

Brendan Marcelo
CYSE201S
Journal Entry 9

According to the social media disorder scale, I scored of 3 out of 9. I think the questions in the scale are accurate and relevant to the use of social media today. I think this scale raises awareness on the excessive and addictive aspect of social media. While the use of social media can be found beneficial by educational and informative content, it can also be toxic and negative especially to the younger generation. Social media often forces us to compare ourselves to “influencers” and it pressures us to match or live a certain lifestyle. This can cause decreased self-esteem and even depression in some cases. Also, social media can be highly addictive. Engaging in an excessive amount of social media screen time can interfere with work, school, or other important events that can lead to negative relationships with family and friends and eventually damaged mental health. As for me personally, I find myself constantly scrolling through social media even when I have more important things to do. I think that these different patterns are found across the world due to how normal social media is in our everyday lives. Social media is not only an outlet for creativity but there are some careers that use social media daily such as marketing or content strategy.