

THE YOUTH MENTAL HEALTH CRISIS IN THE DIGITAL AGE

Zikry Latupasjana¹, Dewi Rosa², Handayani³, Indri Dwi Putri⁴, Halimah Fi Rahmatul Awal⁵

¹Universitas Negeri Padang, Indonesia, Zikryersya@gmail.com

^{2,3,4,5}Universitas Islam Negeri Sjech M.Djamil Djambek Bukittinggi, dewirosa200804@gmail.com, hndyyyyani@gmail.com, indridwiputri9@gmail.com, brahmatulawal0410@gmail.com

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Abstract

Today's young people spend a lot of time on social media, which is an arena for communication and self-expression. However, social media can also be a source of stress and psychological pressure. Many teenagers feel pressured to appear perfect and compare themselves to others, which often leads to problems such as anxiety, depression, and low self-esteem. Research shows that the higher the use of social media, the greater the risk of mental health problems. This study uses a qualitative approach with a literature study method to explore the psychological challenges faced by young people in the digital era. Data were collected through literature analysis including books, scientific articles, research reports, and other relevant sources related to young people's mental health and the influence of the digital era. The results of the study show that the mental health of young people in the digital era faces complex challenges, ranging from social pressure, social media addiction, unrealistic social comparisons, to the risk of cyberbullying. These factors can trigger stress, anxiety, depression, and other mental disorders that negatively impact their quality of life. However, social media also has positive potential if used wisely, such as strengthening social support and increasing insight. To overcome this mental health crisis, strategies are needed that include limiting the use of technology, digital detox, increasing direct social interaction, selecting positive content, and developing physical activities and hobbies. Support from family, school environment, and access to professional services are very important in helping young people manage stress and maintain their mental well-being. In addition, digital literacy education is key so that young people can use technology healthily and responsibly. With a holistic approach and the right support, young people can face the challenges of the digital era more strongly, so that their mental health is maintained and able to develop optimally in the future.

Keywords: Mental Health, Young People, Digital Era

1. Introduction

The mental health crisis of young people in the digital era is an increasingly worrying phenomenon and a major concern in various countries, including Indonesia. The rapid development of information and communication technology, especially social media, has a double impact: on the one hand, it broadens horizons and social networks, but on the other hand, it causes severe psychological pressure.

Adolescence is a developmental period between childhood and adulthood that typically lasts from 10 to 19 years of age. It is a critical phase in a person's life, where they experience many physical, emotional, social, and cognitive changes (Mpofu et al., 2022). Significant hormonal changes also occur during this time, which can affect mood and behavior. During adolescence, individuals begin to form their identities, explore interpersonal relationships, and plan for their future. They also begin to understand the world around them in a more complex way (Putri, 2022). This process can pose challenges, both from within themselves and from their social environment (Rahmawaty F et al.,



2022). In their development, adolescents have developmental tasks that must be fulfilled, but some adolescents have difficulty in fulfilling these tasks development. During this period, adolescents will be faced with various kinds of problems that will affect the ability of adolescents to achieve their developmental tasks. The inability of adolescents to overcome obstacles properly can have an impact on the emergence of emotional mental health problems (Florensa et al., 2023).

Mental health is the ability to adapt to oneself, to others, to society and the environment in which the individual lives. This understanding is more detailed and general in nature, because it is related to life as a whole (Reza et al., 2022). The ability to adapt will lead humans to happiness in life and avoid anxiety, worry, and dissatisfaction. In addition, individuals are full of the spirit of life in order to be able to adapt to themselves (Amin & Haswita, 2024). Mental health is the ability to adapt to the environment around them and wherever they live, carrying out daily activities with the aim of safety both in the world and in the hereafter, and based on faith and piety (Mustamu et al., 2020).

Mental Health is a state of mind that is always in a calm, safe, and peaceful state. Efforts to find inner peace can be done, among others, through self-adjustment in a sign of complete surrender to God (Malfasari et al., 2020). In the Qur'an as the basis and source of Islamic teachings, there are many verses related to peace and happiness of the soul as a principle in mental health. These verses include the following:

Meaning: "And seek what Allah has bestowed upon you (happiness) in the land of the hereafter, and do not forget your share of worldly (pleasures) and do good (to others) as Allah has done good to you, and do not cause harm on (the face of) the earth. Truly Allah doesn't like people who do damage. (QS. Al-Qasas 28:77).

Globally, one in seven children aged 10-19 years experience a mental disorder, which accounts for 13% of the global burden of disease in this age group. Depression, anxiety and behavioral disorders are among the leading causes of illness and disability among adolescents. Suicide is the fourth leading cause of death in the 15-29 age group (Suswati, 2023). According to (WHO, 2021) an estimated 1 in 7 (14%) children aged 10–19 years experience a mental health condition, but most are unrecognized and untreated. Several studies report the prevalence of mental disorders among adolescents to be around 20-30%. Basic Health Research (Riskesmas) shows that more than 19 million people aged over 15 years experience emotional mental disorders (Ministry of Health of the Republic of Indonesia et al. 2022). The consequences of failing to address adolescent mental health conditions will extend into adulthood, negatively impacting physical and mental health, and limiting opportunities for a fulfilling adult life (YU et al., 2022).

