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**PREVENTING TIKTOK SOCIAL MEDIA ADDICTION THROUGH**  
**PSYCHOEDUCATION SERVICES FOR STUDENTS**

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**ABSTRACT**

*The negative effects of using TikTok social media have occurred a lot in students, such as the number of irresponsible, excessive and inappropriate students using social media so that it can affect their behavior. therefore it is important to provide understanding and increase knowledge about the correct and effective use of TikTok social media through psychoeducation in an effort to prevent TikTok social media addiction in students, This literature uses Systematic Literature Review (SLR) with the PRISMA technique. Researchers will collect articles through the PRISMA method and will screen the final results of the articles obtained based on predetermined qualifications, From the review of existing journals, it is found that psychoeducation services are effective in preventing tiktok social media addiction in students, the activities carried out will invite parents to take care of their children so that they are not indicated as addicted.*

Keywords: TikTok social media addiction, psychoeducation services, students

# **Preventing Tiktok Social Media Addiction Through Psychoeducation Services For Students**

## **INTRODUCTION**

In conditions of rapid technological transformation, the development of science has a central position in contributing to technological development in the world. Technology makes it easier for users to access various information and change people's lifestyle. In this case, people will interact more often using cellphone media than having to interact with their peer groups directly. According to a survey by the Indonesian Internet Service Providers Association (APJII) related to internet users in Indonesia in 2024, there were 221 million (79.5%), which increased by 1.31% in 2023. Users access the internet to update information through social media, so the younger generation considers cellphones and their set of features to be their best friends (Septania, 2018). TikTok social media users in Indonesia according to the Databoks survey in 2024 amounted to 73.5%. High intensity will lead users to social media addiction. (Septiani, 2018).

According to Brown (in Melok, et al 2020) the characteristics of social media addiction behavior are uncontrollable use, an increase in the frequency of social media use, mood swings, causing adverse effects on the surrounding environment such as conflicts that occur on social media, and the emergence of a sense of worry if away from the cellphone which causes someone to have to keep carrying their cellphone wherever they are, even encouraging someone to always check their cellphone continuously. (Melok, et al 2020)

The development of social media is growing rapidly, various new applications have emerged to provide facilities for users to express themselves, share information and pour their ideas into social media. One of them is the TikTok platform, this application offers features that are different from other social media, such as creating short videos that can be seen by everyone both domestically and abroad. According to Javier (2021) the download of the TikTok application worldwide in 2021 is more than 1 billion users, which makes TikTok the fastest growing social media. The development of features on TikTok continues to be updated which causes users to access it more frequently and increases the chance of addiction for its users.

So that, in today's teenagers, learners face various challenges and demands in life. Starting from the bottom of the family, the demands at school, socializing, and socializing in daily life in the community. The responses and dynamics of peer relationships, as well as societal norms and values from parents, become factors that affect learners' mental health. All of these can be contributing factors to the emergence of social, emotional, psychological and academic difficulties among students. A survey conducted by Setyo (2022) states that the younger generation uses the TikTok application more often than the YouTube application. They spend 91 minutes per day accessing TikTok, while YouTube is accessed 56 minutes per day. This indicates that the TikTok application has been widely used by the younger generation and has replaced previous applications. Young people who are indicated to be addicted to tiktok will have less selfcontrol, so that dopamine levels in the body will stimulate them to want more and more. Technological advances make it easier for us to communicate with each other in social interactions without wasting time, space and energy.

Wherever and whenever we are, we can communicate with anyone. Conversely, a plethora of social media platforms make it easy to engage in social interactions through various means. Social media is also

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a barrier for the younger generation, especially those who are in their early teens and need to cultivate their identity. Users of social media such as Instagram, TikTok, Twitter and other platforms are usually preoccupied with what is trending or being seen by many. Through these social media platforms, they express their abilities, fears, desires and difficulties.

By looking at situations like this, efforts are needed from counselors to prevent addiction from social media, especially tiktok for the younger generation. The need for parental involvement in keeping children within their reach and can achieve their developmental tasks according to their age. because Tiktok social media addiction is one type of addiction in the field of technology. Someone who uses a smartphone compulsively and blindly may be more vulnerable to social media (Lopez-Fernandez, Manikko, Kaariainen, Griffith & Kuss, 2018). Individuals can express their dependence on social media if the initial use of social media causes social problems that interfere with daily activities so that Psychoeducation becomes one of the solutions to deal with someone in psychological problems that have a function for treatment. (Kwon & Paek, 2016).

According to Griffith (in Novita, et al, 2022), psychoeducation is carried out to a person or group of people to educate and train in order to undergo challenges that occur in their lives, collaborate with supporters to help individuals increase their ability to face challenges and improve coping skills. Interventions in the cognition aspect are expected to add new knowledge to strengthen individuals in taking action to prevent tiktok social media addiction. Psychoeducation provides provisions for the younger generation to understand the problems that exist in themselves and minimize things that will lead to the formation of tiktok social media addiction behavior.

