

## Relationship Social Media Activities with Adolescent Psychosocial at Junior High School 1 Damai City, Districts Damai

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### Abstract

**Introduction:** Psychosocial problems in adolescents are also influenced by factors of internet activity (social media). Teens who actively play social media, namely 87% and 33.3% of those who have smartphones are teenagers who are addicted to smartphones and these teens show high levels of depression, anxiety, stress, and poor sleep quality. **Objective:** to know relationship social media activities with adolescent psychosocial at One Junior High School 1 Damai City Districts Damai. **Method:** The research design in this study was descriptive correlation using a cross-sectional approach. The study was conducted in February-April 2022. The statistical test used is Chi-Square if it is obtained t count (*p*-value) <0.05, then the hypothesis *Ha* is accepted and *Ho* is rejected. **Result and Discussion:** Relationship of social media activity with psychosocial (*p*Value = 0.00). Activities using social media at Junior High School 1 Damai City Districts Damai are in the low category (59.2%). Psychosocial adolescent at Junior High School 1 Damai City Districts Damai in good category (35.9%). **Conclusion:** there is a relationship between social media activities with adolescent psychosocial at Junior High School 1 Damai City, Districts Damai.

**Keyword:** Adolescent; Psychosocial; Social Media;

## **Introduction**

Social *psychology* is a science that seeks to understand the origin and causes of individual behavior and thinking in the context of social situations (Nurhayati, 2016). Socialpsychology can also be interpreted as the science that studies the experience and behavior of individual humans in relation to social stimulating situations.

The process of forming self-identity is a long and complex process that requires continuity from the past, present, and future of an individual's life (Sarah &; Kurniasari, 2022). This will form a frame of mind to organize and integrate behavior into various areas of life. Thus individuals can accept and unite personal tendencies, talents, and roles given by both parents, peers and society which in the end can provide direction of purpose and meaning in future lives (KURNIADEWI, 2017)

Psychosocial problems in adolescents, according to Personal Growth counseling agency records, four out of five children aged 2-15 years also experience psychosocial problems (Ningsih, 2019). Komnas PA (Child Protection) receives an average of 200 cases each month, an increase of 98% from the previous year. This report also shows an increase in stress symptoms in children in Indonesia. In addition, the records of the Personal Growth counseling agency also mention children aged 2-15 years who experience stress, including 40% are toddlers and 60% are school-age children (Fauziah et al., 2016)

Psychosocial problems in adolescents are also influenced by several factors including academic demands, internet activity (social media), parental demands, often scolded by teachers at school and problems with their peers. Psychosocial problems are inseparable from every aspect of life. When someone experiences psychosocial problems, stressor reactions will appear, namely: (1) physical reactions, characterized by difficulty sleeping, headaches, (2) emotional reactions characterized by feelings such as neglect and anxiety, (3) behavioral behavioral reactions characterized by aggressiveness (4) thought process reactions characterized by difficulty concentrating, and negative thinking (Musradinur, 2016)

Teenagers need to be effective selves in order to influence others to have a positive self-concept. Adolescents need to be themselves who are able to create social interactions that trust each other, open each other, pay attention to each other's needs, and support each other (Anggelina, 2015). Teenagers actually have no clear place. They are no longer among children, but have not been fully accepted into the adult class. Teenagers are between children and adults. Therefore, adolescents are often known as the phase of "self-discovery" which is a transition process from life that tends to be unstable, between typhoons and storms (Lubis, 2011)

Social media is defined as a *website-based* virtual community that allows to build profiles of individuals and communities, aiming to establish communication in people's daily lives and although its use continues to grow, social media is very popular among teenagers and young adults (Ivana Rizki &; Ruhaena, 2017). There are currently several social media used by Indonesian teenagers, namely facebook, twitter, yahoo messenger, path, instagram and the last one is skype (Pratiwi, 2016)

In the use of social media, middle age teenagers tend to use it to fulfill curiosity about various things found on social media and teenagers use social media because social media is becoming a trend among their peers. This is supported by research (Andarwati, 2016) related to the use of social media in grade XI students of SHS 9 Yogyakarta is high, which is 76% of students in the high category of social media use.

