

Week 9 Journal Entry

Complete the Social Media Disorder Scale. How did you score? What do you think about the items in the scale? Why do you think that different patterns are found across the world?

I scored well on the scale, only answering yes to one item. I'm unsure what I think about the items on the scale as I've never actually witnessed arguments on social media use contained in three of the nine questions. For the question on cutting down time and failing to, which I answered yes to, a variable exists in which so many share so much of their lives on social media. I rarely see or talk to those people, as social media has hurt meaningful relationships and social interactions. I think different patterns across the world depend on cultural variables and values. In the United States today, the use of social media has been tied to the American dream. You see "influencers" using social media to market themselves as a brand for gain. However, this use of social media often leaves people feeling empty. Their posts and stories highlight all the good aspects of their day and leave out the vast majority of the bad. It's not reality. In other countries, social media may not be a focus because a higher value is placed on family and having relationships of substance with others. Such familial values are observed in Asian countries like Japan. Another reason for pattern variance may be related to accessibility to social media. Some parts of the world are not fortunate enough yet to have widespread internet access or connection stability to regularly access such platforms. There are also other factors to consider as well. A person who regularly works or studies will not spend as much time on social media as someone who doesn't complete their day with productive tasks.