

ANALYSIS OF THE IMPACT OF SOCIAL MEDIA DURING THE PANDEMIC ON THE MENTAL HEALTH OF ADOLESCENT DARUL ARQAM PUTRI ISLAMIC BOARDING SCHOOL

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Abstract: The Covid-19 pandemic has changed many things in our lives, one of which is the way we socialize with social media. Social media has become an integral part of being a teenager. Because teenagers certainly carry out their social activities with social media at this time. But social media certainly has a negative or positive impact. It depends on how wisely teenagers use social media. And this negative impact will certainly affect the mental health of teenagers. Even though during a pandemic, mental health is as important as physical health. Where adolescents in this period experienced significant changes in psychology, physical, and social. So that requires them to continue to adapt to the environment. Therefore, of course, it will be very dangerous if the mental health of teenagers is disturbed because it will greatly affect the ability to adapt to the environment. This article discusses the analysis of the impact of social media during the pandemic on the mental health of adolescent students of the Darul Arqam Putri Islamic Boarding School, who are currently still learning at home. By using the literature study method and qualitative methods through an open questionnaire technique, it is hoped that it can provide a real picture of the mental health state of Darul Arqam students at this time. The results of this study are that on average young women feel the negative impact of social media. Where they feel less productive, feel insecure, and inferior. However, there are some of the respondents who do not feel the negative effects of social media because they have principles and identity so they can filter out negative things on social media.

Keywords: Social Media, Covid-19 Pandemic, Mental Health

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INTRODUCTION

Lately, social media has become inseparable, but at the same time, it can be dangerous. According to (Huang, 2020) that the widespread use of social media means that even problematic social media users have become a serious problem. This is because social media use appears to be associated with reduced face-to-face contact, increased social isolation, stress, depression, or sleep deprivation, which are claimed to facilitate offensive and harmful behavior that can be detrimental to mental health (O'Reilly et al., 2018). According to research results (Marino, et al., 2018, in Huang, 2020) the correlation of problematic social media use to anxiety, depression, and distress. Meanwhile, according to a survey conducted by CupoNation, Indonesia is the 4th country with the largest Instagram and Facebook users in the world (Wardani, 2019). Whereas according to (Yusuf, 2018) the development of mental health in psychological principles is influenced by the quality of the psychological climate of the environment in which the individual lives. So we can imagine how the current state of teenagers who interact more often with the social media environment and ironically social media has even become one of the environmental causes of various psychological problems during the pandemic.

Adolescence is a significant period of psychological, biological, and social change for young people as a process of adjustment to their needs (Christie & Vinner, 2005; Erikson, 1968, in O'Reilly et al., 2018). This is in line with the opinion (Hurlock, 1980, in Kartika, 2016) that the rapid and drastic growth and development in adolescence cause doubts, feelings of inadequacy, and insecurity. At this time, adolescents develop a greater sense of identity and autonomy (Erikson, 1968, in O'Reilly et al., 2018). Therefore, of course, it is very natural for teenagers to develop that sense of identity in their social media appearance.

However, of course, it will be very dangerous if the process of developing a sense of identity in the form of an ideal self is not accompanied by an actual self. This is because the integral personality which is one of the factors of mental health can be fulfilled if the personality structure is not divided between the picture of the ideal self (ideal-self) and the reality of the actual self (Willis, 2004). Where mental health in adolescence is often more challenging due to the high prevalence of mental health difficulties (Burns, Durkin, & Nicholas, 2009, in O'Reilly et al., 2018). This is evidenced by the number of mental disorders that begin to be detected in adolescence (Patel, Flisher, Hetrick, & McGorry, 2007, in O'Reilly et al., 2018). And it is also exacerbated

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by the results of a survey conducted (APJI, 2017) that the highest internet users are occupied by the age of 13-18 years. Where the age of 13-18 years is included in the adolescent age. Whereas teenagers tend to be easily influenced by the social environment without considering the effects they will receive when surfing the internet (Nugraha, 2013, in Hakam, M.T., Levani, Y., & Utama, 2020).

Seeing this phenomenon, the author feels compelled to conduct more in-depth research on the relationship between the impact of using social media during the Covid-19 pandemic on the youth of Darul Arqam Putri Islamic Boarding School. Furthermore, this research is expected to provide evidence of a picture of the current state of adolescents so that they can then be continued with other plans so that they can help adolescents have good mental stability.

