

The Correlation between Intensity of Social Media Use and The Level of Social Anxiety Students

Desi Kurniasari¹, Rodiyah Soekardi^{2*}, Dwi Endah Kurniasih³, FX Joko Krisdiyanto⁴

^{1,2,3,4}Public Health Study Program, Health Sciences Faculty
Respati Yogyakarta University
*:rodiyahsoekardi@gmail.com

*Perum Korpri UPN Blok F-58 Sambiroto ' Purwomartani' Kalasan; Sleman; DIY

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ABSTRAK

Based on data from the Global Web Index in 2022 around the world there are 4.95 billion internet users and 4.62 billion as active social media users with average usage duration of around 3-4 hours per day. Until January 2022, the number of internet users in Indonesia has reached 204.7 million. While the types of social media that are widely used by students are Whatsapp, Instagram, and Tictoc. The results of a preliminary study on students at Respati Yogyakarta University (Unriyo), showed that out of 10 students from the Faculty of Health Sciences (Fikes), 7 students experienced moderate anxiety, and 3 students experienced mild anxiety. To determine the correlation between the intensity of social media use and the level of social anxiety in students. This is quantitative research using a cross sectional approach. This research was carried out at Fikes, Unriyo in December 2022. Sampling was carried out using the accidental sampling technique. Data analysis used Kendall's tau_b correlation test. Most (65%) of respondents have a high intensity of using social media, and most (71%) of respondents experience moderate levels of social anxiety. The Kendall'a tau_b test results obtained a p value of 0.000 (<0.05). Statistically there is a positive correlation between the intensity of social media use and the level of student social anxiety

INTRODUCTION

The rapid development of technology makes human life easier, more active and productive. One technology that has developed so rapidly is communication technology and the use of the internet, especially social media. Social media is used for social interaction between individuals in sharing information, exchanging opinions, ideas and ideas. Social media can be accessed by people of all ages, from early adolescents to late adults, and even some of the elderly. Most social media users are late adolescents or early adults to meet their social interaction needs (1). According to data from the Global Web Index 1 in 2022 around the world there are almost 5 billion people use internet and more than 4 billion active using social media. Until January 2022 the number of internet users in Indonesia has reached 204.7 million. This means that 73.7% of the Indonesian population has used the internet. A total of 191.4 million as active social media users (2). The average duration of using social media in Indonesia in January 2021 is around 3-4 hours per day, an increase of around 1.5% from the previous year. The social media platform that is

widely used in Indonesia in 2022 is 88.8% of WhatsApp application users, 84.4% of Instagram application users, 81.4% of Facebook application users, and 63.1% of Tictoc application users (3).

The use of social media give convenience to the users, because it is very practical and provides benefits in human life. During covid-19 pandemic the use of social media among students increased because implementation of the online learning policy. There are two impacts of using social media on human life. The positive impact facilitates and speeds up communication while the negative impact is that it can cause stress. In addition, social media has made many changes in the human life, especially for youth especially of 'Z generation' who have most activities dependent on the internet and social media (4). Negative impact of social media happen on excessive use because it has an addictive effect. Social media potentially influent some mental health. In addition, social media can cause users to experience social media anxiety disorder where sufferers feel they cannot be separated from their social media, so they will always check their social media whenever and wherever.

Someone who experiences social anxiety will get negative feelings in social situations when interacting and communicating with other people (5). From the results of the study, there were 15.8% of Indonesian teenagers experiencing a tendency of social anxiety which was quite high (6). In a survey conducted in America, there were around 8% of youth aged 13 to 18 years experiencing social anxiety (7). People are suggested to use social media less than 3 hours a day because of the risk of social media addiction. In addition, social media can also cause mental health. Therefore, it is important to control the time and limit posts that can cause mental disorders (8).

Based on the results of filling out a questionnaire about the use of social media from 30 students, it is known that the types of social media that are widely used by students are Whatsapp, Instagram, and Tiktok. In their daily life, students can access social media with frequent intensity when they are free. Facts on the ground show that students feel anxious. Of the 10 students, 7 students experienced moderate anxiety, and 3 students experienced mild anxiety. Students feel anxiety from feelings of worry, anxiety, nervousness, unclear feelings of fear, loss of focus and attention, loss of concentration to study to loss of appetite which results in weight loss. Social anxiety with various problems behind its appearance is experienced by students as users of social media. Therefore researchers are interested in examining the correlation of intensity in using social media with the level of student's social anxiety. This aims of the study is to determine whether there is a correlation between the intensity of social media use and the level of student social anxiety.

