

Relationship Between Social Media use with Adolescents Stress Levels in Bentian Besar 1 Senior High School

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Abstract

Introduction: social media is a medium on the internet that allows users to represent themselves and interact, collaborate, share, communicate with other users, and form virtual social bonds. Playing too much social media can cause stress in teenagers. Stress is a condition of a person experiencing an imbalance between what is desired and reality. **Objective:** To determine the relationship between social media use and stress levels in Bentian Besar 1 Senior High School adolescents. **Methods:** The research design in this study was descriptive correlation using a cross-sectional approach. The study was conducted in January 2022. Determination of the sample Stratified Random sampling, the research sample amounted to 132 respondents. The statistical test used is Chi-Square if it is obtained t arithmetic ($p\text{-value} < 0.05$), then the hypothesis H_a is accepted and H_o is rejected. **Results and Discussion:** The use of social media in the rare category (48.5%), stress levels in the moderate category (41.7%). There is a relationship between the use of social media with stress levels in adolescents ($p\text{-value} = 0.00$). **Conclusion:** There is a relationship between the use of social media with the level of Adolescents at Bentian Besar 1 Senior High School. **Keywords:** Social Media; Youth; Stress;

Introduction

Stress is a condition of someone who experiences an imbalance between what is desired and reality. Stress can be experienced by anyone, be it individuals, adults, even school-age children. So far, stress is prescribed, by society may only be experienced by adults who have a more complex survival rate. However, children can also experience it even though the causes vary such as changes in the environment and conditions that psychological pressure, emotional pressure, social pressure and intellectual pressure cause stress for school-age children (Mahmudah & Rusmawati, 2019)

Stress in school children is also influenced by several factors including academic demands, social networking activities (internet) demands of parents, often scolded by teachers at school, and problems with their peers. Stress is inseparable from every aspect of life. Stress can be felt by anyone, of course, in severe, moderate and mild levels that vary from individual to individual, in the short and long term, and no one can avoid it (Anggraini, 2018)

Adolescence is one of the stages in human life (Utami & Raharjo, 2021). Adolescence is the most beautiful time. But adolescence is also synonymous with the word rebellion in psychology itself, often referred to as a period of *stroke and stress* because of the many shocks and changes that are quite radical from the previous time. Teenagers are a group of individuals who are looking for self-identity, like to imitate and idolize someone who looks attractive, so in terms of choosing food is no longer based on nutritional content, but just socializing for pleasure and so as not to lose self-identity. This will affect the nutritional condition of adolescents (Diananda, 2019)

Social media is a computer-based technology or internet that facilitates individuals in sharing opinions or ideas, thoughts, and information through the construction of networks and virtual communities (Alyusi, 2019). Social media displays content created and shared by its users, whether in the form of personal information, documents, photos, or videos and allows individuals to find people who share similar interests and share their feelings, insights, and emotions. Social media is a media used by someone to become social online by sharing content, news, photos, and others with others (Rahadi, 2017)

Social media is a medium on the internet that allows users to represent themselves and interact, cooperate, share, communicate, with other users, and form virtual social bonds (Widada, 2018). Social media is a web-based broadcast technology that not only allows individuals to act as connoisseurs or consumers of content, but also as publishers. With this technology, individuals are interconnected and content uploading happens more quickly and easily

Researchers have interviewed several students at Bentian Besar 1 Senior High School, located in Dilang Puti, Bentian Besar District, West Kutai Regency, East Kalimantan. The students said they felt stressed by activities on the internet. Their activities are mostly spent accessing social media rather than looking for literature for school learning materials. In the end they feel bored and stressed by the activity. But also confused about what way to find entertainment, because in the present time, outside

activities are restricted. Then the only thing that can be done according to their confession is to play social media.

Based on the background above, the author is interested in examining the relationship between social media use and stress levels in adolescents of Bentian Besar 1 Senior High School.

Method

The research in this study is a descriptive correlation using a *cross-sectional* approach to describe and examine the relationship between variables, namely the relationship between social media use and stress levels in adolescents of Bentian Besar 1 Senior High School, conducted in January. The sampling technique in this study is *Stratified Random sampling*, which is a technique used to determine the total sample, if the population is stratified but less proportional (Sugiyono, 2017). The sample in this study was 132 students.

