

## MENTAL HEALTH CONDITIONS IN SOCIAL MEDIA ADDICTION

Dede Rahmat Hidayat<sup>1\*</sup>, Afifah Wulandari<sup>1</sup>, Indah Dwi Yulianti<sup>1</sup>, Kenny Febriyanti<sup>1</sup>, Nana Agus Fahroni<sup>1</sup>, Siti Aisyah Maulida<sup>1</sup>

<sup>1</sup>Universitas Negeri Jakarta, Indonesia

\*Corresponding Author: dederhidayat@unj.ac.id

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### ABSTRACT

Teenagers are active users of social media, especially Instagram. Based on research conducted by (Sakti & Yulianti), as many as 59% of online users aged 18-29 years use Instagram. This study aims to explore the mental health conditions of students who are indicated to experience social media addiction where respondents are aged 18-22 years in the Jabodetabek area. Respondents were randomly selected who met the criteria, namely aged 18-22 years and were S-1 students at Jabodetabek University, filled out questionnaires distributed via google form and filled out questionnaires on social media addiction and mental health. Based on the results of the study, out of 50 existing respondents, there were 7 respondents who indicated social media addiction. With an average of 85.04 and a standard deviation of 15.51. Of the 7 respondents who indicated social media addiction, it can be seen that after filling out the instrument (MHI-38), 3 of them have good mental health. This is because the higher the score possessed by respondents in filling the MHI-38 instrument, the better their mental health condition. The results of the study complement previous studies where overall mental health conditions in social media addiction have not been widely studied.

**Keywords:** mental health; addiction; social media

### INTRODUCTION

Technology is something that cannot be separated from this part of life at this time. Technology helps to connect with other individuals. Increasingly sophisticated technology makes the movement of information spread faster. In 2016, internet users equivalent to 120 million individuals were potentially affected (Longstreet & Brooks, 2017). Social media is a group of technologies on the internet that are popular and addictive to many people. On average, 27% spend more time on the internet on social media than entertainment, news and email (Longstreet & Brooks, 2017). According to Yung, Eickhoff, Davis, Klam, & Doan in Rahmawati (2018) that the emergence of the internet has many positive impacts on its users, but not only the positive impacts that users receive but also the emergence of negative impacts received by internet users. On the one hand there is ease and sophistication that undoubtedly has a positive impact on the emergence of the internet, while on the other hand it can cause the emergence of a form of addiction, namely internet addiction or internet addiction. According to Hilliard in Haand & Shuwang (2020), social media addiction is a behavioral addiction characterized by being too worried about social media, driven by an uncontrollable desire to use social media, and spending a lot of time and effort that harms important areas of other people's lives.

Many studies explain the relationship of social media addiction with mental health problems such as depression, anxiety, stress, loneliness and self-esteem. Research conducted by Haand & Shuwang shows that there is a positive correlation between social media addiction and

depression (Haand & Shuwang, 2020). The use of social media has its advantages as well as disadvantages. One example is that teenagers are afraid of missing out on important events if they are not online (fear of missing out). This phenomenon is defined as the desire to always be online and see social media (Bloemen & Coninck, 2020). Other studies say social media addiction is positively associated with depression, stress, and anxiety (Wood, Center, & Parenteau, 2017). In previous studies, there has not been much about mental health in social media addiction, therefore this study will discuss complete mental health conditions in people with social media addiction so that they can be identified early and can be treated earlier. In a study conducted by Pine (2020), participants reported that adolescent mental health is important because it can have an impact on various factors ranging from learning to relationships. Two psychologists also mention that mental health is very important because it affects family and friends and mental health is important because it shapes how young people see the world (Pine, 2020). Therefore, this study aims to reveal the state of mental health in social media addiction. This study was researched because mental health affects how individuals solve their problems and deal with any pressure that occurs to them.