Young people today spend a lot of time on social media, which is an arena for communication and self-expression. However, social media can also be a source of stress and psychological pressure. Many teenagers feel pressured to be perfect and compare themselves to others, which often leads to problems such as anxiety, depression, and low self-esteem. Studies have shown that the higher the use of social media, the greater the risk of developing mental health problems.

The development of digital technology and social media has brought significant changes in the social interaction patterns of young people today. Social media such as Instagram, TikTok, and Twitter have become an inseparable part of the daily lives of the younger generation, especially Gen Z, known as the digital generation. Although this technology makes it easier to communicate and broaden horizons, its negative impact on the mental health of young people is increasingly worrying.

The existence of social media seems to be a necessity today and it feels strange if we don't open social media in a day. Social media provides many benefits such as providing a lot of information that we need in various fields, as an entertainment platform, communicating or interacting with fellow social media users from various places, and so on (Rosmalina & Khaerunnisa, 2021). However, on the other hand, social media also has negative impacts, one of which is the impact on mental health. Many people still don't realize that social media has a negative effect on mental health. Disturbed mental health is not only influenced by the surrounding environment in the real world, especially young people who mostly spend a lot of time on social media.

Social media platforms such as Instagram, Snapchat, Facebook, and TikTok play a significant role in adolescents' lives, offering a means for self-expression, social connection, and information sharing (Khalaf et al., 2023). While these platforms allow adolescents to shape their identities and engage in virtual communities, there are concerns about the potential negative impacts on adolescents' mental health (Hoxhaj et al., 2023). Research shows that excessive social media use can lead to problems such as anxiety, depression, and social isolation, especially among adolescents (Marquez & Karlin, 2022). Research also highlights the negative correlation between social media use and self-esteem, emphasizing the importance of monitoring and regulating adolescents' social media consumption to promote healthy psychological development (Skogen et al., 2023). Understanding the motivations behind social media use in the mental health community may provide insight into the benefits and drawbacks of these platforms for adolescent well-being (Chen, 2023).

Social media has gained a significant position as one of the main sources of information for the global community (Pertwi et al., 2021). Social media itself comes in various forms, texts that can be used to convey and express opinions (Elshahed, 2020). Laughey & McQuail in (Mulawarman & Nurfitri, 2020) stated that social media consists of two words, namely "media" and "social". In general, media can be interpreted as a tool used to communicate. While "social" is a word that comes from English, namely society. In simple terms, social can be interpreted as something about society and society. This opinion is in line with that put forward by Daviz in (Aprilia, 2020) social media is an online media that can provide convenience in social interaction using web-based technology that can change one-way communication from communicators into interactive dialogue without time limits.

Today's social media has changed the existing paradigm and theory, uniting various levels of communication in one container known as social networks or social media. This change has a significant impact on the use of social media in society (Noorikhshan et al., 2023). Platforms such as Facebook, Twitter, Instagram, WhatsApp, and others have become the main source of the latest information for the community (Setiadarma et al., 2024). Social dynamics in society, such as social values, social norms, organizational behavior patterns, structure of social institutions, power and authority, social interaction, and other elements, all play a role in the lives of people who are connected through this social media (Rustandi, 2020).

Excessive use of social media can trigger mental health disorders, such as anxiety, depression, and low self-confidence. The phenomenon of unhealthy social comparison, where young people compare their lives with the ideal image displayed on social media, causes feelings of dissatisfaction and severe psychological stress. In addition, internet and social media addiction is also a factor that worsens their mental condition, including the emergence of inaccurate self-diagnosis behavior.

Not only that, cyberbullying that is rampant in cyberspace adds to the psychological burden of young people. Data shows that most teenagers have experienced or become victims of cyberbullying, which has serious impacts on mental health such as decreased self-esteem, anxiety, and suicidal ideas. On the other hand, although technology allows for extensive social interaction, many young people feel lonely and isolated due to the lack of meaningful face-to-face interaction.

