



Correlation of Intensity Social Media Use Towards Mental Health in Nursing Students

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ABSTRACT

In the era of globalization, information technology is rapidly developing in people's lives. This technological advancement provides internet facilities on social media, which triggers an increase in social media usage among teenagers 1. The use of social media creates different forms of interaction compared to before. The use of social media is one of the external factors that can affect mental health. 2. Because social media usage does not always result in positive impacts, it can also have negative effects such as stress, depression, anxiety, sleep disorders, and even suicide. Often, teenagers are unaware that their actions or behaviors may be one of the signs of mental health disorder symptoms. 3. This research aims to determine the correlation between the intensity of social media use and mental health among students of Stikes Dian Husada Mojokerto. This type of research is quantitative with a correlational type (correlational research), using a cross-sectional approach. The research location is at Stikes Dian Husada Mojokerto. The sample consists of 87 students with sampling taken using simple random sampling. Data analysis was conducted using the Pearson Product Moment correlation test. The results of this study indicate a significant negative correlation between the intensity of social media use and the mental health of Stikes Dian Husada students. The correlation coefficient yielded $r = -0.220$ with a significance level of $p = 0.041 (< 0.05)$. This means that the higher the intensity of students in using social media, the lower their mental health. Conversely, the lower the intensity of social media use, the higher the mental health..

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INTRODUCTION

A crucial aspect of human life is mental health, as it allows individuals to communicate and socialize well and effectively with others. Mental health is often overlooked by society compared to physical health⁴. The level of mental well-being reflects an individual's ability to function well, enjoy life in a balanced way, cope with life's difficulties, and contribute to community life⁵. The emergence of social media does not always have a positive impact, but it can also cause negative effects for its users. Improper use of social media can have a detrimental influence on mental health, such as suicide and depression³. According to WHO in 2021, as cited by Pusporani, the largest users are adolescents aged 10-14 years (early teens) and 15-20 years (late teens). As many as 20% of teenagers and children worldwide face mental health issues between the ages of 15 and 29, with suicide being the fourth leading cause of death, resulting in an estimated 700,000 deaths due to self-harm in 2019⁶. According to the Indonesian Health Survey (SKI) in 2023, the prevalence of depression in Indonesia in 2023 is 1.4%, with the highest rate in the youth group aged 15-24 years at 2%. Approximately 5.5% of adolescents aged 10-17 experience mental health disorders, with 1% of adolescents experiencing depression, 3.7% experiencing anxiety, 0.9% suffering from post-traumatic stress disorder (PTSD), and 0.5% having attention-deficit/hyperactivity disorder (ADHD)⁷.

The field of technology and information has experienced rapid advancements, leading to changes in human civilization. The internet is a technology that is currently continuing to develop rapidly in society. The presence of technology has penetrated all aspects of daily life, allowing the execution of everyday activities to become faster and easier⁸. One example of this occurs in the field of information and communication, where technology plays a key role in facilitating the process⁹. One of the media developed by the internet is social media. Social media has evolved into a tool mostly favored by teenagers to meet their social interaction needs¹⁰. Referring to the 2022 data from We Are Social and Hootsuite, around 4.95 billion people worldwide are internet users and about 4.62 billion people are active on social media. Additionally, around 204.7 million people use the internet in Indonesia and about 191.4 million people are active on social media. This increase is 12.35% from last year¹¹. The average time spent using the internet by the Indonesian people is 8 hours and 36 minutes, with social media usage accounting for 3 hours and 17 minutes. The use of social media brings positive impacts such as ease of interaction, rapid information exchange, free advertising, making friends, and expanding networks and connections. In addition to the positive impacts, there are several negative consequences of social media, such as addiction resulting from the routine of using social networking sites, lack of self-control, difficulties in real-life communication, and an increase in selfish behavior¹². Teenagers often use social media to share personal activities such as confessions and taking photos with friends.

Besides that, social media is often used to create positive feelings, but it can also backfire and cause negative effects. The development of technology and social media is one of the new factors that impact the mental health of teenagers¹³.

