

The Impact of Media Social on Mental Health

Dampak Media Sosial terhadap Kesehatan Mental

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ABSTRACT

Excessive social media use has been linked to increased anxiety, depression, and stress in teens. This study aims to examine the influence of the intensity of social media use on levels of anxiety and depression in adolescents. The research method used was a systematic literature review using PRISMA guidelines, which involved in-depth analysis of articles obtained from reputable international databases. The research results show that intense use of social media, especially image-based platforms such as Instagram, contributes significantly to increased anxiety and depression in adolescents. The implications of this research indicate the importance of developing effective and evidence-based mental health interventions to reduce the negative impact of social media on the mental well-being of adolescents.

Keywords: Social Media, Mental Health, Anxiety, Depression, Adolescents, Systematic Literature Review

ABSTRAK

Penggunaan media sosial yang berlebihan telah dikaitkan dengan peningkatan kecemasan, depresi, dan stres pada remaja. Penelitian ini bertujuan untuk mengkaji pengaruh intensitas penggunaan media sosial terhadap tingkat kecemasan dan depresi pada remaja. Metode penelitian yang digunakan adalah systematic literature review dengan panduan PRISMA, yang melibatkan analisis mendalam terhadap artikel-artikel yang diperoleh dari database internasional bereputasi. Hasil penelitian menunjukkan bahwa penggunaan media sosial yang intens, terutama platform berbasis gambar seperti Instagram, berkontribusi signifikan terhadap peningkatan kecemasan dan depresi pada remaja. Implikasi penelitian ini menunjukkan pentingnya pengembangan intervensi kesehatan mental yang efektif dan berbasis bukti untuk mengurangi dampak negatif media sosial terhadap kesejahteraan mental remaja.

Kata Kunci: Media Sosial, Kesehatan Mental, Kecemasan, Depresi, Remaja, Systematic Literature Review

1. Introduction

The impact of social media on mental health has received increasing attention in recent years. Research has highlighted both the positive and negative effects of social media use on an individual's mental well-being. Excessive social media use, especially on platforms like Instagram that focus on image-based content, has been linked to negative outcomes such as increased feelings of loneliness, anxiety, depression, and stress (Chaha, 2024; Priyana, 2023). Passive engagement with social media, such as scrolling through other users' posts, has been linked to feelings of envy, dissatisfaction, and dissatisfaction with life, which can have a negative impact on mental health (Prasetya & Chow, 2023).

Additionally, social media addiction has been identified as a significant factor that negatively impacts mental health (Hou et al., 2019; Yamini & Pujar, 2022). Studies show that cyberbullying, a widespread problem on social media platforms, poses substantial risks to mental health, contributing to problems such as anxiety, depression, and suicidal thoughts (Zafar, 2023). The COVID-19 pandemic has also revealed a link between increased social media use and negative impacts on mental health (Mahevis, 2023).

Although some studies suggest that social media can offer social support and positive mental health outcomes (Hussain & Khatoon, 2023), the overall consensus tends to be on the potential harms associated with excessive social media use. Understanding the complexity of

these relationships is critical to overcoming the challenges posed by digital technologies in modern society and promoting a healthy balance between online and offline life (Jiang, 2023; Mohamed, 2024).

In conclusion, the impact of social media on mental health is multifaceted, with research showing both benefits and risks associated with its use. It is critical for individuals, especially adolescents and young people, to be aware of the potential negative consequences of excessive social media use and adopt strategies that encourage healthy relationships with these platforms to protect their mental well-being.

This research focuses on the question: How does the intensity of social media use influence levels of anxiety and depression in teenagers in today's digital era? This question is not only relevant for understanding the impact of social media use but is also important for designing effective interventions to address mental health problems among adolescents. By understanding this relationship in depth, it is hoped that this research can make a significant contribution to the existing literature and offer new insights that can be used by health practitioners, educators, and policy makers in their efforts to improve the mental well-being of adolescents.

