

I scored a 2 on the scale given “Social Media Disorder Scale”. I find that the item shown on the scale makes sense as it best displays how certain topics deal with disorders in general. I find that different scores across the Social Media Disorder Scale come from how the amount of exposure or content the person sees. All sorts of patterns usually pertain to what form of content the person watches, whether can they break free or take a break from being online all the time along with how they interact with others online too. Being able to detach or limit yourself from the pleasure of seeing things on social media or online, in general, is beneficial in my eyes. Knowing how to represent yourself and how to close off certain things about yourself online while being true to yourself should be taught in schools, especially during this day and age.