

**ORIGINAL ARTICLE****DESCRIPTION OF SOCIAL MEDIA ADDICTION LEVEL AND MENTAL HEALTH AMONG ADOLESCENTS**

Ni Kadek Dariyanti\*, Ni Komang Sukra Andini, Hendro Wahyudi

Nursing Study Program, Wira Medika Bali College of Health Sciences, Denpasar, Bali, Indonesia

\*Corresponding author: [nikadekdariyanti@gmail.com](mailto:nikadekdariyanti@gmail.com)**ARTICLE INFO***Article history:**Received: 7 January 2026**Revised: 28 January 2026**Accepted: 6 February 2026**Keywords:**Addiction;**Adolescents;**Mental Health.***ABSTRACT**

**Background:** Social media addiction is a problem commonly experienced by adolescents along with the increasing use of digital technology. Excessive use of social media can affect adolescents' mental health, particularly in maintaining emotional balance and social behavior. **Objective:** This study aims to determine the level of social media addiction and the mental health condition of adolescents at Public Senior High School 1 North Kuta. **Methods:** This study employed a descriptive quantitative design with a stratified random sampling technique. A total of 258 students participated as respondents. The research instruments used were a social media addiction questionnaire and the Strengths and Difficulties Questionnaire (SDQ). **Results:** The results showed that the majority of respondents were aged 15-16 years and were predominantly female. Most respondents had mild (75.6%) and moderate (23.6%) levels of social media addiction. Regarding mental health aspects, 49.6% of respondents were in the normal category, while the borderline and abnormal categories each accounted for 25.2%. **Conclusion:** Excessive use of social media can have an impact on adolescents' emotional balance. Wise use of social media and school support through positive activities such as soccer, volleyball, badminton, basketball, running, and dance are expected to help students channel their emotions in a healthy manner and enhance self-confidence.

## BACKGROUND

The transformation of digital technology has brought significant changes to human life, one of which is the rapid development of social media. Social media offers convenience in communication, information sharing, and building social networks. However, excessive use has the potential to lead to dependency and negatively affect mental health, particularly among adolescents (Azzahra et al., 2025). Adolescents are a highly active group of social media users, making them more vulnerable to the negative influences of the digital world. According to the World Health Organization (WHO), adolescents are individuals aged 10-19 years, a developmental phase characterized by significant physical, psychological, emotional, and social changes (World Health Organization, 2025). Adolescence begins with the emergence of secondary sexual maturity characteristics and continues until adulthood is reached (Sarwono & Handayani, 2021). These complex changes place adolescents in a phase of identity formation and the pursuit of independence, making them more susceptible to environmental pressures that may disrupt mental health (Nasrianti et al., 2024).

Mental health is a crucial aspect of supporting individual well-being and the ability to function optimally in daily life. WHO reported that approximately 14% of adolescents worldwide experience mental health disorders (World Health Organization, 2025). In Indonesia, the 2023 Indonesian Health Survey reported that adolescents are the age group most vulnerable to mental health problems, including depression, anxiety, PTSD, and ADHD (Indonesia, 2023). More concerning conditions are also found in Badung Regency, where the prevalence of adolescent mental health problems reaches 16.4%, according to local Health Office data. Psychological pressure among adolescents can be exacerbated by social environmental factors, one of which is risky peer association. Research found indicates that such associations can trigger stress, anxiety, depression, and reduced self-confidence among adolescents (Barimbing, 2024). These effects become more complex when combined with intensive social media use, as social media often amplifies psychological pressure through social comparison, demands for self-existence, and exposure to negative content (Hasibuan & Sabarrudin, 2025).

As part of digital advancement, social media plays a major role in shaping modern social interactions. Platforms such as Facebook, Instagram, Twitter, TikTok, and YouTube are used not only for personal communication but also for education, business, and information dissemination (Fahma et al., 2024; Qadir & Qadir, 2024). However, ease of access and high intensity of use place adolescents at risk of social media addiction, influenced by internal factors such as self-control and user satisfaction, as well as external factors including peer influence and parental roles (Siburian & Ricky, 2024). Based on WHO reported, more than 11% adolescents (11%) showed signs of problematic social media behaviour, struggling to control their use and experiencing negative consequences. Over a third (36%) of young people reported constant contact with friends online, with the highest rates among 15-year-old girls (44%) (World Health Organization, 2024). In Indonesia, the number of social media users has reached 191.4 million people, or 68.9% of the population, with internet access continuing to increase each year (Savitri

et al., 2025). Several previous studies have shown that high intensity of social media use correlates with mental and emotional disorders among senior high school students, including usage of more than three hours per day and the dominance of platforms such as TikTok (Lanjani et al., 2025; Ridhani et al., 2025).

