

Analysis of the Influence Social Media Usage Intensity on Depression Among Adolescents at High School in Surabaya

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Introduction

Adolescents are in a sensitive developmental stage and are highly active social media users. While social media offers benefits like communication and self-expression, excessive use can lead to mental health issues such as depression.

In urban areas like Surabaya, the pressure from school, social comparison, and online exposure can increase the risk of depression among teens.

This study aims to analyze the influence of social media usage intensity on the level of depression among adolescents at Maryam High School, Surabaya.

Research Method

- 1) **Design:** Quantitative correlational research
- 2) **Population & Sample:** 100 students from Maryam High School Surabaya (saturated sampling technique)
- 3) **Instruments:**
 - Social Media Use Intensity Scale (SIPMS)*
 - Beck Depression Inventory-II (BDI-II)*
- 4) **Data Analysis:** Normality Test and Simple linear regression using JASP software

Result and Discussion

The study found a **significant positive relationship** between social media usage intensity and depression levels among adolescents.

- Data was **normally distributed** ($p > 0.05$).
- **F-value = 4.281, $p = 0.042$** → significant result.
- **Regression coefficient = 0.287** → shows a positive effect.
- **Equation:** $Y = 2.001 + 0.287X$

This means the more frequently students use social media, the higher their risk of experiencing depression. These findings support previous studies and emphasize the need for balanced media use and mental health awareness.

Conclusion

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High social media usage significantly increases the risk depression among adolescents.

Recommendations:

Teens should reduce screen time and engage more in real-life interactions.

Parents and schools must guide and educate youth on the mental health risks of excessive social media use.