

## The Relationship Between The Impact Of Tiktok Use On Mental Health Of Generation Z In Majalengka, West Java Indonesia

Sri Wahyuni<sup>1\*</sup>, Stefi Franciska<sup>2</sup>, Merlly Amalia<sup>3</sup>

<sup>1,2</sup> Department of Nursing, Faculty of Health Science, Universitas Yayasan Pendidikan Imam Bonjol Majalengka, Indonesia

<sup>3</sup> Department of Midwifery, Faculty of Health Science, Universitas Yayasan Pendidikan Imam Bonjol Majalengka, Indonesia

**Corresponding Author:** Sri Wahyuni: [yuyunyuni363@gmail.com](mailto:yuyunyuni363@gmail.com)

---

### ARTICLE INFO

*Keywords:* Tiktok, Mental Health, Generation Z, Social Media

*Received :* Date, Month

*Revised :* Date, Month

*Accepted:* Date, Month

©2025 Wahyuni, Franciska, Amalia: This is an open-access article distributed under the terms of the [Creative Commons Atribusi 4.0 Internasional](https://creativecommons.org/licenses/by/4.0/).



### ABSTRACT

**Introduction:** The use of social media is currently growing with various platforms, one of which is the TikTok application. The use of TikTok is increasingly popular among various age groups, especially teenagers or generation Z. Excessive and uncontrolled use of TikTok will have an impact on mental health disorders. **Purpose:** This study aims to determine the impact of TikTok use on mental health in generation Z at Senior High School in Majalengka, West Java in 2024. **Method.** This study uses quantitative research with a cross-sectional research approach or design carried out at Senior High School Majalengka West Java with a sample of 78 people with sampling using the proportional to size technique with random sampling. Data collection was carried out using a TikTok usage questionnaire and a mental health questionnaire. **Results and conclusions.** More than half, 52.6% of generation Z at Senior High School Majalengka West Java in 2024, are high-frequency TikTok users. A small portion of 12.8% of generation Z at Senior High School Majalengka West Java in 2024 experienced severe mental health and 48.7% experienced moderate mental health. There is a relationship between the use of TikTok and mental health in generation Z at Senior High School Majalengka West Java in 2024 after a trial using the Chi-Square test and obtained ( $p$  value)  $0.012 < \alpha 0.05$ . **Suggestion.** With the ease of using the internet, teenagers are also expected to be able to use the internet for useful things such as for learning, viewing news and others.

---

## INTRODUCTION

Mental health is when a person is mentally healthy, they are able to reach their full potential, face typical life challenges, be productive at work, and adapt and thrive in everyday environments (Gupta et al., 2022). Mental health is a state when a person's mind and nature are normal, calm, without problems, so that they can carry out daily activities. (Hasanatuludhhiyah et al., 2023)

When someone does not show any symptoms of mental problems, we are said to be mentally healthy. Having a healthy mind will prepare someone to achieve success in the future, so maintaining good mental health is very important (Chochol et al., 2023). Anxiety disorders, bipolar disorder, depression, and post-traumatic stress disorder (PTSD) affect up to one billion people worldwide, according to mental health statistics. The use of information technology is one of the many potential causes of mental health disorders in individuals (Caron et al., 2024). Forty percent of today's young generation, or 30 million people, use the internet and other digital media to communicate (Lau et al., 2024). Several application platforms now provide video production capabilities, complete with cool features, thanks to digital advancements. Among them is the TikTok application.

In September 2016, Zhaiyng Yiming debuted the TikTok application, which is a Chinese social media network and music platform. People of all ages use the TikTok application, making it the top social media platform. The videos displayed by the TikTok application range in length from fifteen seconds to thirty minutes. Videos that are popular in Indonesia and around the world are currently the largest content. The TikTok application allows users to share and express themselves through various types of videos, including vlogs, dancing, lip sync, and more. Although the percentage is smaller, adults also use the TikTok application. In addition, the number of people using social media has also increased, especially after 2020. Teenagers spend an average of four to eight hours every day on TikTok. The number of people using the TikTok application on a global scale reached 689.17 in 2020 and is still growing (Rackoff et al., 2023). In Indonesia, the TikTok application has 5.5 million active users, or more than 85% of the total active users. Researchers from the Center for Informatics Applications and Public Information of the Research and Development Agency found that with 100 million active users, Indonesia is second only to the United States in terms of the number of people using the TikTok application (Ariana et al., 2024).

