The Impact of Social Media on Mental Health among Adolescents

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Abstract
This study aims to explore the impact of social media on the mental health among adolescents through group counselling. There five adolescents involved in the study are between the ages of 13 to 16 years old and are residents of Elmina Valley, Shah Alam, Selangor. The research methodology is qualitative and employs a case study design. Four group counselling sessions were conducted in face-to-face settings. Data from interviews and observations were analysed using thematic analysis to identify themes. The study findings reveal three main themes: factors, effects, and steps. There are eight sub-themes under the factors, including peer influence, quick access to information, a learning tool, following favoured celebrities' developments, staying connected with distant friends and relatives, boredom due to busy parents, seeking new acquaintances, and aspiring to be influencers. Six sub-themes are found under the effects, such as gaining knowledge, learning from anywhere, sharing ideas and hobbies, strained family relationships at home, cyberbullying issues, and falling for fake news. Meanwhile, there are five themes under the steps sub-themes: spending time with family, limiting social media usage, creating a personal schedule, being selective about social media content, and parental monitoring.
Keywords: Social Media, Mental Health, Adolescent

Introduction
Media can be defined as a tool or medium of communication, such as radio, television, and newspapers, while social pertains to friendship, socializing, and leisure activities. Social media is a communication channel that can convey information in the form of text, images, or videos to the public in a short amount of time. It has become the preferred mode of communication for society in this century to the extent that it has become a priority in people's lives. Furthermore, there are some individuals who turned social media into a career to earn income.

Today's adolescents are no exception when it comes to using communication technology devices like mobile phones, computers, and tablets, which have become essential items for them. Most users of communication technology nowadays are led by young people

because they are the group in society most attuned to the latest trends. A study conducted by Din et.al., (2019) found that adolescents addicted to screens are typically between the ages of 13 and 21 and are still either in school or higher education institutions. Therefore, considering their high usage rates of social media, it has led to various implications, both positive and negative. In Malaysia, as reported by Bernama in 2019, as many as 3 out of 10 young people have become victims of cyberbullying, which has had an impact on their education and social lives.

In today's era, many adolescents spend a significant amount of time on social media platforms and become deeply engrossed in what happens there, which can have an impact on their behaviour (Rosli et al., 2019). Through observation and reading, numerous studies, such as those conducted by Yee et.al, (2021), Aziz et. al., (2021), and Aziz et.al., (2021), have examined the factors and impacts of social media usage. According to Aziz et. al., (2021), the implications of social media include immediate behaviour changes, suicide, depression, and anxiety, as well as feelings of fear and apprehension.

According to Budury et al. (2019), social media involves the exchange of ideas, opinions, and content in virtual communication that creates and translates new communication methods using technology. In an article written by Ryan Jenkins titled "4 Reasons Generation Z Will Be the Most Different Generation," Generation Z, born between 1996 and 2012, has harnessed technology in various aspects of life. It can be likened to technology being as essential as breathing, to the point where it has become an obligation to use technology every day. Adolescents in today's era spend a significant amount of time on social media platforms and are deeply influenced by what happens there, which can have an impact on their behaviour (Rosli et al., 2019).

The National Mental Health Policy provides a definition of mental health as the ability of individuals, groups, and the environment to interact with each other to promote optimal subjective well-being and the use of cognitive, effective, and relational abilities towards achieving individual and group goals (National Mental Health Policy, 2012). One of the visions outlined by the National Mental Health Policy is to create a balanced and psychologically healthy society, as well as to promote mental health and prevent psychosocial problems. Good mental health is crucial in influencing an individual's thinking, behaviour, and feelings, and it also affects their decision-making, problem-solving, and interactions with others (Aziz et al., 2021). According to Darajat (1983) (as cited in Rosmalina et.al., 2021), mental health is a knowledge aimed at developing all existing potentials, interests, talents to the best of one's ability, thereby providing a sense of happiness not only to oneself but also to those around them, which in turn helps in avoiding mental disorders.

