

The Effect of Social Media Use Frequency on Adolescent Mental Health at Man 3 Tangerang

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Article Info

Article history:

Accepted: 5 November 2025

Publish: 1 December 2025

Keywords:

Sosial Media;

Mental Health;

Adolescent.

Abstract

Social media has many positive influences that we can accept, but there are also many negative influences that occur due to social media, especially on mental health. Social media is present as part of the development of the internet. Its presence offers easy and new ways to interact, communicate, and socialize with the support of interesting features. The number of social media users in Indonesia is dominated by teenagers, so the impact is felt most by teenagers. Good use can improve achievement, conversely, bad use can have negative consequences for children and teenagers. Purpose: This study was to determine the effect of the frequency of social media use on the mental health of teenagers at MAN 3 Tangerang. Results: The level of social media use was high for 144 respondents (53.5%), and the mental health of teenagers was good for 137 respondents (50.9%). Conclusion: There is an influence of social media on mental health in teenagers at MAN 3 Tangerang.

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1. INTRODUCTION

In the Internet of Things era, technological developments have changed the way we communicate and interact with others. No longer limited by distance and time, the internet has opened up new ways of social interaction that are different from before. Platforms such as Facebook, Twitter, TikTok, Snapchat, and Instagram are examples of media used to share information globally. [1]. Social media has many positive influences, but also has negative effects, especially on mental health [2]. Social media can influence the minds of teenagers, making them want to imitate the things they see and use social media as a way to feel personal satisfaction [3]. Because of the large amount of available content, attractive features, and the sense of comfort it provides, teenagers tend to find it difficult to separate themselves from social media, so they can become addicted [4].

According to data from the World Health Organization (WHO), 450 adolescents experience mental health disorders. Currently, the total number of people experiencing mental health disorders worldwide has reached 1 billion, with a prevalence rate of 20% occurring in adolescents. In 2021, the number of cases of mental health disorders in adolescents reached 277 cases. This increasing structure occurs periodically, namely 1 in 5 adolescents or the equivalent of 20% of adolescents who are at high risk of experiencing mental health disorders [5]. Social media is part of the development of the internet. The presence of social media provides an easy and new way to interact, communicate, and socialize, and is supported by attractive features. In Indonesia, social media users are dominated by adolescents, so the impact on adolescents is very large. Good use of social media can improve achievement, but bad use can hurt children and adolescents [6].

Mental health is a condition in which a person feels calm and is able to recognize their own abilities. They can also face the pressures of life that commonly occur in various daily situations, work well, produce something, and make a positive contribution to their group or community [7]. If a mental disorder occurs, it can affect a person's thoughts, feelings, and mood. In addition, this disorder can also interfere with a person's daily functioning and ability to interact with others. This means that mental health also affects physical health and can reduce a person's ability to work effectively. People who have good mental health can optimally utilize their abilities and potential to face various life challenges, as well as maintain positive relationships with those around them [8].

Mental health is often undervalued by society compared to physical health. Many reports indicate that children and adolescents are more vulnerable to mental health problems. Today's young generation, especially adolescents, are particularly susceptible to mental health disorders because they experience many emotional and mental changes. With the development of technology today, this also affects adolescents' mental health [9].

Based on a preliminary study at MAN 3 Tangerang, it was found that the school limits students' use of cell phones during school hours. They also have extracurricular activities where each student is required to have one of the provided ones. Based on interviews conducted with guidance and counseling teachers at MAN 3 Tangerang, it was explained that there are several students who are often absent without explanation, cases of misconduct resulting from juvenile delinquency have been discovered, resulting in students having to transfer from school. Last year, a student even required medical treatment due to depression. And many students are still caught red-handed using their cell phones during class hours. They are more focused on playing *game online*, *chatting*, accessing TikTok, and Facebook instead of following the learning process or doing the tasks given by the teacher related to the subject

