

**ANALISIS PENGARUH PENGGUNAAN MEDIA SOSIAL TERHADAP
KESEHATAN MENTAL REMAJA MENGGUNAKAN METODE
PROFILE OF MOOD STATES (POMS)
(STUDI KASUS : SMP Negeri 1 Sidareja)**

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Abstrak

Penelitian ini bertujuan untuk menganalisis pengaruh penggunaan media sosial terhadap kesehatan mental remaja menggunakan metode *Profile Of Mood States (POMS)*. Media sosial saat ini menjadi bagian penting dari kehidupan remaja dan berdampak besar terhadap kondisi psikologis mereka. Data dikumpulkan melalui penyebaran kuesioner kepada responden remaja dan dianalisis menggunakan uji ANOVA. Hasil menunjukkan terdapat pengaruh signifikan antara durasi penggunaan media sosial dan kondisi kesehatan mental remaja, dengan nilai signifikansi 0,024. Media sosial memberikan dampak positif seperti peningkatan keterampilan komunikasi, ekspresi diri, dan akses terhadap informasi. Namun di sisi lain, media sosial juga dapat memicu gangguan seperti kecemasan, stres, depresi, gangguan tidur, dan isolasi sosial akibat perbandingan sosial yang berlebihan. Penelitian ini menegaskan bahwa semakin tinggi intensitas penggunaan media sosial, semakin besar pula risiko gangguan mental yang mungkin dialami remaja. Oleh karena itu, diperlukan literasi digital, pengawasan orang tua, dan pendampingan psikososial agar media sosial dapat digunakan secara sehat, bijak, dan seimbang.

Kata kunci: *Profile Of Mood States (POMS)*, Kesehatan Mental, Media Sosial

**ANALYSIS OF THE EFFECT OF SOCIAL MEDIA USE ON
ADOLESCENT MENTAL HEALTH USING THE PROFILE OF MOOD
STATES (POMS) METHOD
(CASE STUDY : SMP Negeri 1 Sidareja)**

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Abstract

This study aims to analyze the influence of social media use on adolescent mental health using the Profile of Mood States (POMS) method. Social media has become an important part of adolescent life and has a significant impact on their psychological well-being. Data were collected through questionnaires distributed to adolescent respondents and analyzed using ANOVA. The results showed a significant effect between the duration of social media use and adolescent mental health, with a significance value of 0.024. Social media has positive impacts such as improved communication skills, self-expression, and access to information. However, on the other hand, social media can also trigger disorders such as anxiety, stress, depression, sleep disturbances, and social isolation due to excessive social comparison. This study confirms that the higher the intensity of social media use, the greater the risk of mental disorders in adolescents. Therefore, digital literacy, parental supervision, and psychosocial support are needed to ensure healthy, wise, and balanced use of social media.

Keywords: *Profile of Mood States (POMS), Mental Health, Social Media*

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