

LITERATURE REVIEW: ANALYSIS OF SOCIAL MEDIA USAGE INTENSITY AND INCIDENTS OF DEPRESSION AND ANXIETY AMONG UNIVERSITY STUDENTS

Tinjauan Literatur: Analisis Intensitas Penggunaan Media Sosial dan Kejadian Depresi dan Kecemasan pada Mahasiswa

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ABSTRACT

Background: Easy access to communication and information can lead to prolonged social media use, which increases the risk of depression and anxiety. **Purpose:** To analyze social media usage intensity on depression and anxiety among university students. **Methods:** A literature review was conducted by retrieving articles from PubMed, ResearchGate, and Google Scholar databases. The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) method was used for article selection. Quality of the articles was assessed using The Joanna Briggs Institute (JBI) Critical Appraisal Checklist for analytical cross-sectional studies. **Results:** The articles classified into three categories: six articles focused on depression, with four reporting statistically significant correlation; three articles on anxiety, all of which showed significant correlation; and two articles investigated both depression and anxiety, with one reported significant correlation for both variables and the other specifically for anxiety. **Conclusion:** Prolonged social media exposure leads to increased engagement with diverse online content, fostering self-comparison and consequently depression and anxiety. These findings emphasize the importance of higher education institutions implementing self-regulation interventions, such as self-control training programs, to mitigate adverse mental health outcomes among university students.

Keywords: anxiety, depression, social media, university students

ABSTRAK

Latar Belakang: Media sosial dengan manfaatnya memberikan sarana dalam menjangkau informasi, memperluas jaringan sosial, mengekspresikan diri atau hiburan. Namun, penggunaannya yang melampaui batas dapat mengakibatkan depresi maupun kecemasan. **Tujuan:** Menganalisis intensitas penggunaan media sosial terhadap kejadian depresi dan kecemasan pada mahasiswa. **Metode:** Tinjauan literatur yang diambil dari database PubMed, ResearchGate dan Google Scholar. Pencarian artikel menggunakan metode Preferred Reporting Items for Systematic Review & Meta-Analyses (PRISMA). Kualitas artikel yang dikaji dinilai berdasarkan JBI (The Joanna Briggs Institute) Critical Appraisal Checklist untuk analisis studi cross-sectional. **Hasil:** Berdasarkan sebelas artikel yang dikaji, terbagi menjadi tiga kategori: enam artikel berfokus pada variabel depresi, dengan 4 artikel menunjukkan hubungan dan 2 artikel tidak; tiga artikel membahas kecemasan, seluruhnya menunjukkan hubungan; serta dua artikel menganalisis depresi sekaligus kecemasan secara bersamaan dengan satu artikel menunjukkan hubungan kedua variabel dan satu artikel hanya menunjukkan hubungan dengan kecemasan. **Kesimpulan:** Lamanya pengoperasian media sosial selaras dengan lamanya terpapar bermacam informasi dari media sosial yang memungkinkan penggunanya membandingkan diri dengan orang lain. Temuan ini menggarisbawahi pentingnya institusi perguruan tinggi menerapkan intervensi regulasi diri seperti program pelatihan kontrol diri pada mahasiswa, sehingga dampak negatif media sosial dapat dikurangi.

Kata Kunci: depresi, kecemasan, mahasiswa, media sosial

INTRODUCTION

Depression is a complex disorder encompassing affective, cognitive, motivational, and behavioral components (Purnomo & Loekmono, 2020). The World Health Organization defines depression as a mood disorder characterized by a loss of optimism, apathy, feelings of low self-esteem and remorse, difficulty concentrating, insomnia, and decreased appetite (Siringoringo *et al.*, 2022). The word "anxiety" originates from Latin (*anxius*) and German (*anst*), meaning a word intended to describe adverse effects and physiological arousal (Muyasaroh (2020) in Subiyakto & Ariyani, 2024). Dalrymple & Zimmerman (2013) suggested that when individuals are limited in their thoughts about social relationships, social anxiety can occur. Individuals with social anxiety avoid the possibility of being judged by others (Purnomo *et al.*, 2023).