The results of other studies also showed that more than 43 respondents (high school students) were in the high category of social media use. Another study related to the level of adolescent addiction to social media which results at 48.6% and is included in the high category (Aprilia et al., 2020) can potentially inhibit adolescent self-development if there is no policy in its use. So social media that is the current trend should be used wisely in order to obtain benefits in life such as achieving achievements and developing self-potential. Furthermore, related to the psychological impact of social media use for adolescents related to psychological problems. Psychosocial is also a condition where a person realizes his own abilities, can cope with normal life pressures, can work productively and is able to contribute to his social environment (Zaini, 2019)

While the negative impact is that face-to-face interaction tends to decrease, making someone become addicted to social media, vulnerable to the bad influence of others, spending time just using social media, besides the impact that occurs if you often access social media is triggering psychosocial problems in someone (Fitri, 2017)

Researchers have conducted a preliminary study by conducting interviews with students at JHS 1 Damai City, Distict Damai as many as 10 students who are actively playing social media. From the results of the interview, researchers obtained data that: 4 of them said they experienced psychological pressure due to playing social media caused by content on social media that so often discussed personal life, 3 people said they were less able to interact with people around them because they were too busy with social media so they experienced psychological pressure, felt less attention from people in real life and 3 others said Just playing social media for entertainment alone, without affecting his psychology.

Based on the above background, the author wants to prove the relationship between social media activities and psychosocial adolescents in JHS 1 Damai City, Distict Damai.

## **Method**

The research design in this study is descriptive correlation using *a cross-sectional* approach, the aim is to describe and examine the relationship between variables, namely the relationship between social media activity and adolescent psychosocial in JHS 1 Damai City, Distict Damai, carried out from February to May 2022.

The sampling technique in this study is *Total sampling*, namely in this study all members of the population were made the subject of research with a total of 103 adolescents in the first M school and 1 Damai City, Distict Damai (Notoatmodjo, 2012).

a. Inclusion Criteria

- 1) Express willingness in writing to be a research respondent by signing *informed consent*.
- 2) Status as an active student in JHS 1 Damai City, District Damai.
- 3) Age range of teenagers 11-24 years

b. Exclusion Criteria

- 1) Students who are undergoing exam periods or are focused on studying to prepare for exams.
- 2) Students were not present at the data collection.

### **Analyses Univariat**

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= presentation

f= category frequency

n= Total sample

### **Bivariate Analysis**

Bivariate analysis is an analysis carried out on two variables that are thought to be related or correlated Notoatmodjo, (2010). In this study, the formula used was the *Chi Square* test with a meaning limit of  $\alpha=0.05$ . *Chi Square* correlation is a nonparametric statistic. This correlation is used in statistical tests of at least ordinal data (Sugiyono, 2011). If obtained t calculate (*pvalue* value)  $< 0.05$ , then the hypothesis  $H_a$  is accepted and  $H_0$  is rejected (Notoatmojo, 2014).

**Results and Discussion****Result****a. Characteristics of Respondents**

**Table 1**  
Characteristics of Respondents

No.	Characteristic	Total	
		f	%
<b>1</b>			
	<b>Age</b>		
	1 6-18 years	8	7. 8
	14-15 years	60	58.3
	1 2-13 years	35	34. 0
	<b>Total</b>	<b>103</b>	<b>100</b>
<b>2</b>			
	Gender		
	Man	51	49. 5
	Woman	52	50. 5
	<b>Total</b>	<b>103</b>	<b>100</b>
<b>3</b>			
	<b>Class</b>		
	IX (Nine)	34	33. 0
	VIII (Eight)	36	35. 0
	VII (Seven)	33	32.0
	<b>Total</b>	<b>103</b>	<b>100</b>
<b>4</b>			
	<b>Parents' Work</b>		
	Businessman	25	24. 3
	Farmer/Fisherman	36	35. 0
	Clergy	1	1.0
	Private Employees	32	31. 1
	Civil Servants/Military/Police	9	8.7
	<b>Total</b>	<b>103</b>	<b>100</b>
<b>5</b>			
	<b>Parents' Income</b>		
	1 Million - 2 Million	36	35. 0
	>2 Million	67	65.0
	<b>Total</b>	<b>103</b>	<b>100</b>
<b>6</b>			
	<b>Social Media Use How Many Times per Day</b>		
	4 times	55	53. 4
	>4 times	48	46.6
	<b>Total</b>	<b>103</b>	<b>100</b>
<b>7</b>			
	<b>How Long Does Social Media Use Per Day</b>		
	3 Jam	51	49. 5
	>3 Jam	52	50.5
	<b>Total</b>	<b>103</b>	<b>100</b>
<b>8</b>			
	<b>Types of Social Media Active in use</b>		
	1-2 Types of Social Media	42	40. 8
	≥3 Types of Social Media	61	59.2
	<b>Total</b>	<b>103</b>	<b>100</b>

