

## THE RELATIONSHIP BETWEEN SOCIAL MEDIA ADDICTION AND ADOLESCENT MENTAL HEALTH

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### Abstract

In today's digital era, social media has become an important part of adolescents' lives because it offers various ways to communicate, get information, and form a social identity. However, uncontrolled use of social media can cause mental health problems. This study aims to determine the relationship between social media addiction and adolescent health. Adolescents are the most active individuals in using social media, where excessive use of social media can hurt their psychological condition. This study uses a literature review method by reviewing 23 national journals published in 2020-2024 with topics relevant to the study. The results of the study show that social media addiction has an impact on mental health disorders such as stress, anxiety, depression, sleep disorders, and the desire to harm oneself. In addition, other factors such as gender, parenting patterns, social pressure, and the environment also have a major influence on the mental condition of adolescents. Therefore, preventive efforts are needed from various parties, including the role of BK teachers in providing educational services as well as group guidance services and parental cooperation to help adolescents use social media sufficiently, wisely, and in a balanced manner..

Keywords: Addiction ; Adolescents ; Depression ; Mental Health ; Social Media.

### 1. Introduction

It is impossible to separate technological advancements from everyday life nowadays. The rapid advancement of technology also has an impact on people's communication, among other aspects of life. According to Haniza (2019) in Al Yasin, R., et al. (2022) asserts that communication is the main interaction that allows people to fulfill their needs, build social bonds, and get to know each other. With technological advances, communication is no longer limited by time or location. The existence of social media, which makes it easy to disseminate information to the public quickly, practically, and effectively, is one of the results of this growth (Cahyono, 2016). Teenagers in particular find social media a useful tool in their daily lives. Teens can digitally engage and build social interactions with the help of these platforms. Facebook, Twitter, Instagram, WhatsApp, YouTube, and TikTok are some of the well-known social media platforms that are frequently used. Teenagers are among the groups that have access to social media. The Indonesian Internet Service Providers Association (2017) reported that 75.50% of social media users in Indonesia are teenagers. with friends, family, and teachers, as well as a way to discuss school work and get health information online, are some of the advantages (O'Keeffe, 2011 in Aprilia, R., et al., 2020).

The growth of information technology and particularly among adolescents, the arrival of rapid communication has changed the nature of daily life. The population of the Republic of Indonesia according to the Regulation of the Minister of Health Republic of Indonesia Number 25

of 2014, individuals aged 10-18 years are considered adolescents. According to Teenagers are classified as those aged between 12 and 17 years old by the Ministry of Health of the Republic of Indonesia (2015) unmarried people aged between 10 and 24 years old in Rahmawaty., et al (2022). We Are Social found that by 2023, around 90% of teenagers worldwide use social media regularly, spending three and a half to five hours each day on these platforms (Krisdayanti, 2024). Research shows that young people's mental health can suffer if they spend too much time on social media (Sampasa and Lewis in Cahyaningtyas & Sekti, 2024). The term "social media" refers to online platforms that allow users to easily engage in discussions, share concepts, and build virtual environments.

The term "social media" refers to online platforms that allow users to easily engage in discussions, share concepts, and build virtual environments. Among the many advantages of social media is the ease of communicating with a wider audience, sharing thoughts and opinions, and disseminating news and other information (Adinugraha & Anas, 2024). Adolescents who use social media without control risk spending too much time on social media, which can result in addiction (Daviz, 2001) in Aprilia, et al., (2020). According to Thakkar (2006) in Aprilia et al. (2020) confirmed that excessive use of social media can lead to addiction. The average Indonesian uses social media for six hours a day, with 76.67% of users accessing it three times an hour, according to the Indonesian Internet Service Providers Association (APJII). There are three categories of the length of time people spend on social media: very short (less than one hour), medium (3-4 hours), and very long (more than 7 hours). A person can be considered addicted if they use social media for more than seven hours every day.

