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3/20/24

### Journal Entry 9

When it came to the social media scale, I had scored zero out of nine (nine no's). To think about the items on the scale I thought that people actually may actually have these thing and answer yes to them. I'm on social media yes but when it comes to it, I'm not crazy about it. When I don't have my phone for a day, I realize how productive I am with out it. Social media is a place to socialize with peers, but it could also be used for hacking, stalking, bullying, etc. The fact that people can't go a day without it is mind boggling, for do you really have to post your daily life on social media. Different patterns are found across the world because people may use it to get away from reality. Some may use it at as a comfort zone and not realize how much it is affecting them, in ways that they don't even realize. There may be some people who are unconfontational or just a shy person and use social media to express what their feeling without verbally saying it. Social media has come to a point where people are on too much to the point where its to access your daily day to day. Yes, social media is a huge thing now a days and personally it's the least important to me the more technology grows. Because with the improvement of technology the easier it is for people to have access to our personal things.