### **RESEARCH METHOD**

The method used in this research is called Literature Systematic Literature Review (SLR), in which researchers review literature related to psychoeducational services for high school students in preventing tiktok social media addiction using journal search engines such as SAGE, Science Direct, and Proquest. There are 3 stages in the research, namely: a) collecting data, b) analyzing data, c) drawing conclusions. The primary data used in this study are scientific articles. Data were collected through electronic databases indexed by Sinta, Google Scholar, and so on. Next, selecting articles that are relevant and meet the criteria to be analyzed. Only selected articles were used as references for this study. (Dadang Juandi & Tamur, 2020). Inclusion criteria are used to obtain data that is in accordance with the research objectives. The following are the inclusion criteria used: a) The study evaluates the field of electronic addiction, b) The study must make student subjects who are experiencing addiction, c) The study contains programs to prevent addiction in students. Primary studies that do not meet the inclusion criteria will not be used. At this stage, screening was carried out to select articles that were eligible for use and re-screening to get the right journal with the variables to be discussed.

### **RESULT AND DISCUSSION**

From the results of the review conducted using the Systematic Literature Review (SLR) method with the PRISMA technique, the results obtained from the identification of scientific articles related to

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psychoeducational services to reduce tiktok social media addiction. Databases 210 titles, Registers 15 titles with selection of similar titles totaling 265 titles. Then, the title through the screening process results in 17 titles. Then, the titles that will be discussed regarding psychoeducation to reduce addiction are 7 titles. The PRISMA flow in this study is as follows:

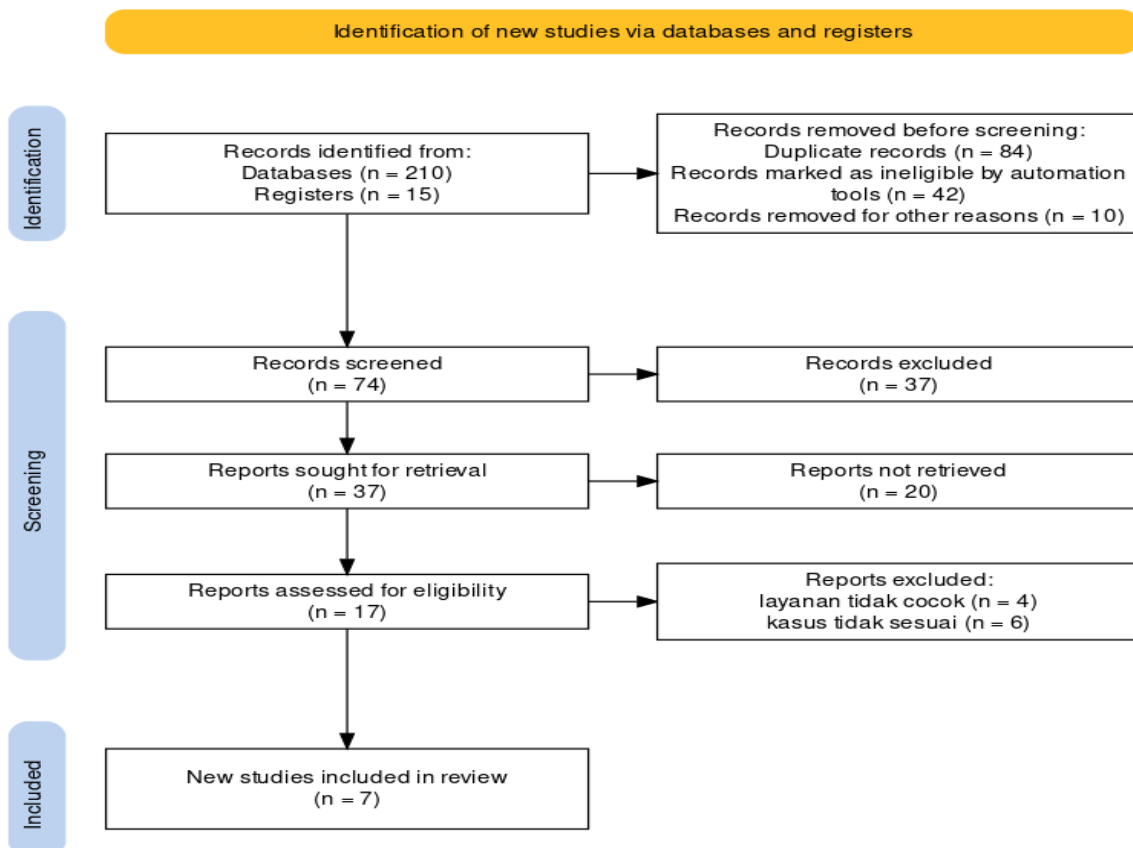


Figure 1. PRISMA Flow Diagram

Providing psychoeducational services to overcome tiktok social media addiction: Systematic Literature Review. There are two variables in this discussion, psychoeducational services and reducing social media addiction as dependent variables. With the following description:



Figure 2. The role of psychoeducation in overcoming tiktok social media addiction

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**Table 1. Analysis of Literature Review Results**

