

***Sharing Professional Viewpoint***  
**Short Videos Could Be a Threat to Users**

Jing Zhao

Doctoral Program in Management

Rattanakosin International College of Creative Entrepreneurship (RICE)

Rajamangala University of Technology Rattanakosin (RUMTR), Thailand

Email: 362911136@qq.com

### **1. Opening Point**

Short videos could be a threat to users. In recent years, short videos have been prevailing among people of all ages. Since most of the short videos are funny and creative, people are willing to accept them and watch them, especially for those who are occupied by stressful work, they can obtain pleasure and refreshment from them (Wang, 2017); and some of the old people are really fond of browsing short videos to kill their retirement time. As in Einstein's saying: *During peacetime, science makes our life a hurry and instability. It frees us from large physical exertion, but it makes people become slaves of machines.* We are now well aware of the technology paradox playing out in real life. As a more and more obvious phenomenon, short video addiction brings new anxiety to the society.

### **2. Possible Effects**

With the popularity of short video apps surging, something noteworthy is that the majority of people are so addicted to short videos that they spend too much time in lowering their heads to slip phone screens. Long-term short video exposure can bring about direct damage to our spines and eyes. Briefly, when focusing on the phones, we unconsciously become bend over and head lowering, which definitely will burden the spines. In terms of the harm to eyes, excessive eyes fatigue can give rise to these consequences such as decreased vision, sensitive eyes and related symptoms. U.S. Surgeon General Dr Vivek Murthy has worried about the public-health crisis of our time regarding the mental health and well-being of young people, particularly how social media in particular impacting children's emotional states, brain development, and social growth (Park, 2023).

What is more, sparing time to watch these varieties of videos amounts to losing the time to read books or work. People at present are rich in goods but tend to be ragged in spirit. It leads to encouraging internally individuals' inertia, not being enthusiastic about deep thinking, even obliterating the ability to dig deep into problems. Some researchers pointed out that people are more apt to be satisfied with easily obtained information (Kugler, 2016; Lin et al., 2022). As a result, they could lose demand and patience for information. The more time you waste on watching videos, the less you spend on self-improvement. The genuine book-lovers have stark advantages over those phone lovers. The stored ideas they

derive from the printed pages are known to make them wise, eloquent and logical in expressing their viewpoints.

### **3. Current Happenings**

As known currently, ever advancing algorithms are conjured and applied to use every day to maintain the viscosity of users (Fensenthal, 2023). For instance, the TikTok recommendation algorithm can be adjusted to apply for individual preference and tendencies. All the content feeds are what they enjoy, secretly stealing time from work and normal human interactions. Many youngsters complain that these apps alienate family members by absorbing their time and attention which can otherwise be given to each other. Seeing them swiping their cellphones on the sofa aimlessly making it harder to communicate feelings, thus deepening the gap between the two generations.

Undoubtedly, short video apps have had a strong impact across the world. Again, let's take Tik Tok as an example: this mobile application, had released only several years, has become a phenomenal short video platform with more than 200 million daily active users. This platform makes opportunities available to many common people and there has emerged a quantity of social media celebrities. This is a vast stage that anyone can show his or her talents to us. It is noticeable that Tik Tok has contributed to poverty alleviation and employment. Particularly, the emerging live selling in the short video platforms plays a crucial role in promoting produces for farmers in remote areas.

### **4. What to do?**

However, short videos will take up most of our time which should have been used to do something meaningful and healthy. As an old Chinese saying goes: concentrating on the minor matters means neglecting the major ones. That is to say, we should cherish time and do meaningful things. If we become addicted to short videos, in the long run, the old will lack adequate exercise and get weak; the middle-aged will find it difficult to concentrate on work and the young may have no motivation to study hard, which is doom and gloom for society.

### **5. Closing Point**

In all, the short video app itself is devised to satisfy people's entertainment meets and spice our daily lives, while surfing these apps we should be our own masters. We ought to rigorously control the time for watch short videos and be self-disciplined (Park, 2023). On no account should we get addicted to them. In the meantime, we ought to contrive to keep pace with the Internet and acquire the information promptly. Take advantage of these short video apps, so we can absorb useful information conducive to us.

## 6. The Author

Jing Zhao is currently a candidate in the Doctor of Philosophy in Management Program, Rattanakosin International College of Creative Entrepreneurship (RICE), Rajamangala University of Technology Rattanakosin (RMUTR), Thailand. Her areas of academic and research interest include educational administration, digital technology and current issues in creative management.

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