

The Effect of Excessive Social Media Communication on Student's Mental Health

Agnita Yolanda^{1*} Nurismilida² Ruri Aditya Sari^{3*}

1. Faculty of Political and Social Science, Universitas Medan Area, Jl. Kolam/PBSI Building No. 1 Medan, North Sumatera, Indonesia.
2. School of Linguistic, Universitas Islam Sumatera Utara, Jl. Sisingamangaraja, Medan, North Sumatera, Indonesia.
3. Digital Business Departement, Politeknik LP3I Medan, Jl. Sei Serayu No. 48 D, Medan, North Sumatera, Indonesia.

* E-mail of the corresponding author: agnitayolanda@staff.uma.ac.id; ruri.aditya@plm.ac.id

Abstract

Humans are social creatures who cannot live without other people. The development of the times and the phenomenon that occurs is communicating using media technology, commonly referred to as social media. This study aims to determine the effect of excessive social media communication on the mental health of bilingual communication science students at Medan Area University. This research method is using a quantitative approach; data collection is done using primary data and secondary data. The population in this study was 43 people and the sampling technique was a saturated sample with a total sample of 43 respondents. The results of this study indicate that the use of social media has a very significant relationship to mental health with the Pearson X and Y correlation values of $0.001 < 0.05$, Then the variable relationship is stated to have a correlation. Students who use social media for positive purposes and pay attention to duration have a positive effect on mental health such as expanding relationships, increasing networking, in the world of technology, while students who use social media for purposes that are not clear and without seeing the duration of what their goals are can actually trigger overthinking, insecure, insomnia.

Keywords: Communication, Social Media, Students, Excessive, Mental Health.

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1. Introduction

Humans have been predestined as social beings who cannot live without other people. Every human being needs communication to interact. The development of the times and the phenomenon that occurs is communicating using media technology, commonly referred to as social media, such as the use of smartphones or other gadget media. Social media invite anyone who is interested to participate by giving feedback openly, giving comments, and sharing information in a fast and unlimited time. It is very easy and doesn't take a long time for someone to create an account on social media. Therefore, social media are often used to create good feelings. Without realizing it, sometimes-social media also boomerangs for yourself so that it is not common for bad things to appear. In addition, it is undeniable that technological developments in the era of globalization have an important role in changing the lifestyle of modern humans in the world, in terms of various aspects that support it. The existence of social media turns out to have a strong effect on the quality of life and human habits and sacrifices our mental health and time because of playing social media. Mental health is a very important dimension of life, because mental health, life will run well and naturally. Mental health in general can be interpreted as a normal mental condition and being motivated to live a quality life (in harmony with religious and cultural values), both in personal life, family, community, and other aspects of life. Therefore, mental health is one of the important things for human survival, in order to be able to communicate, socialize, and get good interactions with other people, in the scope of the smallest things, namely oneself to the scope of society.

The use of social media too often will interfere with the development of human psychology. Excessive use of social media can have an impact on mental health. In fact, the use of social media is cited as one of the causes of depression.

The high duration of social media use among adolescents and adults has an indirect negative impact on mental

health. Duration is the length of time interval, a span of time or the length of something that lasts. People who use social media excessively can experience addiction and addiction to social media can cause psychological problems, mental, emotional stability, including depression, stress, anxiety, and fear and even can affect sleep patterns. People will become so dependent that they will feel that their lives are incomplete if they do not open social media accounts for a day (Margono, 2010).

Social media use also creates opportunities for emotional distress from receiving threatening, harassing, or embarrassing communications from other teens, called cyberbullying. In various studies, it was found that people who experience mental disorders are caused by the inability to meet their basic needs, such as biological needs, economic needs, self-esteem needs, needs to satisfy lust to love and be loved, security needs, self-actualization needs, and so on (Giska, 2019).

Social media has both positive and negative impacts. Based on the results of research by Wijaya & Godwin (2012). Some of the positive impacts of using social media such as having an effect on real-world life of adolescents precisely and antisocially. Prosaically, social media is a medium of friendship, a means of exchanging information, broadening horizons and doing online business that can provide material benefits. Furthermore, antisocially, social media can lead to fights on social media, the dissemination of inappropriate photos, non-constructive statuses and so on.

