

Analysis of The Influence of Social Media Addiction on Depression in Adolescents at Surabaya High School

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ABSTRACT

Objective: This study aimed to examine the impact of social media addiction on depression levels among adolescents at Maryam High School in Surabaya, motivated by growing concerns over the mental health consequences of excessive digital engagement. **Method:** Employing a quantitative correlational design, the study involved 100 students selected through saturated sampling. Data were gathered using the Social Media Addiction Scale Student Form (SMAS-SF) and the Beck Depression Inventory-II (BDI-II), and analyzed via simple linear regression using JASP software. **Results:** The analysis revealed a significant positive relationship between social media addiction and depression ($r = 0.615, p < 0.001$), with a determination coefficient (R^2) of 0.360, indicating that 36% of the variance in depression levels could be attributed to social media addiction. The regression model ($Y = -19.832 + 0.406X$) further demonstrated that higher addiction scores predicted increased depressive symptoms. **Novelty:** This study contributes to the growing body of evidence linking social media use and adolescent mental health by providing specific data from an urban Indonesian context, thereby informing targeted school-based interventions to address digital well-being and emotional resilience in adolescents.

INTRODUCTION

Adolescence is a period of identity search that requires support from family and the environment. In this phase, adolescents often experience confusion about determining activities that are beneficial to them, as well as having a high sense of curiosity about new things. This condition raises concerns about its impact on mental health, particularly related to the increasing tendency to depression among adolescents. Depression is one of the common and frequent mental disorders among adolescents. Adolescence is a transitional period characterized by various physical, emotional, and social changes that can increase susceptibility to stress and mood disorders such as depression. Adolescents who are depressed tend to show decreased academic achievement, social isolation, and in extreme cases, such as an increased risk of self-harm behavior or even suicide.

Based on data from the 2018 Basic Health Research (Riskesdas), the prevalence of depression in Indonesia reached 6.1% of the total population. The World Health Organization (WHO) also noted that the number of people with depression increases every year to reach 20% worldwide. About 80% of those who suffer from depression are in developing countries [1]. In Indonesia, depression reaches a figure of 1.4%, the highest prevalence of depression is mostly experienced by young people aged 15-24 years, which is 2% of the total population, this shows that adolescents are the most vulnerable group to depression problems [2]. Although specific data on the prevalence of depression

among Maryam Surabaya High School students are not yet available, preliminary observations show a tendency to increase depressive symptoms, such as decreased interest in learning, changes in sleep patterns, and withdrawal from social interactions.

According to the World Health Organization (WHO), depression is an emotional condition that can affect an individual's mood and response to life, potentially causing serious disorders that impact the workplace, school, and even risk suicide [3]. This mental disorder or depression is the main result of the onset of illness and disability among adolescents. This comes from several factors, such as poverty, violence, humiliation, and feelings of not being appreciated can increase the risk of a person or individual experiencing mental health problems [3]. A person with depression will usually show symptoms in their daily life, such as easily losing energy, changing appetite, sleep disturbances, anxiety, decreased concentration, self-doubt, feelings of worthlessness or guilt, as well as thoughts of self-harm or the desire to end life [4]. If left untreated, depression in adolescents can negatively impact psychosocial development, academic achievement, and increase the risk of substance abuse and suicidal behavior.

Various factors can affect the occurrence of depression in adolescents, including biological, psychological, and social factors. One of the social factors that has received attention is the use of social media. The rapid development of information technology has a very positive impact on the progress of the nation. Many activities are facilitated by technology. But in line with these advances, technology also has a relatively large negative impact on users who are already addicted to social media. Developments in the current generation Z era have brought massive changes, especially in information and communication technology which is now an important part of human life. The development of technology today has achieved progress, to the point that it cannot be separated from the quality of human life. People are increasingly facilitated to communicate and access information on social media through sophisticated devices due to the impact of technological developments. Social media is an online activity that is loved by everyone almost every day. Various interesting content on social media can foster feelings of happiness in adolescents, this situation often makes adolescents have the desire to continue accessing social media, so that it can result in adolescents experiencing social media addiction [5]. The use of social media in the world today has reached approximately 5.24 billion users by January 2025. Indonesia is the fourth largest country with 217.53 million users [6].

