

Maintaining Mental health in the Digital Age: challenges and solutions

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Abstract. *This research explores the relationship between the use of digital technology and its impact on mental health and the challenges individuals face in balancing technology and psychological well-being. The variables considered in this study include the use of social media and digital technology, online behavior, psychological impact, and efforts to address related mental health issues. Inclusion criteria included articles published between 2018-2024, available online, and of direct relevance to the topic of this study. Exclusion criteria included articles that were not freely available or subscribed, not directly related to the research. The study results show that, although technology provides easy access to information, excessive consumption can contribute to stress, anxiety and other mental disorders. In this context, it is important to recognize that digital technologies are not just tools or means to an end, but also have significant social, economic, political and health impacts. In addition, responsible use of digital technology also involves many important aspects, such as protecting privacy and data security, avoiding the spread of false information or hoaxes, and*

Keywords: *Mental Health; Digital Era; Social Media; Teenagers*

Abstrak. Penelitian ini mengeksplorasi hubungan antara penggunaan teknologi digital dan dampaknya terhadap kesehatan mental serta tantangan yang dihadapi individu dalam menyeimbangkan teknologi dan kesejahteraan psikologis. Metodologi penelitian ini adalah studi kepustakaan Sumber referensi seperti buku, jurnal, dan dokumen lainnya digunakan, kemudian dianalisis secara menyeluruh, Variabel yang dipertimbangkan dalam penelitian ini meliputi penggunaan media sosial dan teknologi digital, perilaku online, dampak psikologis, dan upaya-upaya untuk mengatasi masalah kesehatan mental yang terkait. Kriteria inklusi meliputi artikel-artikel yang terbit dalam rentang waktu 2018-2024, tersedia secara daring, dan memiliki relevansi langsung dengan topik penelitian ini. Kriteria eksklusi mencakup artikel- artikel yang tidak tersedia secara bebas atau berlangganan, tidak berhubungan langsung dengan penelitian. Hasil studi menunjukkan bahwa, meskipun teknologi memberikan akses mudah terhadap informasi, konsumsi berlebihan dapat berkontribusi pada stres, kecemasan, dan gangguan mental lainnya. Dalam konteks ini, penting untuk menyadari bahwa teknologi digital bukan hanya alat atau sarana untuk mencapai tujuan tertentu, namun juga memiliki dampak sosial, ekonomi, politik dan kesehatan yang signifikan. Selain itu, penggunaan teknologi digital secara bertanggung jawab juga melibatkan banyak aspek penting, seperti melindungi privasi dan keamanan data, menghindari penyebaran informasi palsu atau hoax, dan memastikan penggunaan teknologi digital secara adil dan merata oleh seluruh lapisan masyarakat.

Kata kunci: Kesehatan Mental; Era Digital; Social Media; Remaja.

INTRODUCTION

In the era of globalization driven by advances in digital technology, Indonesia certainly has a significant impact on people's daily lives. Digital technology has changed the way we communicate, work, learn, and even interact with our surroundings. Balancing the use of technology in everyday life is an important thing to support mental health. (Situmorang et al., 2023) we need to limit ourselves in the use of technology to maintain personal well-being. However, this does not mean we stop in exploring the sophistication of technology. Kesehatan mental telah menjadi prioritas pemimpin-pemimpin negara di dunia dengan memasukkannya ke dalam salah satu dari 17 tujuan pembangunan berkelanjutan atau Sustainable Development Goals (SDGs) yang dicanangkan oleh Perserikatan Bangsa-Bangsa (PBB), WHO juga telah menyusun Mental Health Action Plan 2013–2020 secara komprehensif pada forum World Health Assembly yang ke-66 (World Health Organization, n.d.) (Grace et al., 2020).

According to (Haniza, 2019), social media is an interesting, free, and endless thing. This allows us to fall into the negative things that exist in the scope of cyberspace. Social Media makes many people express themselves easily to the general public, so it is also easy for us to argue about something. Cases of bullying that occur on social media are evidence of a person's lack of education in criticizing or giving opinions that can inadvertently hurt people, excessive use of social media can cause emotional and mental disorders, thus inhibiting daily activities. (Khotimah & Ula, 2023) Hal ini merupakan suatu tantangan dalam mengelola kesehatan mental di era digital. (Afrilia, 2024) mentions, that managing social pressures and conflicts that arise on social media is also another problem that becomes a challenge. Online harassment becomes a serious problem that can impair mental health, thus exacerbating problems such as depression and anxiety. Mental health has become a topic that is gaining more and more attention in this digital age.