METHODS

This research uses a literature study and qualitative method. In the literature study method, the researcher collects sources related to the topic of the article to be compared and concluded from the results of the literature study. Meanwhile, qualitative methods are used to find out the situation in the field regarding the topic of this article. According to (Sugiyono, 2014) qualitative research methods are methods used to examine the condition of natural objects where the researcher is the key instrument, data collection techniques are carried out in a combined manner, analysis of data is inductive, and qualitative research results emphasize meaning rather than generalization.

In this qualitative method, the researcher used an open questionnaire technique to 80 students of the Darul Arqam Putri Islamic Boarding School from grade 8 Tsanawiyyah to grade 12 Aliyah. Where there are three questions asked which have three indicators. The indicators of the three questions are knowing the comparison of the mental health of adolescent students at home and Islamic boarding schools, knowing the impact of social media during the pandemic on the mental health of adolescent students, knowing the correlation between addiction to social media and the disruption of mental health felt by adolescent students.

Data analysis was carried out by in-depth data processing methods. Based on data from the results of open questionnaires and literature. The technique used in analyzing is by summarizing, categorizing, and confronting.

RESULT AND DISCUSSION

Theory Description

Social media is an internet-based channel that allows users to interact opportunistically and present themselves selectively to a wide or narrow audience, thereby allowing users to derive value from content and perceptions created by their interactions with others (Carl & Hayes, 2015, in Huang, 2020). Meanwhile, according to (Mulawarman & Nurfitri, 2017) social media is a communication tool used by users in social processes. And according to (Putri et al., 2016) social media is online media where users can easily participate, share, and create content including blogs, social networks, wikis, forums, and virtual worlds. Therefore, it can be concluded that social media is an online media-based communication tool that is used in social processes and allows users to acquire, share, and create anything so that users gain value because of their interactions with other people. And from the results of the study (Aprilia et al., 2020) it was found that WhatsApp was the most frequently accessed social media and experienced high social media addiction, while Youtube and Twitter were the least accessed social media but experienced high social media addiction.

According to WHO, Covid-19 is an infectious disease caused by a newly discovered coronavirus that spreads through droplets of saliva or fluid from the nose when an infected person coughs or sneezes (Cahyati & Kusumah, 2020). And most people who become infected will develop mild to moderate respiratory illness and recover without requiring special treatment. But the elderly and people who have had a serious illness before are more likely to develop a serious illness. Therefore, according to WHO, the best way to prevent and slow down transmission is to know well about the Covid-19 virus, the disease it causes, and how it spreads.

Mental health according to WHO is a state of well-being in which individuals realize their own potential, so that they can cope with the normal stresses of life, can work productively and well, and are able to make a contribution to their community. Meanwhile, mental health according to a health expert Merriam Webster (Fuwasyih, et al., 2021) is a good emotional and psychological state, where individuals can utilize cognitive and emotional abilities, function in their communities, and fulfill their daily needs.

According to (Daradjat, 1993) mental health is the realization of true harmony between the functions of the soul, and has the ability to deal with ordinary problems that occur, and feel positive about his happiness and abilities.

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Meanwhile, according to (Chaplin, 2005) mental health is a state of good adjustment accompanied by health and well-being from a subjective state, having a full zest for life, and accompanied by a feeling that the individual is able to use his talents and abilities. So it can be concluded that mental health is a state of well-being that comes from the subjective individual that is manifested in harmony between the functions of the soul and can be seen from a good emotional and psychological state so that individuals can use their abilities well in dealing with problems that can occur and contribute in improving the quality of life his community.

According to WHO, adolescents are people in the age range of 10-19 years. According to the Regulation of the Minister of Health of the Republic of Indonesia Number 25 of 2014, adolescents are residents in the age range of 10-18 years. And according to the Population and Family Planning Agency (BKKBN) the age range of teenagers is 10-24 years old and unmarried. Adolescence according to (Diananda, 2018) is a period of transition from children to adults where they experience rapid growth and development, both physically and mentally. And according to Hall, an American psychologist who is described in (Diananda, 2018) says that adolescence is a turbulent period filled with conflict and mood swings where thoughts, feelings, and actions move in the range between pride and humility, kindness and humility. temptation, and joy and sorrow. Meanwhile, based on the stages of Erikson's psychosocial development described in (Aprilia et al., 2020) adolescents experience high curiosity so they always try new things and will tend to immediately accept various information obtained without knowing the possibilities that might arise.