Although much research has been conducted to explore the relationship between social media and mental health, there is a significant gap in the literature regarding the intensity of social media use and its impact on anxiety and depression in adolescents. Most existing research tends to focus on general aspects of social media use without measuring how intense that use is and how it specifically affects mental health. In addition, studies often use varying and inconsistent methodologies, making it difficult to draw firm, comprehensive conclusions.

The urgency of this research lies in the importance of understanding the impact of social media for the development of effective mental health interventions. With increasing cases of anxiety and depression among adolescents, understanding the mechanisms behind the relationship between the intensity of social media use and mental health is crucial. This can help in designing intervention programs that are more targeted and effective in reducing the negative impact of social media on the mental well-being of adolescents.

The novelty of this research lies in the proposed new approach to examine the intensity of social media use and its impact on anxiety and depression among adolescents. This approach involves more detailed and systematic measurements of the intensity of social media use as well as in-depth analysis of the various psychological mechanisms that may be involved. Thus, this research has the potential to provide more comprehensive and in-depth insight than previous studies.

It is hoped that this research contribution will provide new insights and useful recommendations for adolescent mental health policy and practice. The findings from this study can be used by mental health practitioners, educators, and policy makers to design more effective and evidence-based interventions in treating anxiety and depression problems triggered by social media use. In addition, this research also has the potential to enrich academic literature by providing strong empirical data regarding the impact of the intensity of social media use on adolescent mental health.

2. Research Methods

This research method uses a systematic literature review approach guided by the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) method. The PRISMA method was chosen because it provides a systematic and transparent framework for compiling and reporting the results of literature reviews, ensuring that the data collection and analysis process is carried out in a thorough and structured manner.

2.1. Collecting Articles from Reputable International Databases using the PRISMA Method

Article collection began with a literature search from various reputable international databases such as Scopus, PubMed, and Web of Science. The search process was carried out using keywords that were relevant to the research topic, namely social media, anxiety, depression, teenagers, social media use, and mental health. This search was designed to cover a wide range of studies examining the relationship between social media use and mental health in adolescents.

2.2. Keywords Used to Search for Articles

Keywords used in article searches include:

- social media
- emergency
- depression
- teenagers
- use of social media
- mental health

These keywords were chosen to ensure broad and relevant coverage of articles discussing the impact of social media use on anxiety and depression among adolescents.

2.3. Number of Articles Retrieved

The initial search process yielded a large number of articles from international databases. From the results of this initial search, each article was selected based on relevance to the research topic. Articles that met the inclusion and exclusion criteria were then analyzed further. Specifically, the number of articles found in each stage of the search and selection process will be reported in detail to ensure transparency and study replication.

2.4. Article Inclusion and Exclusion Techniques

To ensure the quality and relevance of the studies included in this review, the following inclusion and exclusion criteria were applied:

- **Inclusion Criteria:**
 - Articles written in English.
 - Studies that specifically focus on adolescent populations.
 - Research discussing the relationship between social media use and mental health, specifically anxiety and depression.
 - Articles published in reputable international journals.
- **Exclusion Criteria:**
 - Articles that are not relevant to the research topic.
 - Studies with weak or inadequate methodology.
 - Articles not available in full text.
 - Non-peer-reviewed publications, such as editorials or op-eds.

Using these criteria, only relevant and high-quality articles were included in further analysis, ensuring that the findings of this review were based on strong and reliable evidence.

3. Results and Discussions

3.1. Social Media and Adolescent Mental Health

Social media plays a significant role in teenagers' lives, affecting various aspects of their mental health. Research shows that social media use during adolescence can have both positive and negative impacts on mental health (Syahril, 2024). Platforms such as social media can facilitate connection and reduce loneliness among adolescents (Keleş et al., 2019).

However, excessive use is associated with problems such as cyberbullying, anxiety, depression, and suicidal thoughts (Zafar, 2023). Studies have established a correlation between time spent on social media and mental health problems such as depression and anxiety (Coyne et al., 2020).

