



**THE 2<sup>nd</sup> INTERNATIONAL CONFERENCE ON GUIDANCE AND COUNSELING**  
**“COUNSELING RESONANCES ON**  
**MENTAL HEALTH EMERGENCIES AND AWARENESS”**

**AN EXPLORATION OF THE INFLUENCE OF SOCIAL MEDIA ON**  
**ADOLESCENT MENTAL HEALTH**

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**ABSTRACT**

*The impact of social media on adolescent mental health is a critical issue in today's digital era. This study conducted a systematic literature review to explore how social media affects adolescents' mental well-being. Utilizing the PRISMA approach, 10 relevant articles were reviewed from databases such as Google Scholar, PubMed, PsycINFO, and Science Direct. The findings suggest that excessive social media use can lead to negative outcomes such as depression, anxiety, and eating disorders among adolescents. However, social media also has the potential to positively influence mental health by fostering social connections, boosting self-confidence, and providing access to mental health information. Further research is needed to fully understand the complex relationship between social media and adolescent mental health.*

**Keywords:** Social media; Mental health; Adolescents.

# **An Exploration Of The Influence Of Social Media On Adolescent Mental Health**

## **INTRODUCTION**

Entering the digital era, of course technology is also developing very rapidly. The presence of technological developments makes it easier for humanity to live their daily lives. Information technology is one of the rapid developments. The widespread spread of the internet also has a significant impact. All human needs can be met with the internet, including the need to socialize, exchange information, and the need to find entertainment in cyberspace. One of the technological developments in the field of information and communication is the existence of social media. Social media is a means for humanity to get information and communicate quickly and easily. Based on the survey results of the Indonesian Internet Service Providers Association or APJII (2020), it was recorded that the total internet users in Indonesia in 2020 were 196.71 million people or around 73.7% of the total population of Indonesia of 266.91 million people. The largest internet user is on the island of Java with 56.4% of the total internet users. Most people use the internet for social media, with 51.5% of the total users. (Nurfethia Gunawan et al., 2022)

According to Triyono (Rosmalina & Khaerunnisa, 2021), social media is an internet technology that is able to generate and develop interactivity. Not only for exchanging messages and information, social media has also developed into a means to build a social network and community. Social media has become a primary need that cannot be eliminated, because social media already has an important role in human life. This is because social media affects the renewal of our culture, economy and welfare (Thursina, 2023). The many facilities offered in social media are also one of the factors that cause its users to continue to increase. In 2015, Lennhart, Smith, Anderson, Duggan, and Perrin found that people in the 13-17 age group were very excessive in using social media. 87% of them use computers, and 58% use tablets or smartphones.

Social media users come from all ages, and span several generations. Starting from children, teenagers, adults, even the elderly are also engrossed in using social media. According to the Institute of Statistics in 2017, there were 96 million social media users in that year. The number of users is expected to continue to increase in the following years, due to the birth of gen Z (Nurfethia Gunawan et al., 2022). The data suggests that the number of social media users will continue to increase, and it is likely that every teenager will have a social media account. Social media can be thought of as a platform that allows interaction through an application, such as Facebook, Instagram, Twitter, TikTok, Youtube, and others. These sites continue to grow exponentially and are easy to use for communication and entertainment for today's younger generation or teenagers (Thursina, 2023).

Today's social media users are mostly teenagers, usually they will use social media to share their photos or selfies, their activities, and even their personal stories. For teenagers, having a social media account is a must, in addition to learning media, social media is also used as a form of self-existence and self-existence (Budury et al., 2019). It is also to show the public their identity. However, this social media phenomenon is relatively new, so there are still many influences on the well-being and mental health of its users. There are still many teenagers who do not understand the negative impact.