According to the Digital Transformation Office of the Indonesian Ministry of Health (2024), 77.09% of Indonesians, or 59 million people, suffer from depression; of them, 69.48% are women and 30.47% are men. There are 121,630 million people, or 79.03% of the population in Indonesia, suffer from anxiety disorders; 62.53% of women and 37.43% of men are affected. This information was taken from SATUSEHAT patient records. Prolonged usage of social media is one of the many things that might cause depression and anxiety. Social media is a means of interaction within virtual communities that encompasses a variety of content and ideas that are useful for producing, disseminating, and exchanging information (Cahyono, 2016). Social media and people's daily lives are now inseparable. Social media, with its benefits, provides a means of accessing information, expanding social networks, self-expression, and entertainment (Riduan *et al.*,

2023). However, excessive use of social media can increase the risk of depression and anxiety (Fitriah *et al.*, 2023).

Kemp (2024) reported that 139 million Indonesians were active social media users, with a prevalence rate of 49.9% in early 2024, and used it in their daily lives. This increased by 2.9% by 2025, resulting in 143 million active social media users, with 62.7% of users, including 46% women and 54% men (Kemp, 2025). The 16-24 age group was the most frequent user, recording the highest average daily social media usage time, at 7.32 hours (women) and 7.7 hours (men) in 2024, and 7.35 hours (women) and 7.11 hours (men) in 2025 (Kemp, 2024; Kemp, 2025).

This is supported by Hunt (2018), whose research at the University of Pennsylvania, cited by the news platform Peen Today (2018), found that college students aged 18-22 experienced high levels of depression due to high levels of social media use. Shensa *et al.* (2018) also suggested that high levels of depression and anxiety in individuals aged 19 to 32 were closely related to persistent social media use.

Kamble (2018) stated that many college students experience a decline in their quality of life as a result of depression and anxiety caused by social media use. They may cry constantly, miss classes, or isolate themselves. This condition can decrease academic performance and even lead to thoughts of suicide (Hossain *et al.*, 2022). As many as 6.9% of college students have suicidal thoughts, and another 3% have attempted suicide (Egsgaum, 2020).

This study is to examine the impact of social media use on the prevalence of depression and anxiety among college students, taking into account the background information mentioned above as well as the fact that these conditions can lower quality of

life and even raise the risk of suicidal conduct. The study was conducted on college students because this group was the highest user of social media in Indonesia (Kemp, 2024; Kemp, 2025). Previous studies were limited to one university and used a single measurement instrument. The novelty of this study lies in the broader sample size, comprising several higher education institutions in Indonesia, and the variety of research instruments used.

METHOD

This study was designed using a literature review method. Articles were retrieved from the PubMed, ResearchGate, and Google Scholar databases. The selection of papers in this study was based on inclusion and exclusion criteria to make it easier for the author to find articles that support the goals of the investigation. The inclusion criteria applied included research conducted in Indonesia with college students as subjects; quantitative methods; measuring depression, anxiety, or both simultaneously; no restrictions on the number of respondents; publication between 2019 and 2025; and full-text availability and open access. The exclusion criteria applied to this study included literature reviews, experiments, and studies that did not use the Beck Depression Inventory-II (BDI-II), Depression, Anxiety, and Stress Scale (DASS), Hamilton Rating Scale for Anxiety (HARS), and Center for Epidemiological Studies–Depression (CES-D).

A collection of articles met the inclusion and exclusion criteria and were searched using keywords in Indonesian (social media, students, depression, anxiety) and English (social media, students, depression, anxiety) in Google Scholar and ResearchGate. Meanwhile, in PubMed, articles were searched using the Boolean operators ("intensity" OR "frequency") AND

"social media" AND "students" AND ("depression" OR "anxiety"). The criteria used based on PECO(S) are: (1) population: college students in Indonesia, (2) exposure: intensity of social media use, (3) comparison: high and low intensity of social media use, (4) outcomes: incidence of depression or anxiety as measured by the BDI-II, DASS, HARS, and CES-D research instruments, and (5) research design: a quantitative approach with a cross-sectional study design.