Social media addiction significantly affects mental health. A person's psychological state can be impaired if they use social media excessively (Pekuali & Kaborang, 2024). According to WHO (2017), mental health problems affect 10-20% of children and adolescents worldwide. Approximately half of all mental illnesses appear by age 14, and 75 percent by age 18. According to Prajaniti's research from 2022, teenagers now use social media daily, but unfortunately, this use is so excessive that it negatively affects their mental health. Stress, emotional disturbance, loneliness, depression and anxiety are some of the impacts.

Anxiety and depressive disorders are the most common conditions in children and adolescents (Keles et al., 2020 in Al Yasin, R. et al., 2022). Social media use and adolescent mental health at SMA N 8 Semarang were linked in another study by Yuhana, E. S., et al. (2023). Similar findings were obtained by Al Yasin, R., et al. (2022) using a systematic review test, which showed an association between adolescents' social media use and their mental and physical health. Adolescents who are addicted to social media often show signs of loneliness, tension, worry and sadness. Given this phenomenon, it can be argued that adolescents' mental health may be affected by excessive social media use. As a result, researchers want to know how social media addiction and adolescent mental health are interrelated. This study seeks to determine the impact of social media addiction and examine the relationship between excessive social media use and mental health problems in adolescents.

## 2. Methods

The method used in this research is literature review. The process of identifying, assessing, and synthesizing scientific work written by previous researchers is carried out through a systematic, explicit, and reproducible compilation of literature reviews (Ulhaq & Rahmayanti, 2020). The purpose of a literature review is to evaluate and summarize the body of knowledge already available on a research subject to identify research gaps that can form the basis for additional research. The national journals considered in this analysis were released starting in 2020. An internet search using articles on the relationship between social media and adolescent mental health was used to find data sources. 23 national journals from various official websites were used in this study. The following keywords were used in the article search: adolescent, mental health, social media, and the impact of social media on adolescent mental health. The data collection date was April 14-20, 2025.

## 3. Results and Discussion

Teens who are addicted to social media spend more time online, which limits their opportunities to communicate in person. When a person relies heavily on something they love and finds it difficult to stop using it, it can be considered an addiction. Addicted teens will continue to look for opportunities to utilize social media in any situation. This usually happens when people have no constructive and productive tasks, difficulties in time management, and difficulties in self-control, resulting in prolonged social media use. Since teenagers' attention is only on themselves or their online activities, prolonged use has adverse effects on mental health and can lead to addiction (Fazrian, 2023). Adolescents who are addicted to social media have a tendency to withdraw from their environment, experience a decrease in the quality of social relationships, feel lonely, lose self-confidence, experience excessive fear, have sleep disturbances, are easily agitated when their use is interrupted, and have difficulty focusing and maintaining emotional stability (Hilmi, A.S. et al., 2024; Astuti, S.W. et al., 2022). When a person cannot use social media, they will experience stress and this dependence makes them more focused on virtual life, and less concerned with the real world (Prabowo, Y.A. et al., 2024; Ramadhani, N. et al., 2024; Indriani, F. et al., 2022; Lestari, Y. et al., 2020). Adolescence is a very vulnerable period, so this situation has a significant influence on mental health. Adolescent mental health is greatly affected by the imbalance between real and virtual life, which is exacerbated by poor time management, lack of self-control, and lack of knowledge about social media use (Septiana, N.Z., 2021).

Stress, anxiety disorders, and depression are the most common mental health conditions caused by social media addiction (Prajaniti, G.A.S. et al., 2022; Masriyudin et al., 2024; Al Yasin, R. et al., 2022; Budury, S. et al., 2019). It is said to be the most common because most adolescents who are classified as addicted to social media will experience this, it happens as a result of someone's unwisely using social media. Adolescents experience psychological stress due to various social pressures, ideal living standards portrayed on social media, and continuous social comparison (Sa'diyah, M. et al., 2022). In social media, everything can be seen and accessed without exception, therefore the ability to control oneself, choose the right information, and be wise in receiving and giving information is needed. Not only that, in social media there is also social media validation in the form of "likes" and comments that can bring short-term happiness, but in the end it leads to negative things such as emotional dependence (Cahyaningtyas, P.A. et al., 2022). This problem is further exacerbated by other phenomena such as jealousy of other people's lives and cyber bullying

(Ilat, I.P. et al., 2023). Talking about social media, it certainly cannot be separated from cyberbullying. Where everyone is free to share their life stories, feelings, and daily activities. This phenomenon can lead to social jealousy as a result of seeing the standardization of other people's lives on their respective social media. And it will continue with cyberbullying events, where if there is social jealousy, people will be able to act badly such as making derogatory comments, and so on.