METHOD

This research is a quantitative study using an analytic survey method and a cross sectional approach. This research was conducted in December 2022 at the Faculty of Health Sciences,

Respati University, Yogyakarta. The population were 1822 students. The sample selected through Accidental Sampling technique was 100 respondents who were active as FIKES students.

This study, used the Kendall's tau_b correlation test as the data analysis method with IBM SPSS 20 software. A significance value based on probability correlation results with a sig value > 0.05 mean Ho is accepted, and if the Sig value <0.05 then Ho is rejected.

RESULTS

The following is the frequency distribution of Intensity of Social Media Use and the anxiety level of students which can be seen in the table below:

Table 4.1 Distribution of Research Variable Frequency

Independent Variables		n	%
Intensity of Social Media Use			
Low		1	1
Moderate		34	34
High		65	65
Total		100	100
Dependent Variables		n	%
Social Anxiety			
Low		5	5
Moderate		71	71
High		24	24
Total		100	100

Based on table 4.1, it is known that the majority, namely 65 or 65% of respondents, have a high intensity of using social media. Most of them, namely 71 or 71% of respondents, experience a moderate level of social anxiety.

Table 4.2 Correlation between the Intensity of Social Media Use and the Level of Student Social Anxiety

Intensity of Social Media Use	Social Anxiety						Total	Pvalue	
	Low		Moderate		High				
	n	%	n	%	n	%			
Low	0	0	1	100	0	0	1	100	0.000
Moderate	5	14.7	28	82.4	1	2.9	34	100	
High	0	0	42	64.6	23	35.4	65	100	

Based on table 4.2 is known that from 1 respondent who has a low intensity of using social media experiences have moderate anxiety, out of 34 respondents who has a moderate intensity of using social media as many as 5 respondents experience low anxiety, 28 respondents experience a moderate level of anxiety and 1 respondent respondents experience a high level of

anxiety while 65 respondents who had a high intensity of social media use, 42 respondents or 64.6% experienced a moderate level of anxiety, and 23 respondents or 35.4% experienced a high level of anxiety. From this data it appears that the more intense the use of social media, the higher the level of social anxiety experienced

DISCUSSION

The results showed that 65 respondents had a high intensity of social media use and the majority, namely 71 respondents, experienced a moderate level of social anxiety. This shows that social media has become a necessity for students. Especially with the Covid-19 pandemic where online learning policies are implemented. Therefore, most students' use of social media is high. This is understandable because access to learning almost as a whole must be accessed through social media.

The results of the study also showed that 71 respondents experienced moderate category anxiety. Many factors can cause anxiety in students. The online learning system is something for students. For some students who are familiar with the online learning system, this is something that makes them happy because they can learn without having to leave the house. However, for some other students this new system is considered difficult so that those concerned experience anxiety. Social media that is used continuously can influence the attitudes and actions of its users, thus allowing anxiety to occur in them. Similarly, in this study it was found that the impact of using social media every day can cause anxiety by 18% (9). Strengthened by research on the use of social media with a high intensity of time can cause its own anxiety for its users (10).

Based on the results of hypothesis testing with Kendall's tau_b correlation, is known that the intensity of social media use and the level of social anxiety has a correlation coefficient of 0.648 with a significance level of 0.000 ($p < 0.05$). These results indicate that there is a positive and significant relationship between the intensity of social media use and the level of social anxiety. Busyness and high activity of students make them use the internet and social media more often, this can cause problems in daily activities and is psychologically unfavorable because it can cause anxiety (3). The study shows the intensity of social media use among students is quite intense. During the Covid-19 era, this was normal because students had to access social media every day for more than 2 hours. In line with research showing that there is a positive influence and a relationship between social anxiety and the use of social media, where the use of social media with high intensity will affect the anxiety of its users (11).

This is in line with the study which shows that the high intensity of social media use affects social anxiety experienced by students. Anxiety experienced by students in this study such as feeling uncomfortable when interacting directly with people they just met, feeling worried about content shared on social media, anxiety about personal data, anxiety about other people's judgments about them. This is in accordance with the opinion if someone spends more time using social media

can cause teenagers to be exposed to negative emotions without realizing it, then the high intensity of using social media can trigger problems such as addiction and anxiety (12) (13)

CONCLUSION

Majority (65%) of the intensity of using social media for students of the Faculty of Health Sciences, Respati Yogyakarta University is in the moderate category. Most (71%) social anxiety students of the Faculty of Health Sciences, Respati Yogyakarta University have high category of anxiety. Statistically, there is a positive correlation between the intensity of social media use and the level of social anxiety of students with a score of Sig 0.000.

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