the mental, emotional, psychological and physical wellbeing of people. No gainsaying that since the creation of the world, people now live in an era where access to information, any information, is as simple as ABC. The rate at which information spreads nowadays is alarming.

The social media provides the space and tool for dissemination of information that government bodies, like the Nigerian Communications Commission (NCC), cannot control. It has become a place where all kinds of messages, both pictorial and written, are freely circulated. In the last few years it has been noticed that pictures, videos, short skits and write - ups flooding the social media are becoming nastier, uglier, more daring, more vulgar and more offensive daily. Nevertheless, the social media has also made very positive impact on the global community. Thus, this paper is not out to condemn the phenomenon in its entirety because it has many advantages. Some messages are posted to educate the ignorant, clear controversies about burning issues, give warnings, encourage the downhearted, evangelise and also inform the public about current events. It has also become a companion of sorts to many people. It keeps them busy and drives away boredom, ignorance, sadness and loneliness. Nevertheless, increase in heart rate, as observed by Parent, et al (2020), can no longer be caused by stress alone but could be as a result of the activity an individual engages in.

For people who are sedentary or bored, spending time with their phone has become an activity and they may spend hours exploring the social media, unknowingly exposing themselves to increase in heart rate if they should stumble on a scary post. The social media puts food on the table for many people as it has become a very viable means of economic transactions (Santos, et al, 2017)). It has also afforded people, especially the youths, the opportunity to utilize their talents in the area of entertainment, by delving into the production of short skits, dramas, comedies as a source of income. However, some of the short skits and dramas flooding the social media are also very terrifying and awful to watch. Some “prank videos” of suicides, snakes and public shooting, especially on TikTok, are very scary as they look very real until the end when raucous laughter ensues and viewers are allowed to see that it was all a joke. Increased heartbeats and palpitations are dangerous, especially for people with cardiovascular disease (CVD), (Dieter, et al, 2023; Brownlowe, 2018; Graff, 2021; Lifestyle Desk, 2019; Thorpe, 2015). Also, it has been discovered that there is no control over what is posted on the social media as news and information.

There is no control on language use and etiquette which exposes unwary, sick people to health risks as many of these messages are horrific and elicit different reactions from the public depending on age, sex, health status, level of maturity and natural capacity to withstand the grotesque. Some messages are posted intentionally or unintentionally to frighten, amuse, annoy or scandalise the public, pollute the minds of young people and also encourage vices and negative behaviours. In this perspective, subjecting people to panic becomes a language of communication rather than the conventional language. In other words, social media is a new language that causes panic. It is on this premise that this paper, specifically, focuses on messages that are intentionally or unintentionally posted as a form of the use of this international language of panic to scare and shock the public.

Methodology

This paper adopts an eclectic approach which comprises the analytical approach which will discuss the social media, the application of the language of panic and its impact on the global community. The coverage of this paper includes TikTok, X (formerly Twitter), Phoenix, Facebook, Instagram and other social media outlets.

Conceptual Clarification and Review of Relevant Literature

There are five keywords in this article and these will be clarified before going to the literature review.

Social media

This is a concept that has multiple definitions owing, perhaps, to its global popularity and acceptability. Social Media refers to computer – mediated technologies that allow the creating and sharing of information, ideas, career interests (Obar& Wildman, 2015; Kaplan and Haenlein, 2010; Kareem and Akoja, 2017).

Panic

There are the dictionary and scholastic meanings of panic. Panic is defined by the Advanced English Dictionary Offline as “an overwhelming feeling of fear and anxiety”. It is also explained as “the most severe form of anxiety”. (Mayo Clinic, n.d.). Scholarly speaking, it refers to a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause (<https://www.nhs.uk/conditions/>).

Language

This is another concept that has many definitions. For example, Edward Sapir (1921) defines language as a distinctly human and non – instinctive mode of expressing thoughts, feelings and desires via the use of intentionally created symbols. However, this article finds the following definitions, drawn from Webster’s Comprehensive Dictionary, (2004), apt for the subject matter.

i. Language refers to the expression and communication of emotions or ideas between human beings by means of speech and hearing, the sounds spoken being systemized and confirmed by usage among a given people over a period of time.

ii. Transmission of emotions or ideas between any living creatures by any means.

(It must be noted here that communication can be verbal or non – verbal, through pictures or videos).