Adolescents feel lonelier because superficial cyber interactions cannot play a role in providing the warmth of real-world relationships. If left untreated, this can lead to significant overthinking, decreased self-confidence, and even self-harm (Ernawati, E., 2024; Iryadi, A. et al., 2024). In addition, Yenny's (2018) research found that social comparison can occur due to excessive use of social media. Adolescents compare themselves to others, which makes them feel inadequate. If this pattern continues, it can negatively impact their mental health by causing anxiety and overthinking.

Adolescent mental health can also be affected by various interrelated factors. While social media addiction is often cited as the primary cause, other factors that impact one's mental health can include psychological, physiological, as well as sociocultural aspects (Siburian, T.R.D. et al., 2024). The gender gap also plays a role, with adolescent girls being more vulnerable to depression than adolescent boys. This is in line with research conducted by Wetarini and Lesmana (2018) which revealed that another factor that can affect a person's mental health is gender. Broadly speaking, there were a higher number of female respondents who experienced depression, stress, and anxiety than the number of male respondents. It can be concluded that gender can be said to be another factor related to a person's mental health condition. Parenting styles also have a big impact, especially permissive or authoritarian styles that can hinder adolescents' emotional development (Widya, W.R. et al., 2022; Rahmawaty, F. et al., 2022). Peer pressure can also exacerbate mental health problems, especially for adolescents in poor social environments. A poor social environment for adolescent mental health is one where adolescents feel pressured, disrespected, or even threatened emotionally or physically. This can happen in school, family, and community settings. Guidance and Counseling (BK) teachers can take a number of actions to help students avoid social media addiction. there are many efforts that can be made by BK teachers in preventing social media addiction among adolescents, including cooperation, education, and counseling services. Education about social media and the impact of addiction can be achieved through classical guidance services, counseling, seminars, and socialization. (2024).

The role of counseling teachers is crucial in providing appropriate interventions to help adolescents manage these negative impacts. Classical guidance service program can be used as an alternative help to reduce the use of social media in students. This is in accordance with the results of research by Tria Bina Tama, et al. which showed that there was a decrease in students' use of social media during the provision of classical guidance services and effective for reducing the use of social media in students. Furthermore, group guidance services can overcome the negative behavior of using social media. This is supported by the results of research conducted by Toni Elmansyaha & Riki Maulana in 2022 which shows that the implementation of group guidance services can overcome negative behavior in using social media including planning, implementing evaluation, observation and follow-up goes well according to the plan that has been prepared or made. In addition, the provision of group counseling services can help students to reduce addiction

to social media, namely by using self-control techniques. This is supported by the results of research by Nayla Astrifah et al (2024) which states that group counseling with self-control techniques has an effect on reducing social media addiction in students.

#### 4. Conclusions

Adolescent mental health disorders and social media addiction are closely linked. Adolescents who use social media more frequently are at risk of experiencing mental health problems. Teens who are addicted to social media often isolate themselves from others, feel helpless, suffer from excessive anxiety, sleeplessness, irritability when their activities are interrupted, and difficulty focusing and controlling emotions. Anxiety, tension, emotional disturbance and sadness are some of the common psychological conditions caused by this addiction. Severe loneliness can result from these conditions, and can even lead to suicidal thoughts or feelings. Adolescent mental health is also affected by various other factors, including gender, parenting style, social and environmental influences, personal psychological problems, and other external pressures that exacerbate mental health problems. Therefore, to prevent excessive social media use, adolescents themselves must exercise control and parents must provide support. It is also important for counseling teachers to try to educate and give them a thorough understanding of the adverse effects of social media addiction. these efforts can be made through counseling services in the form of group guidance, group counseling, classical guidance, and so on.

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