Short Assignment Four

There are many platforms that I’ve used that I no longer use. One of those platforms is Myspace. I had a Myspace account when I was a lot younger (I know it was against the terms and conditions to have an account as a child, but I only used it to play games). I remember having relatives over, and they were playing a game called Mafia Wars on Myspace. They were also boasting about how cool and new Myspace was, and since I was already interested in the game that they were playing, I was drawn in. I remember using Myspace almost every day to check on my status in the game, but new games came out after a while, and I was interested in them. I slowly started transitioning to those other games and ultimately forgot about Myspace. Around the same time, Mafia Wars wasn’t supported on Myspace anymore, which led me to leave the platform. This was also around the time that Facebook came out, and many people started using it (including me). Gaming has always played a significant role in my life, and when RuneScape came out, I used Myspace less because I only used Myspace to play Mafia Wars.

When Facebook came out, they had all the same features as Myspace and a game called Backyard Monsters. Since my friends used Facebook more than Myspace, I decided to use Facebook instead of Myspace because of Backyard Monster. My friend played Backyard Monster too, and we had competitions, which led me to stay on Facebook (which I still use today). Despite transitioning to Facebook, I tried to revisit Myspace, but I forgot my login, and that is when I officially left the platform. A couple of times, I deactivated my social media accounts because I wanted a mental break. According to Insider, spending too much time on social media can cause feelings of stress, anxiety, and depression. I found myself constantly checking social media when I had nothing else to do, and it was a constant cycle of log on, log off every hour or so. However, I do find myself being happier when I use social media platforms sometimes. I think a lot of it has to do with the content that people post. In a study done by Melissa Hunt et al., they found that limiting social media use to less than half an hour a day decreases loneliness and depression.

I’ve also used ask.fm and Sarahah. I stopped using these platforms because no one else used them. They were good in hindsight but relied heavily on others to make comments/posts. If no one responds to you, then there is no point in these platforms. Eventually, these platforms died out for other reasons like anonymity, cyberbullying, and fewer users. I don’t foresee myself quitting a platform anytime soon unless something significant happens.

References

Hunt, Melissa G., et al. “No More FOMO: Limiting Social Media Decreases Loneliness and Depression.” *Journal of Social and Clinical Psychology*, vol. 37, no. 10, 2018, pp. 751–768., doi:10.1521/jscp.2018.37.10.751.

Ukiomogbe, Juliana. “How to Take a Break from Social Media and Why It's so Important, According to Mental Health Experts.” *Insider*, Insider, 16 Nov. 2020, www.insider.com/taking-a-break-from-social-media#:~:text=It's%20important%20to%20take%20breaks,with%20other%20activities%20you%20enjoy.