



The Relationship between Social Media Addiction and Mental Health in Grade XII Students of SMA N 1 Kawangkoan

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Abstract. *Objective:* This study aimed to determine the relationship between Social Media addiction and Mental Health among grade XII SMA N 1 Kawangkoan students. *Methods:* This study used a descriptive design. cross sectional study was conducted in September 2024 at SMA N 1 Kawangkoan. The sample size was 75. Data analysis was performed using the Spearman's rank test. *Results:* There was a very weak relationship between social media addiction and mental health (correlation coefficient = -0.241 and Sig. 2-tailed = 0.037 < 0.05) and not in the same direction, indicating that the higher the social media addiction, the lower the mental health. *Conclusion:* There is a weak and inverse relationship between social media addiction and mental health in grade XII students of SMA N 1 Kawangkoan. It is recommended that schools provide education to students about the impact of excessive use of social media on adolescent mental health and how to prevent social media addiction.

Keywords: Mental health, Relationship, Social media addiction

1. INTRODUCTION

Mental health is a state of mental well-being that enables a person to cope with the stresses of life, realize his or her abilities, learn well and work well, and make a contribution to his or her community. It has both intrinsic and instrumental values and is an integral part of human well-being.⁽¹⁾ The World Health Organization (WHO) stated that, in 2019, 970 million people worldwide were living with mental disorders, with anxiety and depression being the most common. Based on the Indonesia National Adolescent Mental Health Survey (I-NAMHS) in 2022 in adolescents (aged 10-17 years), the prevalence of anxiety disorders was 3.7% and depressive disorders was 1%. Around 1.4% of adolescents had suicidal thoughts in the last 12 months, and as many as 0.2% had attempted suicide in the last 12 months. This figure is equivalent to 15.5 million and 2.45 million adolescents, respectively). Data from the 2018 North Sulawesi Riskesdas show that the percentage of emotional mental disorders is 10.52% in the population aged 15 years and older according to characteristics in the 15–24 year age group, and the overall percentage is 10.85% in the 15–24 year age group in North Sulawesi.

The widespread use of social media makes the channel an important element in the adolescent development process. Social media are often considered to have a negative impact on adolescents. The use of social media is considered to pose a risk of psychosocial deviations in adolescents, such as self-esteem, ideal body image, and adolescent identity. In

2018, a review by Crone et al. showed that the nervous system, which is undergoing significant development during adolescence, contributes to adolescent sensitivity to rejection in cyberspace, peer acceptance and influence, and emotional interactions on social media. This sensitivity to peer influence is higher in adolescents than in the older age groups. From this review, it can be concluded that social media have a greater influence on adolescents⁽²⁾.

Research conducted in SMA N Bandung City has shown that social media has a positive and significant effect on mental health, and excessive social media causes anxiety, stress, depression, and loneliness in adolescents. This study found that 53% of adolescents were identified as having mental health problems or in the moderate category⁽³⁾. This is in line with research conducted by Ernawati in 2023 regarding the impact of social media addiction on adolescent mental health, where this study is a cross-sectional study conducted at the Empat Lima Vocational High School, Nursing Department, Surakarta, Central Java using multiple logistic regression analysis. Participants who regularly use social media for more than two hours are 1.55 times more likely to have poor mental health than individuals who only use it for two hours or less (aOR = 1.55; 95% CI = 0.84 to 2.86; p = 0.018). Compared to participants with low social media addiction scores, participants with high social media addiction were 6.93 times more likely to have poor mental health (OR = 6.93; 95% CI = 3.63 to 13.22; p = 0.000). This is different from the research conducted at SMA N 1 Parompong regarding the relationship between social media addiction and adolescent mental health, which showed that the level of mental health of respondents was in the abnormal category and that there is a low relationship between the level of social media addiction and adolescent mental health (P = 0.000)⁽⁴⁾.

The purpose of this study was to determine the relationship between Social Media addiction and mental health in Class XII students of SMA N 1 Kawangkoan.

2. METHODS

This research is a quantitative research using a cross-sectional study design, and the research location is SMA N 1 Kawangkoan in September 2024. The population consisted of 298 grade XII students of SMA N 1 Kawangkoan, and the sample used the Slovin formula included as many as 75 people. The Independent Variable in this study was social media addiction and the Dependent Variable was mental health. Data collection techniques using non-probability sampling methods and data analysis were used to determine the relationship between social media addiction and mental health using the Spearman's rank test. Data analysis was performed using SPSS Version 25.0.

3. RESULTS AND DISCUSSION

Table 1. Distribution of respondents based on gender of respondents at SMA N 1 Kawangkoan

Gender	Frequency	Percentage (%)
Man	38	50.7
Woman	37	49.3
Total	75	100

Based on Table 1, the respondents were mostly male (38 respondents, 50.7%) and female (37 respondents, 49.3%) of the total respondents.

Table 2. Distribution of respondents based on the type of social media frequently used by respondents at State Senior High School 1 Kawangkoan

Types of Social Media	Frequency	Percentage (%)
Tiktok	48	64
Facebook	3	4
Instagram	17	22.7
Youtube	2	2.6
Other	5	6.7
Total	75	100

Table 2 shows that the most frequently used type of social media is TikTok, with 48 respondents (64%), and the type of social media least frequently used is YouTube, with two respondents (2.6%).