Behavioral Characteristics And Indicators

According to (Ariadi, 2013), the characteristics of a healthy mentality are avoiding mental disorders, being able to adapt, being able to maximize their potential, and achieving personal and other happiness. Meanwhile, according to Indarjo described in (Lubis et al., 2019), the characteristics are having full awareness of mental or mental abilities, the ability to deal with and manage stress naturally, being able to move productively to meet their needs, having the ability to participate in the environment, the ability to accept themselves as they are, and have the ability to maintain a sense of comfort for others. And according to (Yusuf, 2018) healthy mental characteristics are avoiding symptoms of mental disorders and mental illness, being able to adapt, developing potential as much as possible, and achieving personal and other people's happiness.

Meanwhile, unhealthy mental characteristics according to (Ariadi, 2013) are feelings of discomfort, insecurity, lack of self-confidence, lack of self-understanding, lack of satisfaction in social relationships, emotional immaturity, disturbed personality. And according to (Yusuf, 2018) the characteristics of individuals who have an unhealthy mentality are being a burden to themselves and others.

Influencing Factors

Factors that affect mental health according to (Yasipin et al., 2020) are loss which is an important risk factor, education and work, poor friendship and family relationships, minorities, experiencing poor physical conditions, experiencing or witnessing violence. household, and have people who suffer from drug abuse or other mental illnesses. Meanwhile, according to (Yunanto, 2018) the friend factor is one of the factors that affect adolescent mental health.

According to the results of research conducted (Yasipin et al., 2020) that the implementation of religious activities such as remembrance, prayer, and the use of adequate rest time are factors that can influence and improve adolescent mental health. This is in line with the opinion (Lubis, 2019) that the character of adolescents who are mentally healthy as a whole can be formed through the maintenance of Islamic worship so that adolescents can develop their potential as the nation's next-generation for the surrounding environment.

The Impact of Social Media on Mental Health During a Pandemic

The results of research conducted by Gao in (Septiana, 2021; Roy, A., et al, 2021) found that there were many negative impacts on the use of social media during the pandemic, such as the prevalence of depression as much as 48 percent, anxiety as much as 23 percent, and the combination of depression and anxiety as much as 48%. 19 percent. In line with what has been explained (Sharma, in Rahayu, 2021) that social isolation during the pandemic has an impact on the use of social media which is correlated with an increase in stress and depression. This is because teenagers who do not have a good analysis of processing the information they get in social media make teenagers tend to use the internet compulsively (Rahayu, 2021). In line with the results of research (Sudrajat, 2020) it was found that adolescents agree with the idea that social media has a direct impact on mental health such as depression, suicidal ideation, addiction, behaviors that have a negative impact on their emotional well-being such as cyberbullying.

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The impact of social media that spreads Covid-19 content also has an impact on lifestyle changes that suddenly have a negative impact on social sentiment so that it also affects mental health (Valdez et al, 2020). In line with the results of a study conducted (Ahmad, A. R., & Murad, 2020) that social media is responsible for 75.7 percent of influencing the panic and anxiety of Covid-19 among the people of Iraqi Kurdistan and other countries. Where according to (Zhao, N., & Zhou, 2020) it is possible that someone who has mental illness uses social media more time every day than someone who has good mental health.

Even so, in a study conducted (Septiana, 2021) it was found that the positive impact of using social media if its use is done well, wisely, and participates with good emotional regulation, which affects social welfare in the form of a sense of participating in contributing to a community in community and the ability to form meaningful positive relationships with those closest to them. In line with research conducted (Abbas, J., et al, 2021) that the use of media content in social media may be useful and useful for getting emotional support, information, and peers.