A preliminary study conducted on July 25, 2025, at Public Senior High School 1 North Kuta indicated that most students lack adequate understanding of social media addiction and its impact on mental health. Although many studies discuss the relationship between social media and mental health, local descriptive data on addiction rates and mental health of adolescents are still limited. This lack of awareness may increase the risk of stress, anxiety, and decreased learning concentration. Therefore, a study is needed to specifically describe the level of social media addiction and the mental health condition of adolescents aged 15-18 years. Based on this background, the researcher is interested in conducting a study entitled *An Overview of Social Media Addiction and Adolescent Mental Health*.

## OBJECTIVE

The objective of this study is to determine the overview of social media addiction levels and the mental health status of adolescents at Public Senior High School 1 North Kuta.

## METHOD

### Design, Population and Sample

This study employed a quantitative design with a descriptive approach, aimed at describing the level of social media addiction and the mental health condition of adolescents without testing relationships between variables. The descriptive approach was chosen to obtain a systematic, factual, and accurate depiction of the phenomena based on actual field conditions. This study did not involve any interventions but focused on mapping respondent characteristics and research variables based on frequency distributions.

The study was conducted at Public Senior High School 1 North Kuta on September 30, 2025. The population consisted of all Grade X and XI students at Public Senior High School 1 North Kuta, totaling 720 students. The sample was determined using a stratified random sampling technique, considering class divisions as strata to ensure proportional representation of each group. The sample size was calculated using the Yamane formula with a 5% margin of error, resulting in a total of 258 respondents. The inclusion criteria were Grade X and XI students who actively used social media and were willing to participate as respondents. The exclusion criterion was students who were absent during the data collection process. Sampling was carried out randomly by drawing student attendance numbers in each class, with the assistance of teachers and enumerators to maintain objectivity.

## Instrument and Data Analysis

Data were collected using structured questionnaires. The level of social media addiction was measured using a questionnaire adopted from Dewi & Lestari (2020), consisting of 14 items with Likert and Guttman scales. Addiction scores were categorized into normal, mild, moderate, and severe levels. Meanwhile, mental health status was measured using the Strengths and Difficulties Questionnaire (SDQ), which consists of 25 items covering five behavioral and emotional dimensions, with outcome categories of normal, borderline, and abnormal. Both instruments had undergone validity and reliability testing, with Cronbach's Alpha values  $>0.70$ , indicating that they were valid and reliable.

The use of Google Forms is acceptable; however, the authors should clarify the recruitment process, duplicate response prevention, handling of missing data, and acknowledge potential biases related to online self-administered questionnaires in accordance with the STROBE guidelines. Which were distributed to respondents through the school administration and class leaders. Respondents were given 30 minutes to complete the questionnaires, with guidance from the researcher and enumerators to prevent response errors and data duplication. The collected data then underwent editing, coding, processing, cleaning, and tabulating stages prior to analysis.

Data analysis was performed using univariate analysis with descriptive statistics, presenting the data in the form of frequency distributions, percentages, and measures of central tendency (mean, median, and mode). This analysis aimed to describe respondent characteristics, levels of social media addiction, and adolescents' mental health conditions. All analyses were conducted using statistical software. This study obtained ethical clearance from the Health Research Ethics Committee of Wira Medika Bali Health Institute, with approval number 623/E1.STIKESWIK/EC/IX/2025. Ethical principles applied in this study included self-determination, informed consent, anonymity, confidentiality, justice, and beneficence. All respondents were given full freedom to participate or decline, respondent identities were kept confidential, and the data were used solely for research purposes.

## RESULTS

The research data were analyzed using SPSS software and then organized to provide a comprehensive overview of the respondents' profiles. The analysis included demographic characteristics such as class, gender, and age, as well as findings related to the level of social media addiction and the mental health status of adolescents.

