

Social Media and Mental Health Amid Corona Virus Pandemic

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Abstract:

The purpose of this study was to determine how the use of social media during the COVID-19 pandemic and what social media had to do with mental health during the COVID-19 pandemic. The research method used in this study is the research library, which is considered effective during the COVID-19 emergency status. Social media is one way that is considered effective to overcome the boredom of being at home. Social media can keep us connected with people who are separated from us. However, the use of social media must be fortified with knowledge and wise thoughts, because not all information we receive through social media is true. We cannot panic quickly with the information we get. We should first check the information we receive. This is very important to do to maintain our mental health during the COVID-19 pandemic.

Keywords: Social Media; Mental Health; COVID-19.

INTRODUCTION

2020 is the hardest year for almost all countries in the world. The COVID 19 virus, which was first discovered in December 2019 in Wuhan China, has now spread to almost all corners of the world. In December 2019, a mysterious case of pneumonia was first reported in Wuhan, Hubei Province. The source of transmission of this case is still unknown, but the first case was linked to the fish market in Wuhan. This virus is transmitted from human to human and has spread widely in China and more than 190 other countries and territories. On March 12, 2020, WHO announced COVID-19 status as a Pandemic. Until 29 March 2020, there were 634,835 cases and 33,106 deaths worldwide. While in Indonesia, 1,528 cases were confirmed with COVID-19 and 136 deaths.

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transmission of this case is still unknown, but the first case was linked to the fish market in Wuhan. This virus is transmitted from human to human and has spread widely in China and more than 190 other countries and territories. On March 12, 2020, WHO announced COVID-19 status as a Pandemic. Until 29 March 2020, there were 634,835 cases and 33,106 deaths worldwide. While in Indonesia, 1,528 cases were confirmed with COVID-19 and 136 deaths.

Humans are social creatures who cannot live without other people. Starting from waking up, then doing activities outside the home, to school, work, to the market, humans interact with each other. Since childhood, humans learn to socialize and be a nation. Man is not possible to live alone, so he always needs others. Restrictions on not leaving the house and interacting with others during the COVID-19 pandemic have had a variety of effects, especially psychologically. Of course, activities at home will be very limited compared to activities outside the home. When you feel bored at home, people will usually travel out of town for a vacation, to a shopper to just take a short walk, arrange an appointment to hang out with friends and share stories or watch a favorite movie in the cinema. But in the middle of the COVID-19 Pandemic, of course, all of these things could not be done.

Many things can be done to dispel boredom at home during the Pandemic. Among them are reading books, watching favorite movies with family, exercising at home, raising favorite animals, and other things they like. However, for some people, all of these things are not enough to get rid of the boredom of being at home. Accessing social media is one of the things that is much-loved while at home. This is considered capable of treating homesickness with people who cannot be found during the pandemic. The use of social media as a promotional medium for merchandise is also considered effective in the midst of the COVID-19 pandemic.

Now many social media applications can be used to connect people in cyberspace. Among Twitter, Facebook, Instagram, and the most popular today is Whatsapp. The features provided from social media applications are quite complete and interesting to connect people who are separated. For example the

video call feature that is being a favorite feature during the COVID-19 pandemic. People can also get information quickly through social media.

From the myriad of conveniences and benefits that can be obtained from social media, of course many negative impacts may result from social media. It is not a stranger if at this time there are a lot of crimes through social media, which is known as cyber crime. Besides, the information circulating on social media is certainly not all true (hoaks). This hoax is what causes a lot of unrest amid society. People become panic quickly with circulating hoaxes, so that it can reduce levels of body immunity. Not only the physical impact, but the impact of hoaks obtained from social media over time can affect one's mental health while at home. Departing from this, the authors are interested in conducting an in-depth study of social media and mental health amid the COVID-19 pandemic.

RESEARCH METHODS

This type of research is library research, which is a series of studies relating to library data collection methods, or research whose research objects are extracted through various library information (books, encyclopedias, scientific journals, newspapers, magazines, and documents).(Flew, 2002)

The theoretical references obtained using research literature studies serve as the basic foundation and the main tool for research practice in the middle of the field. Lottery studies are an appropriate method to be used during the COVID-19 pandemic.

RESULTS AND DISCUSSION

Who could have guessed that at the beginning of 2020 the world would be shocked by a deadly virus called COVID-19? The beginning of this virus appeared only in the Wuhan fish market area, Hubei Province, China. Does not take long since its emergence in December 2019, this virus spreads so fast to almost all countries in the world. Until now, on May 13, 2020, there were 215 countries infected with the COVID-19 virus. Positive confirmed cases were 4,179,479, and the cases of death were 287,525. in Indonesia there were 15,438 positive confirmed cases, 3,287 recovered, and 1,028 people died.(COVID19, 2020)

Like humans, bacteria, and viruses on earth also continue to experience a revolution. At the end of December 2019, the world was shocked by the emergence of a new type of virus. Initially, the disease was temporarily named as 2019 novel coronavirus (2019-nCoV), then WHO announced a new name on February 11, 2020, namely Coronavirus Disease (COVID-19) caused by Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) virus.