Resilience

From the Online Oxford Dictionary perspective, resilience is the capacity to recover quickly from difficulties; toughness. Some medical experts look at the concept as a process of adaptation, bouncing back, being unbreakable or making life grow in the period of adversities (Gillberg et al., 2023).

Recovery

This word has many definitions. To many people, recovery is associated with the abnormal. When one returns from the abnormal to normal condition it is seen as recovery. The definitions we find most apt for this paper are the ones from the Advanced English Dictionary Offline as follows:

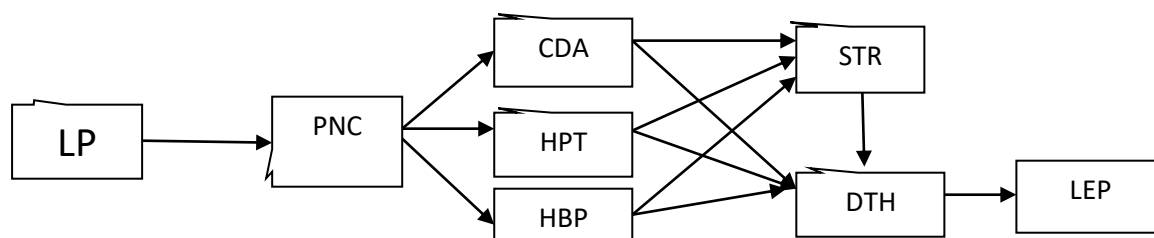
- Return to an original state
- Gradual healing (through rest) after sickness and injury

Language of Panic Indicators

These comprise videos of murders perpetrated, pictures of murder instruments, confessions by murderers, pictures/videos of culprits with the murder evidence on their hands, and mutilated corpses. Others include gruesome stories, corpses resulting from road accidents, shocking news headlines, scary pranks such as shootings, suicides, snakes, and so on. These postages on different social media platforms grow together with the emotions of the viewers.

Conceptual Framework

The framework is presented in Figure 1 below:



Framework Variables’ definitions

The study's framework is built around the variables in Table 1 below.

Variable	Variable Annotation	Remark
Language of Panic	LP	Videos of murders, photos of deceased on road accidents, photographs/videos of persons used for money rituals, mutilated corpses, photos of instruments used to kill innocent people, scary pranks, scary news headlines, etc., translate as language of panic,
Panic	PNC	The most severe form of anxiety
Cardiovascular Disease or Cardiac Arrest	CVD/CA	This is a heart disease where shock from the attack on emotions is attributable.
Hypertension	HBP	Dysfunction of the heart leading to rupture of the blood vessel. This leads to stroke or death
Heart Palpitations	HPT	Occurrence of sensation in the heart as reflected in the brain. Emotion is identified as a cause. Its persistence causes stroke and / or death.
Stroke	STR	This is a disease of the brain but has connection with the clotting of the blood vessels.
Death	DTH	The consequence of the malfunctioning of the blood vessels, stroke, heart palpitations, HBP and CVD/CA is death.

Literature Review

We shall begin this section with the following submission by amscardiology (amscardiology.com, 2023):

“When someone watches a scary movie, one is on edge which can cause an increase in stress and anxiety, leading to an increased heart palpitation and difficulty in falling asleep. If one has an existing heart condition, scary movies should be avoided.”

With the current high cost of living, the only chance many people can find peace of mind is when they sleep. However, if what they encounter on their mobile phones in the form of scary posts, robs them of sleep, according to the above submission, then there is cause for concern, even with people who have no heart conditions. As observed by Modi (2021). even a little increase in anxiety could elevate a person's risk of having a stroke. Although Leamey, T. (2022) opines that scary movies do not cause anxiety, he admits that they can trigger anxiety symptoms. As earlier said, panic is the most severe form of anxiety.

One may begin to avoid certain circumstances and conditions because of the fear that they might trigger another bout of the feeling of panic, (MayoClinic, n. d.). They (MayoClinic), identify the common causes of panic to be extremely stressful and frightening situations. Panic, or anxiety, is known to be a psychological harbinger of coronary heart disease (CHD) and physiological and

behavioural risk factors aggravate the prognosis of the disease. (Dieter, et al, 2023). Panic attacks happen when hormones that control stress trigger the body's "fight or flight response" which usually results in shortness of breath, racing heart and chest pain. (<https://www.hopkinsmedicine.org/health/conditions-and-diseases/panic-attacks>). A panic attack, as also asserted by Kurnick, A. et al (2023), can show symptoms that relate to the heart such as shortness of breath, chest pain and palpitations.

