

Journal 14 11/4

After taking the social media disorder test, I have realized that I am not in tune with social media like I thought I was. I say this because I don't find myself wanting to get on social media all the time and can take a break if necessary. One time I went to ROTC camp, and we had to give up our phones for a week, and when I did this I really didn't have a problem that whole week I still had fun and was able to function. I think that this scale is a very good way to measure how addicted you are to social media. I think this pattern is different in other countries because some countries have little to no social media at all, which can impact it a lot.