Analyzes Univariate

Univariate analysis aims to explain or describe each research variable Notoatmodjo, (2012). In this study, univariate analysis was used to determine the characteristics of respondents as well as research variables.

$$p = \frac{f}{n} \times 100\%$$

Information:

p= presents

f= category frequency

n= Total sample

Bivariate Analysis

In this bivariate analysis, researchers find out the relationship between the two variables, namely the independent variable and the dependent variable. Drawing conclusions on the *chi square* test, if a calculated t (*value value*) < 0.05, then the hypothesis Ha is accepted and Ho is rejected.

The formula is as follows:

$$X^2 = \frac{\sum(f_0 - f_e)^2}{f_e}$$

X² = khai-squared value

F_o = frequency of observation

F_e = expectation frequency

Result and Discussion**Result**

Table 1
Characteristics of Respondents

No.	Characteristic	Total	
		f	%
1	Age		
	17-19 years	56	42.4
	14-16 years	76	57.6
	Total	132	100
2	Gender		
	Man	69	52.3
	Woman	63	47.7
	Total	132	100
3	Class		
	XII (Twelve)	45	34.1
	XI (Eleven)	44	33.3
	X (Ten)	43	32.6
	Total	132	100

The results of research on the characteristics of respondents showed that the most age category was students aged 14-16 years as many as 76 people (57.6%), the most gender was men at 69 people (52.3%). While in the most class category are students sitting in class XII (Twelve) with a total of 45 people (34.1%).

Table 2
Use of Social Media

Use of social media	Total	
	f	%
Low	36	27.3
Average	51	38.6
High Usage	28	21.2
Very High	17	12.9
Total	132	100

The results of research on the use of social media in Bentian Besar 1 Senior High School, the most in the average category is 51 people (38.6%).

Table 3
Adolescent Stress Levels

Adolescent Stress Levels	Total	
	f	%
Normal	39	29.5
Light	57	43.2
Keep	22	16.7
Severe	8	6.1
Very severe	6	4.5
Total	132	100

The results of research on the level of stress level at Bentian Besar 1 Senior High School, the most in the mild category, namely 57 people (43.2%).

Table 4

The Relationship Between Social Media Use and Adolescent Stress Levels

		Stress Levels in Adolescents					Total	P-Value
		Normal	Light	Keep	Severe	Very severe		
Use of Social Media	Low	26	10	0	0	0	36	0.00
		19.7%	7.6%	.0%	.0%	.0%	27.3%	
	Average	9	42	0	0	0	51	
		6.8%	31.8%	.0%	.0%	.0%	38.6%	
	High Usage	2	4	18	1	3	28	
		1.5%	3.0%	13.6%	.8%	2.3%	21.2%	
	Sery High	2	1	4	7	3	17	
		1.5%	.8%	3.0%	5.3%	2.3%	12.9%	
Total		39	57	22	8	6	132	
		29.5%	43.2%	16.7%	6.1%	4.5%	100.0%	

The results of research on the relationship between social media use and adolescent stress levels, found that the most was the use of social media in the average category and adolescent stress levels in the mild category as many as 42 people (31.8%). Based on the results of an analysis conducted using the *Chi-Square* test, obtained a value of *value* = 0.00 smaller than the value of $\alpha = 0.05$ or ($0.00 < 0.05$), that means there is a significant relationship between social media use and adolescent stress levels.

Discussion

1. Characteristics of Respondents

The results of research on the characteristics of respondents showed that the most age category was students aged 14-16 years as many as 76 people (57.6%). Adolescence as an unrealistic period Adolescence tends to view life through pink glasses. He sees himself and others as he wants and not as he really is. Over time, adolescents are maturing their organ and psychic functions, the more adolescent development develops to a wider extent. Adolescence as a transitional period in this phase, adolescence is no longer a child nor an adult.

If the teenager behaves like a child, he will be taught to act according to his age. If teens try to behave like adults, teens are often accused of being too big and scolded for trying to act like adults. On the other hand, this unclear adolescent status is also beneficial because status gives him time to try different lifestyles and determine the behavior patterns, values, and traits that are most suitable for him (Amedie, 2015)

The researchers' assumptions the age shown in the results of this study is in accordance with the period and age they should have gone to school at the high school level. That means not too young for the level it should be and not too old when compared to teenagers who received education at the college level.

