

Week 9 Journal Entry

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According to the Social Media Disorder Scale (SMDS), I would not be considered a disordered social media user, however I do feel as though answering “yes” to any of the questions should mean otherwise. For example, when prompted with the questions of if I have ever tried to spend less time on social media and failed and if I often find myself using social media to escape negative feelings, I answered “yes” to both. In my mind, these would both be signs that I’m in some way addicted to using social media, although I guess not to the same extent that others may be. Just basing it off of the way that my friends talk, I’m sure that the actual relationship that I have with social media is far from the most unhealthy.

Additionally, over the course of the almost two decades that I’ve used social media, I have noticed that people from different cultures tend to interact with the platforms in different ways. While the similarities usually seem to stem from pop culture phenomena, the differences almost always seem to be rooted in the things that each culture values. Things like spending time with family, building relationships with one’s surrounding community, religious beliefs, how gender roles factor into cultural practices, etc.; all of these things impact social media use. They affect how big of a role we allow our social media use to play in our lives outside of it, the kinds of trends we create through them, and even how much free time we even have to engage with social media in the first place.