From the foregoing, it is very clear that panic is a risk factor of cardiovascular disease and should, therefore, be avoided by people with heart conditions. However, with the invention of the android phone, this has become a herculean task since even children of primary school age know how to get, upload and share information electronically using the mobile phone, oblivious of the resultant effect of such information. In fact, most children start using mobile phones before the age of one (Kabali, 2015), because childhood is a stage of accelerated brain growth as well as the development of higher orders functions of the human body (Bita, 2023). One, thus, wonders why panic has not been added to the long list of globally identified risk factors, especially as it is flagrantly circulated daily on what is known as the Social Media, a phenomenon that has intoxicated the global language community.

The internet, as observed by Elebola & Majekodunmi (2015: 39), "has ushered in a new media digital culture that allows different devices such as a telephone, television or computer to converge as one form of technology". The fact that opportunities for communication are now faster and easier as a result of advances in social media technology, cannot be overstated (Petray, 2011 and Ojo, 2014). In his opinion, Akeem (2011), asserts that the Internet is undeniably the most visible aspect of information and communication technology. Santos, T. et al(2017:38-47) describe the power of the digital phone succinctly:

Smart phones are the perfect example of this hybrid technology that the new digital media culture has ushered in. With a smart phone, an individual can make purchase online, subscribe for news and information as well as engage in all kinds of transactions.

Social media platforms such as X (formerly Twitter), LinkedIn, Facebook, WhatsApp, Instagram and so on, have increased their global relevance and outreach over the years. However, they are increasingly being used as instruments of spreading panic. Nowadays, the Social media is the first source of news about anything happening in the community, be it something serious or trivial. All it takes is for people at the scene of the incident to grab their mobile phones, record or take pictures and post on the social media. Within the twinkle of an eye, the whole world becomes aware of the incident. This form of communication without ethics is dangerous. It is true that communication is very important in human existence. Gamble and Gamble (2013), submit that through communication, we share meaning, intentionally and sometimes unintentionally, with others by sending and receiving messages. Communication is also an avenue for sharing cultural experiences. (Samovar, L. et al, 2007). Nevertheless, abuse of the freedom to disseminate information on the social media without restraint is worrisome. Traditional media sources are no longer the main source of information. Solo-Anaeto, et al, (2017:143) assert that:

The mass media has always been regarded as the major institution in society charged with the gathering of news and information, processing, packaging and dissemination to the public. Imbedded within these operations is the gate-keeping function that involves selecting, vetting and deciding what news and information to deliver to the public.... With digital technologies of the Internet, smart phones, tablets, camera available to them, audience members have thus become active seekers and producers of information for themselves.

The ordinary man on the streets generates the content of his news item with his mobile phone and begins to publish it abroad irrespective of its quality. The production of news and other forms of information by non-journalists with the aid of new technologies is now referred to as “user generated content”. (Beal, 2015 and Solo-Anaeto, et al, 2017). Solo-Anaeto, et al, (2017:144) explain the concept as follows:

user generated content expresses the idea of news, information, pictures and video created and uploaded on the Internet and shared around the world by audience members who have the basic tools of smart phones, camera and access to the Internet.

This definition clearly shows that there are no guiding principles or code of conduct as to what should be circulated as news item or not. This absence of control over what finds its way on to the social media is taking its toll on many users. People with heart problems and hypertension are the most vulnerable. Schocken, et al (2008) posit that “the increase in heart failure rates throughout the world, both in the developed and developing countries, poses enormous challenges to caregivers, researchers and policy makers”. The negative impact of the use of language of panic on the social media is becoming more pronounced due to the popularity and the versatility of the various social media platforms.

Ozuro & Ekeanyanwu (2013), observe that in some countries traditional media users are getting fewer while social media users are on the rise. They note that in Egypt, Google is the most accessed website followed by Facebook and that “there are more Facebook users than newspaper readers”. According to Internet World Statistics (2015), Egypt is Facebook’s largest user in Africa with 29,000,000 users and Nigeria comes around second with 15,000,000 users. However, as at January, 2023, India had 314.6 million users followed by the United States with 175 million users. while in Africa, Egypt still retains the first position (27 million) while Nigeria has increased to 16 million. (<https://www.statista.com>statistics>). This means that more people are using the social media in Nigeria. Naturally, it follows that there is a rise in the number of panic provoking posts. The preponderance of these panic messages on the social media is a grave source of death that needs urgent attention. These panic messages elicit emotions like fear, shock, tension and stress.