Social media is a collection of applications that use the internet based on web 2.0 technologies that allow the creation and exchange of content. Social media is taking a form involving web-based and mobile technologies, including email, blogs, social networking services and so on. Social media can upload photos or videos, reveal personal, create communities and so on (Leung, 2014). Meanwhile, addiction is when a person cannot control the things he does, takes, or uses. People who have an addiction to something to the point that it seems dangerous and has detrimental effects on a person physically, emotionally and socially, and in turn affects one's well-being (Veronica & Samuel, 2015). There are several types of addictions experienced by teenagers today, one of which is addiction to virtual activities. According to (David, 2001; Prasetya, 2014) in (Lestary & Winingsih, 2020) explained that addictive behavior related to a person's psychology is not only in the form of addiction to objects or addictive substances, but the form of addiction can also be in the form of social media use that exceeds limits. Social Media Addiction according to Ryan in (Demircioğlu & Köse, 2018) is defined as the inability to control the use of social media and use social media sufficiently to disrupt individuals in social and academic life. Whereas Andreassen (2015) in (Demircioğlu & Köse, 2018) defines Social Media Addiction as being too concerned with social media, guided by a strong motivation to enter or use social media and devote so much time and effort to social media that it results in disruptions in social activities, studies/work, interpersonal relationships and/or psychological well-being. Another case according to (Griffiths, 2000; Starcevic, 2013) in (Hou, Xiong, Jiang, Song, & Wan, 2019), social media addiction can be seen as one form of internet addiction, where individuals show a compulsion to use social media excessively. Then according to Walker (2011) in (Mohd Faudzi, 2019), Social Media Addiction is a term used to describe situations where users spend too much time on social media (such as facebook, twitter, instagram, whatsapp, youtube, skype) so that it has a negative impact on aspects of daily life, such as school, work, relationships with others. In addition, according to (Parlicek, 2013) in (Mohd Faudzi, 2019) a social media addict can be said to have a desire to use social media excessively for example engaging in activities such as frequently checking status updates and

posting profiles for hours and this behavior is contrary to their daily responsibilities, such as family, school, work, or other social obligations.

As explained earlier that Social Media Addiction has an impact that can affect an individual's daily life such as in the family environment, school, social activities, work or can even affect interpersonal relationships with others and can also have an impact on the psychological well-being of individuals. However, aside from that Andreassen and Pallesen (2014) in (Demircioğlu & Köse, 2018) elaborate that social media addicts use social media to reduce negative feelings and forget personal problems (i.e., mood modification); They generally spend excessive time thinking about social media (i.e., meaning-saliness); they gradually increase the amount of time spent on social media to obtain the desired level of satisfaction (i.e., tolerance); they become anxious, irritable and bored while doing so and do not use social media (i.e. withdrawal); they have enormous difficulty in controlling, stopping or reducing social media use (i.e., relapses); they tend to neglect their hobbies, partners, family members, and friends due to excessive use of social media; and their relationships, well-being and health are negatively affected due to social media use (i.e., conflict/problem). In short, the difference between social media use and SMA lies in the unfavorable consequences of social media use and the inability to control it. Research conducted by Andreassen (2015) in (Demircioğlu & Köse, 2018) also showed that symptoms of social media addiction can be manifested in mood, cognition, physical and emotional reactions, as well as interpersonal and psychological problems. Social media addiction is associated with unfortunate consequences when online social networks become uncontrollable and compulsive. In addition, the impact of this social media addiction according to (Rosenberg & Egbert, 2011) in (Hou, Xiong, Jiang, Song, & Wan, 2019) one of the factors that may underlie the negative effects of social media addiction is self-esteem. Although viewing or editing one's own online profile increases self-esteem, according to the Hyperpersonal Model (Gonzales & Hancock, 2010), social media users are often exposed to selective and glorified online presentations of others, which in turn can reduce the audience. It's possible that social media addiction contributes to lower self-esteem, which in turn leads to a decline in mental health and academic performance. In other words, self-esteem may play a mediating role in the relationship of social media addiction with mental health and academic performance.

Mental health is a condition in which individuals have visible well-being from themselves who are able to realize their own potential, have the ability to cope with normal life pressures in various situations in life, are able to work productively and productively, and are able to contribute to their communities (WHO, Atlas: mental health resources in the world, 2001). Individuals who are mentally healthy or have positive mental health are able to deal with various situations in life and can adjust well. The individual shows well-being and feels happiness. One of the characteristics of mentally healthy individuals is having resilience. Resilience is defined as a dynamic process by which individuals exhibit adaptive functioning in the face of significant adversity (Schoon & Ingrid, 2006). WHO reports that 450 million people worldwide have a mental health disorder (O'Reilly, M&Lester, & J, 2015). Understanding mental health in a person means that it is also necessary to understand what factors can endanger mental health (risk factors) and what factors can protect mental health (protective factors) in individuals. Risk

