

The Relationship Between TikTok Social Media Addiction and Mental Health Among Adolescents

Ita Sari¹⁾ Maulin Halimatunnisa ²⁾, Erwin Wiksuarini ³⁾ Edy Surya Pratama ⁴⁾

Source: iaan66209@gmail.com 1]

^{1,2,3,4,)} Nursing Department, Universitas Qamarul Huda Badaruddin Bagu, Indonesia

ABSTRACT

The use of social media, particularly Tik Tok, is increasingly prevalent among adolescents and can have an impact on mental health. This study aims to examine the relationship between TikTok social media addiction and adolescent mental health at MA Qamarul Huda Bagu in 2025. The research design was quantitative with a cross-sectional approach. The sample consisted of 60 respondents selected using purposive sampling. The research instruments included a TikTok addiction questionnaire and an adolescent mental health questionnaire. Data analysis showed that the majority of respondents (45%) were at a moderate level of addiction, while most adolescents' mental health was in the poor category (40%). The Chi-Square test results indicated a significant relationship between TikTok social media addiction and adolescent mental health ($p = 0.02$). In conclusion, the higher the level of TikTok addiction, the greater the risk of decreased adolescent mental health. Therefore, education and guidance on the wise use of social media are necessary.

Keywords: Mental Health, Social Media Addiction, Teenagers, Tik Tok

1. BACKGROUND

Mental health disorders in adolescents caused by social media addiction can indirectly affect their physical health as well. The use of social media among young people with heavy and prolonged usage may not only increase the risk of various mental health symptoms but also lead to a decline in physical health. This can be evidenced by prolonged stress in adolescents, which may affect blood pressure. Stress that causes hypertension is not only experienced by adults but can also occur at a younger age. Severe stress leading to hypertension may also result in damage to vital organs such as the heart and kidneys [1].

Adolescence is a unique and formative period characterized by various physical, emotional, and social changes, including exposure to poverty, abuse, or violence, which makes adolescents vulnerable to mental health

problems. Promoting psychological well-being and protecting adolescents from adverse experiences and risk factors that may affect their potential to develop is essential for their physical and mental health in adulthood.

Adolescence is a period of mental, biological, and social change. Specifically, this stage is often considered more challenging due to the high emotional health challenges faced during pre-adulthood, such as experiencing psychological problems for the first time. The use of TikTok among adolescents can also impact their mental health [2].

According to WHO, mental health is a state of well-being in which individuals realize their abilities, can cope with normal stresses of life, work productively, and contribute to their community. It is also a state of physical, mental, and social well-being that enables every person to live productively both socially and economically. Based on this definition,

individuals are seen as a holistic unity consisting of the body (organobiological), the mind (psychological), and the social (sociocultural), all of which function to improve quality of life. The improvement involves the well-being of the body, mind, and social (socio-economic productivity). Thus, the quality of an individual's mental health can be achieved [3].

According to WHO it was reported that 10–20% of children and adolescents worldwide experience mental health problems. It is estimated that 50% of all mental disorders occur at the age of 14 and 75% by the age of 18. The most common disorders in children and adolescents are generalized anxiety disorder and depression [4]. In Indonesia, there were 9,162,886 cases or 3.7% of the population. In West Nusa Tenggara Province (NTB), there were 495,519 cases of mental disorders and 309,700 cases of depression, posing a challenge that requires more effort from healthcare providers to conduct early screening and detection.

Tik Tok is an application that provides unique and attractive special effects that can be easily used by its users to create short videos with impressive results, which can then be shared with friends or other users. With the support of a wide range of music, users can perform freestyle dances. Tik Tok users are also dominated by young people. According to Business of Apps data, the largest group of users in [1] was aged 18–24 years, accounting for 34.9% of total users. This was followed by the 25–34 age group at 28.2%. Adolescents aged 13–17 years accounted for 14.4%. Meanwhile, the smallest groups of users were those aged 55 and above (3.4%) and those aged 45–54 years (6.3%). In terms of gender, female users made up the majority with 55% of the total users in 2022, while males accounted for 43%, and other genders 2%.

2. RESEARCH METHODS

This research used a cross-sectional design. The sample of this study was 50 students of MA Qamarul Huda who were selected using a purposive sampling technique. The inclusion criteria in this study were male and female students attending MA Qamarul Huda Bagu in grades X and XI, present when the research was conducted, able to communicate well, and having a TikTok account. The exclusion criteria were students who had physical, mental, or cognitive limitations and were unwilling to be respondents. The research variables were TikTok social media addiction and adolescent mental health which were measured using a questionnaire. Data analysis used univariate analysis and bivariate analysis with the chi-square test.

3. RESULTS AND DISCUSSION

3.1 Results

Table 1

Age Distribution of Adolescent Respondents' at MA Qamarul Huda Bagu

Age (Tahun)	Frequency	Percent (%)
15	7	14.0
16	36	72.0
17	7	14.0
Total	50	100.0

Based on Table 1. it shows that the highest number of respondents were at the age of 16, with a total of 36 respondents (72.0%).