From all circles will be affected, especially the one that will be highlighted is the adolescent phase, because of the phase transition from childhood to adulthood, both in terms of psychological and mental imbalance between emotions and consciousness. Studies have shown that excessive and unhealthy use of social media can contribute to a variety of mental health problems in adolescents. A number of studies have found a link between intense social media use and increased levels of depression, anxiety, and sleep disorders in adolescents. (Deswita et al., 2024) Paparan constant exposure to unhealthy content or social pressure on social media can also exacerbate mental health problems. One of the main challenges facing adolescents is the pressure to navigate the complex environment of social media (Aprilia cindy, 2024). Teens often feel tempted to compare themselves to the perfect picture displayed by others on social media, which is often unrealistic. This can increase feelings of inadequacy, lack of self-esteem, and pressure to reach unattainable standards. In addition, social media also carries the risk of cyberbullying and online harassment, which can have a serious impact on the mental health of adolescents. Exposure to negative comments or experiences of online harassment can cause stress, anxiety, and even depression in teens. This is becoming an increasingly urgent problem with the increasing use of social media among teenagers. In addition, the role of parents and schools in guiding and supporting adolescents in using social media in a

healthy manner is also very important. However, often parents and educators lack understanding of the impact of social media on adolescent mental health and lack resources to help them navigate these challenges. In addition, digital literacy is key in helping teens develop a healthy understanding of social media and how to use those platforms wisely. (Ainun Jariyah et al., 2024) adolescents need to be equipped with the knowledge and skills to identify unhealthy content, manage online privacy, and deal with peer pressure on social media. Technological advances bring many benefits, but they also bring new challenges that can affect a person's mental well-being. In the face of this dynamic, it is important that individuals understand the challenges they face and seek effective solutions to maintain their mental health.

Previous research related to this study is (Shelma & Fitriana Catur, 2024) which supports that the increase in pressure and negative behavior towards all people, especially adolescents, is because they do not understand how to respond to technological developments, especially social media. In addition a similar study by (Aprilia, cindy, 2024) which states research shows that excessive and unhealthy use of social media can increase the risk of mental health disorders, such as depression, anxiety, and sleep disorders. In this context, this article will discuss a number of mental health challenges that will be faced in the digital age, as well as appropriate solutions to these challenges. Through an in-depth understanding of these issues, we can jointly seek effective solutions to protect mental health amid the rapid advancement of digital technology. Thus, we can create a supportive environment while preparing to face future challenges with strong mental health.

METHODOLOGY

This research uses the literature study method and focuses on the values, cultures, and norms that develop in social contexts related to mental health and the digital age. Specifically, the study examined a population of individuals who actively use social media and digital technologies across different age ranges. There was no direct data collection from the field in this study. Reference sources such as books, journals, and other documents are used, then thoroughly analyzed.

The search for documents was carried out with the keywords "*(Mental Health)* and "*(Digital Era)*" through Google Scholar and manual search. The results of this search are then presented in the discussion of health impacts. Variables considered in the study include the use of social media and digital technologies, online behavior, psychological impact, and efforts to address related mental health issues. Inclusion criteria include articles published in the 2018-2024 timeframe, available online, and of direct relevance to the research topic. The exclusion criteria include those articles that are not freely available or subscribed, not directly related to research.

RESULTS AND DISCUSSION

Mental Health

The emergence of mental health was originally intended only for people with mental disorders and is not intended to be universal to all individuals. But the view has changed, mental health is not only limited to people with psychiatric disorders, but also

aimed at mentally healthy people, ie. how an individual is able to examine himself in relation to how he faces his environment interacts (Sari et al., 2020)

According to Kartini Kartono “ " mental disorder is a form of disorder and disorder of mental function (mental health) caused by failure to react to the adaptation mechanism of psychiatric or mental functions to external stimuli and tensions so that there are disorders of function or structural disorders in one part, one organ, or psychiatric system. The mental disorder is a unitary totality rather than a pathological mental expression of a social stimulus combined with other secondary causative factors.”