There is a correlation between high use of TikTok by teenagers and changes in their online behavior. Teenagers who use social media platforms like TikTok often have less social awareness and engage in indirect forms of communication with others. Indirectly, this can affect mental health, including encouraging the development of anti-social views or even total indifference. Various studies have shown that excessive use of TikTok is associated with an increased risk of mental health problems such as anxiety, sadness, poor self-esteem, sleep disturbances, and body shame (Purboningsih et al., 2023).

Based on a study conducted by (Ariana et al., 2024) entitled "The Effect of TikTok Content on Stress Levels in Late Adolescents" that TikTok content has an

influence of 72.2% on stress levels, while the rest is influenced by other factors not included in the study, namely 52.1%.

The significance value based on the simple linear regression coefficient table is  $0.000 < 0.05$ , it can be concluded that the Content variable (X) has an effect on the Stress Level variable (Y). Is there an impact of Tiktok use on mental health in generation Z at Senior High School Majalengka, West Java in 2024? This study aims to determine the impact of Tiktok use on mental health in generation Z at Senior High School Majalengka, West Java in 2024.

## LITERATURE REVIEW

*According Karl Menninger about Mental Health in Adolescent* is said to have a mental health disorder or can be called a mental illness has the following characteristics: experiencing excessive anxiety, being easily provoked or angry, not being happy in social interactions, not having self-confidence, experiencing symptoms of physical illness (psychosomatic) such as stress, and not believing in God (Bauer & Sappenfield, 2024) The impacts that occur on mental health include changes in behavior, changes in mood, difficulty concentrating, weight loss, or even hurting oneself. The characteristics of a person who has good mental health are feeling happier and more positive, recovering from annoyance or disappointment, having healthier relationships with family and friends (Ramadhan et al., 2024).

Mental health is influenced by several factors, namely internal factors and external factors. Internal factors are factors that come from within the individual such as nature, talent, and heredity. Examples of nature are gentle, angry and evil. Examples of talents are talents singing, writing, acting. Examples of heredity are emotional, potential, and intellectual. Meanwhile, external factors are influenced from outside the individual. For example, the environment, socio-culture, and religion. External factors greatly influence mental health, a good environment will have a good effect on a person's mental health, while a bad environment will also create a bad mentality. The use of social media is an external factor of mental health because it will affect its users. The use of social media, one of which is the Tiktok application which is in great demand by children, teenagers or even adults (Chao et al., 2023).

The high use of Tiktok among adolescents can affect the behavior of these adolescents. Adolescents with high intensity of social media use, one of which is the Tiktok application, can cause their social interactions to be indirect, meaning that their social sensitivity tends to be low. This can have negative consequences for mental health indirectly, such as the emergence of antisocial attitudes or what can be called apathetic attitudes. Based on several other studies that have been conducted, it is known that high use of Tiktok can cause someone to experience mental health disorders such as anxiety, depression, low self-esteem, sleep disorders, and body shaming (Turuba et al., 2024).

## METHODOLOGY

This research is a quantitative research using a cross-sectional research approach or design, namely an approach by conducting observations or

measuring variables at the same time. All objects are only observed once and the researcher does not follow up. In this study, the sample was 78 students of Senior High School Majalengka West Java with the sampling used being probability sampling with a simple random sampling technique proportional to size, sampling carried out randomly by drawing lots or based on certain numbers. The instrument used in this study used a questionnaire that had been tested for validity and reliability with the results of the questionnaire being valid and reliable. Data analysis in this study used the Chi-Square test.

### RESEARCH RESULT

Based on the results of research conducted at Senior High School Majalengka West Java in 2024. Of the 78 respondents, the ages were between 16, 17, and 18 years. It is known that the age of generation Z at Senior High School Majalengka, West Java in 2024, 28 people were 16 years old (34.62%), 27 people were 17 years old (34.62%), and 23 people were 18 years old (29.49%). The age of generation Z at Senior High School Majalengka, West Java in 2024 has a higher presentation, namely at the age of 16 years. Based on gender, 37 men (47.44%) were found, and 41 women (52.56%).

Table 1. Frequency Distribution of TikTok Usage Among Generation Z at Senior High School Majalengka in 2024

Use of Tiktok	F	%
High	41	52,6
Low	37	47,4
<b>Total</b>	<b>78</b>	<b>100</b>

Table 2: Frequency Distribution of Mental Health Among Generation Z at Senior High School Majalengka in 2024

Kesehatan Mental	F	%
Severe	10	12,8
Medium	38	48,7
Good	30	38,5
<b>Total</b>	<b>78</b>	<b>100</b>

Based on the table above, 12.8% of Generation Z at Senior High School Majalengka in 2024 have severe mental health, 48.7% have moderate mental health, and 38.5% have good mental health. Thus, a small portion of Generation Z at Senior High School Majalengka in 2024 has severe mental health.