The use of social media saw a significant increase during the COVID-19 pandemic, as did the methods and systems of teaching and learning, which underwent drastic changes. There was a shift from in-person teaching to online methods, requiring students worldwide to use social media and electronic devices. The same applies to the buying and selling system, which shifted to online methods. This aligns with the findings of Aziz et al. (2021), where the implementation of Movement Control Orders (MCO) imposed by the government due to the COVID-19 pandemic led to a significant increase in social media usage, especially among teenagers.

The findings of the study conducted by Aziz et al. (2021) highlight various implications of social media usage on adolescents. These include impulsive behaviour, cyberbullying, exposure to pornography, fake news, incitement, and online scams. Additionally, the use of

social media also contributes to mental health problems such as depression, anxiety, fear, stress, and anxiety.

Therefore, this study is considered highly significant, especially for parents, relevant organizations, and the community, in formulating strategies to address the negative implications of media addiction. Consequently, parents should adopt appropriate parenting styles, while organizations and professionals like educators and counsellors should continuously enhance their knowledge of adolescent moral values and strengthen their respective roles in addressing these issues.

The increase in social media usage has exposed adolescents to various negative implications. However, there are still positive implications if they know how to manage their usage effectively. The influence of social media on individuals can be understood through the concept facilitated by the Uses and Gratifications Theory (U&G). This theory was introduced by Katz, Blumler, and Gurevitch in 1973, and it posits that social media users have the freedom to choose social media based on their needs and desires. There are two principles explained through this theory: firstly, media users are active in selecting the media they use, and secondly, they are aware of why they choose different media. Factors that encourage individuals to use social media include personal habits, friendships, relaxation, spending time, escapism, and information-seeking.

Research Objectives
The research objectives are
1. Identify the factors that drive adolescents to use social media.
2. Explore the effects of social media usage on adolescent mental health.
3. Examine the measures to reduce social media usage among adolescents.

Literature Review
There have been previous studies discussing the factors influencing social media among youth or adolescents. Among them, there is research indicating that dependence on Instagram social media has an impact on the mental health of students. The higher the usage of Instagram social media, the higher the mental health issues that arise (Harahap et al., 2022). According to Putra (2019), Instagram is one of the applications found in the Operating System (OS) used for creative editing of images and videos for the entertainment of followers.

Furthermore, studies have found several aspects of the effects of social media influence, including the occurrence of depression, anxiety, and stress among students. Besides the mental aspects, problems arising from social media addiction also include disturbances in students' academic performance (Budury et al., 2019). Findings from a study conducted by Sukmawati et al. (2020) on cyberbullying symptoms indicate that cyberbullying has a significant impact that affects all aspects of life, including psychological, physical, and social aspects. Its effects are not limited to the victims but also extend to the perpetrators.

The study is further supported by research conducted by Karsodikromo et al. (2022), which indicates that cyberbullying incidents also have implications such as emotional pressure, easily offended, behaving inappropriately, sadness, self-blame, feeling unappreciated, disappointment, hopelessness, suicidal thoughts, shame, thought disturbances, anxiety, and fear, harbouring feelings, reduced self-confidence, anger, loss of motivation, and academic implications such as lack of focus and school absenteeism.

Furthermore, the results of previous research studies also indicate a relationship between social media usage and the physical health of adolescents. Common disturbances

include increased stress levels, unhealthy lifestyles, changes in sleep patterns, and obesity. Excessive use of social media can also lead to vision problems such as near-sightedness, high blood pressure, and back pain (Al Yasin et al., 2022). When a lot of time is spent on social media, adolescents engage in less physical activity. As a result, negative effects on their physical health occur, leading to weight gain or obesity. The more effectively someone manages their time using social media, the lower the impact on the mental and physical health of adolescents.

It's important to acknowledge that social media also brings positive effects to its users; however, if not managed well, it can leave negative impacts. Research findings indicate that social media has a positive and significant influence on the mental health, anxiety, stress, depression, and loneliness of adolescents. They may feel left behind if they don't keep up with social media. Social media also makes it easier for them to access information, especially for educational purposes, and serves to connect with friends and family (Thursina, 2023).