The essence of mental health is the existence and maintenance of a healthy mental state. In practice, however, it is clear that a large number of mental health practitioners place more emphasis on mental disorders than on maintaining mental health itself. Kesehatan jiwa atau kesehatan mental adalah keadaan individu sejahtera menyadari potensi yang dimilikinya, mampu menanggulangi tekanan hidup normal, bekerja secara produktif, serta mampu memberikan kontribusi bagi lingkungannya (Radiani, 2019). Thus, mental health includes physical, psychological, social aspects. Good mental health is a state when our inner being is in a state of peace and quiet, thus allowing us to enjoy our daily lives and appreciate others around (Suryoadji et al., 2024).

The U.S. Social Media and Social Media

Social Media is a medium used to socialize or interact with each other and done online, which allows people to communicate with each other without any time limit, can be done anytime and anywhere. Social Media also facilitates applications that can be used to connect with fellow humans, for example *Facebook, Instagram, Whatsapp* and *Twitter*. In ancient times humans interact using traditional media, namely print and broadcast media, while for now life is increasingly sophisticated and makes it easier for humans to communicate with each other using internet social media (Ardiansyah et al., 2023) social Media is often used daily by people who cannot be far from their social media. Bahwa social media that is often used by the people of Indonesia is whatsapp 92.1%, Instagram 86.5%, and tiktok 70.8%. Social Media has both positive and negative impacts.

With the existence of social media is very influential in social life in society for example, one of the social changes that have a positive impact is to make it easier to obtain and convey information quickly, gain social and economic benefits. While social changes that have a negative impact such as the emergence of social groups in the name of religion, ethnicity and certain behavior patterns that sometimes deviate from existing norms (BR Sembiring, 2015).

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Challenges In The Digital Age

Some of the challenges facing society in today's digital age are: 1) *Overload* information Overload: the Internet provides unlimited access to information. However, the constant flow of information can lead to mental fatigue and difficulty focusing. 2) Social Comparison: social Media is often the place where people compare their lives with others. This can lead to feelings of inadequacy and inferiority. 3) dependence on technology: dependence on digital devices such as smartphones and computers can disrupt the balance of life, causing social isolation and sleep disorders. 4) *Cyberbullying*: the misuse of technology can lead to acts of online bullying that can damage a person's mental health.

Solutions

Time limits and breaks: set time limits for the use of technology and be sure to take regular breaks. It helps reduce mental fatigue emergence of mental health was originally only intended for people with mental disorders and is not intended to be universal for all individuals. But the view has changed, mental health is not only limited to people with psychiatric disorders, but also aimed at mentally healthy people, ie. how is an individual able to examine himself in relation to how he deals with his environment berinteraksi.an increases concentration. Content curation: carefully select the content consumed online. Avoid information that triggers anxiety or makes you feel worthless. Focus on positive and supportive content.

Furthermore, real human connections: although technology allows us to connect virtually, let's not ignore the importance of social relationships in the real world. Take the time to meet with friends and family in person. Practice *Self-Care*: invest in activities that improve your mental well-being, such as meditation, exercise or fun hobbies. It helps reduce stress and improve *mood* overall mood. Seek professional help: if you find it difficult to cope with a mental health problem, do not hesitate to seek help from a mental health professional. Counseling or therapy can provide the support and understanding needed.

CONCLUSION

In the era of globalization driven by digital progress which certainly has a very significant impact on people's daily lives. Maintaining mental health in the digital age requires a heightened awareness of the challenges faced and a commitment to take the necessary steps to safeguard our well-being. By regulating the use of technology, prioritizing real human connections, taking good care of ourselves, and always under the guidance of the closest people and professional help we can face these challenges and still maintain optimal mental health in the midst of the dynamics of the digital world. In this context, it is important to realize that digital technologies are not only tools or means to achieve specific goals, but also have significant social, economic, political and health impacts. In addition, the responsible use of digital technology also involves many important aspects, such as protecting data privacy and security, avoiding the spread of false information or hoaxes, and ensuring the fair and equitable use of digital technology by all

levels of society. In addition, increasing digital capabilities must also be improved in order to minimize negative impacts. The digital world is also not free from cybercrime, therefore the importance of increasing cyber security awareness by conducting digital literacy training such as avoiding fraud, inappropriate content, online bullying, identity theft and privacy violations.

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