

**CONCOURS COMMUNS  
POLYTECHNIQUES****EPREUVE COMMUNE - FILIERES MP - PC - PSI - TSI - TPC****LANGUE VIVANTE A : ANGLAIS****Mercredi 4 mai : 14 h - 17 h**

*N.B. : le candidat attachera la plus grande importance à la clarté, à la précision et à la concision de la rédaction. Si un candidat est amené à repérer ce qui peut lui sembler être une erreur d'énoncé, il le signalera sur sa copie et devra poursuivre sa composition en expliquant les raisons des initiatives qu'il a été amené à prendre.*

**L'usage d'un dictionnaire et de machines (calculatrice, traductrice, etc.)  
est strictement interdit.**

**Rédiger en anglais et en 400 mots une synthèse des documents proposés, qui devra obligatoirement comporter un titre.**

Indiquer avec précision, à la fin du travail, le nombre de mots utilisés (titre inclus), un écart de 10 % en plus ou en moins sera accepté.

Vous aurez soin d'en faciliter la vérification, soit en précisant le nombre de mots par ligne, soit en mettant un trait vertical tous les vingt mots.

Veillez à bien indiquer, en introduction, la source et la date de chaque document. Vous pourrez ensuite, dans le corps de la synthèse, faire référence à ces documents par "document 1", "document 2", etc.

Ce sujet comporte les 4 documents suivants :

- **document 1** - Adapté de l'article de Juggun Kazim, *Social Media Addiction*, extrait de *The Express Tribune*, 11/05/2015.
- **document 2** - Adapté de l'article de Susmita Baral *Social Media Addiction Results In Feelings Of Inadequacy, Study Says* extrait de *iDigitalTimes*, 08/12/2015.
- **document 3** - Adapté de l'article de Holly Willard, Clinical Director at James Mason Centers for Recovery, *Is Social Media Addictive?* extrait de *jmcrecovery.com*, 03/09/2015.
- **document 4** - Graphique extrait du *GlobalWebIndex*, 26/01/2015.

Les documents ont une égale importance.

## Document 1

### Social Media Addiction

Juggun Kazim, *The Express Tribune*, 11/05/2015.

When we think of addicts, the picture that normally comes to mind is that of a gaunt man or woman, huddled in a corner, trying desperately to get his/her next fix of heroin. But addiction isn't just about substance abuse. If a person engages in an activity (gambling, for instance) to the point where it becomes compulsive and interferes with ordinary life, then as per *Psychology Today*, that too counts as addiction. Now look around you. If you are the parent of a teenager, chances are that your child is too busy communing with his or her smartphone to give you the time of day. If you're a young adult, chances are that you live a large part of your life in the virtual world. We tend to take such behaviour as normal. But in an increasing number of cases, such behaviour isn't normal. It has crossed the line over into addiction.

A number of studies have looked at not only internet addiction generally, but addiction to social networking websites, and Facebook in particular. For example, a recent study at the University of Albany found that excessive use of online social networking websites like Facebook can not only be addictive, but that such usage may be associated with problems such as substance abuse.

Similarly, an earlier study at the University of Bergen found that women, extroverts and people unable to sleep until very late at night were particularly in danger of becoming addicted to Facebook. Yet another study by researchers in California found that the compulsive use of social media websites such as Facebook resulted in the same kind of changes in people's brains as those caused by drug addiction.

As in the case of other types of addiction, there are two types of behaviours found in internet addiction. The first is a constant or increasing desire to interact with the object of the addiction. The second is feeling bad when that interaction isn't available.

In the case of social media websites, what hooks people is the rush they get from social recognition, the thrill of getting a 'like' or a re-tweet. That 'social high' causes addictive personalities to check their Facebook, Instagram and Twitter timelines every few minutes. But as soon as they hit one level of social recognition, they want to go one level higher. Suddenly, it's no longer enough to have five friends laugh at your clever turn of phrase or status on Facebook; it has to be at least 50. And when you hit 50, then it has to be 100. And so it goes.