The positive implications of social media usage are supported by a study conducted by Aziz et.al (2021), where he examined the influence of information and communication technology (mass media and social media) on the quality of life of individuals aged 16 to 40 years old. His research found both advantages and disadvantages that arise concerning the quality of life for these individuals. Young people can enhance their quality of life by acquiring diverse knowledge and skills. Through social media, they can work more productively and systematically because information delivery is more effective, and information systems are better organized. Social media also leads to broader friendship values while improving socialization skills. However, it should be noted that misuse of social media can lead to internet addiction and excessive pleasure, which can disrupt psychological well-being and create disharmony in society.

Aziz et al. (2021) examined the implications of social media on the mental health aspects of adolescents during the Covid-19 pandemic. Six aspects were discussed through this study: impulsive behaviour, cyberbullying, pornography, fake news, incitement, and online scams. Additionally, the researchers discussed implications for mental health issues such as depression, panic, fear, stress, and anxiety. The study findings clearly indicate that today's adolescents require strong support and assistance from the community.

Parents should adopt appropriate parenting styles and engage in effective communication with adolescents to help them build high self-esteem and protect them from the negative influence of social media. Collaboration from educators and counsellors is also crucial to ensure that adolescents remain vigilant and avoid falling into the negative implications of social media. Thus, special interventions should be implemented to address these issues among adolescents.

The study conducted by Septiana (2021) discusses the influence of social media usage on mental health and social well-being during the Covid-19 pandemic. The increased rate of social media usage during the pandemic demonstrates a significant influence of social media usage on the mental health and social well-being of adolescents. Using social media wisely with stable emotions can reduce the negative effects on mental health. It can be concluded that social media serves as an alternative that can contribute to the mental health of adolescents during the Covid-19 pandemic. From a social well-being perspective, social media can be a tool for maintaining good relationships with friends. This indicates that social media contributes to the social well-being of adolescents. If social media is used correctly, it can provide many benefits.

Indriani et al. (2022) conducted a study on the influence of social media addiction on the mental health of adolescents. The study found a correlation between social media addiction and the mental health of adolescents based on the frequency and duration of usage. The longer the duration of social media use, the greater the impact on mental health. The effects include sleep deprivation, reduced work productivity, spending more time with people outside the family, depression, anxiety, ignorance, and loneliness. The authors recommend that parents pay attention to their children's use of mobile phones and social media to prevent negative effects on adolescents.

Methodology

This study is a qualitative research study. According to John (1999), the primary goal of qualitative research is to expose and provide a clear understanding of the significance of a particular subject to humans. Therefore, this study was conducted using a group counselling approach to gain a better understanding and clear information about the research conducted. A group of five teenagers was formed, consisting of school students aged 13 to 16 years old. These teenagers were residents of Elmina Valley, Shah Alam, Selangor. The focus of this study was to identify the factors that drive these teenagers to use social media, the effects they face from social media usage, and the steps to reduce social media usage among them. Several activity modules were provided during the group counselling sessions to address the research focus questions. Some of the activities conducted included ice-breaking, "pokok oh pokok" (a tree-based activity), positive vs. negative discussions, as well as summarization and evaluation activities.

The group counselling sessions were conducted over a span of 2 days, comprising a total of 4 sessions. Each session lasted approximately 1 hour and consisted of 5 group members. Each session had its own specific goals and objectives. The first session focused on introductions and self-awareness, where each member shared their nicknames, strengths, and weaknesses to establish rapport among group members. The second session aimed at valuing time, with members drawing apple trees to identify factors motivating their social media use and discussing these factors within their groups. In the third session, members listed the positive and negative effects they associated with spending time on social media. The final session involved brainstorming alternative activities to social media usage. Each member shared two activities they could engage in, and the group leader summarized the two-day session's discussions and conclusions. These counselling sessions aimed to promote self-awareness, time management, and critical thinking regarding social media usage among the adolescent group members.