The relationship between social media and mental health is complex, with some teens experiencing increased symptoms of depression based on their usage patterns on platforms such as TikTok, Instagram, or Twitter (Gentzler, 2023). Additionally, excessive social media use has been linked to feelings of loneliness and isolation, exacerbating mental health problems such as anxiety and depression (Alammar et al., 2020). Both active and passive engagement in social media have been connected to emotional distress, suggesting a possible causal relationship with negative mental health outcomes (Pórisdóttir et al., 2019).

Despite some positive aspects, concerns remain regarding the impact of social media on youth mental health (Walters, 2023). Research emphasizes the importance of considering individual and platform-specific differences when examining the relationship between social media use and mental health outcomes (Gentzler, 2023). Additionally, research has shown that social media can be a platform for adolescents to express emotions and seek social support, especially during difficult times such as the COVID-19 pandemic (Zhang et al., 2021). In conclusion, the influence of social media on adolescent mental health is multifaceted, with both beneficial and detrimental effects. It is critical for parents, educators, and policymakers to understand these dynamics and encourage healthy social media use among teens to protect their mental well-being.

3.2. The Effect of Intensity of Social Media Use on Anxiety

Intensity of social media use has been linked to anxiety, especially through the Fear of Missing Out (FOMO) mechanism. FOMO, a cognitive factor that is closely related to anxiety, can be reduced through the use of social media (Jamila et al., 2021). Research shows that the fear of being left behind by trends and activities on social media can lead to mood swings and anxiety when individuals refrain from using social media (Jamila et al., 2021). In addition, the emergence of FOMO on social media can increase the intensity of social media use in individuals, thereby worsening anxiety (Wibaningrum & Aurelly, 2020).

Studies show that increasing the intensity of social media use can reduce social anxiety scores (Avissena & Ayriza, 2019). However, social media addiction resulting from intense use has been shown to have a significant impact on social anxiety (Xiaodan, 2023). Individuals with a high intensity of social media use may experience moderate levels of social anxiety, indicating a correlation between the two factors (Kurniasari et al., 2023).

Additionally, fear of missing out on enjoyable social experiences has been linked to negative affectivity and increased engagement in online social interactions, contributing to anxiety (Elhai et al., 2021). Excessive use of social media can cause anxiety in individuals who feel uninformed about events around them, highlighting the role of FOMO in triggering anxiety (Prabowo & Dewi, 2021). In conclusion, the intensity of social media use, which is influenced by factors such as FOMO, significantly influences anxiety levels among individuals. Understanding these mechanisms is critical to addressing the impact of social media on mental health and well-being.

3.3. The Effect of Intensity of Social Media Use on Depression

The relationship between social media use and depression has been widely investigated in recent research. Several studies highlight a significant relationship between the intensity of social media use and depressive symptoms (Priyana, 2023; Bonsaksen et al., 2023; Özbek & Karaş, 2021). For example, excessive social media use, especially more than 2 hours per day, has been linked to depressive symptoms and poorer mental health outcomes (Priyana,

2023). Additionally, negative experiences related to social media and low self-efficacy are also associated with higher levels of depressive symptoms in adolescents (Bonsaksen et al., 2023).

The mechanisms through which social media use influences depression have also been explored. Upward social comparison and cognitive overload were identified as mediators in the relationship between intensity of social media use and depressive symptoms (Yan, 2024). Additionally, problematic social media use has been associated with greater internalized stigma, reduced emotional social support, and increased depressive symptoms (Vogel et al., 2020). Social comparison on social media has been identified as a potential mechanism linking problematic social media use to depression and low self-esteem (Samra et al., 2022).

Case studies and key findings have provided further insight into the impact of social media on depression. Research suggests that individuals with depressive symptoms may be more susceptible to excessive social media use (Özbek & Karaş, 2021). Additionally, research indicates that social media addiction can make individuals more susceptible to depression, with depression also predicting social media addiction (Peng et al., 2021). The relationship between social media use and depression has also been observed in various populations, such as college students (Priyana, 2023), young adults (Leimonis & Koutra, 2022), and adolescents (Bonsaksen et al., 2023; Yang & Yuan, 2021).