The most gender is male, which is 69 people (5, 2.3%). This result is in accordance with school conditions that most are male students, because the distribution factor of men in Indonesia today is the most male. In accordance with statistical data, the total population of men is more than women (Population Census, 2020). While in the most class category are students sitting in class XII (Twelve) with a total of 45 people (3, 4.1%).

The highest total of the most senior students at Bentian Besar 1 Senior High School is in line with the total students when they used to enroll in school at the beginning of entering school, indeed their total (class XII) is the batch with the most total students compared to the total students in the following years (underclassmen). So when currently occupying the highest class, they still show the majority total. In addition, their average grade increase rate is always 98%, few stay in class and almost rarely resign or change schools. Individuals live in an environment, so individuals cannot escape from the environment.

Everything that happens in the environment where adolescents are located, will have an influence on their development. Some of which include environmental factors are peers, mass media (social media) and family (Mulyati, 2014) in (Ministry of Trade, 2014). The researcher's assumption that the most total students at Bentian High School is because students used to register for school at the beginning of entering school.

2. The Relationship of Social Media Use with Stress Levels in Adolescents

The results of research on the relationship between social media use and adolescent stress levels, it was found that the most was the use of social media in the average category and adolescent stress levels in the mild category as many as 42 people (31.8%). These results show that students who are in high school (SMA) have been actively playing social media.

Social media does not always have a bad impact, it also provides many good benefits for the lives of teenagers. The benefits that can be obtained by adolescents are: they can hang out with peers or learn to socialize from an early age through *platforms* or social media applications that are famous today, they form their own communities according to certain activities, based on hobbies, based on interests, mutual interest in the opposite sex, looking for new acquaintances outside of their school and others

For social media users, archives become a character that explains that information has been stored and can be accessed at any time and through any device. Any information posted on Facebook does not just disappear at the turn of days, months or even years

Assumption of researchers This is because students have followed the latest trends. They *update* about the latest advances in the digital world, including social media. They are so fluent in playing those internet-related activities well.

Based on the results of an analysis conducted using the *Chi-Square* test, obtained the value of $p\text{-value} = 0.00$ is smaller than the value of $\alpha = 0.05$ or $(0.00 < 0.05)$, that means there is a significant relationship between social media use and adolescent stress

levels. The results are in line with Goni's research, (2020) shows that there is a relationship between the duration of social media use and symptoms of depression, this study concludes that the longer the duration of playing social media, the more symptoms of depression.

Similarly, research conducted (WALINTUKAN et al., 2019) found that there is a significant relationship between social media use and adolescent mental health, showing that the more often a teenager plays social media, it will interfere with his psychological or mental health. The mental disorder referred to in the study is stress in adolescents. Similar results are also shown by (Izzati, 2017) that there is a significant relationship between social media addiction and stress levels in adolescents, indicating that the more time spent playing social media, the more stress will increase in adolescent students.

The massive development of social media is now no longer only used for just community or gathering friends who are in line with hobbies, but social media is also used for marketing activities. Creative teenagers can use social media as a field to earn coffers of money. So, if we see teenagers busy with their *cellphones* or in front of their computers, it could be because they are learning to do business to find extra pocket money. Activities like this are normal and natural today (Nasrullah, 2015)

Interactions on social media do describe even like reality, but there are also interactions that occur are simulated and sometimes completely different. For example, in social media identity becomes fluid and can change. Tools on social media can allow anyone to become anyone, it can even be a user who is very different from reality, such as gender identity exchange, marital relationships, to profile photos

The assumptions of social media researchers are also not limited to various kinds of information, so it is no wonder teenagers know about everything so quickly in an instant. Because of their expertise in using social media, teenagers quickly obtain information from anywhere and anytime.

Conclusion

The conclusion in this study is that there is a relationship between social media use and stress levels in adolescents of Bentian Besar 1 Senior High School ($p\text{-Value} = 0.00$). Based on the results of the analysis conducted using the *Chi-Square* test, *obtained the value of $p\text{-value} = 0.00$ smaller than the value of $\alpha = 0.05$ or $(0.00 < 0.05)$* , that means there is a significant relationship between social media use and adolescent stress levels.

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