Table 2

Distribution of Respondents' Gender among Adolescents at MA Qamarul Huda Bagu.

Gender	Frequency	Percent (%)
Laki – laki	22	44.0
Perempuan	28	56.0
Total	50	100.0

Based on Table 2. it shows that the majority of respondents by gender are female, with a total of 28 respondents (56.0%)

Table 3

Frequency Distribution of TikTok Social Media Addiction Among Adolescents at MA Qamarul Huda Bagu

Addiction media social tik tok	Frequency	Percent (%)
High	4	8.0
Medium	41	82.0
Low	5	10.0
Total	50	100.0

Based on table 3. it shows that on average, teenagers at MA Qamarul Huda Bagu are addicted to using TikTok social media with moderate criteria, as many as 41 respondents (82.0%).

Table 4.

Frequency Distribution of Mental Health Issues in Adolescents at MA Qamarul Huda Bagu

Mental Health	Frequency	percent (%)
good	14	28.0
Less	36	72.0
Total	50	100.0

Based on table 4. it shows that the mental health of teenagers at MA Qamarul Huda Bagu is mostly in the low category with 36 respondents (72.0%).

Table 5.

TikTok Social Media Addiction and Mental Health of Adolescents at MA Qamarul Huda Bagu

TikTok Social Media Addiction	Mental Health				P value 0,564
	Good		Less		
	N	%	N	%	
High	2	50	2	50	
Moderate	11	26,8	30	73	
Low	1	20	4	80	

Table 5. shows that the level of social media addiction to TikTok is in the moderate category for 11 respondents (26.8%), with low mental health for 30 respondents (73%). The chi-square test results show that the p-value is $0.564 > 0.05$. This means there is no relationship between social media addiction to TikTok and the mental health of students at MA Qamarul Huda Bagu.

3.2 Discussion

The results of the study indicate that the majority of respondents were 16 years old. In addition to 16-year-olds, adolescents at MA Qamarul Huda Bagu were also found, namely 15 and 17 years old. Adolescence is the age at which individuals integrate into adult society, an age at which children no longer feel inferior to their elders but at least at a level of rights. The broader the scope of adolescent problems, the easier it is for them to make friends and socialize freely.

Inappropriate social behavior can negatively influence children's behavior in daily life, in addition to issues within their social environment. Therefore, parents, as companions, need to be a channel for children to confide in so they can face their problems. Children will feel comfortable sharing their concerns. Parents, referred to as a child's father and mother, both biologically and socially,

generally play a crucial role in raising children [7][14].

In addition to age, another respondent characteristic is gender, with the highest prevalence being female. Women experience higher levels of psychological distress than men. This is supported by research showing that women report significantly higher levels of psychological distress and significantly lower levels of sensation seeking and positive urgency than men. Results indicate that higher rates of non-suicidal self-injury (NSSI) in women are partly explained by their higher levels of psychological distress than men, but not by differences in how men and women respond to this distress [8][15].

Adolescents are individuals in the transitional period between childhood and adulthood. Adolescents already have their own desires, so they are learning to be independent and make their own decisions. However, adolescents also need parental guidance during their maturation process due to their unstable, often referred to as unstable, emotions. This is to ensure that their decisions are taken can be appropriate and not detrimental to themselves. Adolescence is also a time when someone explores their world and searches for their true identity. during the process of searching for identity, a teenager also needs good social support from parents, family and the surrounding environment [16].

This is in line with what is said that a teenager who has good relationships and receives support from parents, school, and the surrounding environment or community, will tend to develop in a positive and healthy way. Conversely, a teenager who does not have good relationships and does not receive support from parents or the closest environment, will tend to develop in a negative way. Both boys and girls certainly have their own challenges in going through their adolescence. during adolescence,

a girl's self-esteem decreases more drastically than a boy's [17]. In addition, teenagers are also known as someone who is unstable because they are searching for identity or self-identity. The decision-making process undertaken by adolescents is also crucial. During adolescence, they are often faced with various choices. Most individuals make the right decisions when they are calm and unemotional. This is especially true for adolescents, who tend to have strong and fiery emotions. Therefore, adolescents are able to make informed [9][18] Decisions they are not precise and wise when they are in a calm or stable situation and condition, and can make unwise decisions when they are highly emotional. Thus, emotions often hinder a teenager's decision-making

4. CONCLUSION

Mental health is an important aspect of human well-being, yet it is often neglected and stigmatized. This study concludes that Tik Tok social media addiction has a significant relationship with adolescent mental health. Excessive use of Tik Tok is associated with higher levels of anxiety, stress, and decreased emotional well-being among adolescents. Conversely, balanced and mindful use of social media may reduce the negative psychological impacts. These findings highlight the importance of raising awareness among adolescents, parents, and educators about responsible social media use to protect and promote mental health.

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