The instruments selected for this study were the BDI-II, DASS, HARS, and CES-D. DASS was the most appropriate and effective instrument because it simultaneously measures levels of depression and anxiety. The BDI-II and CES-D only measure levels of depression, and the HARS only measures levels of anxiety. This is supported by research conducted by Bener *et al.* (2016), where the DASS was the most valid instrument with an AUC (area under the curve) of 0.86 compared to the BDI-II (0.83). However, Hakim & Aristawati (2023) research provided input for several improvements to the scale, namely removing points that overlapped with the depression and anxiety subcategories, and correcting the interpretation of one point in the stress subcategory.

In the PubMed database, articles were searched using the Boolean operators ("intensity" OR "frequency") AND "social media" AND "students" AND ("depression" OR "anxiety"). The criteria used, based on PECO(S), were: (1) population: students in Indonesia; (2) exposure: intensity of social media use; (3) comparison: high and low intensity of social media use; (4) outcomes: incidence of depression or anxiety as measured by the BDI-II, DASS, HARS, and CES-D research instruments; and (5) research design: a quantitative approach with a cross-sectional study design.

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correcting the interpretation of one item in the stress subcategory.

Article reporting used the PRISMA (Preferred Reporting Items for Systematic Reviews & Meta-Analyses) method. Based on keywords, 152 articles were found, of which 89 met the research objectives. Moreover, 71 articles were found within the 2019-2025 timeframe, in line with the research objectives. The authors identified relevant articles based on the inclusion and exclusion criteria. They identified 19 exclusionary articles, and 11 articles that met the requirements and were read in full.

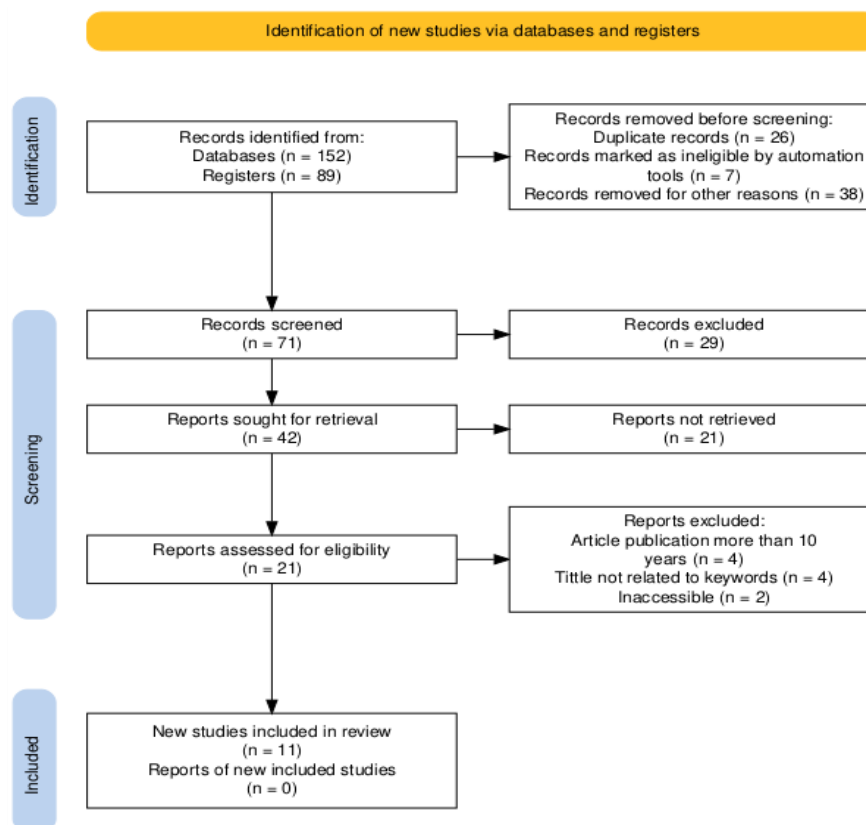


Figure 1. PRISMA Preferred Reporting Items for Systematic Reviews & Meta-Analyses (PRISMA) diagram

The quality of the reviewed articles was assessed using the JBI (The Joanna Briggs Institute) Critical Appraisal Checklist for cross-sectional study analysis, which consisted of the following questions: 1).