The results of the study based on table 1 on the characteristics of respondents showed that the most age category was students aged 14-15 years as many as 60 people (58.3%), the most gender was women, namely 52 people (50.5%), the most class is grade VIII (eight) students, which are 36 people in total (35.0 %), in the most parental jobs are working as farmers / fishermen as many as 36 people (35.0%). While the use of social media per day is at most 4 times a day as many as 55 people (53.4%), the longest use of

social media is  $> 3$  hours which is 52 people (50.5%) and the type of social media used the most is  $> 3$  types of social media which is 61 people (59.2%).

**b. Teen social media activity**

**Table 2**  
Social Media Activity

Variable	Total	
	f	%
<b>Social Media Activity</b>		
Low	61	59. 2
Tall	42	40. 8
<b>Total</b>	<b>103</b>	<b>100</b>

The results of the study based on table 2 about respondents' social media playing activities showed that the most were in the low category, which was 61 people (59.2%).

**c. Adolescent psychosocial**

**Table 3**  
Adolescent Psychosocial

Variable	Total	
	f	%
<b>Adolescent Psychosocial</b>		
Excellent	35	34. 0
Good	37	35. 9
Enough	20	19.4
Less	8	7.8
Very lacking	3	2.9
<b>Total</b>	<b>103</b>	<b>100</b>

The results of the study based on table 4.3 about psychosocial respondents showed that the most were in the good category, which was 37 people (35.9%).

**Bivariate variables: relationship of social media activity with adolescent psychosocial**

**Table 4**  
Relationship of social media activity with adolescent psychosocial

Social Media Activity	Adolescent Psychosocial				Total	p-Value		
	Good		Less					
	f	%	f	%				
Low	33	32. 0	28	27.2	61	59.2		
Tall	39	37. 9	3	2.9	42	40.8		
<b>Total</b>	<b>72</b>	<b>69.9</b>	<b>31</b>	<b>30.1</b>	<b>103</b>	<b>100</b>		

The results of bivariate analysis based on table 4 about the relationship between social media activity and adolescent psychosocial showed that in the high category of social media playing activities with adolescent psychosocial in the good category, there were 39 people (37.9%). Based on the results of the 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 activity and adolescent psychosocial.

## **Discussion**

### **1. Characteristics of Respondents**

The results of the study based on table 1 about the characteristics of respondents showed that the most age category was students aged 14-15 years as many as 60 people (58.3%), in this study was indeed in adolescence. In line with the age at the junior high school level that is indeed in the age range of adolescents (Saputro, 2018). The most gender is female, which is 52 people (50.5%), this total is not so dominant, the total female and male respondents are almost the same in total, only the difference in one number is that male respondents are 51 people (49.5%), that way, male and female students have a quantity that is not much different.

The most class is grade VIII (eight) students, which is 36 people (35.0%), because the total distribution of students at JHS 1 Damai City, District Damai is indeed at the time of accepting new students when these class VIII (eight) students are still new students, the total is indeed slightly more than the total students who are one batch above them, then their entire batch moves up the grade, then the total becomes reasonable. The most parents' jobs are working as farmers / fishermen as many as 36 people (35.0%), because the available land around Dumai District is indeed large, cultivated or worked massively, so residents use it as land for agriculture. Likewise with fishermen, residents live near the river area.

