

The Influence of Social Media on Mental Health in Adolescents

Rista Aulin^{1, a)}, Selinda Triana¹, Sri andela¹

¹Universitas Islam Negeri Sultan Syarif Kasim Riau
Jl. H.R Soebrantas No 155 KM.15 Simpang Baru Panam Pekanbaru, 28293.

a) ristaaulin@gmail.com

Abstract. Social media has become an important element in the development process of teenagers, but it also has a significant impact on their mental health. Excessive use of social media can cause a number of negative impacts on teenagers' mental health, such as making them feel less self-confident, increasing the risk of depression and anxiety, and even loneliness. The increasing use of social media among teenagers has sparked concerns about its impact on their mental wellbeing. This study analyzes various previous studies that discuss the relationship between social media use and adolescent mental health. The results of the literature overview show that there is a complex relationship between social media use and adolescent mental health. The use of social media can have positive impacts, such as increasing a sense of social connection, access to information and support, and opportunities to express oneself. However, the use of social media can also have negative impacts, such as the risk of addiction, social friendship, cyberbullying and sleep disorders. This research concludes that social media use has the potential for multiple impacts on adolescent mental health.

Keywords: Influence, Social Media, Mental Health, Teenagers

Abstrak. Media sosial telah menjadi elemen penting dalam proses perkembangan remaja, tetapi juga memiliki dampak signifikan terhadap kesehatan mental mereka. Penggunaan media sosial berlebihan dapat menyebabkan sejumlah dampak buruk untuk kesehatan mental remaja, seperti membuat tidak percaya diri, meningkatkan risiko depresi dan kecemasan, hingga kesepian. Meningkatnya penggunaan media sosial di kalangan remaja memicu kekhawatiran akan dampaknya terhadap kesejahteraan mental mereka. Hasil tinjauan literatur menunjukkan adanya hubungan kompleks antara penggunaan media sosial dan kesehatan mental remaja. Penggunaan media sosial dapat berdampak positif, seperti meningkatkan rasa koneksi sosial, akses terhadap informasi dan dukungan, serta kesempatan untuk mengekspresikan diri. Namun, penggunaan media sosial juga dapat berdampak negatif, seperti risiko kecanduan, perbandingan sosial, cyberbullying, dan gangguan tidur. Penelitian ini menyimpulkan bahwa penggunaan media sosial memiliki potensi dampak ganda terhadap kesehatan mental remaja.

Kata Kunci: pengaruh, media sosial, Kesehatan mental, remaja

INTRODUCTION

Humans are social creatures that need to interact with fellow humans in the time of Plato and Rene Descartes stated that humans are creatures that consist of two dimensions, namely the physical dimension and the soul or spiritual dimension. With the development of increasingly advanced and complex technology, people can now interact not only directly, but also indirectly through advanced technology. Technological developments cannot be separated from daily life. Communication is the process of conveying information from one person to another in the form of messages using direct or indirect media. According to Imelda Rahma (2021), Communication is the process of conveying information from one person to another in the form of messages using direct or indirect media.

By using this media, people, especially teenagers, can express their feelings freely. They can share personal activities in the form of photos or videos into stories, as well as express their opinions through the comment column to other users. However, sometimes freedom of opinion can cause users to express bad opinions without considering the impact. Users who read such opinions are likely to feel hated by someone and feel anxiety. Excessive negative opinions from several users to one user is a form of cyber bullying.

Adolescents are prone to mental disorders that can adversely affect their lives if their mental health is not properly maintained. Some of the characteristics that may appear in psychosis include personality changes, difficulty resting, loss of motivation, weight changes, social isolation, and difficulty learning. If teens experience these symptoms, they need to get special help. Mental health is very important for teenagers because with good mental health, they can cope with their daily lives better, maintain relationships, and achieve a better quality of life. Teens need to be aware of the signs of mental illness and seek help if needed. Adolescents can achieve optimal growth in all aspects of their mental health with appropriate support.