2. RESEARCH METHODS

The type of research used is a quantitative correlational analytical approach with a survey method with a approach of *cross-sectional*, which aims to study the relationship between social media usage variables and the mental health of adolescents at MAN 3 Tangerang by conducting measurements once and simultaneously at the same time. The population in this study is a limited population, namely adolescents at MAN 3 Tangerang, which can be said to be students (male and female students) with a total of 971 students. The sample calculation obtained using the Slovin formula is 269 respondents. The questionnaire used is a standardized questionnaire adapted from previous research, namely the SRQ 20 questionnaire (*Self-Reported Questionnaire 20*) and SMAS SF Questionnaire (*Social Media Addiction Scale Student Form*)

3. RESEARCH RESULTS AND DISCUSSION

3.1. Research result

3.1.1 Respondent Characteristics

Table 3.1 Description of Frequency Distribution of Respondents' Ages

Age	Frequency	Percent	Valid Percent	Cumulative Percent
14	7	2.6	2.6	2.6
15	62	23.0	23.0	25.7
16	110	40.9	40.9	66.5
17	69	25.7	25.7	92.2
18	20	7.4	7.4	99.6

19	1	.4	.4	100.0
Total	269	100.0	100.0	

Based on table 3.1, it is known that respondents are aged 14-19 years with an age distribution of 14 years as many as 7 respondents (2.6%), 15 years as many as 62 respondents (23%), 16 years as many as 110 respondents (40.9%), 17 years as many as 69 respondents (25.7%), 18 years as many as 20 respondents (7.4%), and 19 years as many as 1 respondent (0.4%).

3.1.2 Frequency of Social Media Use

Table 3.2 Overview of Frequency Distribution of Respondents' Social Media Use

Social media	Frequenc y	Percent	Valid Percent	Cumulativ e Percent
VERY LOW	1	.4	.4	.4
LOW	118	43.9	43.9	44.2
HIGH	144	53.5	53.5	97.8
VERY HIGH	6	2.2	2.2	100.0
Total	269	100.0	100.0	

Based on table 3.2, data on respondents who have a very low level of social media usage is 1 respondent (0.4%), a low level of social media usage is 118 respondents (43.9%), a high level of social media usage is 144 respondents (53.5%), and a very high level of social media usage is 6 respondents (2.2%).

3.1.3 Frequency Distribution of Respondents' Mental Health

Table 3.3 Frequency Distribution of Respondents' Mental Health

Mental Health	Frequenc y	Percent	Valid Percent	Cumulati ve Percent
GOOD MENTAL HEALTH	137	50.9	50.9	50.9
THERE IS A MENTAL HEALTH DISORDER	132	49.1	49.1	100.0
Total	269	100.0	100.0	

Based on Table 4.3, it is known that there were 137 respondents (50.9%) with good mental health, and 132 respondents (49.1%) had mental health disorders.

3.1.4 The Influence of Frequency of Social Media Use on Mental Health

Table 3.4 Crosstab of Social Media Usage Frequency Categories with Mental Health Categories

Crosstab Category	Social Media Category	MENTAL HEALTH CATEGORY		Total
		GOOD MENTAL HEALTH	THERE IS A MENTAL HEALTH DISORDER	
SOCIA L MEDIA	VERY LOW	Count	1	1
		Expected Count	.5	.5
				1.0

CATEG ORIES	Count	73	45	118
	Expected	60.1	57.9	118.0
	Count			
HIGH	Count	61	83	144
	Expected	73.3	70.7	144.0
	Count			
VERY HIGH	Count	2	4	6
	Expected	3.1	2.9	6.0
	Count			
Total	Count	137	132	269
	Expected	137.0	132.0	269.0
	Count			

Based on table 3.4, it is known that the frequency of social media use is very low and has good mental health as many as 1 respondent, social media use is very low and there are mental health disorders as many as 0 respondents, low social media use and good mental health as many as 73 respondents, low social media use and there are mental health disorders as many as 45 respondents, high social media use and good mental health as many as 61 respondents, high social media use and there are mental health disorders as many as 83 respondents, very high social media use and good mental health as many as 2 respondents, very high social media use and there are mental health disorders as many as 4 respondents.