**Table 1.** Frequency Distribution of Respondents' Characteristics Based on Class, Gender, and Age (n=258)

| Characteristics | Frequency (f) | Percentage (%) |
|-----------------|---------------|----------------|
| <b>Class</b>    |               |                |
| X 1             | 38            | 14,7           |
| X 2             | 37            | 14,3           |
| X 3             | 37            | 14,3           |
| X 4             | 32            | 12,4           |

|               |            |            |
|---------------|------------|------------|
| XI A1         | 28         | 10,9       |
| XI A2         | 28         | 10,9       |
| XI A3         | 27         | 10,5       |
| XI B1         | 31         | 12,0       |
| <b>Gender</b> |            |            |
| Male          | 94         | 36,4       |
| Female        | 164        | 63,6       |
| <b>Age</b>    |            |            |
| 15 Years      | 117        | 45,3       |
| 16 Years      | 120        | 46,5       |
| 17 Years      | 21         | 8,1        |
| <b>Total</b>  | <b>258</b> | <b>100</b> |

Table 1 shows that the largest proportion of respondents came from class X1, totaling 38 respondents (14.7%). The majority of respondents were female, with 164 respondents (63.6%), and most respondents were 16 years old, accounting for 46.5%.

**Table 2.** Frequency and Percentage Distribution of Social Media Addiction Categories among Adolescents at Public Senior High School 1 North Kuta (n=258)

| Social Media Addiction | Frequency (f) | Percentage (%) |
|------------------------|---------------|----------------|
| Normal                 | 1             | 0,4            |
| Mild                   | 195           | 75,6           |
| Moderate               | 61            | 23,6           |
| Severe                 | 1             | 0,4            |
| <b>Total</b>           | <b>258</b>    | <b>100</b>     |

Based on Table 2, most adolescents at Public Senior High School 1 North Kuta experienced social media addiction at a mild level, with a total of 195 students (75.6%).

**Table 3.** Frequency and Percentage Distribution of Adolescent Mental Health Categories at Public Senior High School 1 North Kuta (n=258)

| Mental Health | Frequency (f) | Percentage (%) |
|---------------|---------------|----------------|
| Normal        | 128           | 49,6           |
| Borderline    | 65            | 25,2           |
| Abnormal      | 65            | 25,2           |
| <b>Total</b>  | <b>258</b>    | <b>100</b>     |

Based on Table 3, out of a total of 258 respondents, the majority of adolescents' mental health status at Public Senior High School 1 North Kuta fell into the normal category, with 128 respondents (49.6%).

## DISCUSSION

### Social Media Addiction among Adolescents at Public Senior High School 1 North Kuta

The findings related to social media addiction at Public Senior High School 1 North Kuta indicate that the majority of respondents were categorized as having mild social media addiction. These results suggest that although social media use has become an integral part of adolescents' daily lives, most of them are still at an early stage of dependency and have not yet developed severe addiction that dominates their daily activities. This condition may be influenced by the characteristics of the respondents, who are predominantly aged 15-16 years, a developmental stage where self-control is still developing but remains relatively manageable, allowing social media use to stay within moderate limits. Social media plays an important role in adolescents' lives as a medium for identity formation, communication, and the expansion of social networks without limitations of space and time. Through digital platforms, adolescents can express opinions, share information, and actively participate in two-way social interactions. The high level of interactivity makes social media an attractive and responsive participatory space for adolescents, thereby encouraging intensive and continuous engagement (Amirah et al., 2023).

However, social media use has dualistic impacts. Social media often has negative psychological effects on vulnerable groups such as adolescents and young people (Sadagheyani & Tatari, 2021). On one hand, it offers benefits such as enhanced communication skills, the development of interests and talents, and broad access to information. On the other hand, excessive and uncontrolled use can lead to negative consequences, including addiction, decreased learning concentration, poor sleep quality, and psychological pressure resulting from social comparison and negative online interactions (Pratama & Sari, 2020). In this study, these negative impacts do not appear to be dominant, which may indicate the presence of external control factors such as school environment and daily routines that help regulate adolescents' behavior. The findings of this study are in line with the research which indicated that most adolescents are still able to control their social media use despite accessing it on a daily basis (Siburian & Ricky, 2024). This similarity suggests that adolescent social media use in structured school environments tends to remain within controllable limits.