Therefore, it is important to conduct research on the influence of social media on adolescents' mental health in order to inform the readers of the article in order to reduce excessive social media use and to know the effects of excessive social media use can have a negative impact on their mental health.

METHODOLOGY

This study uses the literature *review* method. In order to produce an article related to a specific topic by reading various articles, or other publications related to the research topic discussed. The criteria for the selected journal are journals with publications between 2020-2022. Research using this method is carried out by comparing research methods, processing methods and results that have been obtained from each article. The source of this research data comes from articles obtained through the internet in the form of research articles that discuss the influence of social media on adolescent mental health. Research data on the influence of social media on adolescent mental health was obtained as many as 5 articles. All research articles that have been obtained are used as samples to complement the discussion in the article.

RESULT AND DISCUSSION

DEFINITION OF SOCIAL MEDIA

In general, social media is an online platform that allows social interaction between individuals without the limitations of space and time. Etymologically, social media is a combination of two words, namely media and social. Media comes from the Latin word "medius" which means intermediary or introduction. "While social comes from the Latin socius which means friend or friend." Etymologically, social media can be interpreted as an intermediary or introduction to socialize or interact with friends or comrades online. Social media is now the main platform to spread the latest news about people's lives. Social media can connect with web and mobile platforms so that users can connect with others through apps such as Facebook, Twitter, Instagram, Telegram, Line, and more.

According to Ardiansyah and Maharani (2021) social media is a means or forum used to facilitate interaction between fellow users and has two-way communication properties, social media is also often used to build a person's self-image or profile, and can also be used by companies as a marketing medium. Create, share, exchange, and modify ideas or ideas in the form of communication. In his research, Kaspani (2019) said that social media is a medium that can allow one or many people to interact using technology (social applications).

THE INFLUENCE OF SOCIAL MEDIA

The influence of social media on physical health caused by social media addiction can also indirectly have an impact on the physical health of adolescents. Research by

Andreassen et al. 2016 in (Naslund et al., 2020) said that the use of social media among young people who use it heavily and in the long term can affect not only an increased risk of various mental health symptoms, but also a decrease in physical health. This can be proven from prolonged stress that occurs in adolescents can affect blood pressure. Stressful conditions that can cause hypertension can not only occur in adults, but also in middle age. Severe stress and resulting in hypertension can cause damage to the body's organs such as the heart and kidneys (Ardian, Nu and Sari, 2018).

This is in line with research conducted by David (2022), stating that there is a relationship between social media use and physical health indicators. This is shown by the correlation with higher levels of CRP (a biomarker of chronic inflammation) that is associated with chronic diseases such as cardiovascular disease and cancer. In addition, excessive use of social media for a long time can also cause more frequent somatic symptoms such as headaches, chest pain, or back pain. (Lee et al., 2022). Not only that, according to Triharyo in Widea Irnawati, 2018 in (Qonita and Septimar, 2021), the continuous use of social media will have an impact on a sharp decline in vision which will result in difficulties in carrying out daily activities. The more sharp the decline in vision in adolescents, the greater the risk of complications in the eyes.

In addition, the use of social media also results in a lack of physical activity such as exercising which can cause excess energy which then becomes fat deposits in the body or obesity. (Setiawati et al., 2019). The longer the duration of adolescents playing social media, it will affect mental health, this is because adolescents will focus on themselves or their own world and cause addiction to using social media (Bashir & Bhat, 2017; Braghieri et al., 2022; Indriani et al., 2022; Kim et al., 2009; Patterson & Veenstra, 2010; Septiana, 2021; Wasserman et al., 2015). Research (Haniza, 2019; Pratama & Sari, 2020; Septiana, 2021) stated that 80% of teenagers in Indonesia spend more time on social media. There is no doubt that internet access provides good benefits (Al Yasin et al., 2022; Kaur et al., 2022; Santo & Alfian, 2021; H. Utami & Pujiningsih, 2021). However, especially adolescence is a crucial time to determine the period, social media is a factor in the occurrence of health.

