Week 9 Journal Entry

I scored a zero on the Social Media Disorder Scale, which honestly didn’t surprise me. I’ve always had a pretty balanced relationship with social media. I use it to stay in touch with friends, catch up on news, and sometimes scroll for fun, but it’s never really gotten to where I feel dependent on it. Looking at the items on the scale, I think they do a solid job of pinpointing behaviors that can signal a problem—things like feeling restless when you’re not online or lying about how much time you spend on apps. I can see how those signs might creep up on people without them realizing it.

As for why different patterns show up worldwide, I think it has a lot to do with culture, access to technology, and even social expectations. In some places, being constantly connected is the norm—whether for work, socializing, or entertainment—while in others, people might value more face-to-face interaction or have limited internet access. Age and lifestyle probably play a big role too. Younger people who grew up with smartphones might be more at risk for heavy usage, while older generations might use social media less frequently. It’s interesting how something as universal as social media can have such different impacts depending on where you are.