ABSTRACT

CORRELATION OF SOCIAL MEDIA ADDICTION ON ADOLESCENT’S STRESS LEVEL IN SENIOR HIGH SCHOOL 2 SURABAYA

DESCRIPTIVE CROSS SECTIONAL STUDY

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Over the past few years social media has been evolving rapidly and become such a massive part of all adolescent’s live. This study was purposed to explore the correlation of social media addiction on adolescent’s stress level. This study used quantitative method with descriptive correlation design. Samples were collected by using cluster random sampling on senior high school students in the 15-18 age range. Social media addiction were interpreted using modification of Internet Addiction Test (IAT) by Young and Griffith’s six components that determines behavioral addiction, while stress level were interpreted by Lovibond’s (Depression, Anxiety, and Stress Scale) DASS quistionnaire then analyzed using Spearman’s Rho test ($\alpha$<0,05). The results of this study have shown that there’s a significant correlation between social media addiction with adolescent’s stress level ($p=0,000$). The pressures of social media disproportionately contributes to stress in all sorts of different ways. Comparing their life with images that lack of reality, worrying that other people are having more fun, internal pressure to be effortlessly perfect and popular, wishing to get amount of likers and followers can lead to high level of stress. So it expected that teens should be directed to manage their social media usage and not take social media thing too seriously because after all stress among teenagers is a concern for the teens, their parents, and also their teachers.

Keywords: social media addiction, stress level, adolescent