Were the sample inclusion criteria explained in detail? 2). Were the study subjects and setting described in detail? 3). Was the exposure measured using valid and reliable measures? 4). Was the condition measured

using objective and standardized criteria? 5). Were confounding factors identified? 6). Was a strategy for addressing confounding factors stated? 7). Were the results obtained using valid and reliable measures? 8). Was the statistical analysis used appropriately? (Joanna Briggs Institute, 2017). Based on the JBI scoring results, 7 articles received a score of 80% (7 of 8 questions met) and 4 articles received a score of 75% (6 of 8 questions met). Each question was scored one if met and zero if not (Pratama *et al.*, 2023). Articles

are categorized as high-quality if they score 80%-100%, medium-quality if they score 60%-79%, and low-quality if they score below 60% (Putri, 2025). These 11 articles were further analyzed in the study

RESULT

Referring to the search results, 11 articles were obtained, as shown in Table 1 below.

Table 1. Result of Article Selected

Title, Author and Year of Publication	Objectives	Method	Result	Limitation
The Relationship Between Intensity of Social Media Use and Depression Levels in College Students (Al Aziz, 2020)	To determine the relationship between depression levels and intensity of social media use in students.	Research Type: Ex post facto research with a quantitative approach. Sample: 250 respondents. Depression and/or Anxiety Instrument: BDI-II Social Media Use Intensity Instrument: Sylvia Marini (2020:116). Analysis Technique: Correlational data analysis. Social Media Frequently Accessed: WhatsApp Intensity Level: Low, medium, and high. Depression and/or Anxiety Level: Low, medium, and high.	There is a positive correlation between social media use and depression levels. Higher levels of social media use were associated with higher levels of depression in students.	The characteristics were less fulfilled because the majority of respondents used social media at a moderate level.
The Use of Social Media on the Incidence of Depression, Anxiety and Stress in College Students (Budury et al., 2019)	To identify the influence of social media use on the incidence of depression, anxiety and stress in students	Research Type: Cross-sectional analysis. Sample: 80 respondents. Depression and/or Anxiety Instrument: DASS Social Media Use Intensity Instrument: Social Media Addiction Scale Analysis Technique: Multivariate MANOVA. Social Media Frequently Accessed: - Intensity Level: Low, medium, and high. Depression and/or Anxiety Level: Low, medium, and high.	The results show a positive relationship between the frequency of social media use by students and the incidence of depression, anxiety and stress.	Most of the respondents were women (92.5%).
Student Depression Levels based on the Intensity of Social Media Use (Nugroho, 2025).	To determine the level of depression in students based on the intensity of social media use	Type of Research: Ex post facto correlational Sample: 250 respondents. Depression and/or Anxiety Instrument: BDI-II	The relationship between the intensity of social media use and the level of depression	The effective contribution was 2.2% from the variable intensity of social media use