This natural factor makes the work of farmers or fishermen more in total. While the use of social media per day is at most 4 times a day as many as 55 people (53.4%), because children at the age of adolescence who are fluent in using technology, and a good internet connection are very open opportunities to use social media widely for young students (Suryani, 2015) ma In line with the results of this study that adolescents use social media the longest is > 3 hours, which is 52 people (50.5%) and the type of social media used is more. Teenage students in JHS 1 Damai City, District Damai on average use more than 3 types of social media, namely 61 people (59.2%). These types are Instagram, WhatsApp, Facebook, Twitter, YouTube, Tik Tok and so on (Fitri, 2017)

Content from social media is very broad making users very free to access and see anything, including those that contain elements that trigger changes in mood, feelings, or emotions. When the stimulus obtained by individuals with high intensity will cause changes in mood so that it has an impact on changes in emotional stability (Mulyati, et al., 2014).

### **2. Relationship of social media activity with adolescent psychosocial**

The results of bivariate analysis based on table 4 about the relationship between social media activity and adolescent psychosocial showed that in the high category of social media playing activities with adolescent psychosocial in the good category, there were 39 people (37.9%). Social media users who are active in online interactions through

various social media features. For example: often giving or receiving comments, posting photos, statuses or links, and using chat features, while social media users who only see the content of social media without interacting on the social media (Hanafi, 2016)

In this study, the social media activities of respondents in the high category were only 42 people (40.8%). Extensive social media content, many interesting features, and providing comfort for teenagers make teenagers unable to escape from it, thus causing social media addiction (Amedie, 2015)

The assumption is that adolescent researchers will tend to continuously observe various things that happen in their friends' lives through posting photos and videos on social media that make them compare with their own lives that seem boring and not good. This can cause jealousy, anxiety, stress, to depression.

The results of the study based on table 3 on psychosocial respondents showed that the most were in the good category, namely 37 people (35.9%), psychosocial with a very good category of 35 people (34.0%), sufficient category of 20 people (19.4%), less category of 8 people (7.8%) and very less category of 3 people (2.9%). In line with his age, the psychosocial of a teenager will continue to develop. The formation process goes through each phase of development, which is supported by external factors as well as internal factors.

Internal factors such as age and family environment. While external factors such as activities in cyberspace (social media) peers, school environment and community. In this regard, it has been specifically discussed the psychosocial development of adolescents can be influenced by social media activity. The psychosocial pattern of each adolescent is different and has its own characteristics, but in general it can be described with theories put forward by experts (Mulyati, et al., 2014).

The assumptions of adolescent psychosocial researchers are influenced by various factors, can be influenced by habits at home since childhood and from association with peers. What is happening currently is the accumulation of things that teenagers have acquired before.

The results of bivariate analysis based on table 4 about the relationship between social media activity and adolescent psychosocial showed that in the low category of social media playing activities with adolescent psychosocial in the good category, there were 33 people (32.0%). The results are in line with the theory that currently communication media is growing very rapidly, one of which is social media. Teenagers are already proficient in using social media. Social media is a communication tool that is currently used by everyone to communicate with others around the world, so teenagers follow current trends well (Ardari, 2016).

Based on the results of the analysis conducted using the *Chi-Square* test, obtained the value of  $\rho$  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 activity and adolescent psychosocial. In line with research conducted by Gunardi, (2019) there is a relationship between the level of Instagram social media users and *body dissatisfaction* in Young Women. Similarly, research (Sabekti, 2019) that there is a relationship between the

sensitivity of media users (social networks) with narcissism tendencies and late adolescent self-actualization, but it is different from (Setyawan, 2016) that there is no relationship between the duration of social media use and emotional stability in early adult social media users.

The psychological impact that occurs in adolescents from using social media is that users feel isolated from important things that happen to the outside world. Some users also believe that social media caused their lives to double compared to the year before using social media. Other psychological impacts related to the use of social media are the emergence of addiction, ethical issues and content that violates morals, and disruption of privacy (Abbas, et al., 2014).

The researchers' assumption is that if adolescents increasingly use social media to communicate in cyberspace, it will further reduce interaction activities with personal around them, so that adolescents will only be fluent in interacting with the unreal world compared to socializing with their environment.

## **Conclusion**

The conclusion of this study is that there is a relationship between social media activities and adolescent psychosocial in JHS 1 Damai City, Distict Damai (*p-value* = 0.00).

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