



The Use Social Media's on Adolescents' Mental Health

¹ I Ketut Yakobus, ² Hatty Suat, ³ Kurniawati, ⁴ Zulham, ⁵ Rahmat Pannyiwi, ⁶ Dito Anurogo

¹ Department Sociology, Universitas Kristen Tentena

² Department Government Science, Universitas Pattimura Ambon

³ Nursing Department, STIKES Amanah Makassar

⁴ Department Political Science, Universitas Malikussaleh

⁵ Nursing and Nursing Profession Department, STIKES Amanah Makassar

⁶ Department of Medicine and Health Sciences, Universitas Muhammadiyah Makassar

Abstract

Mental health is a health issue that is gaining increasing global attention, especially in today's digital age. This research aims to understand the role of social communication in supporting public policies in the field of mental health. Excavate the impact of the use of social media on mental health that focuses on Generation Z, as a vulnerable group. The study describes the complexity of the relationship between social media and mental health and proposes a balanced approach to supporting public mental health in this digital age. The research methods used in this study are content analysis methods that allow researchers to study these issues in depth using a qualitative approach. Research results show that social media does not always have a negative impact, but can also have a positive effect. Digital literacy and mental health awareness are considered important tools in protecting yourself from the negative impact of social media. The conclusion is that collaboration between government and social media platforms is an important step in addressing mental health problems. Governments have a major role to play in developing regulations that protect their citizens, while social media platforms have the potential to provide valuable resources and information.

Keywords: Mental Health; Social Communication; Social Media

Corresponden Author : Iketut Yakobus

Email Corresponden : ketut.yakobus@gmail.com





1. INTRODUCTION

Social communication plays a central role in the dissemination of information in a modern, digitally connected society. (Dall et al., 2022). Social communication on social media platforms, websites, instant messaging apps, and various other forms of digital platforms have changed the way we share news, opinions, and knowledge. The ability to interact in real time with a global audience has empowered individuals and groups to inform, mobilize, and influence social change. (Holzinger & Fellingner, 2023).

Mental health is one of the health issues that is gaining increasing global attention. (Davis, 2021). Problems such as stress, anxiety, depression, and other mental disorders have become serious challenges facing different sections of society around the world. In addition, the social stigma that is still inherent in mental health problems often becomes an obstacle for individuals to seek help or talk openly about their problems. (Zhong et al., 2021). Faced with the complexity and urgency of this issue, the study examines how social communication in the digital age can be a key factor in efforts to support mental health in formulating effective policies becoming increasingly important.

The Effect of Excessive Social Media Communication (on Student's Mental Health, 2022) One of them is changing people's perceptions of mental health. Through effective communication campaigns, stigmatisation and negative stereotypes around mental health issues can be overcome, and awareness of the importance of mental health can be raised. It can create a more friendly environment for individuals in need of mental health services, as well as encourage public support for more inclusive and responsive policy change.

In addition, social communication can be used to convey accurate and relevant information about available mental health services, individual rights and obligations, and how to access necessary assistance. (Koszalinski & Olmos, 2022). Through campaigns, petitions, group actions, or social media, social communication can trigger sustainable





social change. Thus, research on "Social Communication in Supporting Public Policy in Mental Health in the Digital Age" has the potential to provide valuable insights into how social communication is changing the way people view, access, and support mental health. It is an important step towards a greater improvement in the mental well-being of society as a whole.

2. METHOD

The research methods used in this study are content analysis methods, which have proven to be effective in revealing patterns and trends in social communication related to mental health in the digital age. The methods of content analysis enable researchers to study these issues in depth using a qualitative approach. The following steps explain how content analysis methods are applied in this study:

Data Source

Data sources for this research are carefully selected to reflect the various types of social communications related to mental health in the digital environment. Data sources include social media, health websites, online forums, news articles, blogs, and various forms of relevant digital material.

Data collection

Data from these sources is collected according to the methods specified. This process involves downloading text, images, or other content elements that are considered relevant to the research topic.

Content Analysis

Content analysis is done carefully and systematically. Researchers read, observe, or review content thoroughly to identify patterns, themes, and messages that appear in social communication. The data collected is analyzed to determine the frequency of keywords, images, or other important elements.





Validation and Reliability

To ensure the validity and reliability of the content analysis, certain steps are taken. One is to involve more than one researcher in the analysis process. In addition, the use of content analysis software can help reduce bias and improve consistency in data assessment.

