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Professor Yalpi

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Based on the Social Media Disorder Scale, my results were normative. Out of the nine questions I only answered yes to question four, have you tried to spend less time on social media, but failed? There have been times where I will catch myself being on my phone for several hours and end up not getting the things I need to do done. Overtime I have overcome that issue and have limited my usage of being on my phone and using social media. I believe there are different patterns around the world because as time goes on technology is becoming more advanced. So, I believe our younger generation across the world are becoming more attached to social media and rely on it for security in their lives.