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CYSE 201S

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Journal Entry 9: Social Media and Cybersecurity

Objective: Discuss results from Social Media Disorder Scale.

I scored two out of nine on the social media disorder scale, but I am sure, without a doubt, that I use social media more extensively than I care to admit. Some of the items, especially #1, #2, #3 are signals of a true addiction to social media. I have never felt preoccupied with the idea of solely using social media to escape problems and other uncomfortable scenarios. Item #4, persistence, and item #5, displacement, are my biggest issues.

Displacement typically occurs since I would like to ease the work-load for the day, and as a result, I procrastinate my work and substitute it with some more fun. This usually happens whenever I'm starting to do homework or continue writing my novel. I look through YouTube for music to play while I'm working; then, I get whisked away into an interesting video, and I lose precious time. Persistence occurs after I realize how much time is being wasted. Every day I say to myself that I'm only going to watch a few videos or put on music, but I always fail.

I think different patterns manifest throughout the world because of different cultures and upbringings. Strict parents with control over social media may see their children on the extreme ends (fully addicted or no social media use). However, it ultimately depends on a user's ability to discipline themselves. Those who cannot resist a video like me may indulge too much.