Continuation of Table 1. Result of Article Selected

Title, Author and Year of Publication	Objectives	Method	Result	Limitation
	and its relationship with the level of depression in students.	Social Media Use Intensity Instrument: Sylvia Marini (2020) Analysis Technique: Correlational data analysis. Social Media Frequently Accessed: WhatsApp Intensity Level: Low, medium, and high. Depression and/or Anxiety Level: Low, medium, and high.	shows a positive correlation.	and 97.8% from other variables.
Social Media Addiction and Stress Among Indonesian Medical Students in Banjarmasin (Jamila et al., 2021).	To identify the relationship between the intensity of social media use and the level of neuroticism in medical students.	Research Type: Cross-sectional Sample: 84 respondents. Depression and/or Anxiety Instrument: DASS Social Media Use Intensity Instrument: SONTUS (Social Networking Time Use Scale). Analysis Technique: Spearman's Test. Social Media Frequently Accessed: - Intensity Level: Low, moderate/average, high, and very high. Depression and/or Anxiety Level: Normal, mild, moderate, severe, and very severe.	The results were not significant between the intensity of social media use and the level of depressive symptoms but were significant with the level of anxiety symptoms.	Economic status and psychosocial disorders can be confounding variables.
The Relationship Between Intensity of Social Media Use and Depressive Symptoms in Students of the Faculty of Medicine, HKBP Nommensen University (Siringoringo et al., 2022).	To determine the relationship between the intensity of social media use and the degree of depressive symptoms in students at the Faculty of Medicine, HKBP Nommensen University.	Type of Research: Observational analytical with a cross-sectional study design Sample: 101 respondents. Depression and/or Anxiety Instrument: BDI-II Social Media Use Intensity Instrument: SONTUS (Social Networking Time Use Scale). Analysis Technique: Spearman's rank correlation coefficient. Social Media Frequently Accessed: WhatsApp Intensity Level: Low, moderate/average, high, and very high. Depression and/or Anxiety Level: Normal, mild, moderate, and severe.	The relationship between the intensity of social media use and depression shows no relationship between the two variables.	Content, motivation, and responses during social media use were not measured. Measurements were only made for general usage intensity.
The Relationship Between Social Media Intensity and Anxiety Levels in UMKT Students (Triandini & Kurniasari, 2021)	To analyze the relationship between the intensity of social media use and anxiety levels in UMKT students.	Research Type: Quantitative research with a cross-sectional design. Sample: 107 respondents. Depression and/or Anxiety Instrument: HARS.	The results of the study show a positive relationship between the intensity of social media use and anxiety levels.	Measurements were taken during activity restrictions due to the Covid-19 pandemic.

Continuation of Table 1. Result of Article Selected

Title, Author and Year of Publication	Objectives	Method	Result	Limitation
Social Media Relationship and Anxiety in Fk Uisu Students (Sutriani & Rahmadhani, 2023)	To determine the relationship between social media exposure and anxiety levels related to the COVID-19 pandemic.	Social Media Use Intensity Instrument: SONTUS (Social Networking Time Use Scale). Analysis Technique: Bivariate with chi-square test. Social Media Frequently Accessed: Instagram. Intensity Level: High and low. Depression and/or Anxiety Level: Normal, mild, moderate, severe, and very severe.	There is a positive relationship between social media exposure and anxiety levels.	Weak correlation due to other factors (gender, family and environmental support).
Social Media Addiction and Mental Health Among University Students During the COVID-19 Pandemic in Indonesia (Sujarwoto et al., 2023)	To understand the relationship between social media addiction and mental health among students in Indonesia, as well as the role of family and religiosity in student mental health.	Research Type: Cross-sectional study. Sample: 709 respondents. Depression and/or Anxiety Instrument: CES-D Social Media Intensity Instrument: BSMAS (The Bergen Social Media Addiction Scale). Analysis Technique: Poisson and logistic regression tests. Frequently Accessed Social Media: Instagram Intensity Level: Very rarely, rarely, sometimes, often, and very often. Level of Depression and/or Anxiety: Normal and mild	The results show a positive correlation between depression and the level of social media use. Mild depression was experienced by students with a high level of social media addiction.	The number of questions on the CES-D scale and the social media addiction scale is limited. Therefore, the effectiveness and completeness of these two measures tend to be uncertain.
The Correlation of Social Media Usage Intensity with Depression During Pandemic in Medical Students of	To assess whether there is a relationship between increased social media use and	Type of Research: Analytical observational research and cross-sectional method. Sample: 90 respondents. Depression and/or Anxiety Instrument: BDI-II	The results show no significant correlation between the intensity of social media use and depression.	Uncontrolled confounding factors (coping and intensity measured only during the pandemic when

