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# **How Media Can Impacts Our Live?**

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The media and communication have a profound impact on daily life. They shape our opinions, attitudes, and beliefs about the world around us. The media can also influence how we perceive ourselves and others by providing information that reinforces certain stereotypes or exaggerated images of people from different backgrounds. Communication technologies such as social media platforms allow for instant access to news updates and other forms of content that can impact our decisions in real time. Additionally ,these technologies provide a platform for individuals to connect with another which has been shown to reduce feelings of loneliness, depression, anxiety and stress. Therefore the effects of mass media and communication and far-reaching, they shape how we view world around us as well as how we interact with it each day. Media is any mechanism for delivering information. Mass media: Mass media designed to reach a large number people at the same time. The importance of media in America and media influence worldwide are major topics of conversation in modern day. The can impact everyone who consumes and procedures it ,to a greater or lesser extent. What are the types of media? They are several major types of mass media ,all of which can influence public opinion ,the major types of media ,along with relevant examples. Newspapers are a major of print media they deliver information to many people at once. In many cases, outlets impact public opinion and public perception of events. Understanding how media can influence and affect public opinion refers to general trends in how a culture or society thinks about a particular issue. Mass media is traditionally distributed one of three ways: first printed media: is includes physical publications, from fliers to posters to pamphlets, printed media have been used very successfully across history to disseminate both information propaganda. Second is broadcast media , which basically refer to radio and television, while print media may present information is visually appealing or digestible ways, broadcast media adds sound and sometimes movement as important components Finally, we've got digital and social media, which are accessed via the internet, these sources let people share information and acces information on an unprecedented level. These technologies have also removed a degree of power from traditional sources that control the distribution of information.

### **Biography**

Dr. Halila Siham is a distinguished medical professional from Morocco. She is recognized for her contributions to healthcare and her commitment to advancing medical knowledge. With extensive experience in her field, Dr. Siham plays a vital role in both clinical practice and academic circles. She actively participates in international medical conferences and collaborative research. Dr. Siham remains dedicated to improving patient care and promoting global health initiatives.

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