Table 3: Distribution of Proportion of Relationship Between TikTok Usage and Mental Health in Generation Z at SMK YPIB Majalengka in 2024

Tiktok Usage	Mental Health								$\rho$ value
	Severe		Moderate		Good		Total		
	f	%	f	%	f	%	F	%	
High	9	22	21	51,2	11	26,8	41	100	0,012

Low	1	2,7	17	45,9	19	51,4	37	100
<b>Total</b>	<b>10</b>	<b>12,8</b>	<b>38</b>	<b>48,7</b>	<b>30</b>	<b>38,5</b>	<b>78</b>	<b>100</b>

Based on the table above, it is known that 22% of severe mental health disorders in generation Z at Senior High School Majalengka in 2024 are Tiktok users with high frequency and only 2.7% are Tiktok users with low frequency. Thus, the proportion of generation Z with high Tiktok use has a higher severe mental health disorder compared to generation Z with low Tiktok use frequency. The difference in proportion indicates a significant relationship between the frequency of Tiktok users and mental health disorders in generation Z. The results of the Chi-Square test with 2x3 obtained a pvalue of  $0.012 < \alpha 0.05$ , which means that there is a relationship between Tiktok use and mental health in generation Z at Senior High School Majalengka in 2024

## DISCUSSION

The results of the data analysis show that there is a relationship between the use of TikTok and mental health in generation Z at Senior High School Majalengka in 2024, which was tested using Chi-Square and obtained a pvalue of  $0.012 < \alpha 0.05$ . The proportion of adolescents with a high frequency of using TikTok has a higher severe mental disorder compared to adolescents with a low frequency of using TikTok. The results of this study are in line with the results of the study by (Ariana et al., 2024) which explains that there is a relationship between the use of social media and the mental health of adolescents at Senior High School Semarang, with a rho value = 0.607 and a pvalue of 0.000 ( $< 0.05$ ). In line with the results of the study by (Purboningsih et al., 2023) explaining that there is a relationship between the use of TikTok social media and stress in adolescents ( $p = 0.017$ ) and the use of TikTok social media with anxiety in adolescents ( $p = 0.004$ ). In line with the research results of (Handayani et al., 2023) which explains that there is a relationship between the intensity of social media use and the anxiety levels of Generation Z nursing students at the Medistra Indonesia Health College in 2022.

Excessive use of social media can disrupt mental health, as evidenced by teenagers who use social media excessively, resulting in frequent depression, stress, anxiety, and feelings of loneliness. If these mental disorders occur for a long time, they will cause physical problems, namely eye health problems and disturbed sleep hours (Turuba et al., 2024). The results of the study conducted (Thursina, 2023) found that students' mental health was caused by social media, although students' mental health was in the moderate category at 53%, social media had an effect on students' mental health, namely anxiety disorders, stress, depression and loneliness. This is important because adolescence is a transitional period so that preventive efforts need to be made to be wise in using social media.

Tiktok contains negative things but it does not rule out the possibility that there are also positive things in it such as the many positive challenges to increase adolescent self-confidence, a wise attitude is needed from adolescents in using this Tiktok application. In addition to increasing adolescent self-confidence, this

application is also useful for carrying out various more interesting education both in terms of appearance and existing music so that the message to be conveyed can be more effective, such as only educating about how to prevent corona. Not only that, the use of this application is not only to make videos for entertainment but can be used as a place to promote products and the same as YouTube if you have a lot of followers, you can make money from followers and like videos.

In this study, there is a relationship between the impact of using Tiktok on mental health in generation Z at Senior High School Majalengka in 2024, so the school is expected to be able to provide policies regarding the use of social media in schools so that it does not interfere with the learning process and does not make students forget their duties and obligations both at school and at home. Students are expected to be able to choose content or information that is good for themselves and can be disseminated to their environment.

## **CONCLUSIONS AND RECOMMENDATIONS**

Adolescence is the age that most often experiences anxiety, the age where individuals are searching for their identity and seeking comfort in interacting, one of the highest users of social media is adolescence, and from the results of the study that there is a relationship between the use of TikTok and mental health in generation Z, it is hoped that with the ease of using the internet, teenagers are also expected to be able to use the internet for useful things such as for learning, viewing news and others.

## **ADVANCED RESEARCH**

This research still has many limitations because the research sample only used 1 high school, it is hoped that further research will use more than 3 schools so that it can be more representative..

## **ACKNOWLEDGMENT**

The researchers are grateful to Universitas Yayasan Pendidikan Imam Bonjol Majalengka west java Indonesia for their help and support.