Research Findings

The study findings reveal three main themes: factors, effects, and steps. There are eight sub-themes under the factors, including peer influence, quick access to information, a learning tool, following favoured celebrities' developments, staying connected with distant friends and relatives, boredom due to busy parents, seeking new acquaintances, and aspiring to be influencers. Six sub-themes are found under the effects, such as gaining knowledge, learning from anywhere, sharing ideas and hobbies, strained family relationships at home, cyberbullying issues, and falling for fake news. Meanwhile, there are five themes under the steps sub-themes: spending time with family, limiting social media usage, creating a personal schedule, being selective about social media content, and parental monitoring.

Factors Driving Social Media Usage

This session led to discussions about the factors that drive adolescents to use social media. Various factors were identified, including peer influence, the desire for quick information retrieval, using it as an educational tool, keeping up with the latest developments of favourite celebrities, staying connected with distant acquaintances and family members, alleviating boredom when parents are at work, seeking to make new acquaintances, and aspiring to become influencers. These factors collectively contribute to the adolescents' engagement with social media platforms.

Peer Influence

The findings from this session indicated that each member recognized the significant influence of their peers in encouraging their use of social media. They expressed a desire not to miss out on the latest trends and to compete in showcasing their social media followers. Peer pressure played a substantial role in motivating adolescents to engage actively in social media to stay current and maintain their social standing among their friends.

"I started using social media in sixth grade. That's when my mom gave me a phone. At first, I only had WhatsApp, but then my friends taught me how to use Instagram and Facebook." (R1)

"Back then, the only social media I had was Facebook, and a friend helped me create it. They said it's fun to use Facebook, and you can make a lot of new friends." (R2)

"When I was in Form 1, I lived in a hostel. My friends and I used to sneak in our phones, but we got caught. During our free time, we would use Instagram. We would compete to see who had the most followers, and the one with the fewest had to treat the others." (R3)

"My friends said if you don't have Instagram and TikTok, you're missing out! Everyone has Instagram and TikTok." (R4)

"Instagram was the first social media I had. Then came TikTok. It was my friends who encouraged me to create accounts for all of them. Without them, I would have been left behind." (R5)

Quick Access to Information

Additionally, the presence of social media allows them to access information quickly. They only need a gadget like a smartphone or tablet to access information that is said to be at their fingertips. Social media serves as a convenient platform for them to gather information rapidly and efficiently.

"My mom gave me a phone to make it easier for me to study. I can quickly search for any information that my teacher asks for. It's faster than reading books to find information." (R1)

"During the lockdown, there was a lot of schoolwork, and I used my phone to get answers quickly. Using YouTube and Google made it easier." (R3)

"Usually, I use my phone to find any information. Whether it's the latest news or anything that's viral, it's faster, especially on TikTok." (R4)

Learning Tool

Social media is also used as a learning tool, especially during the COVID-19 pandemic. Social media platforms are favored not only by social influencers but also by teachers, sports

coaches, and Quranic teachers. They use social media as a medium to impart knowledge and information.

> *"Um... you can use social media for learning. Many teachers teach using YouTube, TikTok, and even Facebook..."* **(R1)**

> *"Since the Movement Control Order (PKP) started, I've been using social media a lot for learning. You can record what the teacher teaches and then watch it again. It's convenient like that."* **(R2)**

> *"I used to follow Teacher Fadli on Facebook! I learned math from him. Learning math from him was the best; it was easy to understand..."* **(R3)**

> *"I learn to exercise and stuff on TikTok! Many trainers and coaches upload their content on social media."* **(R4)**

> *"I attend online tuition classes. Sometimes, the teacher uploads the class materials on Facebook, so it's easy for us to refer to them..."* **(R5)**

Following Favourite Celebrities' Updates
Teenagers are easily influenced by their favourite celebrities. They follow and emulate every activity and life journey of these celebrities.