Social media addiction is a social media addict where a person has difficulty controlling the desire to consume social media excessively, so that it can have a negative impact on mental and social health. This phenomenon often makes teenagers provide information excessively (Too Much Information) to other users, and can cause behavior known as FOMO (Fear of Missing Out) or often interpreted as fear of missing out on new information. Currently, there are a lot of teenagers who are trapped in social media addiction. These platforms can create a feeling of happiness that can encourage the desire to remain active on social media. This can make adolescents vulnerable to various risks,

such as exposure to pornography, online predators, violence, and identity theft [7]. Intense social media use can also expose teens to unrealistic social comparisons, cyberbullying, and sleep disorders, all of which can increase the risk of depression. Research by [8]) found that there is a significant relationship between the level of social media addiction and the level of depression in adolescents.

A study conducted by [9] explored the correlation between the tendency toward social media addiction and the psychological well-being of adolescents at SMAN 1 Semarang. The findings revealed a negative association, indicating that a higher tendency toward social media addiction is linked to lower levels of psychological well-being among adolescents. While this research addresses the consequences of social media addiction, its primary focus is on overall psychological well-being rather than specifically examining depression. Nonetheless, given the widespread use of social media among adolescents and its potential impact on mental health, this area of study remains highly relevant. According to the World Health Organization (WHO), global social media addiction is projected to reach 4.2 billion users, reflecting a 13.2% increase compared to the previous year [1]. In Indonesia, social media addiction affects approximately 6.1% of the total population, which is estimated at 274.9 million people.

According to research conducted by [8]), there is a significant relationship between the level of social media addiction and the level of depression in adolescents. The results of the study explained that more than half of adolescents who experience social media addiction also have moderate to high levels of depression. These findings indicate that the higher the level of addiction among adolescents to social media, the greater the likelihood that a teenager will experience depressive symptoms. Therefore, this research is a strong basis for understanding more deeply the mechanisms behind the relationship or influence of social media addiction and depression in adolescents. With this study, it is hoped that it can add new, more specific insights into the influence of social media addiction on adolescent depression rates, as well as serve as a foothold for more effective intervention efforts in supporting their psychological well-being. However, research conducted on schools in big cities such as Surabaya, which is geographically a metropolitan city with high population density and complex life pressures, is still relatively minimal. The fast-paced, competitive environmental conditions, and high exposure to social media among teenagers make Surabaya a relevant location to study the phenomenon of depression, but there are still not many studies on this subject

The purpose of this study is to analyze the influence of social media addiction on the level of adolescent depression at Maryam High School Surabaya. This research is also expected to provide recommendations and insights for schools and parents in managing and supervising students' social media use, so that the percentage of negative impacts of social media on adolescent depression rates can be reduced. Based on the objectives of this study, the research hypothesis was formulated:

Ho: There was no significant effect between social media addiction and depression rates in adolescents at Maryam High School Surabaya.

H1: There is a significant influence between social media addiction and depression rates in adolescents at Maryam High School Surabaya.

RESEARCH METHOD

1. Research Design

This study employed a quantitative approach with a correlational design to investigate the impact of social media addiction on depression among adolescents at Maryam High School in Surabaya. The research was conducted by utilizing quantitative instruments to analyze randomly selected samples and to test the proposed hypotheses. The study focused on two main variables: social media addiction as the independent variable (X) and depression as the dependent variable (Y). The primary objective of this research was to determine whether social media addiction significantly influences the level of depression experienced by students at Maryam High School in Surabaya.

2. Population/sample

The population used in this study was to include all students at Maryam Surabaya High School which amounted to 100 people. Therefore, with a relatively small population, this study is suitable for using saturated sampling techniques, which are sample determination techniques in which all members of the population are used as research samples. Thus, the number of samples in this study is 100 students. [10] explained that saturated sampling is a sampling technique when the population is relatively small or less than 100, so that all members of the population are sampled. This technique is used to make the results of the study more accurate and can reflect the characteristics of the population as a whole without any bias due to random sample selection. By including the entire population as a sample, it is hoped that this study can obtain more representative data on the influence of social media addiction on depression in adolescents at Maryam High School Surabaya. It also allows for a more thorough analysis of the relationships between the variables being studied.

