

Social Media Disorder Scale (SMD Scale)

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In my experience with the social media disorder scale, I scored 1 of the 9. Using social media to escape from negative feelings, where this allows me to distract from conflict in my regular life, either for monotony or a routinely job.

I think about this scale that allow us to identify the problematic uses of social media by different category, providing a view of specific problems areas that impact or lives. For example, somebody having a good routine of exercising and suddenly giving more attention to social media eventually quitting that activity. I believe everything in this scale is negative as it can harm us in many ways interpersonal or with our families. If somebody looking for professional help and understands this scale. It can be highly helpful to provide treatment by counseling and helping understand every specific issue in that person's life.

Across the world there are different patterns of the usage of social media due to the difference on cultures and places. Here in USA we have the luxury to access to the internet and the freedom provided. In other countries like in China, social media is prohibited for certain age groups to combat the internet addiction, that affect us all specially our children with the time perception,

time management or even daily task that is imperative to our development as we transit to adulthood. Moreover, there are regions where internet is not available for everyone, providing less problems for our society. In conclusion, Personal reflections on social media use can further enhance our understanding and encourage more mindful and balanced engagement with technology.

References

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