> *"I always keep up with my favourite celebrity. Where they go, where they eat... um... their fashion..."* **(R2)**

> *"I check out what celebrities are doing! Usually, I want to know about their activities, the cool places they visit, the best food..."* **(R4)**

> *"Yes, I like to see celebrities' outfits... their shoes, the clothes they wear... how their children dress... everything...!"* **(R5)**

Connecting with Distant Friends and Relatives
Furthermore, social media is also used as a tool to connect with distant people or strengthen relationships with others.

> *"My older brother lives overseas, so most of the time, we connect through social media. That's how I find out about his developments and activities..."* **(R2)**

> *"Social media helps me stay close to friends who have moved to different schools. It's how we keep in touch..."* **(R3)**

> *"Besides calling, I use Facebook and Instagram to connect with my mom or dad when they're overseas. My mom likes to update her activities when she goes out somewhere..."* **(R4)**

> *"Since I entered boarding school, many of my friends have been separated... different schools. So, with Twitter, Instagram, and Facebook, it's easy to chat with them."* **(R5)**

Boredom Due to Busy Parents
There are also respondents who use social media to alleviate boredom when their parents are busy working.

> *"My mom and dad are always busy with work. My sister and I are usually with the maid. So, my sister and I just use our phones if we're bored and don't have anything else to do."* **(R2)**

> *"Sometimes, even on weekends, my mom and dad aren't home; they go to work or out of town. My siblings and I each do our own thing. My older brother hangs*

*out with friends because he's older, my sister goes to tuition classes, and it's just me and my younger sibling left. We all have our own phones." **(R3)***

Seeking New Acquaintances

Respondents also use social media to find new acquaintances. The diverse and user-friendly nature of social media platforms makes it easy for teenagers who enjoy making friends to connect with new people.

*"I'm the type who enjoys making friends, so through Instagram, Twitter, TikTok, WeChat, and Facebook, I've made new acquaintances. It's fun to get to know so many people." **(R1)***

*"Through social media, I can make friends from all over the place. Some are even from other countries." **(R4)***

Aspiring to Become Influencers

Social influencers have a significant influence, especially on teenagers. This is because the lifestyle portrayed by social influencers, such as luxury and the perception of easy and quick work for results, can be highly appealing.

*"I like watching Aqil Zulkiflee. He's young, has a lot of money, and is smart. I want to be like him someday." **(R5)***

Effects of Social Media Use

The sharing in this session provided insights into the effects arising from the use of social media. There are both positive and negative effects of using social media.

Gaining Knowledge

Social media can bring benefits if managed well by teenagers. One of the benefits of social media is gaining knowledge.

*"I've gained a lot of new knowledge from TikTok, Instagram, YouTube, and so on. Sometimes, people share things like car maintenance, engine care, and how to repair things. There's a lot to learn if you're diligent enough to look." **(R1)***

*"I've learned a lot through social media! I just search for what I want to know on YouTube, especially. I'm sure to find it!" **(R2)***

*"While scrolling through Instagram, I sometimes come across things I didn't know about before. So, you can acquire new knowledge that way." **(R3)***

*"I enjoy cooking, so I've learned to cook new dishes through YouTube and TikTok. Just simple cooking." **(R4)***

*"I like watching people go camping. I've started learning a bit about camping through social media. Maybe I can go camping with my friends in the future." **(R5)***

Learning from Anywhere

The use of social media also has a positive impact on individuals, especially in terms of learning. Social media plays a significant role in facilitating students' access to educational resources. This is because social media can be accessed anytime and anywhere with ease.

*"I like using social media because it's easy to access. I can use it anywhere I like. Just pick where you're comfortable, and you can even use it while having a drink." **(R1)***

"If I don't have time to go home to study, sometimes I can study in the car. There's no excuse for missing class." (R2)

"When I want to study, I like to go to a quiet place. If it's noisy at home with my siblings, I'll go to the library or a park near my house. If I go to the park, it's usually with friends, and we study together." (R3)

"Most of my tuition classes are online, so it's convenient. I can study from anywhere." (R4)

"During school holidays, we still have extra classes that our teacher provides, usually through YouTube." (R5)

Sharing Ideas and Hobbies

Furthermore, teenagers also use social media as a platform to share ideas and their hobbies. They can exchange ideas and opinions about their favourite hobbies with like-minded enthusiasts from all around. This allows them to further develop their interests and hobbies, making teenagers more creative.