factors give rise to possible vulnerabilities in oneself, while protective factors give rise to possible strengths in individuals (Schoon & Ingrid, 2006). Many studies say social media addiction is associated with mental health disorders. It is said to be addiction if it includes the categories of salience, mood modification, tolerance, withdrawal symptoms, conflict, relapse (Griffiths, 2000). Studies are beginning to explain the relationship between Facebook addiction and anxiety and stress. Research conducted by Koc & Gulyagci in Wood, Center, & Parenteau (2017) found that anxiety is associated with Facebook addiction in Turkish students. Research conducted by Wood, Center, & Parenteau (2017) shows the results that social media addiction is associated with depression, anxiety, and stress. Another study also showed that social media addiction has a positive correlation with depression in students of Khost province, Afghanistan (Haand & Shuwang, 2020). Adolescents who spend time on social media socializing, shopping, and being followed by many people who are not known in real life tend to show behavioral problems such as aggressive, stealing, and lying (Velozo & Stauder, 2018). Studies on college students who spend time looking at other people's content show strong feelings of loneliness Burke et al deep (Velozo & Stauder, 2018). Problems with social media use are associated with 3 types of social internet behavior (social networking, twitter, instant messaging) and depressed mood (Van Rooij, Ferguson, Mheen, & Schoenmakers, 2017). Problems with social media use are associated with depressed mood, negative self-esteem, online time, and decreased life satisfaction (Van Rooij, Ferguson, Mheen, & Schoenmakers, 2017).

## METHOD

Respondents in this study were students who were pursuing undergraduate education at universities in Jakarta, Bogor, Depok, Tangerang, Bekasi (Jabodetabek) who used the *Instagram* application with *addiction* and *non-addiction characteristics* totaling 50 people aged 18 years to 22 years. The following are the results of the discussion of respondent profiles.

**Table 1. Respondent Profile**

Age	Sum	Percentage
18 Years	0	0%
19 Years	6	12%
20 Years	21	42%
21 Years	19	38%
22 Years	4	8%

This study used snowball sampling / convenience sampling techniques that were disseminated online using intermediary media, including whatapp groups and Instagram stories. Meanwhile, this study used data collection techniques by utilizing online surveys or questionnaires through filling out google forms. The instruments used were the social media addiction scale and mental health inventory (mhi-38). There are 29 items for the social media scale and 38 items for the mental health inventory. There are 6 choice options with a likert scale of 1-6 with never to always answers and two items with five choices of answer

options with a likert scale. *Mental Health Inventory* (MHI-38) measures Psychological Well-Being and Psychological Distress with 5 aspects, namely anxiety, depression, loss of behavioral/ emotional control, general positive effect, emotional ties. The results of filling respondents are calculated using SPSS

## RESULTS AND DISCUSSION

The results of the respondents obtained were 50 respondents. Of the 50 respondents, there were 7 respondents who fell into the high category of social media addiction. Based on the results of the questionnaire that has been filled, respondents showed the following results.

**Table 2. Results of SPSS social media addiction and mental health inventory (MHI-38)**

	Descriptive Statistic				
	N	Minimum	Maximum	Mean	St. Deviation
x1.1	50	2.00	5.00	41.000	.90914
x1.2	50	2.00	5.00	36.800	.93547
x1.3	50	1.00	5.00	34.000	124.540
x1.4	50	1.01	5.00	28.800	131.925
x1.5	50	1.02	4.00	25.400	.93044
x1.6	50	1.03	5.00	21.400	101.035
x1.7	50	1.04	5.00	17.600	100.122
x1.8	50	1.05	5.00	23.800	119.335
x1.9	50	1.06	5.00	27.400	125.860
x1.10	50	1.07	5.00	28.800	118.907
x1.11	50	1.08	5.00	24.200	107.076
x1.12	50	1.09	5.00	33.600	133.646
x1.13	50	1.10	5.00	25.400	116.426
x1.14	50	1.11	5.00	32.400	115.281
x1.15	50	1.12	5.00	29.800	123.701
x1.16	50	1.13	5.00	21.400	116.075
x1.17	50	1.14	5.00	22.800	116.128
x1.18	50	1.15	5.00	32.400	.89351
x1.19	50	1.16	4.00	17.000	.95298
x1.20	50	1.17	5.00	26.800	113.281
x1.21	50	1.18	5.00	23.600	127.391
x1.22	50	1.19	5.00	32.200	126.636
x1.23	50	1.20	5.00	22.200	118.304
x1.24	50	1.21	5.00	32.200	107.457
x1.25	50	3.00	5.00	42.800	.72955
x1.26	50	2.00	5.00	39.200	.82906
x1.27	50	1.00	5.00	33.600	106.445
x1.28	50	1.00	5.00	38.200	102.400
x1.29	50	1.00	5.00	35.600	.88433
total_x1	50	49.00	122.00	850.400	1.551.689

