

I was honestly surprised by my score on the Social Media Disorder Scale, only getting three yes's. I will admit to anyone that I use social media regularly, but some of the answers on the scale seemed to be a little over the top. Things like lying to friends or loved ones on the amount of time spent on social media and being annoyed thinking about how long it would be till I can be on social media again seem a little farfetched, however that's not taking into account the fact that I don't really have to be off of social media for any reason. I feel like these answers vary across the world because people use social media more or less in different areas. Places where technology is less of a big deal probably have more no's then yes's on the scale, while places like America, where social media is huge everywhere, probably had more yes's on the scale. I will admit that not being on social media causes me to feel like I'm missing out, given that that's where I get the majority of my news, however, places where people still get their news the traditional way probably don't run into this problem as much.