Concerning scary pranks, although the viewer’s brain is aware that the threat is not real, the body does not understand and therefore registers the scary video as if it is real, (Vinall, 2020). Thus, Vinall (2020), admits strongly that one should not be ashamed to refrain from watching some scenes that are spine - chilling. This is because when someone is frightened, the heart races, the muscles tighten, the fellow jumps and screams, (Brownlowe, 2018). No one can deny the fact horror videos elicit a stress response, (Graff, 2021). Although watching horror films can help in weight loss, as it burns calories, (Lifestyle Desk, 2019), during the process, the breathing and the heart explode, (Thorpe, 2015).

In addition, as asserted by Mcpherson (2019), even if one does not pass out while horror films, one’s body system will still react to what one is seeing, and the reactions will be in ways that one may not notice. In other words, even people who enjoy watching all those scary videos, pictures, as well as headlines, are also exposed to health hazards, though they may feel cocky at their bravery. Thus, more and more people are at risk of developing heart diseases since the social media is very popular among users, irrespective of age.

Findings from Literature Review

The first and most glaring finding from the literature review is that panic increases heart palpitation meaning that it is very bad for people with cardiovascular diseases and is therefore a risk factor. It was also found that heart disease is one of the major cause of death globally and that there is absolute absence of control of what is circulated on the social media. It is a free zone of information dissemination where no - holds - barred is the silent but acceptable motto. There is no designated organ or body in the global community to check and control excesses and ensure quality. Some posts are annoying, disgusting, horrific, morally unsound, dangerous and above all, panic - provoking. People keep on reposting and sharing recklessly, oblivious to the fact that the latent effects of some of the posts and messages have sent many social media users to early graves, especially those with health challenges like hypertension and heart diseases.

Another finding is that the outreach and popularity of the social media increases at a staggering rate globally. Also, there are no age barriers when it comes to usage, popularity and levels of education. Children, young people, adults, educated and non - educated people, all use the social media with varying degrees of addiction to it. It has also been found that western education is not an obstacle to accessing the social media. Stark illiterates from different communities in the world can and had have been tutored on how to access the social media on their phones. Mobile phones metrics also increase the chance of using social media as acceptable means of acquiring western education as well as for other positive purposes such as marketing. Social media has come to stay and it is difficult if not impossible to keep away from it permanently once it has been experienced. However, the level of usage or exploration of social media varies from country to country and region to region. The research also found that certain parts of the global community use the social media more than others.

Language of Panic – Evidence-based

There are numerous instances of panic- provoking messages on the social media and this section presents samples of them. In this study, we concentrate largely on the Nigerian cases of panic language.

- * The corpse of a missing undergraduate of FUYOYE (Federal University, Oye-Ekiti, Ekiti State, Nigeria), in Nigeria, was discovered buried in a shallow grave behind a faculty building on campus on 7 Sept 2023. This decomposing corpse was posted on the social media. (<https://saharareporters.com>).
- * A woman answered a call on her android phone while cooking and the gas cylinder exploded and burnt her. The grotesque picture was on the social media instantly. (<https://radem.org>).
- * The Nigerian Police uncovered a house in Etche Local Government Area of Rivers state, which had about 40 corpses buried in the soak away by a trader. Pictures of the rotting bodies were all posted on the social media. (cityvoice.ng).
- * Book Haram terrorists operating in the northern part of Nigeria have formed the habit of posting videos of the beheading of their victims. Viewers are made to listen to the supplications of about - to - be - slaughtered victims and watch the actual beheading while the terrorists will be laughing with glee as the blood begins to gush out. (3 March, 2015, NDTV.com)
- * In Anambra state, a food seller who used human flesh to cook and sell food to the public without anybody's knowledge, was arrested by the police. Her restaurant was raided. Videos and pictures of half - cut human bodies including feet and legs of young people apparently of secondary school age, all found their ways to the social media. The woman was even compelled to carry a large basin containing human parts on her head after her arrest. Onlookers had a field day filming and snapping pictures which instantly went viral on the social media. (Afribest tv, thecitypulseneews.com)
- * The video of the little white boy who aspired to become a killer or a murderer sent shockwaves down the spine of many social media users. Psychologists worldwide discussed and analysed the potential danger the little boy constituted to the global society, especially as the boy clearly stated that he would not kill members of his family. (*The Morning Show*, ARISE NEWS, ARISE TV)
- * 36 year old Mayowa killed his girlfriend and cooked her body parts for ritual in Lagos. Naira land circulated the news online (28 Oct, 2022, <https://www.nairaland.com>).
- * Ritual killers killed a pregnant woman in Kwara state and removed the foetus. (16 June, 2016. <https://www.nairaland.com>).
- * A Fulani herdsman was having sex with a cow while his friends filmed him amidst raucous laughter in the background. The video was instantly posted online.(21 June,2017. <https://hushedmediacom-wordpress.com>)
- * Video of snakes hiding inside toilet bowls, shoes, under beds and even under car seats flood the social media. (<https://m.facebook.com>ifybeauty...>).
- * An Internet fraudster used his girlfriend for money ritual. Blood and live maggots started coming out of her private part profusely. (Love Cruise: <https://www.sojworldnews.com/inside-life->).
- * Prank videos of suicides, shootings, snakes and false alarms. (<https://www.tiktok.com>machigoldpranks>).
- * 18-year-old Samuel AkpobomeEmobor, from Oghara in Delta state, killed his mother and slept with the corpse for money ritual. (TVC NEWS)