Coronavirus is a large family of viruses that cause mild to severe diseases, such as common cold or colds and serious diseases such as MERS and SARS. Transmission from animals to humans (zoonoses) and transmission from humans to humans is very limited. For 2019-nCoV it is still unclear how it was transmitted, allegedly from animals to humans because the cases that emerged in Wuhan all have a history of contact with the Huanan animal market.(Aurelius, 2019)

COVID-19 is a new type of virus that is currently almost spread to all countries in the world. Vaccines have not been found to prevent the spread of this virus, but all health workers in the world continue to do their best to find a vaccine from this virus. The COVID-19 outbreak had an impact on all walks of life in the countries of the world.

This value will still increase, see the current conditions are still more that do not require health protocols and government advice to remain at home during the COVID -19 Pandemic period. In Indonesia, there have been large-scale social restrictions in several regions that have issued COVID-19. Unlike China and some other countries that apply Lock Down, the Indonesian government prefers PSBB to avoid transmission of COVID-19 in Indonesia. This decision is taken by the government needs to be with many considerations.

The Indonesian government's recommendations for activities at home have been taken since March 16, 2020. Almost all government agencies and educational institutions work from home. Offices and schools are closed until an undetermined time. All kinds of activities that involve people are not allowed to be done. This is done as a form of prevention of the spread of the COVID-19 virus. Even though people are encouraged to stay at home, that does not mean a day off from work. But the work usually is done at the office, at school, everything is done at home. Work from home, and school from home.

Of course, the call to move at home is no longer a big problem for today. Given the progress of technology that has been so sophisticated. New Media products are truly victorious amid the COVID-19 pandemic. Even though they cannot meet face to face, people can still connect and stay in touch using social media applications.

In 1990, Mark Poster launched his big book, *The Second Media Age*, which marked a new period in which interactive technology and network communication, especially cyberspace, would change society. This view is supported by Pierre Levy who wrote the famous book titled *Cyberculture*. Levy views the World Wide Web as an open, flexible, and dynamic information environment that enables humans to develop new knowledge orientations and also engage in a democratic world about cooperation and empowerment that is more interactive and community-based. The virtual world provides a pseudo meeting place that expands the social world, creates new knowledge opportunities, and provides a place to share views widely. (Littlejohn, 2009)

Social media is not only used by the community as a place of friendship but also as a place to obtain and disseminate information. Both personally and simultaneously better known as broadcast messages. This certainly makes it easier for people not to miss information amid the COVID-19 pandemic. However, this is also used by many irresponsible persons. Many spread hoaxes through social media. Either to look for profit or just to look for sensation. even though the government has passed the ITE Law and given strict sanctions against these violators. But that does not seem to provide a deterrent effect for people who are not responsible.

New media is a medium that offers digitization, convergence, interactivity, and the development of networks related to making messages and delivering messages. Its ability to offer this interactivity enables the user of the new media to have a choice of what information is consumed while controlling the output of information generated while making the choices he wants. This ability to offer interactivity is the central concept of understanding new media. (Flew, 2002: 11-22). If television, radio, and newspapers are considered old media, then social media is a form of new media.

The term social media is composed of two words, namely "media" and "social". "Media" is meant as a communication tool (Laughey, 2007; McQuail, 2003). Whereas the word "social" is defined as a social reality that every individual takes action that contributes to society. This statement confirms that in reality, media and all software are "social" or in the sense that both are products of social processes.(Mulawarman & Nurfitri, 2017)

When referring to the Big Indonesian Dictionary, social media is a page or application that allows users to create and share content or engage in social networks. Gohar F. Khan in his book *Social Media for Government* states that simply, social media is an easy-to-use internet-based platform that allows users to create and share content

(information, opinions, and interests) in diverse contexts (Informative, Educational, Satire, criticism and so on) to a wider audience. Therefore, social media has a chain effect so that the transmission process that occurs does not stop at just one primary audience (multiplier effect).(kemkominfo, 2018)

Ardianto in the book Communication 2.0 revealed that online social media, called online social networking, is not online mass media because social media has social forces that greatly influence public opinion that develops in society. Supporting or mass movement can be formed because of the strength of online media because what is in social media is proven to be able to shape the opinions, attitudes, and behavior of the public or society. This social phenomenon can be seen from the Prita Mulyasari case versus Omni International Hospital. This is the reason why this media is called social media not mass media.(Watie, 2016)

So it can be concluded that social media is part of the new internet-based media. Social media is a new tool for the community to socialize with people without being limited by distance and time. It cannot be denied that the power of social media to influence others is enormous. Social media can shape and change public opinion, to the change in audience behavior.