3. RESULT AND DISCUSSION

Result

The results of the study show that mental health crises have reached a significant rate among Indonesian adolescents and children, namely:

1. Increased Prevalence of Mental Disorders: Data from Basic Health (Risk) Research and the I-NAMHS Survey show that the prevalence of mental disorders, including mental disorder and mental health problems, has increased dramatically in recent years. This includes an increase in emotional mental disorders in children under the age of 15.
2. The impact of the Covid-19 pandemic: Generation Z mental health crisis was exacerbated by the COVID-19 epidemic, which noted an increasing trend of mental health problems as a consequence of the pandemics, which may include stress, anxiety, depression, and anxious disorders.
3. Total ODGJ and Big ODMK: The I-NAMHS survey found that about 5.5 percent of adolescents aged 10-17 years were diagnosed with a mental disorder in the last 12 months, while about 34.9 percent had at least one mental health problem.
4. Most common anxiety disorder: Anxiety is the most common mental health problem experienced by Indonesian teenagers, reaching 26.7 percent. It is followed by problems related to concentration and/or hyperactivity, depression, behavioral problems, and post-traumatic stress.





5. Suicidal behavior: recorded suicidal behaviour among adolescents. A number of teenagers having suicidal ideas, and had planned to commit suicide, or even attempted suicide.

The results show that the Z generation in Indonesia is widely affected by mental health issues, with a disturbing prevalence of mental disorders. In this context, social media has become one of the main channels of communication for this generation. Research shows that generation Z actively searches for and shares mental health-related information through social media platforms, such as Instagram, Twitter, and YouTube. It creates a great opportunity to convey positive and educational messages of mental health to this generation.

The research also highlights the complexity of the relationship between social media use and mental health, while social media has a negative impact, such as cyber negotiations and exposure to harmful content, and also has a positive impact. Generation Z reports that social media can help them feel connected to the community, seek support from peers, and access useful mental health information.

Later, this research revealed the importance of an education- and awareness-focused approach in managing social communication. Public policy should include efforts to enhance the digital literacy of generation Z, teaching them how to sort and evaluate mental health information they find on social media, and promoting safe and responsible use of such platforms. This will help generation Z maximize the positive benefits of social media while protecting themselves from potential risks. Public policy must encourage these platforms to promote content that supports mental health, recognize adverse behaviour, and provide resources that can help individuals in need. This collaboration can help create a healthier digital ecosystem for Generation Z.

Discussion





1) Generation Z Mental Health Crisis

Mental health is a growing global issue, and Generation Z born between 2000 and 2010 is a highly affected group. (Xiao et al., 2021). The mental health crisis among Generation Z reflects the great challenges facing contemporary societies. Generation Z is faced with stress and stressors that are unique in their lives. They grew up in a digital age full of social pressure, high expectations, and exposure to massive amounts of information through social media. Factors such as intense social comparisons, cyber negotiations, and rapid social change can contribute to the growing mental health problems among them. (First et al., 2021). Besides, the Covid-19 pandemic that has hit the world since 2019 has had an additional impact on the mental health of Generation Z. (Marciano et al., 2022). The social isolation, uncertainty, and losses experienced during the pandemic have exacerbated previous mental health problems.

The Z-generation mental health crisis not only affects individuals personally, but also has broad implications for society and the economy. (Philippe et al., 2022). The impact includes increased cases of depression, anxiety, eating disorders, and even increased suicide rates among these generations. In addition, mental health problems can interfere with academic achievement, social relationships, and overall quality of life.

2) Social Communication Role

Social communication plays a central role in affecting the mental health of individuals and the population as a whole. (Tyagi & Meena, 2022). This role has become increasingly important in the globalizing digital age, where communication technologies like social media, sharing platforms, and instant messaging are an integral part of everyday life. In this context, social communication not only affects how we interact with each other, but also how we understand, respond, and manage our mental health.





Social communication can serve as a very effective tool for raising awareness of mental health. (Beyari, 2023). Information, support, and education on mental health issues can be easily accessed and shared through various communication platforms. In the digital age, mental health awareness campaigns can reach a wider audience, especially the generation Z that is heavily connected to social media. However, it is important to remember that social communication can also be a source of stress and stressor. (Jha et al., 2021). Cyber negotiations and exposure to harmful content can also contribute to stress and mental disorders.

In this complex digital age, digital literacy and the ability to evaluate the information found on social media have become essential skills. (Batool et al., 2022). Individuals need to learn how to sort reliable information, identify reliable sources, and avoid cyber negotiation traps or harmful content. Digital literacy education is an integral part of ensuring healthy social communication. In addition, social communication also plays an important role in providing social support. Through social media and sharing platforms, individuals can connect with friends, family, and support groups that can provide emotional and practical support. (Vaingankar et al., 2022). It can be a powerful supporter in individual mental health.