Continuation of Table 1. Result of Article Selected

Title, Author and Year of Publication	Objectives	Method	Result	Limitation
Jenderal Soedirman University (Kartika et al., 2021)	depression among medical students at Jenderal Soedirman University affected by the COVID-19 pandemic.	Social Media Intensity Instrument: SONTUS (Social Networking Time Use Scale). Analysis Techniques: Chi-square test and correlation. Frequently Accessed Social Media: - Intensity Level: Low, moderate, and high. Depression and/or Anxiety Level: Normal, mild mood disorder, moderate, severe, and extreme		activity restrictions were in place).
<i>Hubungan Intensitas Penggunaan Media Sosial Dengan Kesehatan Mental Mahasiswa Pada Masa Pandemi Covid-19</i> (The Relationship Between Social Media Intensity and Mental Health Among Students During the Covid-19 Pandemic) (Gunawan et al., 2021)	To understand the relationship between social media usage intensity and mental health among students at the Faculty of Public Health, Mulawarman University.	Research Type: Analytical research with a cross-sectional study design. Sample: 200 respondents. Depression and/or Anxiety Instrument: DASS Social Media Intensity Instrument: SONTUS (Social Networking Time Use Scale). Analysis Technique: Pearson correlation. Frequently Accessed Social Media: WhatsApp Intensity Level: Low, moderate/average, high, and very high. Level of Depression and/or Anxiety: Normal, mild, moderate, severe, and very severe.	A positive correlation was found between the intensity of social media use and stress levels. High levels of social media use corresponded with high levels of perceived stress.	Measurements were taken during the COVID-19 pandemic when social restrictions were in place.
<i>Hubungan Intensitas Penggunaan Media Sosial dengan Tingkat Kecemasan pada Mahasiswa Kedokteran Universitas Baiturrahmah Padang Angkatan 2021</i> (The Relationship between Social Media Intensity and Anxiety Levels among Medical Students at Baiturrahmah University Padang Class of 2021) (Nopriyanti et al., 2023)	To understand the relationship between social media usage intensity and anxiety levels.	Type of Research: Analytical research. Sample: 87 respondents. Depression and/or Anxiety Instrument: HARS Social Media Intensity Instrument: SONTUS (Social Networking Time Use Scale). Analysis Technique: Spearman's rho test. Frequently Accessed Social Media: WhatsApp Intensity Level: Low, moderate/average, high, and very high. Depression and/or Anxiety Level: Normal, mild, moderate, severe, and very severe.	A positive relationship between the level of social media use and anxiety levels was found in this study, with a value of $p=0,000$.	It is not explained how social media use can increase anxiety.

DISCUSSION

A comprehensive review of eleven articles revealed that they could be categorized into three distinct groups. Six articles examined the variable of depression, with four articles demonstrating a positive relationship and two articles indicating no relationship. Three articles addressed anxiety, all of which exhibited a positive relationship. Additionally, two articles analyzed depression and anxiety simultaneously, with one article demonstrating a positive relationship with both variables and one article showing a positive relationship with anxiety only. A positive correlation has been demonstrated between the intensity of social media use and the prevalence of depression and anxiety. The majority of students exhibited moderate levels of social media use in conjunction with moderate symptoms of depression and/or anxiety. The most prevalent social media platforms utilized by students were WhatsApp and Instagram, with a preponderance of female ownership. In the extant literature, a majority of the articles—ten out of eleven—have focused exclusively on the measurement of overall social media use, neglecting to categorize the type or kind of content accessed by students.

