

Discord scale

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Complete the Social Media Disorder scale

Links to an external site. How did you score? What do you think about the items in the scale? Why do you think that different patterns are found across the world?

I got a score of zero. It is good to know that when it comes to social media I am not addicted to social media like a lot of other people in my generation. Some are too disconnected from reality because they are stuck on the internet. I've been able to keep a good balance with actual social life and life on the internet. I give myself time to actually step out of social media to experience life and the things that come with it. With going to school at a university it is easier to get off your phone and be outside, whether it is doing homework, being in a club, or just hanging out with your friends. The results show me that I do not look for approval from social media, my self-esteem is not determined by how many clicks I can collect. I think the items on the list are valid questions especially since we are in a time where a lot of people are too heavily based on socials. People get their personality and are not able to have real standing relationships outside of social media. I think different patterns are found across the world because it is due to a lot of different circumstances. These circumstances can be from cultural differences, rules of society, economic preferences. Principles, beliefs, and views can change the outlook on how people see technological advancements, how people interact with others on social media, and how someone identifies now can differ greatly among different parts of the world. All of these factors influence people's views of and the interactions with people on social media.