Every human being must have different characteristics, especially during adolescence. This is because experiences, attitudes, and personality types differ a lot in the use of social media. A teenager who has a high intensity of social media use, their sociability will tend to be low. They will be less able to socialize with their surroundings, because they will spend time communicating on social media. In fact,

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they will also have a tendency to be apathetic (insensitive to the surrounding environment). They will ignore their surroundings, and only focus on their social media (Pratama & Sari, 2020). Meanwhile, in reality, most teenagers today tend to be active on social media with a long intensity. Many of them think that the more active they are on social media, the cooler they will look.

The use of social media indirectly impacts the mental health of adolescents. Psychosocial disorders in adolescents are a problem that is increasing every year. According to WHO (2020), depression and anxiety are the main causes of disability among adolescents aged 15 to 19 years. Then based on Riskesdas data (2018), it was found that more than 19 million people aged over 15 years were affected by psychosocial disorders and more than 12 million people aged over 15 years were estimated to have experienced depression (Nurfethia Gunawan et al., 2022). Social media offers many opportunities for adolescents to join unclear communities, risky behavior, and interact with strangers without parental supervision. This is influenced by adolescence, which is a period of self-discovery, and where mental health disorders such as depression or anxiety arise (Valkenburg et al., 2022).

Social media can have a negative impact on its users, especially teenagers. Intense and excessive use of social media can lead to disorders such as depression or anxiety. Therefore, understanding and ethics should be used in its use, so that it can create a sense of comfort and safety for its users.

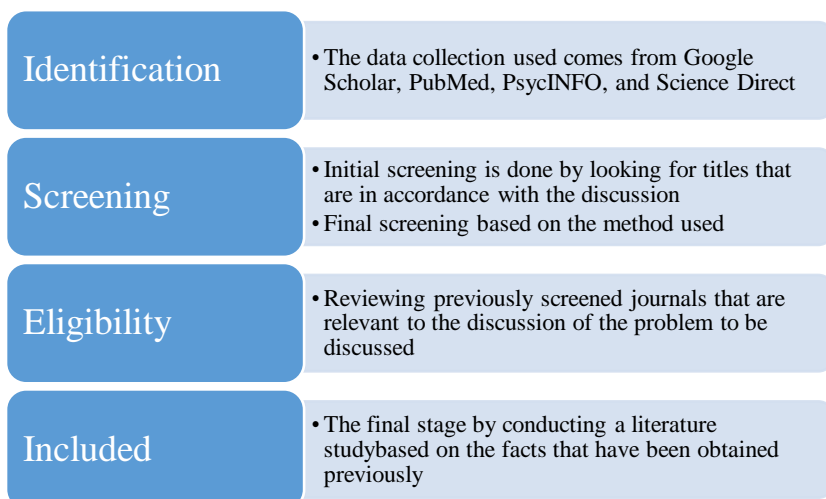
### **METHOD**

In this article, the author uses Literature Systematic Review (LSR). Using this method, the author searched for literature sources related to the Effect of Social Media on Adolescent Mental Health. Literature was obtained from journal search engines, such as Google Scholar, PubMed, PsycINFO, and Science Direct. The literature search used the PRISMA method, where the author conducted a general search and search on journals related to the influence of social media on adolescent mental health. After a general search, journals and articles that were eligible for review were screened. The screening results were filtered again until finally obtaining the right journal and in accordance with the variables studied.

### **RESULT AND DISCUSSION**

From the results of the review conducted by the author using the LSR method and the PRISMA technique, the following results were obtained: from the identification results, journals and articles related to the influence of social media on adolescent mental health were obtained as many as 200 titles. These results were selected from similar titles, resulting in 150 titles. Screening was then carried out on the results of these titles, then 50 titles were obtained that were in accordance with the author's research focus. The 50 titles of literature are given further screening to get literature results that are truly in accordance with the research variables developed. In the development of the method used with the PRISMA technique, in the end the author got 10 journal articles that were really appropriate for the literature of this article. The final results in the form of 10 articles specifically discuss the influence of social media on adolescent mental health. The PRISMA flow in this research is as shown below:

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**Tabel 1. analysis of literature review results**

