

## Journal entry 9

**Question: 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?**

**Answer:** After attempting the social media disorder scale, I was able to score a 0 out of 9 which I do not have a problem with using any form of social media and abusing it like other individuals do. When I look at the items on the scale, I feel that people use social media so freely to escape the reality that they live in. Social media has always been a way for other individuals, to be able to escape their problems and withdraw themselves from the life in which they are living. I also think that the items that are presented on the scale are people who cannot live, without having a form of social media and it helps keep them preoccupied during difficult times. The reason that I feel that their different patterns that are found across around the world, is that there many different cultural differences that go into effect, with how people interact with social media across the world. Some cultures could be open to the idea of social media use, which they use platforms that facilitate public interaction, while other cultures could consider the more private aspect of social media use, that fits in with their set of norms. There are also many countries around the world that ban the use of social media, due to the governments feeling, that it will cause more harm than help educate society.