In contrast to face-to-face interactions, students have demonstrated a heightened level of engagement with social media, primarily for the purposes of information seeking, entertainment, and interaction with peers (Yunita & Kurniasari, 2022). This inclination has contributed to the continuous and habitual use of social media. The correlation between the extent of social media utilization and the prevalence of depression and anxiety among students is attributable to the duration of time devoted to social media use. This finding is consistent with the notion that prolonged exposure to information or diverse content on social

media platforms contributes to these mental health concerns. This information comprises a diverse array of content (Al Aziz, 2020).

Depression and anxiety may emerge when individuals are exposed to diverse forms of information on social media platforms. The ability to assess one's own shortcomings or strengths in comparison to others, often facilitated by the use of social media and the analysis of uploaded photographs, can contribute to the emergence of these mental health concerns (Budury *et al.*, 2019). This finding aligns with the conclusions of Al Aziz's (2020) research, which posits that the high intensity of social media use engenders cognitive distortion. Cognitive distortion is defined as an individual's negative perception of their experiences, self-image, and future prospects. Feelings of inferiority and the tendency to compare oneself to others represent forms of cognitive distortion. The advent of social media has engendered a paradigm shift in the manner in which individuals express themselves. The medium has granted users a high degree of autonomy to disseminate content in various forms, including written text, photographic images, and video recordings. This freedom, however, has concomitantly led to a phenomenon of comparison, wherein individuals find themselves in a constant state of self-evaluation and self-comparison with others. The resulting comparisons are of a negative nature, as they highlight the perceived deficiencies and strengths of social media users. Moreover, this psychosocial phenomenon has been shown to precipitate symptoms of depression and anxiety in students, who may experience feelings of inferiority or inadequacy in comparison to their peers within the online community (Sujarwoto *et al.*, 2023).

The main symptoms that may appear are loss of joy or interest, decreased activity,

and feelings of fatigue due to decreased energy. Then, three or four other symptoms appear in addition to the main symptoms, namely decreased concentration, lack of confidence, feeling that there is no future, feeling useless to others, and loss of appetite or even the desire to end one's life (Al Aziz, 2020).

Women are more open to experiences, which leads to them having more social media accounts (Siringoringo *et al.*, 2022). Nurlina *et al.*, (2022) also stated that compared to men, women have a higher tendency to interact and communicate on social media. This causes the time spent on social media to also be longer. Women are more sensitive and emotional about other people's views of them and are prone to jealousy. This jealousy can trigger depression in women (Handikasari in Zulaikha & Pulungan, 2023).

Indonesian Data Words (2020) stated that WhatsApp experienced a 40% increase in total users during the pandemic, with most of its users being young adults aged 16-24 years (Sujarwoto *et al.*, 2023). Supported by research by Alam & Muryono (2024) on symptoms of depression in the digital realm, it was reported that WhatsApp became a medium for expressing symptoms of depression, so that the expression of depression on WhatsApp often resulted in responses and support from peers who saw it, so that high intensity use of WhatsApp was a cause and/or effect of depression. Supported by research conducted by Gunawan *et al.* (2022), a high correlation was found between anxiety and WhatsApp usage, related to low self-esteem among students who frequently use short messages via WhatsApp.

Unlike Instagram, its users follow the cultural standard of "perfection" that is created in each of their posts. In line with the research by Davidson *et al.* (2014), the culture of perfectionism leads to the creation

of overly high personal standards and negative self-evaluation, ultimately resulting in feelings of worthlessness. This has the potential to cause symptoms of depression due to cognitive distortions and the development of negative schemas (Saraswati & Ardi, 2023). In line with Sari's (2022) study, Instagram is used as a medium to hide one's weaknesses due to excessive concern about receiving negative opinions.

Kusumastuti (2020) mentioned that high levels of anxiety experienced by students are in line with their low academic achievement. However, this is not in line with the results of research conducted by Sanger & Lamboan (2025), where academic achievement is not related to depression or anxiety. Cognitive and emotional processes (determination, mental strength, stress management, goal-oriented attitude) have a greater influence on students' academic achievement (Kartika *et al.*, 2021).