THE IMPACT OF SOCIAL MEDIA ON TEENS

1. Positive impact of social media

- a. Facilitating Interaction, Social media allows people, especially the younger generation, to connect indirectly with family, friends, and colleagues.

- b. Creativity Young people can use social media to show their **talents** both in academic and non-academic contexts. The younger generation can freely share what they do, and the existence of social media allows the younger generation to preserve it.
- c. Social awareness Social media can provide information about the topic being discussed and can provide information to the public, especially the younger generation, about what is happening in society.
- d. It helps young people to build their identity and express their ideas.
- e. Easy access to educational information and resources.
- f. Increase social awareness and participate in social movements.

The impact of social media on young people is that it helps them build social networks, expand friendships, create identities, and express themselves. In addition, social media can also help the younger generation easily access information and educational resources, increase social awareness, and participate in social movements. However, it is important for parents and guardians to monitor the use of social media by teens and encourage them to adopt good digital habits.

2. Negative impact

The negative impact of social media on the younger generation is:

a. Affects mental disorders

Spending too much time on social media can lead to mental problems such as depression and anxiety about comparing yourself.

b. Cyberbullying

Social media is a place to chat and express opinions. However, if people disagree with these opinions, other social media users spread the bad news.

c. Lack of privacy

Young people are often unaware of the long-term impact of playing social media because social media is so easy to find nowadays.

HOW TO OVERCOME THE INFLUENCE OF SOCIAL MEDIA

a. Education about the use of social media.

It is important to provide information to adolescents about good and wise ways to use social media. Implementation of social media time limits to reduce user addiction.

b. Speaking and listening.

It is important for parents and educators to listen to complaints from their children and students because what they need is someone who can listen to them. Spending free time together can strengthen bonds and prevent dependence on social media.

c. Limit the use of social media

In overcoming social media addiction, users should limit the amount of time spent playing social media each day by using alarms or stopwatches to control social media use. When social media users are used to limiting the use of social media, then users are able to control themselves not to be addicted to social media. Then switch to in-person interaction with others, such as family or friends.

d. Use social media wisely

Limiting the use of social media does not mean reducing activities using social media, making social media a negative thing. In the use of social media, there are certainly benefits if someone uses social media wisely.

e. Seeking positive activities

In limiting the use of social media, users need to look for positive activities. The busier a person is, the less someone is to use social media. Switch the use of social media by exercising or gathering with family. Increase activities that provide a sense of comfort to the body and also to the mind, meditate, exercise, travel outside to get some fresh air or do activities outside the home.

f. Increase Socialization in Real Life

Actually, there is nothing wrong with communicating via social media that provides features such as FaceTime. However, if this method of communication is something you often choose, it's a good idea to think again. Again, there's nothing wrong with using a feature like FaceTime. However, it's better to be in touch face to face, right? Socializing in real life has many more benefits.

g. Focus on the People Around You

To overcome social media addiction, try starting with one simple thing. For example, focus on your friends or family when you're spending time together. In short, keep your smartphone tightly in a bag or other place. Remember, what they need is not just your presence, but also the positive energy you give them.

CONCLUSION

This literature review shows that the influence of social media on adolescent mental health is a complex issue with potential positive and negative impacts. The use of social media can provide benefits for adolescents, such as increasing a sense of social connection, access to information and support, and opportunities to express themselves. However, social media use can also have negative impacts, such as the risk of addiction, social comparison, cyberbullying, and sleep disorders. Factors such as duration of use, content consumed, and online social interactions can affect the impact of social media on adolescent mental health.

It's important to understand that not all teens experience the negative impact of social media. Individual factors such as personality, social support, and ability to cope with stress can affect how teens respond to social media use. Further research is needed to better understand the mechanisms of social media's influence on adolescent mental health, as well as to develop effective intervention strategies to minimize the negative impact and maximize the positive impact of social media for adolescents.

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