Mental Health of Social Media Users In Indonesia By Gender

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ABSTRACT

In this era of advanced technology, individuals no longer interact with others directly; they can also interact with others indirectly, particularly through the availability of technology that facilitates social media. Technological progress has always been pitted against modernity, which is equal to progress in human life. When utilizing social media, one doesn't have to worry about being judged for the comments and opinions they share with other users. However, when people use social media, they often do it to evoke positive emotions; however, they may not realize that the use of social media may have the opposite effect and lead to negative outcomes for them. Besides being able to have a significant influence on user actions, the use of social media can also cause users mental health problems
Keywords*: social media, mental health, gender*

ABSTRAK

Di era teknologi canggih ini, individu tidak lagi sekadar berinteraksi dengan orang lain secara langsung; Sebaliknya, mereka juga dapat berinteraksi dengan orang lain secara tidak langsung, terutama melalui ketersediaan teknologi yang memfasilitasi media sosial. Dalam kehidupan manusia, kemajuan teknologi selalu diadu dengan modernitas yang setara dengan kemajuan. Saat memanfaatkan media sosial, seseorang tidak perlu khawatir akan dihakimi atas komentar dan pendapat yang mereka bagikan dengan pengguna lain. Namun, ketika orang menggunakan media sosial, mereka sering melakukannya untuk membangkitkan emosi positif; Namun, mereka mungkin tidak menyadari bahwa penggunaan media sosial dapat memiliki efek sebaliknya dan mengarah pada hasil negatif bagi mereka. Selain dapat memberikan pengaruh yang signifikan terhadap tindakan penggunanya, penggunaan media sosial juga dapat menyebabkan gangguan kesehatan mental penggunanya
Kata kunci: *media sosial, kesehatan mental, gender*

INTRODUCTION

Since we are social beings, we cannot survive without the company of others. Individuals are physiologically predisposed to always be with others and engage in social activities, as Rahman (2013) explains. The drive for social relationships is a fundamental need built into human nature. The Qur'an shows that although man has a natural potential that always calls for the actualization of faith and piety, man is not limited to environmental influences, nor is he a positive agent which depends on external influences (Anwar, 2014). The environment to which a person is exposed, be it at home, school, or in society, can provide insight into the psychosocial status of the person. A person's social environment and psychosocial development can influence how a person's personality develops and matures (Utami, 2017).

The fundamental reason for the rapid advancement of technology is that it has become a necessity for modern society. Technological progress is inextricably

linked with the life of ordinary people in that it makes it possible to perform all worldly tasks easily and thoughtfully. One of them is related to the study of information and communication technology. The process of conveying messages from one person to another to provide information, influence attitudes, beliefs, or behaviors, both verbally and through various forms of media, is referred to as communication (Soyomukti, 2012). In this age of advanced technology, individuals no longer simply interact with others directly; they can also interact with others indirectly, particularly through the availability of technology that facilitates social media. Technological progress has always been pitted against modernity, which is equal to progress in human life. People no longer just build communities within the boundaries of geographical location; on the other hand, people can also form communities through the use of social media platforms such as BBM, Facebook, Whatsapp, and other social media platforms (Febiyanto, 2016).

Teens are represented among social media users. When using social media, most of the time, teenagers will do it to share information about their personal lives with their peers , including stories and images them. When using social media, one can comment freely and communicate one's thoughts and ideas to others without fear of the consequences. This is because social media users can easily pretend who they are, and it is also quite easy to commit crimes using this platform. On the contrary, when adolescents are at a developmental stage, they are in a phase in which individuals seek to determine who they are by associating with their peers other.

But nowadays, young people believe that utilizing social media makes a person look trendy and trendy, and those who do not participate in social media often do not come into contact with modern culture (Putri et al., 2016). It is a common practice to utilize social media to generate positive emotions; However, many people do not

realize that this practice can actually have the opposite effect on them and lead to negative results. In addition to potentially having a significant influence on the actions of its users, the use of social media is also associated with an increased risk of developing health-related problems a person's mentality.

This research is important to study to see the extent to which psychopragmatic analysis can determine the extent of the mental health of social media users in Indonesia. Psychopragmatics is an approach that looks at the relationship between language and a person's psychology in language. This is following the opinion of Revita (2019) who states that "Psychopragmatics perspective is *closelyrelated* to *the analysis of speech act due to psychological background"*, or rather *psychopragmatics* is an analysis of actions speech that is backgrounded by one's psychology. Rahmat, Revita, & Fitriyah (2019) also mentioned that psychopragmatics examines a person's speech acts in terms of psychological symptoms and the context in which speech acts occur. Based on this description, psychopragmatics is an interdisciplinary study of science between psycholinguistics and pragmatics that examines a person's thought process in understanding actualized language through its expression as well as its psychological in various contexts of speech.

