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**Social Media Disorder Scale**

When I completed the social media disorder scale, I scored 2 out of 9 on the "yes" responses. The questions were quite interesting and made me think in ways I hadn’t considered before. I noticed that the questions focused on time management, the impact of social media on life, compulsion, and neglect of other activities. I wonder how many people today would score 5 or higher on this scale. It seems that many individuals prioritize social media in their lives. Personally, I don’t make social media my only focus; I prioritize my God, family, friends, and sports. Perhaps that’s why I only scored 2 out of 9.

The different patterns of social media usage around the world can be attributed to several factors. Cultural norms, access to technology, societal pressures, mental health, and age demographics all play a significant role. Various cultures have distinct attitudes toward technology and social media, which influences how individuals engage with these platforms. The level of access to the internet and smartphones in different regions can lead to varying usage patterns. Mental health also plays a crucial role, as individuals may use social media either as a coping mechanism or a way to relieve stress. Lastly, age is an important factor since younger generations are generally more inclined to use social media compared to older generations.