Sari and Siswadi (2018) mentions that just one hour of teenagers using social media a day will result in losses due to cyberbullying, a decrease in face-to-face activities and an increase in the occurrence of social comparisons. Teenagers tend to be influenced and easily believe in the content of social media and will affect their self-concept. Tartari (2015) in Albania indicated that the positive impact of the use of social media by adolescents is to increase communication interactions, obtain information and develop technology use skills.

According to Kaplan and Haenlein (2010), defines social media as a group of Internet-based applications that build on the ideological and technological foundations of Web 2.0, and enable the creation and exchange of user-generated content. Social media users or can also be called this user can communicate or interact, send messages, both text messages, images, audio to video, share or share, and also build networks or networking. Generally, the definition of social media is online media. Social media is an online medium where users can communicate and interact with each other. So social media is a channel or means for social interaction that are carried out online through the internet network. However, if not used properly, social media can actually have a negative impact on our mental health because social media is one of the most influential aspects in people's lives today.

2. Literature Review

2.1 Communication

Nurudin (2011), defines the communication as the process of transmitting ideas, emotions, skills and so on, using symbols, words, pictures, graphics, numbers and so on. Communication takes place in a particular context or situation. Broadly speaking, the intended context means all factors outside the people who communicate.

Communication, which was originally a social phenomenon, later became an independent, disciplined academic science, is now considered important in connection with the social impacts that become obstacles to the benefit of humankind due to technological developments. To carry out effective communication is not an easy thing. In communication, many various obstacles can damage communication. According to Effendy (2003), there are several things which in this case are for communication barriers that must be an important concern for communicators if they want their communication to be successful, namely distractions, interests, latent motivations, prejudices and ecological barriers.

However, Cangara (2015) stated that communication is a process in which two or more people form or exchange information with each other, which in turn will arrive at a deep mutual understanding. From the definition of communication, it is clear that communication between humans can occur, if there is someone who conveys a message to another person with a specific purpose, meaning that there is a source, message, media, receiver and effect. These elements can be called as components or elements of communication.

2.2 Social Media

Social media makes it easy for everyone to communicate, participate, share and form a group (Zarella, 2010). Social Media is a media platform that focuses on the existence of users who facilitate users in their activities (Yuzi, 2016). Social media is an internet-based application that is used to establish communication with other people (Hidayatun, 2015).

Today's social media has grown rapidly. Many types of social media were created such as twitter, path, linkdin, Instagram, Facebook and others. Social media is a group of applications based on internet and web technology that can create and exchange content from its users (Kaplan & Haenlein, 2010). According to Carlsson (2010), in social media there is social interaction that allows users to provide opinions, ideas and knowledge in global forums with insignificant time and place. Likewise, with Facebook social media, which is used by users to create profiles, send photos or videos, create new statuses, and communicate with friends, family, and a place to discuss things (Okoiye, Anayochi, & Onah, 2015).

Excessive use of social media can lead to addiction for its users. The characteristics of social media addiction revealed, according to Goldberg's theory are; frequent loss of time, withdrawal symptoms, a constant need to increase the time spent, the need for better/more computer equipment and applications, frequent commentary, lying, low achievement, social isolation and fatigue (Nurmandia, Denok, & Luluk, 2013). Media dependence theory states that the more a person depends on a medium to meet his needs, the more important the media becomes and is used more often (Hidayat & Machali, 2010). The intensity of use of social media is a person's involvement related to activities using social media such as frequency, length of access and number of friendships formed (Sari & Siswadi, 2018).

Individuals who often access social media are driven by social motives such as wanting to get an acknowledgment from the environment in which the individual is located. Adolescents with high intensity of social media use, their social interactions become indirect, namely their sociability tends to be low and their social sensitivity tends to be low, which is called apathy. Effendy (2017). The high use of social media can affect adolescent behavior (Pratama & Setyaningsih, 2015). In addition, it also has a negative impact on mental health indirectly, such as the emergence of anti-social attitudes or commonly referred to as apathy. When adolescents with high levels of social media use, their social interactions are indirect, their sociability tends to be low, their social sensitivity tends to be low (Pratama & Setyaningsih, 2015). Another study related to the level of adolescent addiction to social media, the results of which were 48.6% and were in the highest category (Fadilah, Pariyana, et al, 2020) can potentially hinder adolescent self-development if there is no policy in its use. So social media, which is a trend today, should be used wisely in order to gain benefits in life such as achievement and development of self-potential.

