

Then, complete the Social Media Disorder [scaleLinks to an external site.](#). How did you score?

What do you think about the items in the scale?

Why do you think that different patterns are found across the world?

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July 7, 2024

I scored a 0 on the Social Media Disorder scale. Although I use it, I am not very fond of social media, I make consistent efforts to reduce the amount of time I spend on it. I rarely post, and I may use it to watch funny videos here and there, but by no means am I reliant on social media. I make efforts to tell my family about limiting their use of social media, and when we are out together, I also try to keep everyone off their phone, and in the moment.

The items on the scale are honestly a little extreme to me, but I understand how other people can develop an addiction to social media at the degree described by the items. Social media is not natural, people creating these types of platforms make it to where you will want to use it at a chemical level in your brain. It is even happening with food development, food engineers create flavors in a way that you get just enough where it tastes good, but not enough to be satisfied, so you constantly go back for more. With so much connectivity, information, and entertainment, the amount of dopamine received from using social media is a lot. If left unchecked it is very easy to fall into needing attention from your peers, getting those likes and staying up to date on trends and everything else that accompanies social media use.

I believe there are different patterns around the world because there is a wide variety of culture around the world. How people act and their beliefs in the real world vary country to country, so it only makes sense that the same would occur in the cyberworld.