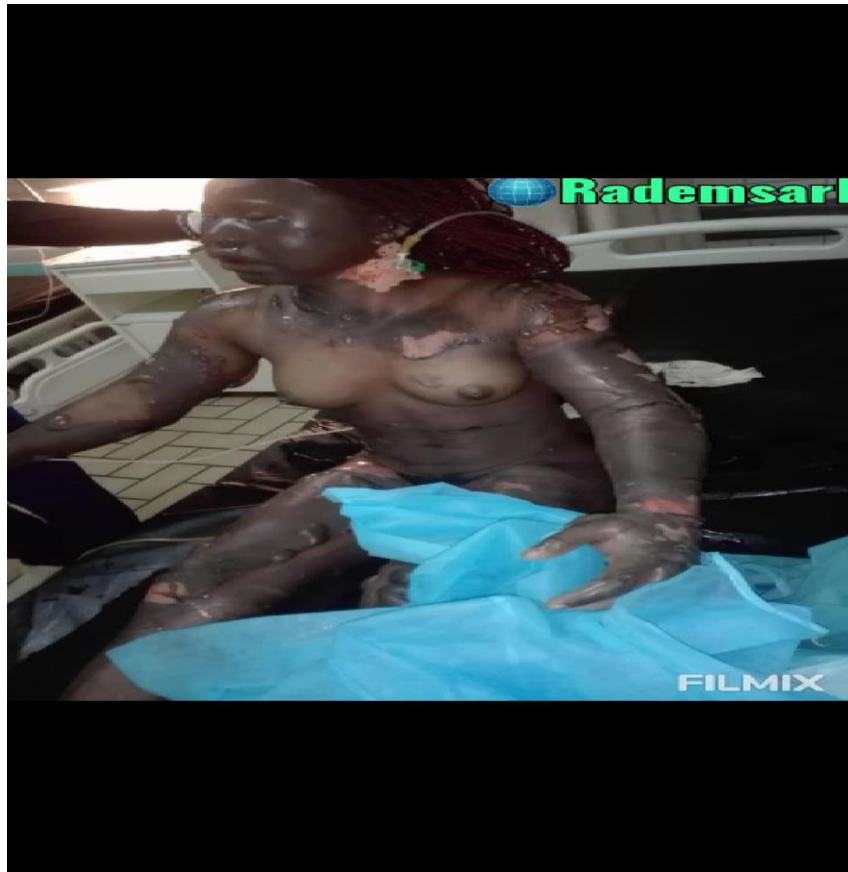
* A woman abused a little houseboy living with her. She forced the boy into a large sack and buried him alive in her backyard. The neighbours were suspicious and alerted the police. The police came and interrogated the woman who eventually confessed and led them to the fresh tomb behind her house. The police dug the grave and brought the bag. The boy was now dead. Even the female police detective was screaming in horror. Every horrible detail of the proceedings was shown in the video that went online. Many social media users could not watch the video to the end because it was terrible. Such people are those being discussed in this paper. (<https://m.facebook.com>RichdimTv>)
* Scary headlines. Example: (Rifnote.com).