3. Research Instruments

This study utilized two measurement instruments: the Social Media Addiction Scale Student Form (SMAS-SF) and the Beck Depression Inventory-II (BDI-II). Both scales employed the Likert format, which is commonly used to assess individual behaviors, attitudes, and perceptions regarding a social phenomenon [11]. The Likert scale comprises a series of statements to which respondents express their level of agreement across five response categories: strongly agree, agree, neutral, disagree, and strongly disagree. The SMAS-SF, developed by [12]), is designed to assess the degree of social media addiction among students and includes several dimensions: Virtual Tolerance (e.g., feeling excited to use social media), Virtual Communication (e.g., choosing to engage with social media even in the presence of others), Virtual Problem (e.g., neglecting school assignments due to excessive time spent on social media), and Virtual Information (e.g., using social media while walking to stay updated with the latest news). The scale has 29 questions that can be accessed at the link (<https://bit.ly/3YjNFKS>). The Beck

Depression Inventory-II (BDI-II) scale is an adoption scale from the research of [13] with a reliability value of $r_{xx'} = 0.600$ which consists of aspects (emotions) I don't feel sad, (cognitive) I have failed more than I should, (motivation) I don't think about suicide, (vegetative and physical) my appetite has not changed (not worse) than usual. The scale has 20 questions that can be accessed at the link (<https://bit.ly/4j0K3Gf>).

4. Research Procedure

This research began by conducting a survey of students in the school environment to identify problems related to social media addiction and its impact on adolescent depression rates. This step aims to obtain an initial picture of the extent to which excessive social media use can affect students' mental health. After the problem was identified, the researcher determined the main variables to be studied, namely social media addiction as an independent variable and depression level as a dependent variable. Data collection was carried out through the distribution of questionnaires that have been designed using the Likert scale to measure the level of the two variables systematically and objectively. The data collected were then analyzed using a simple linear regression method to test the relationship between social media addiction and adolescent depression rates. The analysis process is carried out using JASP software so that the results obtained are more accurate and can be interpreted objectively. The results of the analysis are then compared with theories and findings of previous research to strengthen the conclusions obtained.

5. Data Analysis Techniques

The data were analyzed using descriptive statistics to summarize respondent profiles and patterns in both variables. Correlation analysis was used to identify the relationship between social media addiction and depression, followed by simple linear regression to determine the extent of influence social media addiction has on adolescent depression levels.

RESULTS AND DISCUSSION

Results

This research was conducted at Maryam High School Surabaya. The research was carried out in March 2025 through the distribution of the social media addiction scale (SMAS-SF) and the depression scale (BDI-II) to all students at Maryam Surabaya High School who were respondents. The social media scale consists of 29 items, while the depression scale consists of 21 items. Before the hypothesis test was carried out, an assumption test had been carried out which included a normality test and a linearity test.

1. Descriptive Data

The research data that has been disseminated and collected will be analyzed to be able to see the distribution. This step aims to determine the appropriate data analysis method. The following are the results of the categorization of levels of social media addiction variables and depression variables in the study sample. The following are the

results of the categorization of the level of social media addiction variables to the depression variable in the study sample

Table 1. categorization of each variable

Variable	Catego ry	Score Vulnerable	Frequenc y	Presente d
Social Media Addiction	Low	29,00-68,11	12	12%
	Keep	68,12-110,70	72	72%
	Tall	110,71- 133,00	16	16%
	Sum		100	100%
Variable	Catego ry	Score Vulnerable	Frequenc y	Presente d
Depression	Low	0,00-3,77	14	14%
	Keep	3,78-30,14	69	69%
	Tall	30,15-53,00	17	17%
	Sum		100	100%

The research data that has been collected is analyzed to understand its distribution. This step is carried out to determine the most appropriate data analysis method. Based on the results of the descriptive analysis, the average social media addiction score in respondents was 89.41 with a standard deviation of 21,286. Meanwhile, the average depression score based on the Beck Depression Inventory (BDI) is 16.96 with a standard deviation of 13.179.

In addition, the score ranges showed considerable variation in the level of social media addiction and the level of depression in the study sample. Social media addiction scores range from 29 to 133, while depression scores range from 0 to 53. This shows that some respondents have high levels of addiction and experience severe depression, while others have lower levels of addiction and do not experience symptoms of depression.

Table 2. Descriptive Table of Statistics

<i>Descriptive Statistics</i>		
	Social media addicti on	Depre ssion
Valid	100	100
Missin g	0	0
Mean	89.410	16.960
Std.	21.286	13.179

<i>Descriptive Statistics</i>		
	Social media addicti on	Depre ssion
Deviat ion		
Minim um	29.000	0.000
Maxi mum	133.00 0	53.000

2. Assumption Test

The next stage is to conduct an assumption test. The results of testing the assumption of normality through the Shapiro-Wilk Test for Bivariate Normality method are presented in Table 1. Based on the results of the normality test using the Shapiro-Wilk Test for Bivariate Normality, a Shapiro-Wilk value of 0.985 with a p-value of 0.340 was obtained. Since the p-value is greater than 0.05 ($p > 0.05$), it can be concluded that the data is normally distributed.