"Aside from making new friends, I also get to exchange ideas about my favourite hobbies. We can create groups to share ideas." (R2)

"I find out about swimming and cycling events through my Instagram. Then, I join and make new friends at these events." (R3)

"My mom and I share the same hobby, which is trying out new recipes. So, I use my social media to find recipes that we want to try." (R5)

Strained Family Relationships

Excessive use of social media also has negative effects, such as straining relationships with family members. This happens because teenagers become too absorbed in playing with social media, regardless of time and place. They can even be preoccupied with their phones while eating, leading to a lack of communication and strained relationships with other family members. Consequently, family members may feel neglected.

"I've noticed that I talk less with my family at home. Our house becomes quiet because everyone is busy with their phones. Even during meals, we're glued to our phones." (R1)

"My dad scolded us the other day during a meal. He was angry because we were all on our phones while eating, and we didn't even notice when my mom called us."(R2)

"Sometimes, I don't even realize when my parents leave the house. They have to inform the maid, and we don't spend much time with the family anymore." (R3)

Cyberbullying

Cyberbullying occurs because of improper management of social media use. This often happens to teenagers who are too obsessed with seeking attention and gaining a high number of followers on social media, such as uploading videos and pictures of themselves.

"I like to upload and update my social media, especially when I go to interesting places or when I dress nicely, like outfit of the day (OOTD). But sometimes, when I upload a video, people criticize me. They say I look ugly, old, like an auntie, or even worse, that I dress up like a prostitute. I was sad at that time, to the point where I closed my Instagram account. It was hard to accept." (R3)

"I once got criticized when I uploaded a picture with my male friend. We weren't doing anything inappropriate, just sitting close together. But there were many self-proclaimed religious scholars who started giving free sermons. It was very stressful! When the criticism didn't stop for days, I had to delete that picture. There were even people mocking me outside. I felt really down at that time." (R5)

Falling for Fake News

Additionally, teenagers are also easily misled by fake news. Their gullible nature can lead them to make judgments without verifying the information. This can result in them unknowingly sharing fake news with others.

"I once got stressed because I unknowingly spread fake news. At that time, I didn't know it was fake news; I just shared it with everyone. But the person who owned the content messaged me, asking for a public apology. I was very embarrassed at that time. It was too late to retract it because it had already spread." (R4)

Steps to Reduce Social Media Usage

Social media can have both positive and negative impacts, especially on teenagers. However, there are various steps that can be taken to reduce addiction or excessive use of social media. These steps include engaging in family activities, limiting social media usage, creating personal schedules at home, and being wise in choosing social media content.

Spending Time Together as a Family

Teenagers can reduce their social media activities by engaging in family activities during their leisure time. For example, they can go outdoors, share hobbies, schedule family meals, go to the movies, and more.

"I think maybe we can spend time with our family by doing fun activities together, such as watching movies as a family, going to the movies, going bowling as a family...it would be great!" (R1)

"I enjoy outdoor activities, so I think if my parents are free, I would invite them to go camping, with no phones allowed on that day." (R2)

"Perhaps we can designate a day every weekend for mandatory family meals. During that time, we can chat with our family because during the weekdays, everyone is busy with work or school." (R3)

"We can bake cakes or cook our family's favourite dishes and then have a meal together..." (R4)

Limiting Social Media Activities

To prevent teenagers from becoming addicted to social media, they can take steps to limit their social media usage. For example, they can reduce the time spent on social media from 4 to 5 hours per day to 3 to 4 hours or even less.