Table 3. Distribution of respondents based on social media addiction variables at SMA N 1 Kawangkoan.

Social Media Addiction Variables	Frequency	Percentage (%)
Very Low	0	0.0
Low	45	60
Tall	30	40
Very high	0	0.0
Total	75	100

Table 3 shows that the largest number of respondents were those with low social media addiction, namely 45 respondents (60%), while there were no respondents with very low or very high social media addiction (0.0%).

The frequency distribution based on mental health variables at SMA N 1 Kawangkoan can be seen in Table 4.

Table 4. Distribution of respondents based on mental health variables at SMA N 1 Kawangkoan.

Mental Health Variables	Frequency	Percentage (%)
Abnormal	0	0.0
Threshold	45	60
Normal	30	40
Total	75	100

The data in Table 4 above show that based on the mental health variables, the most common are abnormal, namely 65 respondents (86.7%), and normal, namely 1 respondent (1.3%) of the total respondents.

The distribution of the analyses of the relationship between Social Media Addiction and Mental Health in this study is shown in table 5.

Table 5 Distribution analysis of the relationship between social media addiction and mental health at SMA N 1 Kawangkoan.

Social Media Addiction	Mental Health								<i>r</i>	<i>p-value</i>
	Abnormal		Threshold		Normal		Total			
	n	%	N	%	n	%	N	%		
Very Low	0	0.0	0	0.0	0	0.0	0	0.0	-0.241	0.037
Low	36	80.0	8	17.8	1	2.2	45	100		
Tall	29	96.7	1	3.3	0	0.0	30	100		
Very high	0	0.0	0	0.0	0	0.0	0	0.0		
Total	65	86.7	9	12.0	1	1.3	75	100		

The results of the bivariate analysis showed that there is a relationship between social media addiction and mental health, but the relationship is very weak (correlation coefficient is -0.241 and Sig. 2-tailed = 0.037 <0.05) and was not in the same direction, meaning that the higher the social media addiction, the lower the mental health.

Discussion

The results of the bivariate analysis showed that the relationship between social media addiction and mental health obtained results that out of 45 respondents who had low social media addiction, there were 36 respondents with abnormal mental health categories, 8 respondents with threshold categories and 1 respondent with normal categories. Likewise, out of 30 respondents who had high social media addiction, 29 had abnormal categories and one had threshold categories.

The level of social media addiction in SMA N 1 Kawangkoan is in the low category. The level of social media addiction can be low because of several factors that influence user behavior. Researchers argue that the level of social media addiction can be low due to several factors that influence user behavior, one of which is that respondents participate in extracurricular activities such as sports (futsal, volleyball, basketball) and scouts, and other activities such as preparation for participating in competitions both in school and outside school, such as singing competitions and line dancing. Another factor that causes low social media addiction in adolescents at SMAN 1 Kawangkoan is the responsibility to fulfill homework that must be completed, compared to playing social media. Another factor is the lack of Internet quotas, so they cannot access social media. The level of mental health of grade XII students at SMA N 1 Kawangkoan is in the abnormal category, which refers to a condition or mental disorder that deviates from the norm or standard of behavior, emotions, or cognitive function.

Based on the research results obtained from respondent data, it can be said that there is a weak relationship between social media addiction and mental health, as evidenced by the research result value, namely the p-value ($p\text{-value}$) = 0.037, smaller than $\alpha = 0.05$, but the correlation coefficient is (-0.241). This is in line with research conducted by Siburian and Ricky (2024), which shows that there is a low relationship between the level of social media addiction and adolescent mental health, with a value ($P_v = 0.025$) and a correlation coefficient of -0.109, with the level of social media addiction of respondents falling into the low category, while the level of mental health of respondents was in the abnormal category (4)..

In contrast to the research conducted by Budury et al. (2019) regarding the use of social media on the incidence of depression, anxiety, and stress in students, the results showed that the use of social media had an influence on the occurrence of depression, anxiety, and stress in students ($p = 0.02$) (5).. Compared to the research conducted by Nur and Widodo (2023) on the analysis of the use of TikTok social media on the mental health of adolescents in SMA N 2 Sukoharjo, it can be seen that there is a correlation between the use of TikTok social media and the mental health of adolescents in SMAN 2 Sukoharjo ($p = 0.001$).

4. CONCLUSION

The level of social media addiction in Grade XII students at SMAN 1 Kawangkoan was low. The level of mental health in grade XII students at SMAN 1 Kawangkoan was abnormal, and there was a weak and inverse relationship between social media addiction and mental health in grade XII students at SMA N 1 Kawangkoan ($p_v = -0.241$).

It is hoped that the school will provide education to students regarding the impact of excessive use of social media on adolescent mental health and how to prevent social media addiction and carry out programs to improve students' mental health, including stress management skills, social skills, and coping strategies for all students. and the school can increase or add activities in the fields of sports and arts that divert students' attention from using gadgets.

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