Although the majority of respondents were categorized as having mild social media addiction, this study also identified a group of adolescents with moderate addiction levels who exhibited dependency-related behaviors, such as neglecting school assignments, decreased concentration during learning, feelings of emptiness without social media, and failure to reduce usage duration. This finding indicates that not all adolescents have the same level of self-control, and some are more vulnerable to developing problematic usage patterns. This condition warrants serious attention, as it has the potential to develop into more severe addiction if not balanced with adequate supervision, education, and prudent management of social media use. High usage intensity, particularly durations exceeding two hours per day, is a major factor that increases the risk of disturbances in emotional balance, real-life social interactions, and adolescents' academic performance.

### **Adolescent Mental Health at Public Senior High School 1 North Kuta**

Based on the assessment of the mental health variable, the results were classified into three categories: normal (score 0-15), borderline (score 16-19), and abnormal (score 20-40). The findings of this study indicate that out of a total of 258 respondents at Public Senior High School 1 North Kuta, 128 respondents (49.6%) were in the normal mental health category. This finding suggests that most adolescents are still able to maintain psychological well-being despite being in a developmental stage that is vulnerable to emotional instability. Adolescence is a critical phase characterized by rapid growth and development, both physically, psychologically, and intellectually. This period of rapid development makes adolescents vulnerable to various problems, particularly those related to mental health, which are influenced by a combination of social, cultural, and environmental factors (Aisyaroh et al., 2022). In this study, these developmental characteristics may explain the presence of respondents in the borderline and abnormal categories, indicating that not all adolescents are able to adapt effectively to psychological pressures.

The findings of this study are consistent with those reported by previous research, who found that the majority of adolescents tended to have normal mental health conditions (Pratama & Sari, 2020). However, the proportion of borderline and abnormal categories in this study (50.4% combined) indicates that mental health problems among adolescents remain a significant concern and should not be overlooked. This suggests that even though many adolescents are classified as normal, a substantial proportion are at risk of developing psychological difficulties. This study also found that 25.2% of respondents were in the abnormal category, indicating notable emotional and behavioral symptoms. Several indicators, such as feelings of restlessness, difficulty controlling anger, and frequent sadness, reflect problems related to emotional regulation. These symptoms can be interpreted as internalizing and externalizing problems, suggesting that adolescent mental health issues are multidimensional and influenced by both internal and external factors. This finding is consistent with previous studies, which reported that adolescent mental health problems are closely related to emotional instability and difficulties in self-regulation (Aisyaroh et al., 2022). Another research found that adolescents with high exposure to social and environmental pressures tend to experience anxiety, mood disturbances, and behavioral problems (Hasibuan & Sabarrudin, 2025).

Adolescence is a period rich in emotions, and rapid mood changes are a common characteristic of this developmental stage. However, persistent emotional instability should be considered a warning sign of potential mental health problems rather than a normal developmental process. The mental health condition of adolescents at Public Senior High School 1 North Kuta is influenced by various factors, including physical activity, personality, peer environment, school environment, family support, and the broader social context. In this study, these factors may contribute to the variation in mental health categories, particularly the presence of respondents in the borderline and abnormal groups. The findings also highlight the importance of supportive environments, particularly within the school setting, in helping adolescents manage emotional challenges.

The availability of guidance and counseling services, as well as structured activities such as extracurricular programs, may play a role in promoting emotional regulation and reducing the risk of mental health problems. These findings suggest that environmental and social support systems are essential components in maintaining adolescent mental health.

## CONCLUSION

Based on the results of the study on the overview of social media addiction and adolescent mental health at Public Senior High School 1 North Kuta, it can be concluded that the majority of respondents were female and predominantly 16 years of age. The level of social media addiction among adolescents was generally categorized as mild, indicating that although social media use was fairly intensive, most adolescents had not reached a stage of severe addiction. In addition, the mental health status of most respondents fell within the normal category, suggesting that, in general, adolescents were still able to adapt to psychological pressures despite being exposed to social media in their daily lives.

Based on these findings, it is recommended that community nurses play an active role in providing health education related to healthy social media use and the prevention of mental health problems among adolescents. Adolescents at Public Senior High School 1 North Kuta are encouraged to improve their digital literacy and broaden their understanding of the impact of social media on mental health in order to manage its use wisely. Furthermore, future studies may be expanded to involve a wider adolescent population with a focus on intervention efforts and awareness enhancement, while educational institutions such as Wira Medika Bali Health Institute may utilize the results of this study as a reference for the development of adolescent health programs and future research.

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