**Can Social Media Be Addictive? Pre- and Post-Test**

1. What is a common sign of social media addiction?

a) Using social media occasionally

b) Feeling the need to check social media multiple times a day

c) Using social media for educational purposes

d) Managing time effectively between social media and other activities

2. How can excessive use of social media impact academic performance?

a) It improves focus and concentration

b) It has no effect on academic performance

c) It can lead to decreased focus and lower grades

d) It enhances learning and study skills

3. Which of the following is a potential effect of social media addiction on mental health?

a) Increased self-esteem and confidence

b) Reduced stress and anxiety

c) Increased feelings of anxiety and depression

d) Enhanced emotional well-being

4. What is one strategy to manage social media usage effectively?

a) Keep notifications on all the time

b) Set specific times for checking social media

c) Use social media whenever you feel like it

d) Avoid setting any limits or boundaries

5. How does social media addiction affect personal relationships?

a) It strengthens relationships by increasing communication

b) It has no impact on personal relationships

c) It can lead to neglect of face-to-face interactions and strained relationships

d) It improves the quality of relationships with family and friends

6. What is a common feature of social media platforms that can contribute to addiction?

a) Informative content

b) Limited user engagement

c) Continuous notifications and updates

d) Offline functionality

7. Which of the following is NOT a recommended method for reducing social media usage?\*\*

a) Scheduling social media-free times

b) Tracking your screen time

c) Using social media as a primary source of relaxation

d) Setting daily or weekly usage limits

8. What role does self-awareness play in addressing social media addiction?

a) It helps in ignoring the problem

b) It has no impact on managing social media use

c) It allows individuals to recognize their usage patterns and make changes

d) It makes social media usage more frequent

9. Why is it important to balance social media use with offline activities?

a) To increase screen time

b) To avoid any interaction with the digital world

c) To maintain overall well-being and healthy relationships

d) To make social media the primary activity of daily life

10. What is one potential benefit of reducing social media usage?

a) Increased likelihood of feeling isolated

b) Improved sleep quality and mental health

c) Decreased productivity and focus

d) Higher levels of social comparison and dissatisfaction

Answer Key:

1. b) Feeling the need to check social media multiple times a day

2. c) It can lead to decreased focus and lower grades

3. c) Increased feelings of anxiety and depression

4. b) Set specific times for checking social media

5. c) It can lead to neglect of face-to-face interactions and strained relationships

6. c) Continuous notifications and updates

7. c) Using social media as a primary source of relaxation

8. c) It allows individuals to recognize their usage patterns and make changes

9. c) To maintain overall well-being and healthy relationships

10. b) Improved sleep quality and mental health