



Socialization the Impact of Social Media on Mental Health for High School Students in Dobo City.

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Abstract: Social media has become an integral part of the lives of teenagers, especially among high school students. Excessive use of social media can have negative impacts on students' mental health, such as anxiety, depression, and decreased self-esteem. In Dobo City, the lack of socialization regarding the negative impacts of social media on students' mental health has created a need for a community service program aimed at raising students' awareness of these effects. This program involves various methods such as workshops, group discussions, and counseling sessions to provide knowledge on how to use social media in a healthy way. The program also offers students the opportunity to share experiences and develop skills in managing stress and improving their mental health. The results of this program show an increased awareness among students regarding the negative effects of social media and the importance of managing online time wisely. This program has also led to positive changes in students' mindset towards healthier social media use. It is hoped that the outcomes of this activity can make a positive contribution to improving students' mental health and cultivating more responsible social media habits.

1. INTRODUCTION

Social media has grown rapidly in recent years and has become an integral part of everyday life. Platforms such as Facebook, Instagram, Twitter, and TikTok have enabled individuals to interact, share information, and be entertained. However, excessive use of social media, especially among teenagers, can have a negative impact on mental health. Uncontrolled use can lead to various psychological problems, including anxiety, depression, and low self-esteem.

High school students are an age group that is vulnerable to the influence of social media. During adolescence, students are in the process of searching for identity and forming self-image, so they are very influenced by the images and norms on social media. Social media often presents an idealized picture of life, which can create feelings of dissatisfaction with oneself. Students who often compare themselves to others on social media tend to feel anxious and depressed.

This phenomenon is further exacerbated by the rise of cyberbullying and the pressure to gain validation from others through the number of likes or followers. Research shows that

students who spend more time on social media tend to feel more isolated and unhappy. Therefore, it is imperative to raise awareness among students about the negative impacts of social media on mental health.

In Dobo City, although social media is increasingly popular among students, understanding of its impact on mental health is still minimal. Many students are unaware of the importance of managing their time on social media and how it can affect their feelings and mental state. Therefore, a socialization program on the impact of social media on mental health is needed to provide students with the right knowledge.

This community service program aims to educate high school students in Dobo City about the negative impacts of social media use on mental health and provide solutions and strategies to manage social media usage time wisely. This program is implemented with an approach that involves various methods, such as workshops, group discussions, and counseling to equip students with better mental skills.

One of the main goals of this program is to create awareness among students about the importance of maintaining mental health and how social media can be one of the factors that affect their mental health. By increasing students' understanding of the relationship between social media and mental health, it is hoped that they can make wiser decisions in using social media.

Through this program, students are also expected to be more open to talking about mental health issues they face and feel more supported by the school environment. Education on healthy ways to use social media will also help students reduce stress caused by their digital lives.

Through this learning, it is expected that students can understand the importance of managing their online time wisely. They will also be encouraged to be more careful in following trends or behavioral patterns on social media that can affect their mentality. In addition, this program aims to promote the importance of balance between online life and real life.

The approach involving group discussions is also expected to help students feel more open to talking about their feelings and problems they face due to social media. By creating a safe space to share experiences, students can feel heard and get support from their peers.

The program also includes providing materials on relaxation techniques and ways to cope with stress, which can help students reduce the negative impact of social media. It is hoped that through this activity, students will not only get information, but also skills that they can apply in their daily lives.

In addition, with this program, it is hoped that schools can take further steps to integrate mental health education into their curriculum. Mental health is a very important aspect of a student's life, and schools have a very large role in shaping the psychological well-being of students.

With a comprehensive approach, it is hoped that the results of this program can have a significant impact on students in Dobo City in managing their mental health, as well as motivating them to use social media wisely and healthily.

2. METHOD

The implementation of this community service program is carried out in several stages to ensure the effectiveness and success of the activity. The first stage is the identification of problems and an initial survey of high school students in Dobo City regarding their understanding of the impact of social media on mental health. This survey aims to determine the level of student awareness of the impact of social media use and to determine whether they feel affected by the use of social media on their mental health.

The second stage is the holding of a workshop involving students, teachers, and school counselors. This workshop aims to provide a deeper understanding of how social media can affect mental health, as well as provide information on ways to use social media healthily. The workshop also includes presentations from psychologists who provide explanations about the negative impacts of social media and how to manage anxiety and stress that arise from social media.

The third stage is the provision of group and individual counseling sessions for students who need further support. In these sessions, students are given the opportunity to talk about their feelings regarding social media, and receive advice and strategies to overcome the problems they face. This counseling approach helps students to identify patterns of detrimental behavior and provides them with skills to improve their mental health.

The fourth stage is evaluation and follow-up to determine the extent to which the program has succeeded in increasing students' awareness and understanding of the impact of social media on mental health. This evaluation is carried out through post-activity surveys and interviews with students and teachers to assess changes in students' mindsets and behaviors related to social media use.

The final stage is the preparation of a final report that includes the results of the evaluation and recommendations for further activities that can be carried out by schools and the community to support students' mental health.

3. RESULTS

In the community service activities carried out in Dobo City, a survey was conducted to observe the impact of social media on the mental health of students at the Senior High School (SMA) level. A total of 150 students from several high schools in Dobo City participated in this survey. Data were collected through a questionnaire involving questions related to the duration of social media use, the psychological impacts felt, and students' habits in using social media platforms.