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	Descriptive Statistic				
	N	Minimum	Maximum	Mean	St. Deviation
x2.1	50	1.00	6.00	33.200	120.272
x2.2	50	1.00	6.00	34.200	131.071
x2.3	50	1.00	6.00	31.800	106.311
x2.4	50	1.00	6.00	36.800	126.878
x2.5	50	1.00	6.00	32.000	132.480
x2.6	50	1.00	6.00	30.000	116.058
x2.7	50	1.00	6.00	31.200	128.793
x2.8	50	1.00	6.00	32.400	125.454
x2.9	50	1.00	5.00	22.400	100.122
x2.10	50	1.00	6.00	37.600	118.769
x2.11	50	1.00	6.00	33.000	135.902
x2.12	50	1.00	6.00	30.600	113.227
x2.13	50	1.00	6.00	26.400	102.539
x2.14	50	1.00	6.00	27.200	124.605
x2.15	50	1.00	6.00	27.400	129.063
x2.16	50	1.00	6.00	42.400	130.243
x2.17	50	1.00	6.00	32.000	132.480
x2.18	50	2.00	6.00	39.400	118.511
x2.19	50	1.00	6.00	33.400	108.063
x2.20	50	1.00	6.00	36.600	140.857
x2.21	50	1.00	6.00	18.200	122.374
x2.22	50	1.00	6.00	24.800	119.932
x2.23	50	1.00	6.00	17.800	125.014
x2.24	50	1.00	5.00	21.600	107.590
x2.25	50	1.00	6.00	44.800	.99468
x2.26	50	2.00	6.00	43.600	110.213
x2.27	50	2.00	6.00	42.000	117.803
x2.28	50	1.00	5.00	36.600	.84781
x2.29	50	1.00	6.00	42.000	114.286
x2.30	50	2.00	6.00	45.400	101.439
x2.31	50	1.00	6.00	38.400	111.319
x2.32	50	1.00	6.00	39.800	109.712
x2.33	50	3.00	6.00	49.600	.96806
x2.34	50	1.00	6.00	36.200	139.810
x2.35	50	1.00	6.00	41.400	138.520
x2.36	50	2.00	6.00	40.800	120.949
x2.37	50	1.00	6.00	38.200	145.251
x2.38	50	1.00	6.00	34.200	129.505
total_x2	50	91.00	189.00	1.305.400	1.945.818
Valid N (listwise)	50				

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**Table 3. Social Media Addiction Level Category**

Respondents	Total Score	Category
1	112	Tall
2	85	Keep
3	109	Tall
4	122	Tall
5	95	Keep
6	85	Keep
7	86	Keep
8	67	Low
9	99	Keep
10	80	Keep
11	98	Keep
12	94	Keep
13	70	Low
14	72	Keep
15	98	Keep
16	67	Low
17	99	Keep
18	83	Keep
19	73	Keep
20	83	Keep
21	64	Low
22	117	Tall
23	72	Keep
24	71	Keep
25	84	Keep
26	98	Keep
27	80	Keep
28	102	Tall
29	83	Keep
30	91	Keep
31	84	Keep
32	84	Keep
33	64	Low
34	77	Keep
35	49	Low
36	83	Keep
37	71	Keep
38	83	Keep
39	74	Keep
40	94	Keep
41	77	Keep

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Respondents	Total Score	Category
42	97	Keep
43	87	Keep
44	82	Keep
45	110	Tall
46	96	Keep
47	58	Low
48	67	Low
49	102	Tall
50	74	Keep
Sum	Low	7
	Keep	36
	Tall	7

Mental health inventory (MHI-38) measures *Psychological Well-Being and Psychological Distress* with 5 aspects, namely anxiety, depression, loss of behavioral/ emotional control, general positive effect, emotional ties. In the aspect of anxiety there are 10 items, in depression there are 5 items, loss of behavioral / emotional control there are 9 items, general positive effect, emotional ties with 11 items and emotional ties with 3 items. Based on the results of the questionnaire that has been distributed to 50 respondents aged 18-22 years in the JABODETABEK area, it was found that there were 7 respondents who fell into the high category (14%), 36 respondents who fell into the medium category (72%) and the last 7 respondents who fell into the low category (14%). The average social media used by respondents is Instagram, Line, WhatsApp and Twitter. Based on the results of these data, the 50 respondents who fall into the category of "Social Media Addiction" are respondents who fall into the high category, where the seven respondents have a total score of 100 where from 50 respondents there are only 7 respondents who have a score above 100 and are included in the high category. While those who are included in the medium category are respondents who have a score between (70 – 100), out of 50 respondents there are 36 respondents who fall into the medium category. Then the last one that is included in the low category is respondents who have a score below 70, out of 50 respondents there are 7 respondents who fall into the low category.