Social media has become the main space for interaction for young people, but it often causes unrealistic social comparisons, digital addiction, and cyberbullying that have a negative impact on their mental health (Coyne et al., 2020). Phenomena such as "Instagram Perfect" which displays an ideal life on social media often make teenagers feel dissatisfied with themselves and give rise to feelings of inferiority and anxiety. In addition, the pressure to always appear perfect and get recognition through likes or positive comments adds to the psychological burden experienced by young people (Welly & Rahma, 2022)

2. Methods

This study uses a qualitative approach with a literature study method to explore the psychological challenges faced by young people in the digital era. Data were collected through literature analysis including books, scientific articles, research reports, and other relevant sources related to the mental health of young people and the influence of the digital era. The data obtained were analyzed to identify key issues that emerged in the literature, such as the influence of social media, digital addiction, and others. The results of this analysis were compiled into a coherent narrative to provide a comprehensive picture of the Youth Mental Health Crisis in the Digital Era.

3. Results and Discussion

3.1. Mental Health Challenges Faced by Young People in the Digital Age

The mental health challenges faced by young people in the digital age are very complex and diverse. One of the main challenges is addiction to social media which is designed to attract users' attention continuously, making it difficult for young people to control their usage time. This condition often disrupts life balance, reduces time for productive activities, and triggers stress and anxiety. In addition, the phenomenon of social comparison on social media is also a major problem, where young people often compare themselves to other people's seemingly perfect life images, leading to feelings of inferiority, dissatisfaction, and depression.

The FOMO (fear of missing out) phenomenon is also a significant psychological challenge. The fear of missing out on important moments seen on social media makes young people feel like they have to always be involved and active, which ultimately adds to mental pressure and stress. Cyberbullying is another serious threat, where the anonymity of the virtual world allows for verbal and emotional bullying behavior that can significantly damage the mental health of victims, especially for teenagers who are in the process of forming their identity.

In addition, the constant overload of information coming in through various digital platforms causes mental fatigue and difficulty in managing stress. Young people often feel overwhelmed by the amount of information they have to process, which can lead to anxiety and confusion. Lack of direct social interaction is also a problem, as too much time in the digital world can lead to social isolation and loneliness.

3.2. The Influence of Social Media on Mental Health

The causes of mental health crises in young people are diverse and interrelated. One of the main factors is high social pressure, including expectations of academic and social achievement that often come from family, school, and the surrounding environment. This pressure can cause stress, anxiety, and feelings of inability to meet expected standards.

Excessive use of technology and social media is also a major cause. Young people who are constantly connected to the digital world often experience unrealistic social comparisons, fear of missing out (FOMO), and pressure to always look perfect, which contributes to lower self-esteem and increased anxiety and depression.

Social media is a digital tool that allows its users to engage in social activities and interact with each other virtually. According to (Nayla, 2024) social media is a means or platform used to facilitate interaction between users and has a two-way communication nature, 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. Social media is now the main media for spreading the latest news about people's lives (Astiyanti, 2021).

Social media can be connected to web and mobile platforms so that users can connect with others through applications such as Facebook, Twitter, Instagram, Telegram, Line, and others. Social media can now reach various groups of people, including teenagers (Pratama & Sari, 2020). Social media and social software are platforms designed to engage users in various activities and collaborations. Its function is as a network environment that facilitates social relationships and interactions between users. Social media allows users to share information, communicate, and collaborate in various forms, such as text, images, videos, and others. Therefore, social can be considered as a tool that connects people, allowing them to build and strengthen social relationships. Users can engage in discussions, exchange ideas, and work together on certain projects or activities (Kartini et al., 2020).

Social media displays a wide variety of content and to understand how media affects us, it is important to understand the reasons for using the media and the reasons for choosing certain content. It is also necessary to know what drives someone to engage with the media and the factors that determine a person's preference for certain content. This is reinforced by the theory of uses and gratifications where Krcmar and Strizhakova explain that this theory seeks answers to the question of why individuals use media or with what motives they choose certain media content is actually how they use media (Halim et al., 2023).

The impact of social media on young people's mental health is very complex and has two sides, namely positive and negative impacts. On the one hand, social media can help teenagers who are vulnerable to depression stay connected with others and get social support online. Positive content on social media can also provide messages and advice that help them get through difficult times.

However, on the other hand, excessive and unwise use of social media can cause various mental health problems in young people. Research shows that teenagers who use social media more than three hours a day are at high risk of experiencing internalizing disorders such as self-image problems, depression, and anxiety. Factors such as unrealistic social comparisons, cyberbullying, and peer pressure in cyberspace are the main triggers for the emergence of these disorders.

Cyberbullying or online bullying is very dangerous because it can damage the self-image of teenagers to the point of causing suicidal tendencies. There are many cases where teenagers who are victims of cyberbullying experience severe depression and even try to end their lives. In addition, social media can also cause self-dissatisfaction and social jealousy because teenagers often compare their lives with the ideal image displayed on social media, which is often unrealistic. Other negative impacts include sleep disturbances, stress, anxiety, loneliness, and social media addiction that can lead to physical problems such as obesity and eye disorders. Reliance on social validation through "likes" and comments can also worsen the mental condition of teenagers.