Figure 1. Documentation of Community Service Activities

The survey results showed that 78% of respondents (117 students) reported that they used social media more than 3 hours per day. This usage time varied between 3 to 6 hours, with a small portion (15%) reporting more than 6 hours per day. Most students used social media to interact with friends (85%), get information (75%), and consume entertainment in the form of videos and images (65%).

In terms of mental health, 62% of respondents reported feeling anxious and stressed after using social media. Most of them felt anxious about their physical appearance after seeing idealized images on social media, as well as comparing their lives to others who appeared more successful or happy. 54% of students also stated that they felt stressed because of the social comparison they experienced on social media platforms, which contributed to low self-esteem.

In addition, around 58% of students experience sleep disturbances due to social media use, with 40% of them reporting that they often stay awake late at night to check notifications or interact with social media. This disrupts their sleep quality and affects their concentration in learning activities. Furthermore, 63% of students revealed that they feel dissatisfied with themselves after comparing their appearance to friends or celebrities on social media.

However, after participating in the socialization activities, 48% of students admitted to feeling more aware of the negative impacts of social media use on their mental health. They

also expressed a desire to reduce the time they spend on social media and be more selective in choosing the content they consume. This shows a positive change in attitude towards managing healthier social media use.

4. DISCUSSION

Based on the results of observations obtained from 150 students, it can be seen that social media has a significant impact on students' mental health, especially in terms of anxiety, sleep disturbances, and self-dissatisfaction. One of the main findings is the high duration of social media use, where 78% of students spend more than 3 hours a day on social media platforms. Excessive use of social media can worsen students' mental health, especially among adolescents who are still in the stage of emotional and psychological development.

The impact of anxiety found in 62% of respondents shows that many students feel depressed after using social media. Social comparisons that occur on social media often give rise to feelings of dissatisfaction with oneself, especially related to physical appearance and lifestyles that appear perfect in cyberspace. This phenomenon is known as social comparison, where teenagers often compare their lives to the lives of others they see on social media, which can have a negative impact on their mental health. These feelings lead to increased anxiety, stress, and even depression.

Sleep disturbances experienced by 58%

of students are also a significant problem. The use of social media before bed or even late at night disrupts their sleep quality. Sleep disturbances in adolescents can lead to decreased academic performance, inability to concentrate, and increased feelings of fatigue and anxiety. The imbalance between adequate sleep time and time spent using social media is a major challenge that needs to be addressed.

Dissatisfaction with their appearance also occurred in more than half of the students. 63% of students felt dissatisfied with their appearance after comparing themselves to images or videos they saw on social media. This reflects how the often unrealistic beauty and lifestyle standards presented on social media can affect adolescents' self-perceptions, which in turn can lower their self-esteem.

However, the socialization activities carried out had a positive impact on most students. After gaining knowledge about the negative impacts of social media use, around 48% of students reported that they felt more aware and began to try to reduce their time using social media. Awareness of the importance of maintaining mental health and managing time in

cyberspace is a positive first step towards healthier behavioral changes.

This change in attitude suggests that education about the impact of social media on mental health can help students be wiser in using social media. Proper education about time management and selectivity in choosing the content consumed is essential to reduce the negative effects caused by social media. It also suggests that when students are given the right knowledge, they can better understand the mental health risks associated with excessive social media use.

It is important to note that despite the positive changes seen, significant challenges remain in helping students reduce their dependence on social media. Continued support from schools, parents, and the community is needed to create an environment that supports students' mental health. For example, schools can provide follow-up programs on more conscious social media management and introduce techniques to reduce stress that can arise from excessive social media use.

Overall, the results of this observation indicate that social media can indeed have a significant negative impact on students' mental health, especially in terms of anxiety, sleep disturbances, and feelings of dissatisfaction with oneself. However, through proper socialization, students can be more aware of the importance of managing their use of social media and maintaining a balance between digital life and the real world. Continuous education is essential to help students overcome the challenges faced in managing the impact of social media on their mental health.

5. CONCLUSION

Community service activities themed "The Impact of Social Media on Mental Health for Senior High School Students in Dobo City" have succeeded in providing in-depth insights into the relationship between social media use and students' mental health. The results of observations showed that the majority of students spent more than three hours a day on social media, which had a significant impact on anxiety, sleep disturbances, and dissatisfaction with themselves. These factors indicate the importance of awareness of the negative impacts of social media on adolescent mental health.

During the socialization activity, students were given an understanding of how to manage social media usage wisely. Most students reported that they felt more aware and wanted to reduce the duration of social media usage and were more selective in choosing the content they consumed. This shows that proper education can change students' behavior towards healthier social media usage.

The importance of awareness of the negative impacts of social media needs to be continuously improved, especially among teenagers who are still in the psychological development phase. The active involvement of parents, teachers, and the community is essential to support students in maintaining a balance between digital and real life, as well as maintaining their mental health.

Overall, this activity has succeeded in providing a positive impact in increasing students' understanding of how to manage the use of social media so as not to harm their mental health. This socialization is an important first step in creating a younger generation that is psychologically and emotionally healthier in today's digital era.

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