3) Complexity of Social Media Relationship and Mental Health

The relationship between social media and mental health is a complex issue. (Yozwiak et al., 2022). This is a field of research that is still being explored because it involves a variety of interrelated and often contradictory factors. In this context, some aspects of complexity that need to be understood are:

a) Positive and negative impacts

Social media can have a positive impact, such as providing social support, raising mental health awareness, and facilitating positive interaction (Nguyen Huy & Van Nguyen, 2023). However, they can also have a negative impact, like





increased stress from social comparisons, cyber negotiations, and exposure to harmful content. It is important to understand that these effects can occur simultaneously on the same individuals.

b) Individual differences

Each individual has a different experience in using social media. One may feel connected, helped, and positive through online interaction, while others may feel depressed, anxious, or insufficient (Ahmad et al., 2022). It's related to differences in digital literacy skills, social support available offline, and other personal factors.

c) Content variability

Social media is a place where a variety of content is presented, ranging from educational information to harmful or misleading content. (Thygesen et al., 2022). Therefore, the impact on mental health can also vary depending on the type of content consumed by the individual. An attempt to understand and address how a particular type of content can affect a person's mental health.

d) Social environmental influences

Individual offline social environments can interact with social media use (Whittingham et al., 2020). For example, individuals who have strong social support in the real world may be more resilient to the negative impact of social media, while those who feel socially isolated offline might be more susceptible to mental health problems arising from social media usage.

e) Greater Mental Health Context

Social media is part of the broader context of mental health. (Mheidly et al., 2020). Factors such as access to mental health services, offline social support, and overall life experience also play a role in shaping a person's mental health. The link between social media and mental health needs to be seen in a broader framework.





4) Digital Literacy and Mental Health Awareness

In an increasingly sophisticated digital age, digital literacy and mental health awareness are two interrelated and vital things to protect yourself and others. (King et al., 2022). Digital literacy refers to the ability of individuals to understand, evaluate, and use information critically in a digital environment. This includes the ability to recognize reliable sources of information, understand online risks, and interact safely on social media. Strong digital literacy is one way to avoid the cyber negotiation trap, harmful content, and false information that can harm mental health. (Sadagheyani & Tatari, 2021).

On the other hand, mental health awareness involves understanding mental health, recognizing the symptoms of mental health problems, and the ability to seek help if needed. (Jagannathan et al., 2022). Mental health awareness also includes recognizing the impact of social media and the use of technology on individual mental health. In other words, individuals need to know how social media use and technology can affect their mental health, both positively and negatively.

Good digital literacy can help individuals in finding reliable information about mental health on the Internet. (Bryant et al., 2018). They can identify reliable sources and understand how to get support if they or someone they know has a mental health problem. On the contrary, a lack of digital literacy can make individuals more vulnerable to harmful content or misinformation about mental health.

In mental health education and advocacy, there are attempts to integrate digital literacy into mental health awareness programs. (Tahara et al., 2021). It creates an opportunity for individuals to learn how to use technology wisely in their mental health.





5) Collaboration between Government and Social Media Platforms

Mental health has become a growing global issue, especially in the digital age, where social media plays an important role in everyday life (Coady et al., 2022). To address the mental health challenges arising from the use of social media, collaboration between governments and social media platforms is becoming increasingly important.

Governments have a key role to play in developing policies and regulations that protect their citizens from the negative impact of social media on mental health. (Gupta et al., 2022). The government oversees the practices of social media companies, imposes restrictions on harmful content, and ensures that accurate mental health information is widely available. Governments can also support mental health awareness campaigns that work with social media platforms to spread positive messages.

On the other hand, social media platforms have direct access to most users who can play a role in promoting positive mental health. (Patki & Iyer, 2022). They can provide resources and information about mental health, implement features that allow users to report harmful content, and take proactive steps to prevent cyber negotiations. Social media platforms can also collaborate with mental health organizations to provide better support and resources to users who need them. (Hancock et al., 2023).

This collaboration can also include joint efforts in research and data analysis. Governments and social media platforms can work together to collect and analyse relevant data on the impact of social media use on mental health (Rai et al., 2016). It can help in designing more effective interventions in support of evidence-based decision-making.

4. CONCLUSION





Social media can provide social support, raise mental health awareness, and facilitate positive interaction. However, negative impacts such as cyber negotiations, harmful content, and harmful social comparisons are also very real. Digital literacy and mental health Awareness are important tools in protecting yourself and making the most of social media.

The increasing prevalence of mental disorders among young people requires rapid and effective action. Social media has become one of the factors that affect their mental health, both positive and negative. Collaboration between government and social media platforms is an important step in addressing this problem. Governments have a major role to play in developing regulations that protect their citizens, while social media platforms have the potential to provide valuable resources and information. This partnership can be a model for joint efforts in support of public mental health in the digital age.

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