



Editorial

The Negative and Positive Effects of Social Media on Adolescent Mental Health

Rian Yuliyana^{1*}, Rinaldi Daswito^{1,3*}, Radian Ilmaskal^{2,3}

¹Health Polytechnic MoH Tanjungpinang, Indonesia

²Alifah Padang Health Science College, Indonesia

³RRZ Scientific Publishing, Indonesia

*Email the corresponding author: riyan@poltekkes-tanjungpinang.ac.id

Abstract

Social media is a widely utilized and essential aspect of daily life, particularly for teens. Adolescents in today's digital age are growing up in a culture where social media platforms are prevalent and substantially influence various parts of their lives. The amount of social media usage in Indonesia is steadily growing annually. This article examines the negative and positive effects of social media on the mental wellbeing of young people. Several articles have suggested that excessive usage of social media among adolescents can result in sleeplessness, anxiety, and depression. On the other hand, social media can positively affect health and improve relationships. This article highlights the significance of using social media prudently and ethically while effectively managing one's emotions, which can increase benefits. Therefore, minimizing might lead to negative consequences, particularly about adolescents' psychological wellbeing and societal support.

Keywords: Social Media, Adolescent, Mental Health, Good Health and Well-being, Psychological well-being

INTRODUCTION

Adolescence refers to the transitional period of life that occurs between childhood and adulthood, often spanning from ages 10 to 19 (World Health Organization, 2024). Adolescence is a distinct period of human development characterized by fast physical, cognitive, and psychosocial growth. Adolescents develop consistent patterns of behavior, such as those related to diet, physical exercise, substance use, and sexual activity. Adolescents require access to knowledge, such as age-appropriate comprehensive sexuality education, as well as the chance to cultivate essential life skills. These health services have the ability to safeguard both their own health and the health of others, or alternatively, they can jeopardize their own health now and in the future. Nevertheless, erroneous information disseminated on social media might result in significant adverse repercussions.

Given adolescents' still-developing self-regulation abilities and susceptibility to peer influence, they may be particularly prone to the negative impacts of excessive social media usage, potentially leading to mental health issues. Research published in numerous journals indicates a high prevalence of stress among teenagers. Yuliyana (2022) found that most mean the range score in screening for anxiety adolescents was early anxiety.

They already enjoy a lifestyle with digital communication devices like cell phones, smartphones, and social media applications. Their lives are dominated by searching for online information. Social media refers to a group of internet-based apps that are built around the principles and technology of Web 2.0. It enables users to create and share information that is made by themselves. (Hurley et al., 2024). Social media's next wave of groundbreaking features was to respond to real-time situations. Social media use (SMU) describes the utilization of mobile and internet-based technologies that enable online interactions, facilitating the sharing, discussion, and modification of user-generated content (H. Kietzmann, 2011). There is a correlation between the utilization of social media and its impact on the mental well-being and social welfare of adolescents (Septiana, 2021).

Indonesian Adolescents' Perspectives on Social Media

The internet and digital tools are growing in how teenagers spend their time and connect. A study conducted in Indonesia by Nora (2023) indicated that increasing from 2022 to 2023 was reaching 78,9% of the internet penetration rate in Indonesia. This study Broto (2020) found that approximately 30 million individuals, comprising roughly 80% of participants, including children and adolescents, utilize the internet, with digital media as their primary communication platform. Teenagers' utilization of social media in Indonesia is no longer uncommon.

The research findings indicate that Gen Z individuals in South Jakarta often spend 1 to 8 hours on social media. The majority possessed and utilized smartphones. YouTube, TikTok, WhatsApp, Instagram, and Telegram were widely used platforms among Gen Z. They frequently shared visual content, including images, videos, and tales, on social media platforms. However, they needed more confidence in the accuracy of the material presented (Nurbaiti, 2023).

Social media was most likely to grow the fastest in Indonesia. There are 10 Top Social Media Apps in Indonesia, including Facebook, Whatsapp, YouTube, Facebook Messenger, TikTok, Instagram, Twitter, Snapchat, Telegram Messenger, and Detik news. Facebook, Whatsapp, and YouTube are by far the largest, with more than 90% of all Indonesians using each of the services. Facebook is visited by 95% of Indonesians at least once per month (Hawkins, 2023). Nevertheless, it is essential to understand how social media precisely affects adolescents' psychosocial development.

