

Journal IX
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CYSE 201S

When I looked over the score I got a 0. I have a healthy relationship with social media and I rarely use it. I only send memes and talk to friends, I would be fine without it. I like to use it when I have down time to watch funny videos. I think the rating system covers everything very well. I think when it comes to a global scale places like Japan rank higher overall. They have a lot more intensive social media use. So much so that this is a phenomenon where people become shut-ins. This is a concerning trend, as it can lead to mental health issues, such as anxiety and depression. It's important to maintain a healthy relationship with social media and use it responsibly.