Qualitative Research Results

From the results of the first question related to the difference in mental health perceived by adolescent students between at home and Islamic boarding schools with indicators of knowing the difference in mental health between at home and Islamic boarding schools, the researchers found that on average, adolescent students admitted to feeling a significant difference in their mental health when they were at home. Because according to respondents the problems at home are more complex than when they are in Islamic boarding schools, which are also closely related to Islamic boarding schools that have limited access, both in licensing out or playing social media. In addition, respondents admitted that they feel less socialized at home, thus making them more distant from the people around them, and prefer to spend a lot of time in front of their social media and gadgets. And some even admit that they use social media as an outlet and a place to vent for themselves as a substitute for their friends when they are in boarding schools. Respondents also feel less able to manage the time they have due to social media and gadgets so that it interferes with their sleep time. However, there are also respondents who admit that it is not social media that disturb their mental health, but rather their immediate environment which makes their mental health disturbed.

However, there were some respondents who admitted that they did not feel any difference in their mental health when they were at home. This is because respondents feel they have been able to limit themselves from social media.

From the results of the second question related to the respondent's feelings about mental health disruption during the pandemic due to social media, which has an indicator of knowing the impact of social media on the mental health of adolescent students during the pandemic, the researchers found that on average respondents admitted that their mental health was disturbed during the pandemic due to social media. This was revealed by the respondent because he felt that due to the pandemic which made him an introvert, it made him feel very, very easily insecure about trivial things when he surfed on social media. In addition, respondents also revealed that a result of intimate interactions with social media during this pandemic period resulted in feelings that led to mental health disturbances such as feeling inferior, insecure, to the point that overthinking often appears, especially when looking at the achievements and expertise of others in the media. increasingly widespread social behavior shown during the current pandemic. According to the researcher, this can happen because teenagers are still looking for their self-concept, so teenagers don't seem to have a principle about who they are when playing social media.

However, there are also some people who do not feel the bad impact of social media on their mental health. This was expressed by the respondent because he felt that the pile of tasks he had made him unable to spend a lot of time on social media so that he did not feel the impact of social media. In addition, there are also those who claim that they don't really care about their social media so that they don't feel the negative impact of social media.

From the results of the third question related to the relationship between social media addiction and mental health disorders, which has an indicator of knowing the correlation between social media addiction and mental health disturbances felt by young students, it was found that on average respondents admitted to feeling addicted to social media which made them feel disturbed by their mental health. . This was expressed by respondents because they felt that during the pandemic they could not be separated from their gadgets, which attracted them to frequently open social media. So that it makes them lose track of time and feel various things such as insecure, inferiority, or even overthinking which of course can encourage them to have mental problems. In addition, there are also some respondents who admit that social media reduces their

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productivity to the point that they forget to do their work, disturb their sleep, and even affect their eye health due to addiction to social media. Respondents also revealed that one of the causes of social media addiction was the gap in social media users at boarding schools and at home, thus making respondents unable to escape from gadgets and social media in the early days of the pandemic.

However, there are also respondents who do not feel the connection between addiction and mental health disorders. Because the respondent revealed that he actually found positive things as a result of his addiction to social media. In addition, there are some respondents who do not feel addicted to social media during the pandemic because they are already able to limit it and have goals to achieve. So that they don't feel that social media has a negative impact on their mental health.

CONCLUSION AND RECOMMENDATION

During a pandemic, social media is one thing that can never be separated from a teenager. This is because they can only socialize during the pandemic through social media. Social media can certainly have positive and negative impacts. Because it could be through social media that teenagers find a place that supports closeness with their friends, expresses themselves, and find various other positive things. But on the other hand, social media can also boomerang for teenagers because there is no expertise in managing time for social media. So that social media makes it difficult for teenagers to sleep, does not feel mental well-being due to feeling inferior and anxious when they see other people on social media, or can also be exposed to negative content due to teenagers who have not been able to filter out what things should be included in themselves.

This is also evident from the results of qualitative research using interview techniques. Researchers found that on average, female students felt the negative impact of social media because it made them less productive because they were too busy using social media so they forgot the tasks given by the teacher. In addition, researchers found that on average, female students felt insecure, inferior, or overthinking. This can also be caused by women who often feel less comfortable in social situations, causing social anxiety compared to men. Where this can be caused by teenagers who are still looking for their self-concept. So that teenagers do not yet have principles and concepts about their identity, which causes them to seem to have no grip when using social media.

This is evidenced by several respondents who do not feel the negative effects of social media because respondents reveal that they already have values that are always held. Like everything, everyone has their own strengths and weaknesses. And there are also respondents who answered that they play social media at an adequate age so that they can filter out negative things that can disrupt their mental well-being.

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