Some graphic samples of the language of panic on the social media



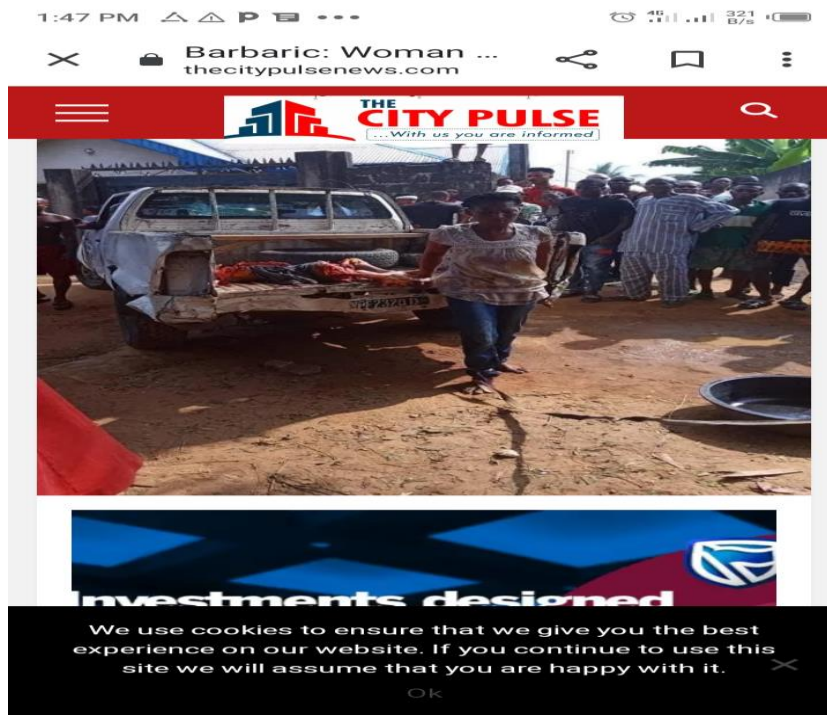
Sample 1. Corpse of the missing undergraduate.

Source: (<https://saharareporters.com>)

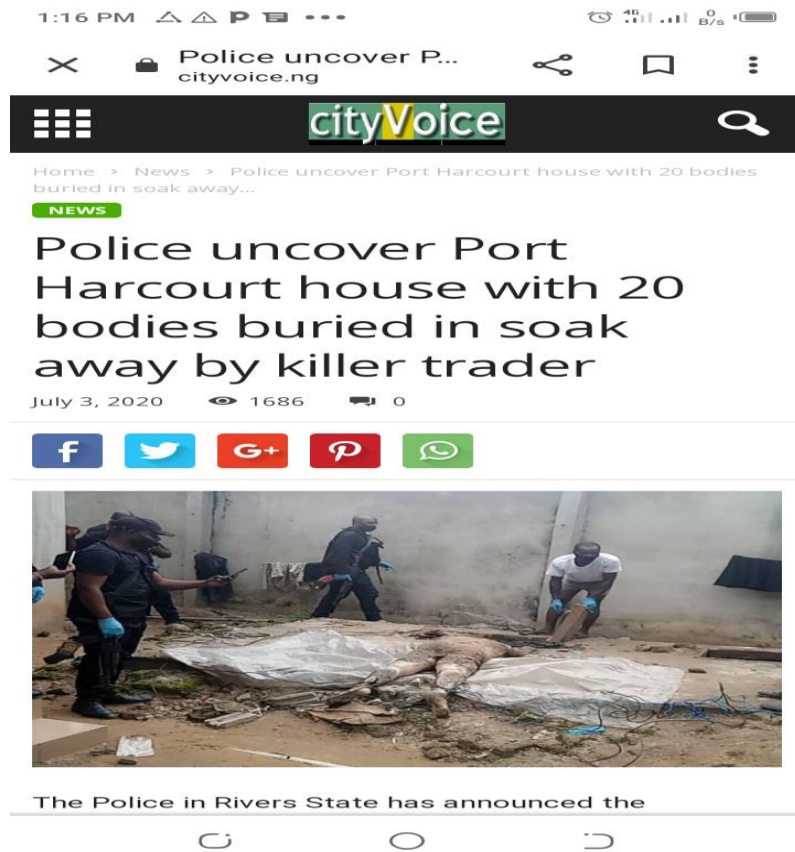


Sample 2. A victim of gas explosion while operating an android phone.