Social media affects young people's mental health through a variety of mechanisms that can have both positive and negative impacts. Social media use allows young people to build social networks, express themselves, and gain emotional support from communities that align with their interests, which can increase their sense of self-confidence and social connectedness. However, excessive or unwise use often leads to psychological distress such as anxiety and stress due to the need to always appear perfect and gain validation through "likes" or comments.

One of the main ways that social media affects young people's mental health is through unrealistic social comparison. Young people tend to compare themselves to the idealized images of life often displayed on social media, which can lead to feelings of low self-esteem, dissatisfaction with themselves, and lowered self-esteem. This can contribute to anxiety and depression, especially if they feel they are not living up to the standards displayed online.

In addition, social media is also a means for cyberbullying, which is digital bullying or harassment. Teenagers who are victims of cyberbullying often experience serious mental disorders such as anxiety, depression, and trauma, and are even at risk of suicidal thoughts. Negative comments and insults that are widely spread on social media platforms can worsen their mental health conditions. Dependence on social media is also another factor that affects the mental health of young people. Excessive use can disrupt sleep patterns, reduce concentration, and cause chronic stress. This dependence makes it difficult for teenagers to detach themselves from digital devices, thus having a negative impact on their mental and physical well-being.

3.3. Strategies for Addressing Youth Mental Health in the Digital Age

Here are some things that can be done to address various mental health issues for young people in the digital era:

3.3.1. Limit social media usage and avoid social comparison and FOMO (fear of missing out). Reducing time on social media and choosing accounts that have a positive impact can reduce anxiety and depression caused by unrealistic comparisons.

3.3.2. Do a regular digital detox. Taking a break from gadgets and the internet to do fun real-world activities like exercising, reading, or spending time with family can help relieve stress and improve mental well-being.

3.3.3. Set time limits for technology use. Setting aside specific times for digital devices and avoiding gadget use before bedtime helps maintain sleep quality and reduces digital addiction.

3.3.4. Seek healthy social support. Maintaining good relationships with family and friends directly and openly sharing feelings can provide important emotional support for mental health.

3.3.5. Choose your social media content wisely. Following positive and inspiring accounts and avoiding negative content can reduce psychological stress and improve your mood.

3.3.6. Engage in physical activities and hobbies that you enjoy. Doing sports, gardening, cooking, or other creative activities helps to divert your mind from negative thoughts and build positive thoughts.

3.3.7. Pay attention to relaxation. Taking care of yourself with adequate rest, yoga, meditation, or prayer can increase self-confidence and reduce anxiety.

3.3.8. Seek professional help if needed. Psychological counseling or mental health services can help young people cope with serious mental health problems with appropriate coping strategies.

3.3.9. Digital literacy education. Education about the wise use of technology, maintaining privacy, and positive interactions in cyberspace is important to equip young people to face digital challenges.

Strategies to address youth mental health in the digital age involve a variety of approaches that emphasize wise management of technology use and increased social support. First, limiting the time spent on digital devices and social media is essential to prevent addiction and reduce stress from information overload and unhealthy social comparison. Young people are advised to set clear time limits, for example, limiting screen time and avoiding gadget use before sleep, so that the quality of rest and mental health are maintained.

Second, doing a digital detox periodically is also an effective strategy. By taking a break from social media for a few days, young people can reduce psychological stress and improve their emotional well-being. Furthermore, increasing face-to-face social interaction is highly recommended to strengthen emotional support and reduce the loneliness that often arises from too much interaction in the virtual world. Activities with family and friends in person can help build a sense of connectedness and emotional security.

In addition, it is important to choose social media content wisely, following positive and educational accounts to improve mood and life perspective. Young people also need to be encouraged to develop social skills and participate in physical and creative activities, such as sports and arts, which can improve mood and channel emotions in a healthy way.

Finally, if young people are having difficulty managing stress or serious mental disorders, seeking professional help such as a counselor or psychologist is highly recommended. Appropriate psychological support can help them identify problems and find effective coping strategies. The family and school environment should also create an empathetic and supportive atmosphere so that young people feel safe to express their feelings and seek help when needed.

4. Conclusions

The mental health of young people in the digital era faces complex challenges, ranging from social pressure, social media addiction, unrealistic social comparisons, to the risk of cyberbullying. These factors can trigger stress, anxiety, depression, and other mental disorders that negatively impact their quality of life. However, social media also has positive potential if used wisely, such as strengthening social support and increasing insight.

To address this mental health crisis, strategies are needed that include limiting technology use, digital detox, increasing direct social interaction, selecting positive content, and developing physical activities and hobbies. Support from family, school environment, and access to professional

services are essential in helping young people manage stress and maintain their mental well-being. In addition, digital literacy education is key to young people being able to use technology healthily and responsibly.

With a holistic approach and the right support, young people can face the challenges of the digital era more strongly, so that their mental health is maintained and they are able to develop optimally in the future.

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