Therefore, this study aims to analyze the correlation between social media usage and the mental health of adolescents, both from positive and negative aspects, as well as to provide recommendations for optimizing its use to support healthy development. This research is expected to provide deeper insights to the community, especially to relevant parties, in managing the impact of social media in the digital era.

METHOD

This study uses a quantitative-correlational approach. The research was conducted at Stikes Dian Husada Mojokerto with the research subjects being students from the Nursing Science Study Program. The sample size for this study is 87 nursing students. The research instrument is a questionnaire. This research instrument uses a social media usage intensity instrument consisting of 16 items and the mental health instrument MHI (Mental Health Inventory-18). The data analysis used in this study is correlational, which aims to determine the relationship between two variables. Before conducting hypothesis testing, descriptive data analysis is first performed. The data measured in this study are the intensity of social media use and the mental health of each respondent, which will be classified into two categories: high and low. Before hypothesis testing, assumption testing is conducted, consisting of normality and linearity tests. Subsequently, hypothesis testing is carried out with the help of SPSS 26, using the product moment correlation test.

RESULTS

The researchers conducted a trial of the instrument on nursing students at Stikes Dian Husada, distributed to 47 students, and this research instrument used a social media usage intensity instrument with a total of 16 items and a mental health instrument with a total of 17 items. Subsequently, testing was conducted with the help of SPSS version 26, resulting in validity findings, where 11 items of the social media usage intensity instrument were valid and 5 items were invalid. Meanwhile, 16 items of the mental health instrument were declared valid and 1 item was invalid. Then for the reliability test, the results obtained from the instruments measuring the intensity of social media usage with a Cronbach's alpha of 0.641, and the results of the mental health instrument with a Cronbach's alpha of 0.793. The scale is reliable because the Cronbach's alpha score is > 0.60 .

After the research was conducted, several results were obtained that will be presented in the tables below.

Table 1. Demographic Characteristics of Respondents

Characteristics of Respondents	N	%
Gender		
Teenage boy	28	32.2
Teenage Girl	59	67.8
Total	87	100
Semester		
Semester 2	27	31%
Semester 4	9	10.3%
Semester 6	17	19.5%
Semester 8	34	39.1%
Total	87	100%
Age		
17-20 Tahun	33	37.9%
21-23 Tahun	46	52.9%
<24 Tahun	8	9.2%
Total	87	100%
Number of Social Media		
1 Medsos	2	2.3%
2-3 Medsos	30	34.5%
More than 3 social media platforms	55	63.2%
Total	87	100%
Social Media Used		
WhatsApp	83	30%
Instagram	63	23%
Youtube	47	17%
Telegram	21	8%
Line	4	1%
TikTok	29	10%
Twitter	15	5%
Facebook	15	5%

In table 1, it shows that the majority of respondents are 59 females, constituting 67.8%. The largest number of respondents in the age group of 21-23 years is 46 people, or 52.9%. The most respondents in the 8th semester are 34 people, which is 39.1%. The data also indicates that the majority of respondents have more than 3 social media accounts, with a percentage of 63% or 55 people. The most used social media is WhatsApp with 83 people or 30%, followed by Instagram with 63 people or 23%, and YouTube with 47 people or 17%.

Table 2. Descriptive Statistics

	N	Minimum Value	Maximal Value	Mean	Std. Deviation
Intensity of social media usage	87	27	51	36	5.4
Mental Health	87	39	77	56	8.6

Table 1 shows that the variable of social media usage intensity has a minimum value of 27, a standard deviation of 5.4, a maximum value of 51, with an average value of 36. Then, for the mental health variable, the minimum value is 39, the maximum value is 77, the standard deviation is 8.6, and the average is 56.

