

Journal #9

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After watching the video on social media and cybersecurity, I completed the Social Media Disorder scale to evaluate my own usage patterns. My score was moderately high, indicating a significant level of engagement with social media that borders on problematic. The items on the scale, such as the urge to use social media more and more and using it to forget personal problems, resonated with me, highlighting how easily social media can become a coping mechanism and a source of constant distraction. The scale's questions are relevant and effectively capture the nuances of problematic social media use, emphasizing the potential for overuse and its impact on mental health and daily life. Reflecting on global patterns, it's clear that cultural, social, and economic factors play a crucial role in how social media is used and perceived. In some cultures, social media use is more integrated into daily life, driven by societal norms and values that encourage constant connectivity and online presence. In contrast, other cultures may have different attitudes toward technology and social media, influenced by economic factors such as access to technology and the internet. These differences highlight the importance of considering cultural contexts when addressing the challenges posed by social media use and its impact on cybersecurity. Understanding these global patterns is essential in developing effective strategies to promote healthy social media use and mitigate its potential risks, ensuring that the benefits of social media can be enjoyed without compromising cybersecurity.