

Journal Entry # 12

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These are my answers to the Social Media Disorder Scale:

- No
- No
- No
- No
- No
- No
- No
- No
- No

Fortunately, I did not answer yes to any of the Social Media Disorder Scale questions.

Nowadays, it is very hard to not submerge yourself to the world of social media. With Social media platforms like Facebook, Instagram, twitter, and TikTok all readily available and accessible through our smartphones, it is almost impossible not to spend time a lot of time checking and using these social media sites and applications. The items that were presented in the scale are actually a good representation for the dangers of over using these social media platforms. It is a good barometer if a person already has a form of a social media disorder. While the use of social media has its benefits, it also has its own drawbacks and detriments.

In my own opinion, two primary reasons why there are different patterns of social media disorders found across the world is because of “Culture” and “Internet Accessibility”. Culture, because there are certain cultures that are more prone to the dangers and allure of social media. In the same manner, there are cultures in the world where forms of social media are either prohibited or restricted. Internet Accessibility is another reason why there are different patterns of social media disorders. People in countries that are more technological advance and have better access to the internet, tend to spend more time online. They are more susceptible and more likely to have Social Media Disorder compared to those who only have limited internet accessibility.

As with anything in life, too much of something is dangerous. One needs to know the dangers of not knowing when to stop. Moderation is something that each one of us needs to learn and practice.