But what's wrong with all this, you might ask? At the end of the day, nobody gets hurt if somebody spends too much time on Facebook, Instagram, Snapchat or Twitter.

Unfortunately, people do get hurt – just not visibly. In the obvious sense, a person who is so obsessed with their Facebook status that they have to check it every few minutes is not going to be very productive at work. We all like to think we are masters of multi-tasking. But the truth is that except for a few genetically blessed individuals, the rest of us are terrible at it. And what that means is that every time we leave a Facebook window open on our work computer, we are all but ensuring that very little work will get done, and that too of mediocre quality.

There are other losses as well. Take, for example, the selfie obsession that has taken social media by storm. Unattractive and equally unnecessary, these selfies are taken anywhere and everywhere. The most memorable and shocking would have to be the one taken by a [...] girl with a huge grin on her face sitting in front of a dead body at a funeral. It's not just the fact that such behaviour is frightening and highly inappropriate. It's also the fact that the self-esteem of so many people seems to hang on how many 'likes' their selfies get.

I don't want to suggest that we all go back to an age before computers. Yes, Facebook can be great for catching up with your friends and family. Yes, Twitter can be fun and amusing. The only point is that you have to know what you're dealing with. Social media is the equivalent of candy for the brain. Yes, it's good to get a sugar rush once in a while. But if you do nothing but live on chocolate-frosted doughnuts, you're not going to be too healthy.

## Document 2

### Social Media Addiction Results In Feelings Of Inadequacy

Susmita Baral, *iDigitalTimes*, 08/12/2015

Social media addicts may seem like they have a great thing going when you look at their shares and posts, but a new study has found otherwise. A survey has disclosed that those who post regularly on Facebook and Instagram have one common goal: to glamorize their life so it looks more interesting than it really is.

While one would think posting attractive selfies and fun-filled holiday photos would help boost a user's spirits, the exact opposite has been observed. In fact, those who use social media regularly are more likely to feel lower about their careers and looks than their counterparts who stay away from social media.

The study – which was conducted by the Future Foundation and surveyed 5,000 Britons – found that people felt worse because they constantly compare themselves to their peers.

“Social media usage has created a culture of comparison among today's young people,” said Will Seymour, the research firm's ‘brand officer,’ to Daily Mail. “To be satisfied with one's life is to be complacent - the goal is to be in a permanent state of improvement, always striving for something better. With an online culture of direct comparison, it's no surprise that social media usage has a greater bearing on how much people worry about not achieving their potential than income or even education.”

These findings echo those from a previous study from Brunel University London, where it was found that those who posted on Facebook more regularly had low self-esteem and narcissists were more likely to update about their achievements.

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## Document 3

### Is Social Media Addictive?

Holly Willard, *jmc recovery.com*, 03/09/2015

People are inherently social by nature. Connection is vital to our survival (emotional and physical). If we are outside the herd, we are more vulnerable to attacks. Our brains are wired to connect. In his book *Social Intelligence*, Daniel Goleman describes that there are parts of our brain that are only activated by face-to-face contact with others. [...]

Sometimes that need for human contact is also expressed through social media. According to Matthew Lieberman, a Harvard graduate who is now a lead researcher on the subject and a professor of psychology, psychiatry, and bio-behavioral studies at UCLA, the brain network being used when checking social media is the same one used when we are taking a break from work. In other words, our brains wiring leads us to seek out other people to relax.

Just looking at pictures of other people causes a great deal of activity in the dorsomedial prefrontal cortex. Activity in this part of the brain increases your ability to accurately perceive others and quickly decide which emotions they might be feeling. As Matthew Lieberman puts it, our brains are always trying to reset themselves to think about other minds. Looking at social media, apparently, actually helps with that process.