Title	Country	Language	Research Objectives	Data Collection Method	Population and Number	Result
Psychoeducation to Overcome Gadget Addiction in Children	Indonesia	Indonesia	Provide information to children about the impact of overuse, strategies for appropriate use of gadgets	Implementation of psychoeducation in the school environment involving parents of students	35 parents 5 man 30 women	<ul style="list-style-type: none"> <li>• Understand the strategy of using gadgets at home</li> <li>• Parents anxiety levels increase for gadget-addicted children</li> <li>• Understanding the role of parents in protecting children from gadget addiction, namely with digital literacy.</li> </ul>
<b>Psychoeducation on Prevention of Cell Phone Addiction Among Teenagers Around RPTRA</b> Mardani Asri Cempaka Putih Central Jakarta	Indonesia	Indonesia	Preventing cell phone addiction in adolescents	Lectures, discussions, questions and answers, screening of educational videos.	25 participants	Increase participants' knowledge on mobile phone addiction prevention
Mental Health Psychoeducation on Gadget & Social Media Addiction at SDN 1 Kutakarya	Indonesia	Indonesia	Provide education to fifth grade students at SDN Kutakarya 1 to know the negative impact that can be caused by addiction to the use of gadgets in accessing social media by providing Psychoeducation in Kutakaya Village, Kutawaluya District, Karawang Regency.	Collect data by interviewing informant directly	5 learners	Positive child responses such as how there are many things to do that are more useful and more fun than just playing gadgets all day. Demonstration of interest and change in the child Knowing the positive and negative impacts of using social media

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<p><b>KKN-Thematic Socialization of Psychoeducation to Overcome Gadget Addiction in Children in Dewi Village, Bayan District, Purworejo Regency</b></p>	<p>Indonesia</p>	<p>Indonesia</p>	<p>Provide insight into the characteristics of child development, motives for children to play gadgets, strategies for using gadgets in children so that children can use gadgets for positive purposes.</p>	<p>Socialization with the activity stages are coordination and preparation of activities, delivery of information and psychoeducational socialization</p>	<p>30 parents</p>	<p>Can provide insight to parents about the characteristic of child development, the motives of children playing gadgets through psychoeducation Children can use gadgets only for positive purposes increasing parents knowledge of gadget use strategies for children</p>
<p>Efforts to Reduce Gadget Addiction for Children and Adolescents Through Family Psychoeducation in Plantation Areas</p>	<p>Indonesia</p>	<p>Indonesia</p>	<p>Provide understanding and increase knowledge about the correct use of gadgets through psychoeducation in an effort to prevent gadget addiction in children and adolescents in the plantation area</p>	<p>Lectures, discussions and question and answers in accordance with standard operating procedures for psychoeducation, using X-banners, leaflets and banners. Audio media such as microphones and speaker sets.</p>	<p>Children and adolescents in Wonokitri Village, Tosari Subdistrict, Pasuruan</p>	<p>Understand the importance of managing the use of gadgets for children and adolescents so that there is no addiction to their use Provide adequate understanding to families in an effort to properly manage the use of gadgets of their family members.</p>
<p>Psychoeducation on the Effects of Gadgets on Students in Vocational High School Education</p>	<p>Indonesia</p>	<p>Indonesia</p>	<p>Increase knowledge on the use of gadgets, especially in education so that students can use gadgets responsibly and not depend on them.</p>	<p>Pretest activities, then in the second activity, namely psychoeducational activities and the third activity, namely posttests.</p>	<p>35 students, 3 graduates, and 3 Psychology lecturers</p>	<p>Can increase their awareness of the function of gadgets so that they can use gadgets in positive ways for students</p>
<p>Prevention of Gadget Addiction in Primary School Students</p>	<p>Indonesia</p>	<p>Indonesia</p>	<p>Intervene to prevent addition to use gadgets in primary</p>	<p>Self-management and structuring daily activities for learners</p>	<p>Class 5A learners. total of 37 students/participants</p>	<p>There is a change in the learners cognitive level.</p>

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school  
learners.

Planning of  
new behaviors  
and supported  
by the creation  
of commitment  
to a behavioral  
contract to  
limit gadget  
use

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In the literature review on the topic, the main criterion in this topic is psychoeducation to deal with addiction. A person who is indicated to be addicted to social media will affect personal development, both from the psychological and physical aspects. Social media addiction will make individuals become indifferent to their social environment. They will more often use social media to interact with others. Social media provides negative information that cannot be sorted out first, so minors have the potential to watch things that are not suitable for their age. In their development period, children need help from parents to provide education related to self-management, controlling the use of social media. because, parents are the closest members of the child so they have an important role to prevent gadget addiction in children (Aliya & Irwansyah, 2018) Before that, it is necessary to provide training and psychological education to face challenges and develop coping skills.

### CONCLUSION

Psychoeducational services show their achievement in increasing students' understanding of gadget use. By providing effective services in preventing excessive use of Tiktok social media. Appropriate use of social media will improve life skills as social beings and no longer ignore their environment. In addition, providing education related to self-management to control the use of social media for each student.

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