3.2.Discussion

Biological development during adolescence typically involves significant physical changes, such as puberty and physical growth. Experts believe that adolescence can be determined by physical development [10]. It is estimated that approximately 20% of children and adolescents experience symptoms of depression during this period. A significant factor influencing adolescent mental health is the increased use of social media, which can negatively impact their psychology [11]. Young people today, especially teenagers, are very vulnerable to mental health disorders because they experience many emotional and psychological changes.[9]

Adolescence is a time when a person experiences various changes within themselves, and this is an important stage in the journey to adulthood. In addition, adolescents also face various challenges, such as physical changes during puberty, shifting roles in social life, and interactions with the surrounding environment, all in order to achieve independence. [12].

Social media has many positive impacts on today's society, such as teaching social skills to children and adolescents, obtaining information from various corners of the world quickly and easily, or simply for fun. However, the length of time spent playing social media can influence the risk to a person's mental health. [13]. The level of social media use reflects the duration and frequency of a person's access to interact, collaborate, and share with others [14]. If social media use is too long and continuous, it can cause addiction, so people tend to delay bedtime. The habit of continuously delaying sleep can disrupt a person's sleep patterns, so it can cause insomnia. With dependence, respondents tend to feel comfortable and happy using cell phones [15].

Continuous and excessive use of social media can lead to dependency. This dependence on social media can lead to mental health problems, one of which is social anxiety. This condition is a person's fear when interacting with strangers or unknown

people, which is accompanied by an avoidant attitude [16]. Social media also plays an important role in maintaining a person's mental health. Teenagers who use social media intensively often experience indirect social interactions. This causes their sociability and social sensitivity to tend to be low. The impact can hurt mental health, such as the emergence of antisocial attitudes or what is often called apathy [17].

In addition, social dynamics in cyberspace also create new pressures through social media algorithms that encourage teenagers to remain active and participate in online trends. This phenomenon causes anxiety called *Fear of Missing Out* (FoMO), which is a feeling of anxiety due to feeling left behind or not participating in activities carried out by peers online. FoMO is related to increased anxiety and difficulty sleeping in adolescents, as well as influencing a decrease in the quality of relationships with others in the real world [18]. The use of social media, usually through electronic devices, has been widely studied, and the results of these studies have shown a significant impact on various aspects of student behavior and life, including self-discipline. [12].

If adolescents' mental health is not managed properly, they can experience psychological problems that affect various aspects of their lives. Some early signs that often appear are changes in attitude or thinking patterns, difficulty sleeping, loss of enthusiasm for activities, irregular weight changes, a preference for solitude, and learning difficulties [19]. When these symptoms begin to appear, the best thing to do is manage emotions appropriately. If necessary, it is best to seek help from a mental health professional. Early symptoms usually begin with feelings of overwhelm, excessive anxiety, and can eventually develop into anger, sometimes with no known cause [20].

With a comprehensive and collaborative approach, it is hoped that the social environment for adolescents will be healthier and more welcoming, thereby preventing serious psychological impacts and creating a mentally and emotionally stronger young generation. Overall, the challenges of adolescent mental health today require an integrated and collaborative approach. Effective steps should include education about internet use and mental health, improving the quality of parental care, strengthening support from social groups, and establishing rules for healthy social media use. Government policies that care for and encourage adolescents are crucial to creating an atmosphere that supports the mental well-being of the younger generation [18].

4. CONCLUSION

The results of the study showed the influence of social media on mental health in adolescents at MAN 3 Tangerang, with the results of the Pearson chi-square test, where the asymptotic significance result (2-sided) was 0.009. Therefore, p-value <0.05 means that H_0 is rejected and H_a is accepted. This means that there is an influence of social media on mental health in adolescents at MAN 3 Tangerang.

5. ACKNOWLEDGEMENT

The researcher would like to express his gratitude to MAN 3 Tangerang for providing support for the smooth running of the research.

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