2.3 Mental Health

Mental health is a science that includes a system of principles, rules and procedures to promote spiritual mental health. Mentally healthy people are people who in spirit or in their hearts always feel calm, safe, and peaceful (Rakhmat, 2015). Mental health comprehensively and positively. He said that mental health is a person who continues to grow, develop, and mature in his life, accepting responsibility, finding adjustment, in participating in maintaining social rules or by society (Taqwa, 2018).

Mental health problems that arise due to the influence of social media (Gao et al, 2020). Which was conducted on adolescents aged around 18 years who stated that there was a prevalence between the use of social media and mental health problems in the form of depression, anxiety, and the combination of anxiety and depression during the covid-19 pandemic (Gao et al, 2020).

Based on the description above, it can be concluded that mental health is a positive, healthy, and free mental condition. Mental is an important aspect in life, because it can affect our feelings, thoughts and activities. Mentally healthy people will look peaceful and calm in every activity, while mentally ill people will tend to look restless, uncomfortable and tend to have personality disorders.

3. Research Methods

The method used in this research is descriptive quantitative. Quantitative research methods can be interpreted as research methods based on the philosophy of positivism, used to examine certain populations or samples, sampling techniques are generally carried out randomly, data collection uses research instruments, data analysis is quantitative/statistical with the aim of testing the hypotheses has been established (Sugiyono, 2014). The population in this study was all students of Bilingual Communication class Semester 3, as many as 43 people. The sampling technique used in this study was a saturated sample, where the entire population is the sample with a total sample of 43 respondents.

Data collection is done by using primary data and secondary data. Primary data collection is carried out by conducting a survey by distributing questionnaires to respondents. Secondary data, namely the type of data in research based on how to obtain it, meaning that the source of research data is obtained and collected by researchers indirectly but with other parties which are supporting data to improve the quality of research

(Sugiyono, 2014). Secondary data is carried out by examining various sources from various literatures such as journals, books, documents, websites, mass media, and so on. Meanwhile, the data analysis technique in writing this article uses validity, reliability, correlation tests and hypothesis testing. The results of the research are described in the form of a discussion that is then opened and suggestions are made.

The scale used is the Guttman scale, ie a scale with this type of measurement will get a firm answer, namely "Yes and No, True and False, Never Never, Positive-Negative" and others. The Guttman scale besides being able to be made in the form of multiple choice also can be made in a checklist form. Answers can be made with the highest score of one and the lowest zero. The analysis is carried out as in the Likert scale (Sugiyono, 2014).

Hypothesis

Based on the theoretical basis above, the following hypothesis can be drawn

H0 : there is no effect of social media communication on students' mental health

H1: there is an effect of social media communication on students' mental health

4. Results and Discussions

Based on table 1, the research data is the result of the T test, the significance value is $0.001 < 0.05$, then there is a significant effect on the use of social media on mental health. T count value is $17.110 > 2.940$ T table. From the calculated F results, the significance value is $0.001 < 0.05$, then there is a significant effect on the use of social media on mental health. The calculated F value is $292.739 > 4.067$ F table (Table 2). Means an alternative hypothesis, which states that there is an effect of excessive use of social media on mental health (Table 3).

From the results of the correlation test, the Pearson correlation value of X and Y is $0.001 < 0.05$, then the relationship between variables is declared to have a correlation. The value of the relationship degree of 0.938 lies between (0.81-1.00) perfect correlations, so it can be stated that the variables X, Y has a perfect correlation. The value of the relationship degree of 0.938 (+) indicates a positive value which means that it can be stated that the higher the use of social media, the higher the effect on mental health. This means that the use of social media has a strong influence on mental health. Therefore, it can be concluded from the results of the study that there is a significant effect of the use of social media on mental health.

