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## **Week 10 - Journal Entry 9**

My Social Media Disorder (SMD) Scale score places me in the category of dangerous social media use. This indicates that although my usage of social media is not yet considered completely harmful, some of my behaviors point to a degree of reliance that, if left unchecked, could become problematic. The scale successfully identifies important aspects of excessive social media use, including emotional dependence, ignoring obligations, and trouble cutting back. The scale's elements appear to be significant and well-structured, reflecting actual difficulties that many people encounter while attempting to manage their online and offline lives.

There are various reasons why people utilize social media in different ways around the world. Social media integration in daily life is influenced by cultural norms; some societies place more value on digital participation than others do on in-person connections. Economic factors also come into play; in more developed nations with widespread internet access, people may be more likely to use it excessively. Additionally, different countries have different regulations regarding social media, which affects how users behave. Addressing the problem globally and encouraging better social media practices are made easier with an understanding of these variations.