<b>Title</b>	<b>Country</b>	<b>Language</b>	<b>Research Objective</b>	<b>Type of Research</b>	<b>Data Collection Method</b>	<b>Population and Number</b>	<b>Results</b>
The effect of social media on mental health	Indonesia	Indonesia	This study aims to analyze the influence of social media	Quantitative	Questionnaire	100 people 47 males and 53 females	Social media has an effect on a person's mental health as evidenced by the results of survey data that the majority of people experience changes in mental health after using social media, but a small percentage also feel that social media has little effect on mental health conditions. mental health to the occurrence of mental changes

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The Effect of Social Media on Students' Mental Health at One of the State Senior High Schools in Bandung City	Indonesia	Indonesia	The purpose of this study is to see how far the influence is, and how risk prevention to deal with social media addiction to adolescents or students in one of the SMAN in Bandung City.	Quantitative	Questionnaire	304 students with the criteria of grade 9-12 students aged 14-18 years	after using social media Social media has a positive and significant effect on mental health, excessive social media causes anxiety, stress, depression and loneliness in adolescents. This study resulted in 53% of adolescents identified as mentally healthy or in the moderate
Social impact of intensity of social media use on mental health in the form of apathy in smp Sukoharjo district.	Indonesia	Indonesia	Knowing the extent of the social impact caused by the use of social media on apathy in the surrounding environment.	Observational analytic study with a cross sectional approach.	Structured questionnaire	120 students taken from 3 junior high schools in Sukoharjo Regency	The results showed that the intensity of social media use has a social impact on adolescents, namely the emergence of mental health disorders in the form of apathy.
The influence of Instagram users on mental health Instagram anxiety in adolescents in Salatiga city.	Indonesia	Indonesia	Knowing how Instagram users influence mental health Instagram anxiety among adolescents in Salatiga City.	Quantitative	Questionnaire	100 respondents with age 15-24 years old	The results of this study based on the hypothesis are not there is no influence of Instagram users on mental health Instagram anxiety among adolescents in Salatiga

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							City. However, the influence of Instagram users is low or small impact on mental health instagramxiety
Challenges and Risks of Social Media Use for Adolescent Mental Health	German	Inggris	Identifying the challenges and risks of social media use for adolescent mental health	Qualitative	Literature review	50 scientific studies on the impact of social media on adolescent mental health	Excessive use of social media can harm adolescents' mental health
The influence of intensity of social media use with mental health in adolescents	Indonesia	Indonesia	Knowing the influence between the intensity of adolescent social media use on mental health	<i>Systematic Literature Review</i>	Literature Review	100 scientific journals that discuss the influence of the intensity of social media use on adolescent mental health	The results showed that social media has a negative impact on mental health. Social media is used by the majority of social media use is by teenagers. Therefore, use social media with extreme caution.
The impact of social media on psychological well-being Adolescents: a review of the influence of social media use on	Indonesia	Indonesia	This study aims to investigate the impact of social media use on adolescents' psychological well-being, with a focus on anxiety	Qualitative	In-depth interview	10 adolescents who have experienced cyberbullying.	The results suggest that excessive social media use, exposure to cyberbullying, and frequent social comparisons on social media may contribute to increased adolescent

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Adolescent anxiety and depression			and depression.				anxiety and depression.
The effect of using twitter social media on Mental emotional health in adolescents	Indonesia	Indonesia	This study aims to see the effect of using Twitter social media on emotional mental health in adolescents.	Quantitative	Questionnaire	The population of this research is teenage users Twitter users in West Java totaling 100 respondents selected using purposive sampling technique.	The results showed a negative influence between the use of Twitter social media on emotional mental health in adolescents in West Java and the use of Twitter social media on emotional mental health in adolescents in West Java. West Java and the use of Twitter social media has an effect of 28.0% on emotional mental health, the remaining 72.0% is influenced by other social media. by other social media.
The relationship between the use of tiktok social media on health Mental health of adolescents	Indonesia	Indonesia	The purpose of this research is to find out the relationship between the use of tiktok social media and mental health in	Quantitative	Questionnaire	The number of samples in this study were X and XI grade students at SMK Sore Pangkal Pinang as	The results of this study indicate that there is a relationship between the use of tiktok social media with stress in adolescents ( $p = 0.017$ ) and the use of tiktok