The use of social media turned out to have a very significant influence on mental health. Judging from the hypothesis test, the variables X and Y have a perfect correlation, showing evidence that social media is very influential on the mental health of students. In terms of the social media accounts they have, namely Instagram and Tiktok, from the total sample accounting for 48.8% or around 21 people out of 43 indicate that they have both social media.

Judging from the duration of use and the social media content accessed, it shows that each respondent has different goals and interests, and automatically has a different influence. Students used social media for positive purposes, and pay attention to duration have a positive effect on their mental health. Such as expanding relationships, adding networking, and adding new insights and insights in the world of technology, while students who use social media for purposes that are unclear and without Seeing the duration of what goals for him can actually trigger overthinking, insecurity, insomnia, and others.

The value of the degree of relationship shows a positive value of 0.938 which means the higher the use of social media, the higher the effect on the mental health of the student. The use of social media is not always negative; the use of social media can have a positive impact if its users can manage it properly.

In the social networking context, "student involvement" refers to the time and effort students invest in educationally-relevant activities, both in-class and out-ofclass. These activities include participating in learning activities, assigning tasks, sharing school supplies and experiences, and collaborating and interacting with peers and schools (Abdulsalam & Azizah, 2014). Mason (2006) stated that social networking sites have enough capacity to offer a proper education that matches the social context of learning and promotes students critical thinking. Students use new ways to learn by utilizing social media and the teacher must constantly be on the loop regarding these new platforms.

According to Heiberger and Harper (2008) there is direct correlation between social network sites usage and student involvement. Many studies suggest that social networking sites have the potential to radically change the academic system, and augment students' motivation for better engaging in the learning process instead of remaining passive in the classroom. Despite the positive influence that social networks, like Facebook, have on the academic process, many other studies reflect their downsides. According to Tartari (2019), students and pupils have become active users of social network sites and consider it an important daily routine (Pempek et.al., 2009). Students are motivated to use Facebook for lengthy periods, as they need to be continuously connected. As soon as students increase time spent on Facebook, their grades are directly influenced. However, according to Mensah (2016), the usage of social networking sites has negative impacts on students' studying, performance, and habit. This is because time management plays an essential role in determining the success or failure of an

individual. Thus, students who lack time management can easily fall prey to the negative impact on the performance of students. Valuable time that could have been used to study by the students is wasted on social media sites. This shows that students at the expense of their academic work spend so much time on social media sites. Liu et al (2017) reported that perception of school performance is influenced by the reasons for using social networking (0.13), effects of social networking (-0.16), and learning attitude from using social networking (0.11).

5. Conclusion

Based on the description of the research results and discussions that have been carried out, it can be concluded that the use of social media has a very significant effect on the mental health of bilingual class communication students. In addition, students used social media for positive purposes and pay attention to duration have a positive effects on their mental health. Such as, expanding relationships, adding networking, and adding new insights and insights in the world of technology, while students who use social media for purposes that are not clearly and regardless of duration can trigger overthinking, insecurity, insomnia, and others. In addition, the use of social media is not always negative; the use of social media can produce a positive impact if it can be managed properly by its users.

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Table 1. Hypotheses Test

Coefficients						
Model		Unstandardized Coefficients	Std. Error	Standardized Coefficients	T	Sig.
1	(Constant)	B 8.074	3.098	Beta	2.606	.013
	<u>kesehatan</u> mental	.510	.030	.938	17.110	<,001

a Dependent Variable: media social
 Source: Researcher (2022)

Table 2. Determination Test

ANOVA						
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	1.196.928	1	1.196.928	292.739	<,001b
	Residual	163.549	40	4.089		
	Total	1.360.476	41			

a Dependent Variable: media social
 b Predictors: (Constant), mental health
 Source: Researcher (2022)

Table 3. The Relationship of Social Media Communication to Mental Health

Correlations			
		Religiusitas	Agresivitas
Religiusitas	Pearson Correlation	1	.938**
	Sig. (2-tailed)		<,001
	N	42	42
Agresivitas	Pearson Correlation	.938**	1
	Sig. (2-tailed)	<,001	
	N	42	42
** Correlation is significant at the 0.01 level (2-tailed).			

Source: Researcher (2022)