## REFERENCES

- Ariana, H., Almuhtadi, I., Natania, N. J., Handayani, P. W., Bressan, S., & Larasati, P. D. (2024). Influence of TikTok on Body Satisfaction Among Generation Z in Indonesia: Mixed Methods Approach. *JMIR Human Factors*, *11*, e58371. <https://doi.org/10.2196/58371>
- Bauer, B. W., & Sappenfield, C. (2024). Meta-nudging and mental health: Using social influencers to change opinions and behaviors that positively impact mental health. *Current Opinion in Psychology*, *60*, 101935. <https://doi.org/10.1016/j.copsyc.2024.101935>
- Caron, M., Maltais, N., Corriveau, S., & Rassy, J. (2024). The use of information and communication technologies by adolescents living with a mental illness in the past 5 years: Scoping review. *International Journal of Mental Health Nursing*, *33*(5), 1349–1359. <https://doi.org/10.1111/inm.13329>
- Chao, M., Lei, J., He, R., Jiang, Y., & Yang, H. (2023). TikTok use and psychosocial factors among adolescents: Comparisons of non-users, moderate users, and addictive users. *Psychiatry Research*, *325*, 115247. <https://doi.org/10.1016/j.psychres.2023.115247>
- Chochol, M. D., Gandhi, K., Elmaghraby, R., & Croarkin, P. E. (2023). Harnessing Youth Engagement With Mental Health TikTok and Its Potential as a Public Health Tool. *Journal of the American Academy of Child & Adolescent Psychiatry*, *62*(7), 710–712. <https://doi.org/10.1016/j.jaac.2022.11.015>
- Gupta, C., Jogdand, S., Kumar, M., GUPTA, C., & Jogdand, S. D. (2022). Reviewing the Impact of Social Media on the Mental Health of Adolescents and Young Adults. *Cureus*, *14*(10), e30143. <https://doi.org/10.7759/cureus.30143>
- Handayani, P. W., Zagatti, G. A., Kefi, H., & Bressan, S. (2023). Impact of Social Media Usage on Users' COVID-19 Protective Behavior: Survey Study in Indonesia. *JMIR Formative Research*, *7*, e46661. <https://doi.org/10.2196/46661>
- Hasanatuludhhiyah, N., Visuddho, V., Purba, A. K. R., Arqom, A. d', & Marchianti, A. C. N. (2023). An Important Strategy to Improve Adolescent Health Literacy: COVID-19 Modules in High School in Indonesia. *Journal of Preventive Medicine and Public Health*, *56*(6), 523–532. <https://doi.org/10.3961/jpmph.23.113>
- Lau, N., Srinakaran, K., Aalfs, H., Zhao, X., & Palermo, T. M. (2024). TikTok and teen mental health: an analysis of user-generated content and engagement. *Journal of Pediatric Psychology*, *50*(1), 63–75. <https://doi.org/10.1093/jpepsy/jsae039>
- Purboningsih, E. R., Massar, K., Hinduan, Z. R., Agustiani, H., Ruitter, R. A. C., & Verduyn, P. (2023). Perception and use of social media by Indonesian

- adolescents and parents: A qualitative study. *Frontiers in Psychology*, 13, 985112. <https://doi.org/10.3389/fpsyg.2022.985112>
- Rackoff, G. N., Monocello, L. T., Fowler, L. A., Vázquez, M. M., Shah, J., Fitzsimmons-Craft, E. E., Taylor, C. B., Eisenberg, D., Wilfley, D. E., & Newman, M. G. (2023). Using social influence strategies to improve rates of online mental health survey participation: Results from two experiments. *Journal of Behavioral and Cognitive Therapy*, 33(2), 81–89. <https://doi.org/10.1016/j.jbct.2023.05.001>
- Ramadhan, R. N., Rampengan, D. D., Yumnanisha, D. A., Setiono, S. B. V, Tjandra, K. C., Ariyanto, M. V, Idrisov, B., & Empitu, M. A. (2024). Impacts of digital social media detox for mental health: A systematic review and meta-analysis. *Narra J*, 4(2), e786. <https://doi.org/10.52225/narra.v4i2.786>
- Turuba, R., Cormier, W., Zimmerman, R., Ow, N., Zenone, M., Quintana, Y., Jenkins, E., Ben-David, S., Raimundo, A., Marcon, A. R., Mathias, S., Henderson, J., & Barbic, S. (2024). Exploring How Youth Use TikTok for Mental Health Information in British Columbia: Semistructured Interview Study With Youth. *JMIR Infodemiology*, 4, e53233. <https://doi.org/10.2196/53233>