

Journal Entry #9

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Recently, I completed the Social Media Disorder Scale. I did not answer yes to any of the nine questions. I don't use social media much; I only use it to catch up on career field information and games, nothing else. I don't share information on social media, so I don't have an addiction to it.

The different items on the scales fit pretty well, as I've had multiple friends who fit these items almost uncannily well. Different patterns are all around the world, as multiple cultures have their own limits, rules, and values when it comes to social media. Some cultures tolerate social media use more than others, while some may outright limit it completely.