What about the very real fear many people (especially parents) have about social media addiction? Experts say it's not that simple. If someone spends a lot of time on social media, that certainly can be categorized as social-media overuse, but throwing in the “addiction” term is more a way to escalate the argument than it is an accurate representation of what is going on.

Addiction has a technical definition and is a very specific diagnosis for a specific problem. According to Mark Fabbri of South University, addiction has a lot to do with compulsion. Someone feels a compulsion to consume something or to act in a particular way to the point where it significantly interferes with the ability just to live. [...]

The problem with automatically labeling too much time on social media or the Internet as an addiction is that if we apply the word with too generous a hand, it becomes meaningless. Not every person who engages in addictive behavior is an addict. The behavior changes from overuse to addiction when an individual is not able to function adequately. [...]

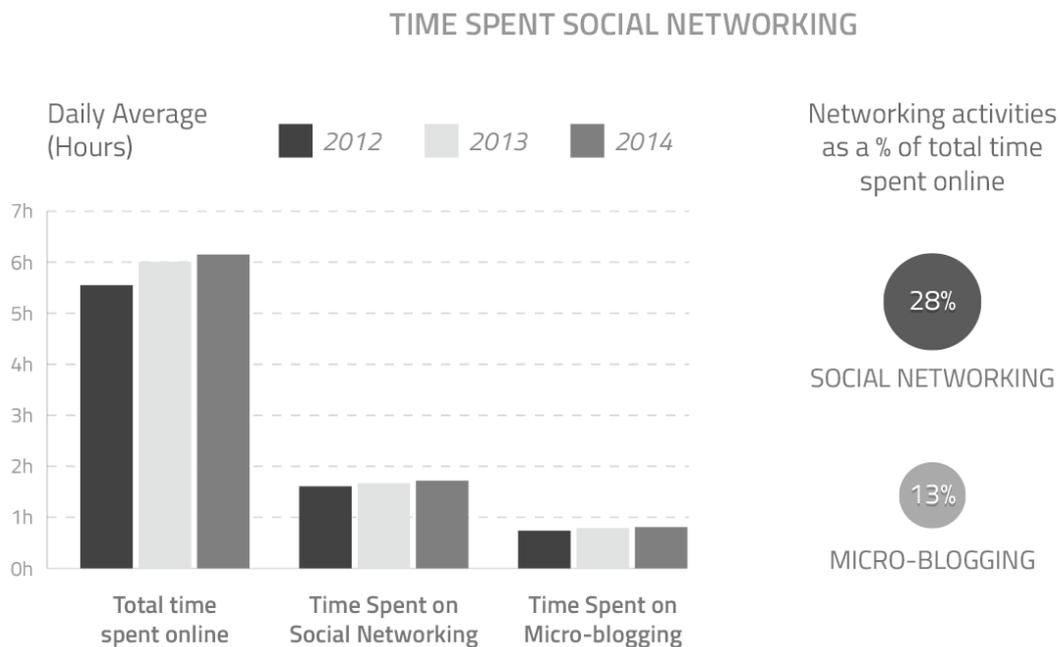
Social media is young enough that we really don't know exactly the long-lasting effects. What is already clear is that this generation is experiencing a huge shift in the way members communicate. Realistically speaking, people who are digital natives have always had electronic devices around and are more likely to communicate by text message than by phone call or face-to-face interaction. What that means in turn is the definition of normal behavior has changed, and it is unfair for someone who has barely gotten accustomed to the idea of texting to really understand the role texting plays in the life of his children and grandchildren.

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## Document 4

Graphique extrait du *GlobalWebIndex*, 26/01/2015

(GlobalWebIndex is the world's largest market research study on the digital consumer.)



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globalwebindex.net /// Question: On a typical day, roughly how many hours do you spend on/doing the following? /// Source: GlobalWebIndex 2012-2014 (averages across each year) /// Base: Internet Users aged 16-64

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**Fin de l'énoncé**