In conclusion, the literature consistently shows a strong relationship between social media use and depression, with a variety of mechanisms and factors influencing this relationship. Understanding the impact of social media on mental health, particularly depression, is critical to developing interventions and strategies to promote positive online behavior and reduce the potential negative effects of social media use.

3.4. Moderating and Mediating Factors

The impact of social media on mental health is a multifaceted issue influenced by various moderating and mediating factors. Demographic variables such as age, gender, and socio-economic background play an important role in shaping individual mental health outcomes (Afroz et al., 2023). For example, differences in socio-demographic characteristics have been linked to mental health problems, highlighting the influence of structural factors on individual well-being (Afroz et al., 2023). Additionally, gender identity has been shown to moderate the relationship between social media use and mental health outcomes, suggesting that different gender identities may experience varying effects of social media use practices on mental health (Coyne, 2023).

Social support emerges as a crucial factor that can moderate the relationship between social media use and mental health. Studies show that social support can increase self-efficacy and optimism, thereby reducing mental stress, especially during difficult times such as the COVID-19 pandemic (Schoon & Henseke, 2022). Additionally, the role of individual differences, such as resilience and other psychological factors, has been highlighted in understanding how individuals interact with social media and how these interactions affect their mental health (Shannon, 2024).

Although social media can have a negative impact on mental health, especially among adolescents, it is important to recognize that there are also positive aspects to social media use (Hussain & Khatoon, 2023). Understanding the nuances of social media use and its effects on mental health requires considering not only the frequency and duration of use, but also the types of activities individuals engage in on social media platforms (Skogen et al., 2020).

In conclusion, the relationship between social media and mental health is complex and influenced by demographic variables, social support, and individual differences. By considering these moderating and mediating factors, researchers and practitioners can gain a more comprehensive understanding of how social media influences mental health and develop targeted interventions to promote positive mental well-being in the digital age.

4. Conclusions

Social media plays an important role in teenagers' lives and has a significant impact on their mental health. Social media use can produce positive effects such as reducing loneliness and providing social support, but it can also cause negative effects such as anxiety, depression and cyberbullying. The intensity of social media use, which is influenced by factors such as Fear of Missing Out (FOMO), is strongly associated with anxiety and depression. Demographics, social support, and individual differences are important moderating and mediating factors in the relationship between social media use and mental health. Therefore, a comprehensive understanding of the impact of social media on mental health is essential for developing effective interventions.

4.1. Implication

This research has important implications for parents, educators, and policy makers in managing social media use among adolescents. Interventions that focus on increasing awareness about healthy social media use and providing adequate social support may help reduce negative impacts. Additionally, it is important to consider demographic factors and individual differences in designing more specific and effective intervention programs. A balanced approach that emphasizes positive social media use can help minimize the mental health risks associated with excessive social media use.

4.2. Limitation

This study has several limitations that need to be noted. First, most of the studies analyzed used survey and self-report methods, which may lead to respondent bias. Second, the complexity of the relationship between social media use and mental health is often difficult to measure precisely due to the many moderating and mediating variables involved. Third, many studies focus on specific populations, such as teenagers or college students, so the results may not fully apply to other age groups or demographics. Finally, the long-term influence of social media use on mental health still requires further research for a deeper understanding.

4.3. Future Research

Future research should focus on further exploration of the mechanisms underlying the relationship between social media use and mental health. Longitudinal studies can provide insight into long-term impacts and changes in social media usage patterns over time. Additionally, more in-depth research on the role of demographic factors and individual differences in moderating and mediating the impact of social media is needed. Examining the specific effects of different social media platforms can also help identify the unique characteristics of each platform that contribute to mental health. Finally, the development and evaluation of interventions designed to promote healthy social media use should be a priority to reduce negative impacts and improve mental well-being in the digital era.

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