The Negative and Positive of Social Media on Mental Health

Social media exerts positive and negative impacts on the mental wellbeing of young individuals. Although social media can serve as a means for teenagers to establish connections and maintain contact with loved ones, it can also exacerbate feelings of despair, anxiety, solitude, and FOMO (fear of missing out). Adverse consequences of social media on adolescents encompass the tendency to compare oneself to others unfavorably, the occurrence of cyberbullying, the experience of loneliness and exclusion, and a reduction in engagement with real-world activities. Studies have shown a correlation between depression and the frequency of social media usage, indicating that young individuals who use social media more often are at a higher risk of experiencing depression. Moreover, social media platforms have

the potential to propagate unattainable standards of physical appearance and ways of living, so exacerbating feelings of poor self-worth and fostering negative body image concerns.

On the contrary, social media can also exert beneficial impacts on the mental wellbeing of young individuals. It has the potential to build connections and increase young people's social capital by fostering mutually fulfilling and intimate encounters. Social media platforms can also serve as channels for personal development and advancement and can be a reservoir of optimism, motivating individuals to attain higher levels of success. Moreover, social media can serve as a means for establishing environments that foster pleasant experiences and enhance competence, both of which are pertinent to promoting positive youth development (O'Reilly, 2020).

The impact of social media on the mental health of young individuals is influenced by several complex factors, including the amount of time spent on these platforms, the type of content consumed or encountered, the opportunities and interactions provided by social media, and the extent to which it interferes with important health-related activities like sleep and physical exercise. The influence of social media on the mental well-being of young individuals is also influenced by their own strengths and weaknesses, as well as cultural, historical, and socio-economic factors (Khalaf et al., 2023). While acknowledging the potential positive and negative consequences of social media on the mental wellbeing of young individuals, it is essential to take into account the various factors that shape its influence and promote the adoption of good practices when engaging with social media platforms. (Office of the Surgeon General, 2023).

The challenges between social media and mental health have focused on harms and negative impacts. The study conducted by AIHW (2021) explores the impacts on mental health and wellbeing from SMU use in a youth population where rates of mental ill-health are increasing. Teenagers are most at risk for the negative effects of excessive social media use, which can harm their mental and physical health.

Greater social media use was associated with poorer sleep quality only on weekends Morales-muñoz & Gregory, (2023). Sleep duration and quality mediated the association between social media use and mental health among adolescents during weekend days but weekdays. Thw finding highlights the importance of promoting healthy social media habits. This study is in line with the study Baker, Zachary G., Krieger Heather (2016), A study revealed a correlation between the amount of time spent on social media and increased levels of FOMO (fear of missing out) on social interactions and activities with peers. This, in turn, was connected to decreased physical, emotional, and mental well-being.

In another study conducted by Christopher Barry (2017), Anxiety and depressive symptoms were highest among adolescents with a relatively high number of parent-reported social media accounts and relatively high FoMO. Students who experience mental health challenges might tend to utilize social media for over two hours, according to research conducted by (Hugues Sampasa Kanyinga and Rosamund F. Lewis, 2020).

Social media plays a role in influencing the social wellbeing of teenagers. This is reinforced by McEwan (2020), who pointed out that social media can help people engage in relationship development and maintenance of connection. These relationships help social media users to develop social capital and access social resources. Thus, social media plays a role in influencing the social wellbeing of teenagers.

Currently, many resources on the internet have a positive impact, one of which can provide input and increase access to information on health, such as ChatGPT. ChatGPT has the potential to transform the healthcare industry and improve patient outcomes. However, it

is essential to be aware of the limitations and ethical considerations associated with using ChatGPT in healthcare settings (Yuliyana & Daswito, 2023).

Therefore, social media can exert both negative and positive effects, particularly concerning adolescents' mental health and social well-being. Employing social media with wisdom, integrity, and effective emotional regulation can yield increasing benefits. However, if adolescents can't control their social media use, it can cause real problems, especially mental health. It is important for parents, caregivers, and policymakers to recognize the possible threats and challenges linked to social media usage and to implement measures to guarantee that adolescents utilize these platforms in a manner that enhances overall wellbeing and health.

DECLARATION OF CONFLICTING INTEREST

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