Mass media, especially social media, are like two sides of a coin. On the one hand, there are so many conveniences and advantages, but on the other hand, it can also have a bad influence. This is consistent with the Alleged Value theory advanced by Philip Palmgreen. The satisfaction you seek from the media is determined by your attitude towards the media. Your beliefs about what specific media can satisfy you and your judgment about this material. (Littlejohn, 2009)

It cannot be denied that the presence of social media amid the COVID-19 pandemic is indeed very helpful to the community. the prohibition of going home will certainly make people homesick for their family and relatives in their hometown. With the existence of social media, of course, it will be a little relieved. Making Whatsapp calls, or just video calling is considered capable of treating longing with loved ones. bias can be imagined if there is no internet, especially social media during the COVID-19 pandemic. Of course, friendship with people of different distances and time are temporarily stopped.

Even so, anything that is excessive is also not good. Consuming too much social media can also affect human thoughts and behavior. Something that is consumed

continuously through the media will certainly enter the human subconscious. Reporting from liputan6.com, Criminal Investigation Police handled 77 cases of Hoaks on social media during the COVID-19 Pandemic. As many as 77 people have been named as suspects in the case.

This proves that the spread of hoax news through social media during the COVID-19 pandemic is quite high. One example of a hoax case that occurred last March was that a housewife named Nur Fadillah alias Dilla bint Bujali (26), a resident of Wonokusumo was secured. He had to deal with the police for spreading hoax news related to the coronavirus. Head of East Java Regional Police Public Relations Commissioner Trunoyudo Wisnu Andiko said the suspect was arrested on Sunday (8/3). He was arrested for preaching false news by uploading a photo because of a coronavirus victim in Dr. Soetomo Hospital, Surabaya. The photo he got from his child's school group. Then distributed and added information about COVID-19 patients. When in fact, these patients were not COVID-19 patients.

Mental health is a condition where the individual is free from all forms of mental disorders. A mentally healthy individual can function normally in carrying out his life, especially when adjusting to deal with problems that will be encountered throughout one's life by using the ability to manage stress.(Putri et al., 2015)

The definition of mental health according to WHO is the well-being condition of an individual who is aware of his abilities, can cope with the pressures of normal life, can work productively, and can contribute to his community.(Ayuningtyas et al., 2018)

Good mental health is a condition when our mind is in a state of calm and calm so that it allows us to enjoy our daily lives and respect others around us. A mentally healthy individual is a normal person / healthy mentality is a person who displays adequate behavior and can be accepted by society in general, his attitude to life according to the norms and patterns of community groups so that there are satisfying interpersonal and intersocial relationships. (Kartono, 1989). Meanwhile, according to Karl Menninger, mentally healthy individuals are those who can hold themselves, show intelligence, behave by tolerating other people's feelings, and have a happy life attitude.(Dewi, 2012)

Based on the explanation above, it can be concluded that mental health is a condition where the individual is physically and mentally healthy, able to cope with all the pressures of life, and can find a way out of the problem being faced. A mentally healthy individual can be accepted and live in society. Because mental health is the main thing. Mental health in every individual is why humans live

People who receive this information through social media and do not know the truth will certainly be panicked and worried. The emergence of panic will make a person's immune system decrease so that it will be susceptible to viruses and disease. In addition to an impact on the decline in the immune system, excessive panic will also affect one's mental health.

The principles of understanding Mental Health have been revealed by Schneiders since 1964, which includes three things. 11 principles that are based on human nature, namely:

1. Health and mental adjustment are inseparable from the physical health and integrity of the organism.
2. In maintaining mental health, it is inseparable from human nature as a person who is moral, intellectual, religious, emotional, and social.
3. Health and mental adjustment require integration and self-control, including control of thoughts, imagination, desires, emotions, and behavior.

In Schneiders' opinion above, it is very clear that mental health must be maintained by controlling the mind, imagination, emotions, and behavior. Accessing social media in the middle of a COVID-19 pandemic is perfectly legal. But of course, it is also not excessive. Information that we get through social media must not be swallowed raw let alone distributed without checking the truth first. The government has provided an official website related to handling COVID-19. The public can find certain and clear information about the development of COVID-19 through the site.

It is indeed not an easy thing to stay at home for quite a long time. Given human nature as a social creature that needs to socialize and relax when the mind is tired. However, as human beings who are intelligent and equipped with reason, we can manage the information we get so as not to become a stressor in us.

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

The COVID-19 outbreak did not only affect Indonesia, but almost the entire world. The government has recommended to stay at home, work from home, do all activities at home, to break the chain of COVID-19 distribution. Of course this is not an easy thing to do, but it is also not a reason not to obey. Using social media at home during the COVID-19 pandemic is one of the most effective ways to overcome the burnout at home. Social media can keep us connected with people who are separated from us. However, the use of social media must be fortified with knowledge and wise thoughts, because not all information we receive through social media is true. We cannot panic quickly with the information we get. We should first check the information we receive. This is very important to do to maintain our mental health during the COVID-19 pandemic.

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