

In the Social Media Disorder scale, I scaled a 3/9. I think the items go further down a rabbit hole depending on how addicted you are to social media. I think the 3 that I picked were probably at what are most picked. I picked #4, #5 and #8. For #4, I think most people get on TikTok and it is designed to keep you on the app based on their algorithms and it works. For #5, sometimes I get easily distracted when I know I have other responsibilities, for the most part I get back on track, but time can fly by. For #8, I think with the stress of my job, and school I use to take off some of the stress to distract myself. I think the different patterns vary for each person, but sometimes it effects more than others. I think the younger generations who are basically born with tablets in their hands might be effected a lot from an early age and they are exposed to so much if they don't have parental control.