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Journal Entry #9

On the Social Media Disorder Scale, I scored a 2, which puts me in the risky usage category. The items in the scale really brought to my attention how negative social media can be for you besides being distracting. As I read through each item on the scale I became increasingly aware of just how impactful social media can be on someone's life, and this led me to also think about the younger generations growing up with social media very early on in their lives. Also, I think that different patterns are found across the world due to the difference in access and free time, when it comes to social media and technology. In some poorer countries, people may have to share devices and this can limit their interactions with social media, but could also check different boxes in the Social Media Disorder Scale.