

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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**Hubungan Intensitas Penggunaan Media Sosial dengan Kesehatan Mental
Pada Remaja Di MA Rabithatul Ulum Krangkeng Kabupaten Indramayu
Tahun 2023**

xvi +8 tabel +2 bagan +18 lampiran

ABSTRAK

Penggunaan media sosial di Indonesia telah mencapai 196,7 juta jiwa. Lebih dari 19 juta penduduk berusia 15 tahun mengalami gangguan mental emosional. Siswa di MA Rabithatul Ulum diperbolehkan membawa *handphone* namun boleh digunakan pada saat jam istirahat. Konten yang ada didalam *handphone* seperti *chatting*, serta media sosial dapat mengikis kesehatan mental. Kesehatan mental yang terganggu disebabkan oleh beberapa faktor salah satunya media sosial. Penelitian ini menggunakan kuantitatif dengan pendekatan *cross sectional*. Pengambilan sampel menggunakan teknik *Total sampling*. Instrumen yang digunakan berupa kuesioner intensitas penggunaan media sosial dan kuesioner *mental health inventory-18 (MHI-18)*. Analisis data menggunakan *Chi-square*.

Hasil penelitian, di temukan bahwa responden memiliki intensitas penggunaan media sosial yang rendah dengan kesehatan mental yang baik. Sebanyak 83 responden memiliki intensitas penggunaan media sosial yang rendah 61.4 % dan responden yang memiliki kesehatan mental yang baik sebanyak 57.8 %. Untuk intensitas penggunaan media sosial yang tinggi dengan kesehatan mental yang buruk sebanyak 62.5 %, dan untuk intensitas penggunaan media sosial yang rendah dengan kesehatan mental yang baik sebanyak 50 %. Hasil penelitian menunjukkan ada hubungan antara intensitas penggunaan media sosial dengan kesehatan mental. Bagi remaja yang mengakses media sosial disarankan dapat memanfaatkan media sosial dengan baik.

Keywords : Media Sosial, Kesehatan Mental, Remaja

Daftar Pustaka : 32 (2018 – 2023)

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**RELATIONSHIP OF THE INTENSITY OF USING SOCIAL MEDIA AND
MENTAL HEALTH IN ADOLESCENTS AT MA RABITHATUL ULUM
KRANGKENG INDRAMAYU DISTRICT IN 2023**

xvi +8 tables +2 charts +18 appendices

ABSTRACT

The use of social media in Indonesia had reached 196.7 million people. More than 19 million people aged 15 years experienced mental emotional disorders. Students at MA Rabithatul Ulum were allowed to bring mobile phone but might use it during recess. Content on mobile phones such as chatting and other social media could erode mental health. Disturbed mental health was caused by several factors, one of which was social media. This study used a quantitative cross-sectional approach with using total sampling technique. The instruments used were questionnaires on the intensity of social media use and a mental health inventory-18 questionnaires (MHI-18). Data analysis using Chi-square.

The results of the study found that respondents had a low intensity of using social media with good mental health. As many as 83 respondents have a low intensity of using social media 61.4% and respondents who have good mental health as much as 57.8%. for high intensity of using social media with poor mental health as much as 62.5%, and for the low intensity of using social media with good mental health as much as 50%. The results of the study showed that there was a relationship between the intensity of using social media and mental health. For teenagers who access social media, it is suggested to be able to make good use of social media.

Keywords : *Social Media, Mental Health, Adolescents*

Bibliography : *32 (2018 – 2023)*