Journal Entry 9

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On the Social Media Disorder Scale (SMD Scale) I got 1 out of 9. The question that I answered with a yes was number 8. Which asked if I used social media as a form of escapism. I very often use outlets like video games, YouTube videos, and reading when I am down in the dumps ever since I was a kid. The SMD Scale hit a lot of core areas with its nine questions. A lot of these questions can be applied to many different things in a person’s life. It just goes to show that indulgence can cause many problems with family, friends, and livelihood. Just like the old saying goes:” everything in moderation.” One reason that the patterns of social media use differ between countries around the world is the size of the population. Many would think that the United States would have the most social media users in the world. But it is only in third place with China being in the top spot with millions of more social media users. Also, when it comes to the number of social media accounts the United States is second to India which averages 11.4 accounts per person. Another reason is the economy of the country itself, since the lowest 5 countries or less developed the top countries. Age also plays a factor many people who are millennials or gen z frequently use social media more than the older generations. Older people tend to use social media to stay in contact with family member rather than as a form of entrainment.

**References**

Shewale, R. (2024, March 4). *Social Media Users 2024 (Global Data & Statistics)*. DemandSage. https://www.demandsage.com/social-media-users/