In this case, respondents who are included in "Social Media Addiction" or respondents who have addiction to social media are respondents who fall into the high category, namely out of 50 respondents there are only 7 respondents who fall into the high category which means that there are only 7 respondents who have addiction to social media. After finding respondents who had an addiction to social media, the seven respondents were given a questionnaire again to find out how their mental health condition was. Based on the results of the Mental Health Inventory (MHI-38) instrument filled in by the seven respondents, there were 3 respondents who fell into the high category and 4 other respondents included in the medium category. The Mental Health Inventory (MHI-38) measures *psychology distress and well-being*. If the respondent gets a low score on *Mental Health Inventory* (MHI-38) then respondents have problems with their mental health, including *Psychology Distress* which includes anxiety, depression, loss of behavioral/ emotional control, emotional ties, as well as having problems with their welfare or well-being.

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**Table 4. Categories MHI-38**

Respondents	Total Score MHI	Category
1	132	Keep
2	148	Keep
3	144	Keep
4	164	Tall
5	134	Keep
6	144	Keep
7	140	Keep
8	108	Low
9	141	Keep
10	133	Keep
11	132	Keep
12	147	Keep
13	115	Keep
14	100	Low
15	136	Keep
16	126	Keep
17	142	Keep
18	105	Low
19	132	Keep
20	93	Low
21	138	Keep
22	168	Tall
23	144	Keep
24	111	Keep
25	101	Low
26	127	Keep
27	142	Keep
28	151	Tall
29	124	Keep
30	189	Tall
31	123	Keep
32	125	Keep
33	127	Keep
34	124	Keep
35	109	Low
36	133	Keep
37	142	Keep
38	93	Low
39	128	Keep
40	135	Keep
41	117	Keep

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Respondents	Total Score MHI	Category
42	131	Keep
43	142	Keep
44	122	Keep
45	150	Keep
46	146	Keep
47	133	Keep
48	91	Low
49	139	Keep
50	106	Low

Mental health according to WHO (*World Health Organization*) is a condition where individuals have well-being and realize their potential and are able to overcome pressure on situations in their lives, able to work productively and able to contribute to their communities (WHO, 2001). While social media addiction according to Ryan in (Demircioğlu & Köse, 2018) is defined as the inability to control the use of social media and use social media sufficiently to interfere with individuals in social and academic life. Based on the results of the study, it can be found that the social media that is more dominantly accessed by students is now Instagram, where students are required to always update about social life and social status which can suppress student mentality that causes mental disorders. From the results of research on mental health conditions on *social media addiction* targeting students aged 18-22 years in the Jabodetabek area, it shows that the use of social media does not greatly affect the mental health of students in Jabodetabek, which means Ha from the researcher is accepted and Ho is rejected. Regarding the condition of 50 respondents who have addiction to social media, there are 7 respondents who fall into the category of *Social Media Addiction*. Then the mental health condition of the seven respondents, can be seen using the *Mental Health Inventory* (MHI-38) instrument and resulted that there were 3 respondents who fell into the high category and 4 other respondents included in the medium category. Based on the journal (Santos & Novo, 1-18) states that if the results of the respondents' MHI-38 scores are high, then their mental health condition is also good, then if the scores produced by respondents are low then their mental health condition is not good. In this case, it can be stated that 3 out of 7 respondents who fall into the high category of social media addiction have good mental health.

## CONCLUSION

Based on the main purpose of this study is to reveal the state of mental health in social media addiction of students in the Jabodetabek area aged around 18-22 years. Of the 50 respondents obtained, there were 7 respondents who were in the high category of social media addiction. The results of the research conducted are known that the use of social media does not greatly affect the mental health of students in Jabodetabek and respondents who have high scores on the Mental Health Inventory (MHI-38) instrument are respondents who have good mental health.

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