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			adolescents at SMK Sore Pangkalpinang Bangka Belitung Islands Year 2023			many as 101.	social media with anxiety in adolescents (p = 0.004).
The Influence of Social Media Addiction on Adolescents in Banda Aceh City	Indonesia	Indonesia	This study aims to determine the effect of social media addiction on social media addiction to mental emotional disorders in adolescents	Quantitative	Distribution of questionnaires via the internet (Google form)	The population of this study consisted of adolescents of Banda Aceh City aged 15-24 years as many as 268 respondents.	Social media addiction has a significant and positive as much as 24% with a moderate category on mental disorders of adolescents in Banda Aceh City.

Based on the review of the articles mentioned, it is true that there is an influence of social media use on adolescents' mental health. There are several impacts of mental disorders for users of social media platforms, such as depression or anxiety. According to Bashir and Bhat (Thursina, 2023), excessive use of social media can lead to depression. Excessive use of social media will also have an impact on improving adolescents' psychosocial well-being, such as adjustment and self-esteem. The lack of social interaction caused by being too focused on social media also has the potential to cause depression.

Social media use can also cause anxiety. This is strange, because social media is supposed to increase interconnectivity, but at the same time it can also cause loneliness. Looking at people's posts on social media too often can also cause anxiety, as it can lead to comparisons with oneself (Priyanti Lim et al., 2021). A person will feel dependent on social media because they have a disturbance in their social environment, so they will seek comfort in cyberspace (social media). The use of social media is also a manifestation of self-orientation that is not fulfilled in real life (Nur Cahya et al., 2023).

Social media that are widely used by teenagers today are Instagram, Twitter, and TikTok. These applications are easily accessible to everyone, including teenagers. By using these social media platforms, teenagers will get entertainment and new friends. They can even join a community on these platforms, where they can discuss and communicate with each other. A study states that there are more than 2000 adolescents aged 13-17 years, of which 92% are active on social media every day (Dwi Jayanti, 2022). They use social media to stay connected with their friends with unlimited access.

The high intensity of social media use can lead to more complex mental health impacts, beyond anxiety and depression. The search for identity through social media makes teenagers unconsciously



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compete to show that they are the coolest. However, this can trigger stress because they feel that they are always being outshone. Seeing their friends' posts about their families, school activities, or partners can make these teens feel lonely, anxious, and depressed. That's because they don't feel or get the same things as their friends' posts.

The content that appears on social media will also affect a person's mood. Sad content will tend to cause uncomfortable feelings and a bad mood (Patricia et al., 2024). In addition to having an impact on anxiety and depression, high-intensity social media use can also lead to apathy. Teenagers with high intensity of social media use will tend to think about themselves and be insensitive to their surroundings. The existence of social media makes them lazy to interact with their surroundings, causing their social relationships to be damaged (Pratama & Sari, 2020). The things mentioned show that the impact of using social media with high intensity and without a good understanding will cause mental health and mind disorders in adolescents.

### **CONCLUSION**

Based on the PRISMA method used in this study, there are 10 relevant articles that discuss the influence of social media on adolescent mental health. The results of the literature review show that excessive use of social media can cause negative impacts such as depression and anxiety in adolescents. Therefore, it is important for adolescents to understand the limits of social media use to prevent mental health disorders. This study emphasizes the need for a thoughtful approach to using social media in order to create a comfortable and safe environment for its users. Thus, the conclusion of this study confirms that excessive use of social media can negatively affect adolescents' mental health, and there is a need for awareness and supervision in its use to prevent more serious mental health problems.

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