**Cesar jay M Malanao  
1st year DIT  
  
  
Answer the following questions on a sheet of a letter-sized bondpaper. For each question, you may answer in ten sentences or more. Take a picture of your work and upload it on this classwork. Make sure to bring the hard copy next meeting for its physical submission as well.**  
 **1. How does social media influence individual behavior and decision-making? Can you recall a time that it was true to you?**I recall a time when I found myself spending hours scrolling through my social media feeds, comparing my life to others. I would often feel inadequate when I saw people traveling or succeeding in areas where I felt behind. This led me to make certain decisions based on external pressures, like trying to keep up with trends or buying things I didn’t need just to fit in. Social media's influence can subtly shift priorities, making people focus more on appearance, approval, and external validation than on internal satisfaction or personal growth. In my case, it wasn’t until I realized how much time I was spending on these platforms, trying to live up to expectations set by others, that I began to reevaluate my relationship with social media.  
  
  
**2. Reflect on your own usage of technology and social media. How was your usage impacted your mental health? your relationships? your own view of life and guiding principles (worldview)? Based on what you have learned from the documentary, what changes or adjustments will you consider making?**  
My usage of technology and social media has had both positive and negative effects. On one hand, it keeps me connected with friends and allows easy access to information, but on the other hand, it sometimes leads to **stress** and **anxiety** due to constant comparison and the pressure to maintain a curated image. I've noticed that excessive screen time can also make me more distracted and less present in my relationships. It has affected my **self-esteem** as I often find myself comparing my life to others' highlight reels online.

From the documentary, I learned how social media platforms are designed to keep users hooked, which can negatively affect mental health. Going forward, I plan to **limit my screen time**, **curate my social media feed**, and spend more time in the real world, being mindful of the impact it has on my mood and relationships.