

**Program Studi Sarjana Keperawatan
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ABSTRAK

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Hubungan Intensitas Penggunaan Media Sosial Dengan Kesehatan Mental Pada Remaja di SMK Muhammadiyah Bligo

Latar Belakang:

Penggunaan media sosial dengan frekuensi tinggi makin umum dijumpai pada remaja. Kondisi ini berpotensi memengaruhi kesehatan mental remaja. Penelitian ini bertujuan mengetahui hubungan intensitas penggunaan media sosial dengan Kesehatan mental pada remaja.

Metode:

Desain penelitian ini adalah deskriptif korelatif dengan pendekatan *cross sectional*. Sampel pada penelitian ini, menggunakan random sampling yang berjumlah 260 siswa kelas X di SMK Muhammadiyah Bligo berdasarkan kriteria inklusi dan eksklusi. Pengambilan data menggunakan kuesioner yang telah dilakukan uji validitas dan reliabilitas.

Hasil:

Hasil penelitian menunjukkan dari 260 responden terdapat 131 responden (50,4%) memiliki intensitas penggunaan media sosial yang tinggi. Dan sebanyak 154 responden (59,2%) terindikasi gangguan kesehatan mental. Hasil analisis uji *Chi-Square* diperoleh nilai signifikansi (p-value) sebesar 0,039 ($p < 0,05$) pada kedua variabel, hal ini menunjukkan hasil bahwa adanya hubungan antara intensitas penggunaan media sosial dengan Kesehatan mental pada remaja di SMK Muhammadiyah Bligo.

Simpulan:

Sekolah disarankan meningkatkan upaya preventif dalam menjaga kesehatan mental remaja melalui edukasi penggunaan media sosial secara bijak serta penyediaan kegiatan yang mendukung kesejahteraan psikologis siswa.

Kata Kunci: *Intensitas, Kesehatan Mental, Remaja*

Daftar Pustaka: 62 (2016-2025)

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ABSTRACT

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The Relationship Between the Intensity of Social Media Use and Mental Health among Adolescents at Muhammadiyah Bligo Vocational School

Background: The increasing use of social media among adolescents has become a growing concern. Excessive use of social media may negatively affect adolescents' mental health. Therefore, understanding the relationship between the intensity of social media use and mental health is important. This study aimed to examine the relationship between the intensity of social media use and mental health among adolescents.

Methods: This study employed a descriptive correlational design with a cross-sectional approach. The sample consisted of 260 tenth-grade students from Vocational High School of Muhammadiyah Bligo selected through random sampling based on predetermined inclusion and exclusion criteria. Data were collected using a questionnaire that had been tested for validity and reliability.

Results: The results showed that out of 260 respondents, 131 students (50.4%) had a high intensity of social media use. In addition, 154 students (59.2%) indicated symptoms of mental health problems. The Chi-square test analysis showed a significance value (p-value) of 0.039 ($p < 0.05$), indicating a significant relationship between the intensity of social media use and mental health among adolescents at Muhammadiyah Bligo Vocational School.

Conclusion: There is a significant relationship between the intensity of social media use and mental health among adolescents. Schools are encouraged to strengthen preventive efforts to support adolescent mental health by providing education on the responsible use of social media and promoting activities that enhance students' psychological well-being.

Keywords: *Social Media Intensity; Mental Health; Adolescents*

References: 62 (2016-2025)