Table 3. Normality Test

<i>Shapiro-Wilk Test for Bivariate Normality</i>				
			Shapi ro- Wilk	p
Addic tion	-	Dep resi	0.985	0.340

Next, a linearity test was carried out to determine whether there was a linear relationship between social media addiction and depression in adolescents. Based on the results of the research as stated in the scatter plot using regression analysis, the results were obtained that there was a positive relationship between addiction and depression (BDI). The scatter plot shows a pattern of data distribution that follows a regression line, indicating that the higher a person's level of addiction, the higher the level of depression. In addition, the pattern of data distribution that tends to follow the regression line shows that the relationship between these two variables is quite strong. Despite the existence of several divergent data points, overall the trend of the relationship remains positive linear.

Partial Regression Plot

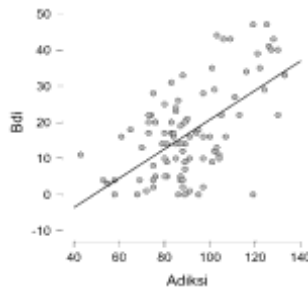


Figure 1. Linearity Test

3. Hypothesis Test

The results of Pearson's correlation analysis stated that there was a significant positive relationship between social media addiction and depression in adolescents ($r = 0.615, p < 0.001$). This shows that the higher the level of social media addiction, the higher the depression score. With moderate to strong correlations, these results support the hypothesis that social media addiction is associated with increased depression in adolescents.

Table 4. Correlation Test

Pearson's Correlations

		Pearson's r	p
Addict ion	Depre si	0.615 ***	< .001

* $p < .05$, ** $p < .01$, *** $p < .001$

Based on Table 5, the results of the statistical test F show significance with $p < 0.001$. These results show that H_0 is rejected and H_1 is accepted, so it can be concluded that the Addiction variable is a significant predictor of BDI. The value of $F = 52.893$ with $p < 0.001$ indicates that the regression model implemented can be said to be statistically significant. In addition, the significance value of $p < 0.05$ confirms that the alternative hypothesis (H_1) is accepted, which can be concluded that there is a meaningful relationship between Addiction and BDI. Thus, these results reinforce the finding that Addiction has a significant influence on changes in BDI scores, although there are still other factors that contribute to the observed variability.

Table 5. Simple Linear Regression Test based on F value

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
M ₁	Regression	5.559.146	1	5.559.146	52.893	< .001
	Residual	9.879.594	94	105.102		

ANOVA

Model	Sum of Squares	df	Mean Square	F	p
Total	15.438.740	95			

Note. M_1 includes Adiksi

Note. The intercept model is omitted, as no meaningful information can be shown.

The results of the hypothesis test using a simple linear regression analysis method, presented in Table 5 R value of 0.600, show a correlation between the Addiction variable and the BDI variable. Meanwhile, the R^2 value of 0.360 indicates that the Addiction variable contributes 36% to the BDI variable as the determinant value (0.360). In contrast, the remaining 64% (0.640) were influenced by external factors that were not included in the study. In addition, a comparison of RMSE values showed that the model that included the Addiction variable had better accuracy (RMSE = 10.252) than the initial model that did not include the variable (RMSE = 12.748).

Table 6. Simple Linear Regression Test and Correlation Test

Model Summary - Bdi

Model	R	R^2	Adjusted R^2	RMSE
M_0	0.000	0.000	0.000	12.748
M_1	0.600	0.360	0.353	10.252

Note. M_1 includes Adiksi

Furthermore, the results of the simple linear regression coefficient test are shown in Table 7. The formula for the simple linear regression test equation obtained is $Y=c+bx$, where c is an unstandardized value (intercept) and b indicates the existence of many regression coefficients.

$$Y = -19.832 + 0.406X$$

With Y as the BDI variable, X as the Addiction variable, and the values $c = -19.832$ and $b = 0.406$. The findings of this regression equation show that the BDI value at the starting point (without the influence of the Addiction variable) is -19.832, while an increase of 1 unit of Addiction will result in an increase of 0.406 units in BDI. This means that the higher the level of Addiction, the greater the BDI value observed. In other words, it can be concluded that these findings indicate that an increase in the Addiction variable is positively related to an increase in the BDI score, which reinforces the hypothesis that Addiction is a significant predictor of BDI.

