

Using the social media disorder (SMD) scale, I only scored a 1 out of 9. The patterns found on the scale are alarming and indicate a psychological need for one to use social media, a need that can be exploited. Each pattern is different because everyone uses social media differently. It is a tool that can be utilized just as it is a black hole for reliability and security. Referring to the video, a responsible person with strong security habits can exercise enough self-control to avoid using social media until the end of the workday, protecting sensitive corporate information. Ultimately, recognizing the dual nature of social media as both a useful tool and a potential risk is essential for maintaining personal security and corporate integrity.