Table 3. Categorization of Respondents' Mental Health

	Criteria	Categori	n	%
Intensity of use Social Media	$X < 31,5$	Low	10	11.5
	$31,5 \leq X < 40,5$	Currently	59	67.8
	$40,5 \leq X$	Hight	18	20.7
Total			87	100%
Mental Health	$X < 47,5$	Low	15	17.2
	$47,5 \leq X < 64,5$	Currently	57	65.5
	$64,5 \leq X$	Hight	15	17.2
Total			87	100%

Based on the categorization in Table 3, it can be seen that the variable of social media usage intensity shows that the majority of social media usage intensity falls into the moderate category. The results of the distribution calculation of social media usage intensity indicate that there are 10 respondents with low intensity or 11.5%. There are 59 respondents with moderate social media intensity, representing 67.8%. And 18 respondents with high social media intensity, representing 20.7%. From the research results, the most popular social media among students are 30% WhatsApp users, 23% Instagram users, 17% YouTube users, and 10% TikTok users.

DISCUSSION

The intensity of social media use refers to an individual's engagement in social media activities, including the frequency, duration of access, and the number of friendships formed¹⁴. Similarly, the intensity of social media use illustrates how often and for how long a person accesses social media to interact, collaborate, and share with other users. This encompasses the frequency of use, the duration spent, and the activities performed on social media. Social media provides opportunities for users to share content in the form of videos, photos, or writings¹⁵. Current phenomena such as video calls, chatting, commenting, liking, and updating statuses are integrated into individuals' daily lives, and it is not uncommon for individuals to ask their friends who are also social media users to like and comment on their posts¹⁶.

The mental health variable shows that the majority of mental health falls into the moderate category. Based on the distribution data calculation, it is known that there are 15 respondents or 17.2% with low mental health, 57 respondents or 65.5% with moderate mental health, and 15 respondents or

17.2% with high mental health. Mental health is a state of well-being in which an individual can function well in daily life, concerning themselves, others, and the environment. It involves the ability to regulate psychological functions, manage emotions, think clearly, develop potential, and solve problems wisely, in accordance with religious principles.

From the results of the correlation test, it can be seen that the significance value is $0.041 < 0.05$, and the Pearson correlation is -0.220 . It can be concluded that there is a significant negative relationship between the intensity of social media use and mental health. This study's results indicate that there is a significant negative relationship between the intensity of social media use and mental health. In other words, the higher the intensity of social media use, the lower the mental health, and vice versa, the lower the intensity of social media use, the higher the mental health.

The intensive use of social media by students can increase the risk of mental health issues, such as anxiety, depression, and stress, because excessive virtual interactions reduce real social interactions and increase social comparison. Furthermore, excessive use of social media can lead to addiction, sleep disturbances, and decreased productivity¹⁷. The data analysis results in this study are consistent with research conducted by Taqwa, which states that there is a significant negative impact between the intensity of using Instagram stories and mental health. Students aged 18-24 represent a transitional period from late adolescence to early adulthood during which students are searching for their identity, partly through the use of social media¹⁸.

From the results of previous research conducted by Trikindini & Kurniasari, it was stated that students with high intensity of social media use have an anxiety level of 65.4% or 70 out of a total of 107 students have anxiety levels. A total of 34 individuals or 31.8% have mild anxiety, 27 individuals or 25.5% have moderate anxiety, and 9 individuals or 8.4% have severe anxiety¹⁹.

The results of this study are in line with Sa'diyah's research that this anxiety, when combined with high intensity of social media use among adolescents, is feared to impact social interaction and cause anxiety to become higher, posing a risk of social anxiety due to a lack of real communication with the social environment²⁰. This study is also supported by Munirah's research which states that students who spend 2-4 hours per day on social media will trigger mental health disorders such as anxiety, depression, and stress. These symptoms can arise when using social media, seeing other users' posts, and comparing themselves with others²¹.

CONCLUSION

The research results indicate that there is a significant negative relationship between the intensity of social media use and mental health. The correlation coefficient yields $r = -0.220$ with a significance

level of $p = 0.041$ (< 0.05), thus allowing us to conclude that the higher the intensity of students using social media, the lower their mental health. Conversely, the lower the intensity of social media use, the better the mental health will be. In general, the intensity of social media use and mental health among nursing program students at Stikes Dian Husada falls into the moderate category.

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