Table 7. Simple Linear Regression Test Coefficient

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
M ₀	(Intercept)	16.948	1.301		13.026	< .001
M ₁	(Intercept)	-19.832	5.164		-3.840	< .001
	Addiction	0.406	0.056	0.600	7.273	< .001

Discussion

The results of the analysis revealed a significant and positive association between social media addiction and depression among students at Maryam High School in Surabaya, with a correlation coefficient of 0.340. The R value of 0.600 reflects a strong relationship between the degree of social media addiction and depression scores as measured by the BDI. Furthermore, the R² value of 0.360 indicates that 36% of the variance in adolescent depression can be attributed to social media addiction. This suggests that a higher level of dependence on social media is likely to increase the chances of adolescents experiencing depressive symptoms.

The findings of this study are consistent with previous research linking high social media use to decreased mental health in adolescents. [14]) found that college students who scored higher on a social media addiction scale were more likely to experience mild depressive symptoms. Similarly, [15] found a slight negative correlation between social media addiction and mental well-being among twelfth graders. Although the associations identified in their study were weak, the overall trend is consistent with the current study – which suggests that increased social media addiction is associated with increased depressive symptoms.

A number of studies conducted in Indonesia reinforce these findings. For instance, [8] discovered that over half of the adolescents surveyed showed moderate levels of both depression and social media addiction. Similarly, research by [16]) revealed that individuals with high levels of social media addiction were nearly seven times more likely to experience poor mental health compared to those with lower levels of addiction. A literature review by [17]also emphasized a connection between social media addiction and psychological disorders such as anxiety and depression, particularly during the COVID-19 pandemic. This body of research suggests that excessive social media use can result in addiction, which may negatively affect adolescents' mental well-being. Nevertheless, it is important to acknowledge that not all studies have reported a significant relationship. Some findings indicate that variables like family support and

religious commitment may act as protective factors that influence the impact of social media addiction on mental health.

Social media addiction in the adolescent phase has complex dynamics in influencing the level of depression. Excessive dependence on social media causes adolescents to tend to make negative social comparisons, feeling less valuable compared to what they see on digital platforms. This is exacerbated by the phenomenon of FOMO (fear of missing out) which causes anxiety and social pressure due to the fear of being left behind from information or peer activities. In addition, exposure to cyberbullying, pressure to perform perfectly, and superficial social interactions in cyberspace can interfere with adolescent mental health. This addiction also has an impact on poor sleep patterns as well as a decrease in the quality of social interactions in the real world, both of which contribute to an increased risk of depression. In many cases, this condition forms a psychological vicious cycle, where adolescents who begin to experience symptoms of depression are increasingly withdrawn to the world of social media as an escape, thus worsening their mental condition.

This study provides a useful understanding of the influence of social media addiction on depression among adolescents, this study also has some limitations. 1. The scope of the study only involves students at Maryam High School Surabaya, so the results obtained cannot be representative of the adolescent population in other schools. 2. The number of respondents in this study was limited to 100 students, which may not fully reflect the broad diversity of adolescent characteristics. 3. Data obtained through questionnaires can be biased because it depends on the perception and level of openness of the respondents in answering questions. Factors such as respondents' understanding of the question or the tendency to give answers that are considered more socially acceptable can affect the validity of the data.

CONCLUSION

Fundamental Finding : The findings of this study confirm a significant positive relationship between social media addiction and depression levels among adolescents at SMA Maryam Surabaya, indicating that increased addiction to social media correlates with higher depressive symptoms. **Implication :** These results highlight the importance of promoting digital literacy and emotional regulation among adolescents, encouraging balanced online behavior through school-based interventions, parental involvement, and engagement in offline activities such as sports, arts, or reading to support mental well-being. **Limitation :** However, the study is limited by its relatively small and localized sample, which may restrict the generalizability of the findings to broader adolescent populations. **Future Research :** Subsequent studies are encouraged to utilize larger, more diverse samples across multiple regions, adopt mixed-method approaches such as interviews or observations, and explore additional variables including social support, family dynamics, and academic pressure to gain a more comprehensive understanding of the multifaceted contributors to adolescent depression.

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