"I think the time spent using the phone for social media can be reduced...from 4 hours to 3 hours...2 hours...and so on...it's impossible to quit cold turkey." (R1)

"Try setting an alarm...limit your social media time to an hour or so...then stop..." (R3)

"Set specific times for social media usage, either in the evening or before bedtime...you can use your phone for a short while in the afternoon or during free time..." (R4)

*"Avoid using your phone during meals, while watching TV, or before sleeping...you can check your phone briefly in the afternoon or during rest periods..." **(R5)***

Creating Personal Schedules

Furthermore, teenagers should create their own schedules at home to balance their study time, family activities, and helping their parents with household chores. This can help maintain discipline in them and make the best use of their time.

*"We can create our own schedules at home. Divide our time for studying, playing, and helping our parents. This way, we won't waste too much time just playing on our phones." **(R2)***

*"Make sure everyone has their own schedule at home and ensure that you follow the schedule you've created...that way, our efforts won't be in vain." **(R4)***

*"You need to learn to divide your time between playing, sleeping, studying, helping your parents...having a schedule helps us know what we should be doing so we don't get bored." **(R5)***

Choosing Content Wisely

Another step to take is to be selective about the content on social media. Parents can help their children choose age-appropriate content for their age group.

*"We need to be wise in selecting social media content to avoid getting trapped in things that shouldn't concern us..." **(R1)***

*"We can ask our parents for help in making choices about the content we should browse..." **(R4)***

Parental Monitoring

Parents also play a crucial role in monitoring their children, especially when it comes to social media usage.

*"Parents need to monitor their children's phone usage...children can only use their phones on holidays or at specific times..." **(R2)***

*"Parents need to ensure that their children do not create social media accounts that can harm them..." **(R5)***

Discussion

Group counselling has proven to have a positive impact, especially in sharing information, discussing common problems, and addressing issues faced by group members more effectively. Members do not feel isolated because they have others who share similar problems. Group counselling is a process of establishing a relationship between a counsellor and several participants in which they assess themselves and their situations to change attitudes and behaviours (Hensen, Warner, and Smith, 1980, as cited in Majid et.al., 2019). Group counselling is a self-adjustment process that utilizes participants' experiences in the group as motivators for their personal development. The focus of group counselling is to help participants deal with self-adjustment and daily personal development issues, such as behavioural changes, improving interpersonal skills, attitudes, values, career decisions, or life choices (Gibson and Mitchell, 1981, 1999, as cited in Majid et.al., 2019).

In the first session, group members initially appeared somewhat hesitant and unsure about fully participating in the group. Various questions arose in their minds regarding the group sessions. However, the first activity managed to capture their attention and interest in

the group session. They seemed comfortable and more confident after engaging in the initial activity.

The second session focused on identifying the factors that drive teenagers to use social media. In this session, various opinions, and expressions from group members regarding the factors that drive them to spend time on social media emerged. Upon examination, the main factor contributing to this issue was peer influence. However, other factors also played a role, such as seeking information, escaping boredom at home, using it as a learning tool, following favourite celebrities' stories, and using it as a means of connecting with old and new acquaintances. Some teenagers also aspired to become social media influencers.

The following session addressed the second objective, which was to explore the effects of excessive social media use on teenagers' mental health. While it cannot be denied that excessive social media use has negative effects on mental health, such as stress, sadness, and feelings of inadequacy, these effects were not severe because they were still able to manage them effectively. In addition to the negative effects, excessive social media use also had positive impacts, such as gaining knowledge, learning from various sources, sharing ideas and hobbies, expanding their social network, and maintaining relationships with distant contacts.

The fourth session, which was the final session, addressed the third objective, which was to examine steps to reduce social media usage among teenagers. Each member successfully provided suggestions for alternative activities to engage in instead of using social media. They appeared genuinely committed to reducing their social media usage, which typically consumed 4 to 5 hours of their daily time.

Overall, the group counselling sessions with these five teenagers proceeded smoothly and received cooperation from all parties involved. They have started to become aware of the influence of social media on teenage mental health. Various preventive measures have been discussed and should serve as guidelines for all group members.

Conclusion

In summary, social media has both positive and negative effects on today's society. Each social media user has their own responsibility in using social media in their own way. Teenagers should be wise in managing social media, using it in a balanced way, both academically and for their physical and mental well-being.

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