Several studies have discussed psychopragmatics and made them worthy as a form of linguistic analysis. Some of the studies that have been carried out are Rohmadi (2016), Revita, Trioclarise, & Anggreiny (2019) and Rahmat, Revita, & Fitriyah (2019). From some of these studies, it can be concluded that psychopragmatic studies can be applied in any form. Based on the study results, there are similarities and differences with the research to be carried out. The similarities in the research that has been carried out with the one to be carried out are both psychopragmatic studies, while the difference with the research to be carried

out lies in the variables that will be researched.

METHOD

In this study, the research method used was the description method. This method is a method of reading carefully, understanding each content with the technique of reading as a whole, listening to each reading, and then recording it in a corpus of data. This is following the opinion (Rahmat, 2017) which states that these methods and techniques use the method of reading by understanding each of the overall contents and noting matters related to this study. This method is said to be a description method because the results of the research will be in the form of describing circumstances, events, and interpreting objects according to what they are. The source of the data of this study is a lie that looks at the language, literature, and art forms of creation that have been cultivated and produced based on the interpretation of masterpieces.

The approach used in this study is a qualitative approach with a descriptive type of research. Nida (1971:1) explains that there are four fundamental principles of this descriptive analysis, namely: (1) the language is what is spoken; (2) the language is what is spoken not what should be spoken; (3) none of the language parts can be adequately explained without reference to all other sections; (4) the language changed. This means that the phenomena found in the field are presented as they are without any reduction or addition.

According to Sudaryanto (1993), data is always linear because it is a concrete form of language, in other words, data is also segmental. Data can be formulated as an object plus segments or pieces or remaining elements. That segmental residual element or residual piece can be called context. The context of the object of study may only be in front, preceding, being on the left, or being behind , following to the right of its object of study. That context, is a determinant of the identity of the target object of the study.

The method that will be used in this study is the listening method with several techniques. These methods and techniques use the method of reading carefully, understanding each content with the technique of reading as a whole, listening to each reading by recording the words that related to this research. The methods and techniques in collecting this data are identical to the statements suggested by Sudaryanto (1993).

This method is called simak because the method used to obtain data is done by listening to spoken language or speech. The techniques used for this data collection are tapping techniques and note-taking techniques. The tapping technique intended in this study is to tap each utterance into the mind and then the intended data recording is to record the data contained in the data source, then classified according to research needs.

The data that has been obtained is further analyzed. The data analysis stage is an effort by researchers to deal with or plunge directly into the problems contained in the data. In analyzing this data , the authors used referential and translational matching methods . Metode agih the technique used is the markup reading technique , namely by reading the marker in a construction. Then proceed with the technique of dressing and absorbing to prove the validity of this research data. Descriptive research focuses its attention on the general principles underlying the embodiment of the units of symptoms present in human life, or patterns. Descriptive study means analyzing data based on the facts that occur, then describing systematically, accurately, and factually regarding the object discussed using techniques observation, identification, and investigation in investigations, as well as a review of problem formulations (Yendra, 2016). After analyzing the data with several theories and finding some findings, the next thing to do is the presentation and

formulation of the results of data analysis. The presentation and formulation of the results of the analysis is by informal methods or delivered and presented in the form of a narrative.

FINDING AND DISCUSSION

There are several things that can have an effect on a person's mental health, including internal and external variables. Internal factors are factors that come from within the individual, such as qualities, abilities, inheritance, and so on. Examples of internal factors include the following: Some examples of qualities are benevolent, have a short axis, or being evil. talents such as singing ability, writing ability, acting skills, and so on. While the inheritance components such as emotional makeup, potential, intellectual abilities, and so on. Therefore, elements that are influenced from outside the individual are referred to as external factors. For example, the environment, legal system, political climate, socio-cultural norms, and religious practices.

The family is the first environment to which the newborn is exposed, and within this family, mothers, fathers, grandparents, and other people close to the baby all have an impact on the baby's development. A person's mental health can be influenced by elements present in the surrounding environment. A person's mental health will benefit from being in a positive atmosphere, whereas being in a negative environment will lead to the development of a negative mentality in the individual. The use of social media is one example of an outside influence that can have an impact on mental health. Social media users may experience negative effects on their mental health as a result of using the platform, including feelings of anxiety and sadness.

