

Watch the Following Video: Social media and cybersecurity Then, complete the Social Media Disorder scale, 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?

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Date: 7/2/2024

Social Media Disorder Scale consisted of 9 questions about social media addiction in people. The questions centered around personality attributes to certain causes presented. It allows us to examine our behavior and others to determine addictive tendencies when it comes to social media usage, as well as, how it affects our day to day lives.

After completing the questionnaire I got a 4/9 and in my opinion that is actually good, because if I were to take this test again back in highschool I would've gotten a 9/9, just because my whole world centered on social media use. The questions I answered yes to were numbers 3, 4, 5, and 8. Number 3 was about withdrawal, I would always feel bored or annoyed when I don't have social media playing. Question 4 is persistence, which I struggle a lot in. I've tried numerous times to quit social media, but found myself reuploading it again. Question 5 revolved around displacement, always neglecting specific duties which I try not to but sometimes can't help it. And Finally question 8 was about escaping, when I feel overwhelmed about anything, I tend to go to social media to escape reality for a little bit. But overall the rest of the questions were actually insightful, I thought I was the only one who had these tendencies and feelings when it came to social media engagement. In a way this scale does allow an individual to be able to reflect/analyze on certain behaviors and learn from it.

"According to research from the University of Michigan, an estimated 210 million people worldwide suffer from addiction to social media and the internet." (Hoffman, 2023) World wide, we can analyze how there are different social factors that contribute to the addiction of social media usage. Such as the environment, social construct, influencers/celebrities, and what is deemed "trendy". There are also various apps that one might indulge in depending on the area you are in, some countries use facebook a lot while others have instagram as a popularity. Overall, addressing these necessary issues is the first step and that's what the social media disorder scale does. It asks the main questions that various individuals are struggling with when dealing with social media usage.

References

Social Media Disorder Scale (SMD Scale). (n.d.).

<https://www.brieftherapyconference.com/download/handouts/Tobi-Goldfus-Social-Media-Disorder-Scale.pdf>

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