Source: (<https://radem.org>)



Sample 3. Woman who used human flesh as meat in her restaurant in Anambra state.
Source: (Afribesttv, thecitypulseneews.com)



Sample 4. Decomposing corpse pulled out of soak away in Port Harcourt.
Source: (cityvoice.ng)



Sample 5: Shooting prank that sends people scampering for safety.
Source: (.<https://www.tiktok.com>machigoldpranks>).



Sample 6: A girl who was used for money ritual by her boyfriend, blood and live maggots started coming out of her private part.

Source: <https://www.sojworldnews.com/inside-life->

Building resilience and recovery

It has earlier been said that the social media has come to stay and that it is almost impossible for one to stay off it completely because it has many positive benefits. The following are suggestions to help people who do not have the heart for horror:

- Read the caption underneath every pictorial post before clicking the download icon. If the caption sounds gory, do not download.
- Never download any pictorial post or video that bears no caption.
- Ask someone else who can watch anything to download the post first and then inform you about its nature.
- Listen to the comments of other people around you concerning a particular post that goes viral. From their comments and remarks you would know whether the post is healthy for you or not.
- Resist the temptation to click on every pictorial post you see on your phone.
- If it is in print, read with caution. The moment it begins to get horrific, stop.
- Always read the heading of every post in print. The heading sometimes gives a clue as to the content.

Recovery Process

For those who had watched a horrible video or various panic provoking videos or pictures, or read some horrible stories on the social media, and these keep flashing up in their minds endlessly, making them feel psychologically and emotionally disturbed, the following are recommended to build resilience and recovery:

Tell yourself convincingly:

- It wasn't real, it was all done with computers.
- That wasn't blood, it was paint or tomato paste.

- That was a toy gun, just like the ones children play with.
- It's a prank!
- They want to scare me, no way!
- They are probably having a good laugh to see me shake like this. No way!

Another helpful thing to do to build resilience and recovery is to visit YouTube on your phone. Type "Myth Busters" and watch. This is a platform that debunks myths. It shows how people trick people into believing things that are carefully put up to make them believable by the global community.

Recommendations

Based on the discussion so far, the following are recommended:

- The panic emanating from the social media should be recognized as a veritable risk factor of cardiovascular heart disease and hypertension.
- There should be global awareness campaign about the recommendation above.
- There should be public condemnation of the influx of panic messages on the social media.
- Governments should use all ways possible to discourage the abuse of the mobile phones in this aspect, such as appealing to the consciences of the public as to the dangers of the panic language they circulate on the social media.
- Users themselves must find ways to protect themselves from the devastating effect of the language of panic on the social media.

Conclusion

This paper defined language of panic and has reviewed the use of language of panic on the social media and its impact on the psyche of social media users. A framework was constructed to explain the relationships between language of panic and death. Indicators of language of panic were clearly stated as well as their implications on human health. We also argued that language of panic needs to be inclusive in analyzing CVD.

The study also provided evidenced- based cases to showcase the social media language of panic. Although the study did not carry out empirical studies, the literature exploration and evidenced - based cases paved way for designing the indicators for resilience and recovery. In spite of its many positive uses, the social media has also become a source of danger to human life due to the increasing level of panic- provoking posts flooding the social media platforms. It is on this premise that language of panic arising from the social media should be recognized as a veritable risk factor of cardiovascular heart disease and hypertension and there ought to be global awareness campaign on this just as is always the case with pandemics, as was the case with COVID-19. COVID-19 pandemic did not affect global communities in equal dimensions. The impact was relatively minimal in Africa than in Europe and America. Yet its awareness campaigns reached even the remotest areas of the world communities.

However, a situation where people from all age brackets and races are prone to heart disease, a leading cause of death globally, and a particular source of danger that is also affecting people of all age brackets and races, that is, the international language of panic from the social media, has been ignored for so long, is worrisome. There should be public condemnation of the influx of panic messages on the social media. Governments should use all ways possible to discourage the abuse of the mobile phones in this aspect, such as appealing to the consciences of the public as to the dangers of the panic language they circulate on the social media. On the other hand, users themselves must find ways to protect themselves from the devastating effect of the language of panic on the social media. Nevertheless, the study suggests that empirical investigation is needed to verify these claims.

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