The English word "anxiety" comes from the Latin words "ango, anci," which means to strangle, and "angustus," which means stiff. Together, these words form the root of the Latin term "angustus", which is the origin of the English word. Anxiety is a feeling that can be experienced simultaneously with a number of other emotions, including worry, anxiety, restlessness, and fear. These sensations are often accompanied by increased stimuli in the body, such as heart palpitations and cold sweats. Worry is another word that can be used to allude to anxiety. Anxiety is a response that can arise as a result of a threat, whether the threat is genuine, imaginary, or even non-existent. Anxiety can develop whether the threat is real or just a delusion (Rosmalina, 2018). The types of anxiety discussed here are types of anxiety that develop when a person has an unrealistic desire to express oneself and an impulse to build perfection, both of which are things that the individual cannot achieve, leading to suffering. for users. The anxiety discussed here is a type of anxiety that develops when one has the urge to construct perfection and the impulse to construct perfection.

It seems that users can express themselves and show off the things they do on a day-to-day basis through the utilization of social media. It is natural for other users to envy you in this situation. Users who participate in these behaviors consistently have a greater chance of developing mental health problems, specifically depression. A large number of people are aware that the only way out of the humiliation they experience on social media at the hands of other users is to end their own lives because they do not see other viable alternatives.

The inability to form meaningful relationships with individuals of the opposite sex is an additional factor that can contribute to the development of depressive symptoms. Users are more likely to lie about who they really are to describe themselves as successful than to tell the truth about themselves. One of the side effects of depression and anxiety is potentially unlawful behavior, which can also be a contributing factor. Irresponsible people will create fake profiles on some social media networks to disguise their real identities and avoid potential consequences.

Using social media as their primary method of communication, they engage in a variety of illicit activities, including cyberbullying, human trafficking, and fraud, in addition to the illegal sale of narcotics.

The negative effects of social media addiction can be reduced by the use of various coping mechanisms, some of which are listed below and include the following:

1. Reduce the amount of time you spend using social media.

   People can free themselves from addiction to social media platforms and restore control of their lives by limiting the amount of time they spend on these platforms each day and tracking those restrictions using a stopwatch or alarm clock. Users of social media platforms who are used to limiting the amount of time they spend on the platform are better able to practice self-control and prevent themselves from getting addicted to the site. After that, the next step is to have in-person meetings with other people, such as people close to you in your circle of friends and family.

2. Perform information searches in other locations of social media platforms.

   The utilization of various social media platforms can also result in the discovery of information. If this is the reason why you use social media, then it makes more sense for you to search for information on social media than to read newspapers or watch news on television.

3. Try to engage in activities that are helpful in nature.

   Users who want to reduce the amount of time they spend on social media should pay more attention to finding useful alternatives. It is common for people who have a lot in their lives to spend less time on social media

platforms such as Facebook and Twitter. You might be exercising or spending time with your family instead of wasting time on social media platforms. Increase the number of activities that bring physical and mental comfort, such as meditating, exercising, getting some fresh air outside, or doing hobbies that are done outside the home, such as hiking. This type of activity can help you feel better both physically and mentally.

4. Make smart use of multiple social media platforms.

   Limiting the amount of time spent on social media does not mean reducing participation in activities that include social media use or turning social media into something untoward. There is no doubt that anyone will be aware of the benefits offered by social media if they make strategic use of it.

5. Delete files from HP.

   This choice will be made by someone if they have the intention to completely break away from the use of various social media platforms. To bring about a change in the level of engagement with social media, it is recommended to remove the application from mobile devices, as well as refrain from purchasing data plans or connecting the device to a wireless network. All these steps must be carried out together with each other.

CONCLUSION

The culture is shifting local Technology Individuals are no longer only connected to other people directly in this day and age thanks to technological advances; now, people can communicate with others indirectly too, especially thanks to the availability of technology related to social media. Users can easily communicate with each other and form relationships with others in online or digital settings thanks to the accessibility provided

by Internet media such as social networking sites. Social media use has been linked to harmful impacts on mental health, in addition to having the capacity to exert a profound influence on the activities users choose to engage in. Both anxiety disorders and depression are examples of illnesses that can negatively impact a person's mental health, but they are only two of many conditions that may have this effect. However, there are ways to overcome social media addiction, and the solution is to limit the amount of time spent on social media; seek information in places other than social media; look for useful activities; use social media responsibly; delete and uninstall social media apps; and look for useful activities. Therefore, having access to social media can have a detrimental effect on the psyche of those who avail health services.

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