The high use of social media is in line with a person's level of education (Triandini & Kurniasari, 2021). This is supported by research conducted by Sutriani & Rahmadhani (2023) which found that, based on a survey by APJII, individuals with a high level of education also use social media intensively. This condition means that a person's high level of education is in line with their high use of and access to social media. This is not in line with research conducted by Jamila *et al.* (2021), which found that individuals with higher education tend to have lower levels of depression. This phenomenon is related to the fact that lower economic status groups often have limited access to education due to low income and poor living conditions.

Although students are active in accessing social media, most cases of depression and anxiety are not reported (Yana *et al.*, 2024). This shows that there is a strong link between the intensity of social

media use among students and depression and anxiety. However, not all social media use contributes to depression and anxiety; it all depends on how much self-control a person has. Students with high self-control tend to have low social media dependence (Savitri & Suprihatin, 2021). Mental health issues generally occur in individuals with low self-control. Self-control means that a person is able to manage their cognition, decision-making, and behavior when using social media (Gunawan *et al.*, 2021). Depression and anxiety cannot be directly influenced by the intensity of social media use but can occur when users engage in negative social judgments and interactions (Siringoringo *et al.*, 2022).

It has been demonstrated that students currently access social media on average more than once a day for periods exceeding 30 minutes. According to Nguyen *et al.* (2020), it is imperative to impose a maximum limit on social media usage, suggesting that individuals should restrict their consumption to a maximum of three hours per day in order to circumvent the potential risks associated with addiction. This assertion aligns with the findings of Budury *et al.* (2019), which demonstrated that social media usage for 2-4 hours daily can be a contributing factor to the development of depression and anxiety. As indicated by Febriana (2022), the potential consequences of social media addiction may include depression and anxiety, which have the capacity to interfere with an individual's cognitive processes. Asmal & Taufik (2023) posit that students should manage their social media use in a manner that does not interfere with their academic and social activities.

This study is subject to certain limitations. Firstly, the number of respondents in the articles reviewed is not specified, which could potentially affect the study's final results. It is imperative to note

that diversity in sample size has the potential to induce substantial disparities in statistical power. It is imperative that future studies take into consideration the type or genre of content accessed, thereby facilitating a more profound analysis of the influence of social media content on depression and anxiety levels.

CONCLUSION AND SUGGESTION

A review of the extant literature suggests a positive correlation between the intensity of social media use and the incidence of depression and anxiety among students. A positive correlation has been demonstrated between the increased use of social media and the elevated levels of depression and anxiety experienced by students.

The culture of perfectionism that has taken root on social media engenders in individuals an inclination to establish excessively high personal standards and to engage in negative self-evaluation, a phenomenon that ultimately engenders feelings of worthlessness. This phenomenon has the potential to induce symptoms of depression, precipitated by cognitive distortions and the establishment of negative schemas. Research related to social media use is of significant importance, as it can raise awareness about the potential negative consequences of unwise use of social media. The maximum time allocated for social media use is three hours per day. This finding underscores the importance of higher education institutions implementing self-regulation interventions, such as self-control training programs for students, so that the negative effects of social media can be mitigated. Further studies are necessary to determine the efficacy of self-control training as a preventative measure, with the objective of mitigating the potential disruption that

may be caused by social media use among students.

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Erica Feby Rachma contributed to the research, review, data analysis, article writing, and article revision. The authorship of the article was shared by Jayanti Dian Eka Sari and Endang Dwiyantri, who contributed to the guidance, evaluation, and direction of the article. Andina Fatimatus Zuhro's contributions included research and review of the article.

CONFLICT OF INTEREST

The authors declare there are no conflicts of interest.

DECLARATION OF ARTIFICIAL INTELLIGENCE (AI)

The author acknowledges the use of Perplexity AI for refining some words in the preparation of this manuscript. All AI-generated content has been rigorously reviewed, edited, and validated to ensure accuracy and originality. Full responsibility for the final content of the manuscript rests with the author.

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