

Journal Entry #3

•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?

After taking the Social Media Disorder scale, I scored a 3.0. It states that A score of 5 or higher indicates the formal diagnosis of a disordered social media user. Although I scored below that, I know that my usage is far too much and am always trying to limit myself from time to time. I think today's generation of kids that are growing up are going to have a harder time managing their usage on the internet. New apps are always coming out and trying to make themselves as addicting as possible. One of the questions I found interesting was the one that asks if you use social media to "escape from negative feelings". People always have their own way to cope with their feelings and social media is a big one for younger people. This is good and better than something like turning to alcohol or drugs. However, this can lead to future problems that fuel social media and internet addiction so it's a double edged sword.