Encouraging Women's Mental Health

by Promoting Healthy Social Media Usage

Aufal Khima

IAIN Kudus

aufayassirly@gmail.com

ABSTRACT

A research study was conducted to analyze the impact of social media on women of various social statuses. The study involved interviewing 30 people, including 10 teachers, 10 traders, and 10 housewives. The findings suggest that some individuals experience mental health problems as a result of improper social media use and lack of emotional regulation. Among the participants, three teachers, seven housewives, and seven traders experienced similar problems. However, some individuals are able to use social media wisely and obtain positive mental health outcomes, such as three teachers, one housewife, and two traders. In contrast, four teachers, two housewives, and one trafficker suffered from mental health disorders due to limited use of social media or focusing only on positive aspects while striving for self-development and spiritual growth. These people experience a variety of mental health problems, including anger, anxiety, fear, insomnia, eating disorders, hallucinations, and dizziness with no known cause.

Keywords: Healthy Social Media, Mental Disorder, and Mental Health

A. Introduction

Social media is one of the most important things in a woman's dictionary. Women are identified with their hobbies of telling stories, chatting, venting, shopping and singing. All of this can be obtained through social media. The birth of various social media applications and online shopping applications seems to pamper women.

Of course, not only the above, there are also many positive sides of social media ranging from reciting and studying and even friendship with relatives who are outside the island and abroad. Social media has transformed women. Women who used to only know things about in the house, can now reach all information in various worlds. Information about political, economic, social, cultural, scientific, fashion trends and world recipes.

Such a condition has many benefits for the development of women from various sides. However, it's the same as coins. Social media has two sides, namely positive and negative sides. The effects of the positive side are of course always supported, but what are the negative effects? Have women been able to limit their social media usage, the extent of their social media control on their mental health and how they cope with it?

The study employed qualitative research methods, which aim to conduct scientific research in a social context that prioritizes deep communication between the researcher and the informant being studied (Herdiansyah, 2015). The researcher used interviews as a technique to collect data. Interviews involve a question-and-answer process between two or more people, who establish direct physical and social contact to determine the information the interviewer is looking for (Cholid Narbuko and Abu Achmadi: 2009). The researcher used a purposive technique to select their informants and selected 30 (thirty), they are ten (10) teachers, ten (10) traders, and ten (10) housewives.

B. Discussion

1. Social Media And Mental Health

Nasrullah explains that social media has special characteristics, namely:

1. Network is an infrastructure that connects computers with other hardware. This connection is necessary because communication can occur if between computers is connected, including data movement.

2. Informations, becomes an important entity because social media users create representations of their identity, produce, and interact based on information.

3. Archive, for social media users, archives become a character that explains that information has been stored and can be accessed anytime and through any device.

4. Interactivity, social media forms networks between users that not only expand friend relationships, but must be built with interactions between these users.

5. Social Simulation, a medium for society to take place in the virtual world. It has uniqueness and patterns that in many cases are different and are not found in the real order of society.

6. User-generated content on social media, content is wholly owned and based on the contributions of users or account owners. UGC is a symbiotic relationship in a new media culture that provides opportunities and flexibility for users to participate. This is different from old (traditional) media where the audience is limited to being a passive object or target in message distribution (Ahmad Setiadi: 2003).

Judging from the form of response to this stimulus, behavior can be divided into two kinds.

1. Closed Behavior

   A person's response to a stimulus is covert. The response or reaction to this stimulus is limited to attention, perception, knowledge or awareness and attitudes that occur in the person receiving the stimulus and cannot yet be clearly observed by others. This behavior is called covert behavior or unobservable behavior (Muhibudin:2015).

2. Open Behavior

   A person's response to a stimulus takes the form of an action or practice that can easily be observed or seen by others. This behavior is

called overt behavior, real or practical action (practice) (Muhibudin: 2015).

Mental Health Literacy has been defined as "knowledge and beliefs about <u>mental disorders</u> which aid their recognition, management, or prevention" Research has indicated that mental health literacy is positively associated with <u>help-seeking</u> and negatively associated with stigma and negative attitudes toward mental health. (Sharon Lambert, Raegan Murphy, Gillian Murphy: page 324)

Briefly, there are 4 things that can be a reference to healthy mental characteristics, including:

a. Zakiyah Daradjat stated the difference between mental disorders (neurosis) and mental illness (psychosis), namely: Neurose still knows and feels his difficulties, while those affected by psychoses do not. Or Neurose his personality is not far from reality and still lives in the realm of reality in general. While the psychotic personality in all aspects (responses, feelings or emotions, and impulses) is very disturbed, there is no integrity, and he lives far from the realm of reality.

b. Self-adjustment is the process of obtaining or needs satisfaction, and overcoming stress, conflict, frustration, and certain problems in certain ways. A person can be said to have normal self-adjustment if he is able to meet his needs and overcome his problems reasonably, not harming himself and his environment, and in accordance with religious norms.

c. Utilizing the maximum potential Mentally healthy individuals are those who are able to utilize their potential, in positive and constructive activities for the development of their qualities. Utilization is such as in learning activities (at home, school or in the community), work, organization, hobby development, and sports.

d. Achieving personal and other happiness Mentally healthy people display their behavior or responses to situations in meeting their needs, having a positive impact on themselves and others. He has

the principle that he does not sacrifice the rights of others for his own interests above the losses of others. All activities are aimed at achieving mutual happiness(Asriyanti Rosmalina: page 174).

2. The Effect of Social Media Usage on Women's Mental

Researcher used a list of questions divided into two parts: about "Social Media Usage" and "Mental Influence". For the results, we can read on the tables:

a. Social Media Usage

1.	From whom did you get to know social media?
2.	What social media is often used?
3.	How long do you spend on social media a day?
4.	Is social media important for your life?
5.	What are the benefits of social media in your life?
6.	How much does it compare to the benefits and time wasted when you open social media?

b. Result of Social Media Usage

Result	Teacher	Trader	Housewive
1	Handphone Fitur Family and Friends Advertisement and Partner	Internet Family Friends	Friends Family Handphone
2	Facebook, Blog, WhatsApp, Instagram, Tiktok Youtube,Twitter, and Telegram (10)	Facebook, Blog, WhatsApp, Instagram, Tiktok Youtube (3); Facebook, Instagram, TikTok, WhatsApp, Youtube, Telegram (7)	Facebook, WhatsApp, Instagram, Tiktok Youtube (8); Facebook, Instagram, Twitter, WhatsApp, and YouTube (2)
3	No respon (1) 5 (1)	No Respon (2) 6 (1)	No Respon (7) 2 hours (1)

	10 (5) 12 (2) 15 (1)	12 (1) 16 (2) 17 (2)	10 hours (1) 9 hours (1)
4	Yes (10)	Yes (10)	Yes (8) No (2)
5	Communication, adding information, science and entertainment	Communication, adding information, science and entertainment	Communication, adding information, science and entertainment
6	1:1 (6) 2:1 (4)	No Respon (1) 2:1 (5) 1:2 (3) 1:1 (1)	No Respon (3) 1:2 (4) 1:1 (3)

c. Mental Influence

1.	Do you feel any changes in your mental health when you spend too much time on social media?
2.	What mental health changes do you feel?
3.	Do you use social media for a long time consciously?
4.	What efforts do you make to recover from these mental disorders?
5.	How do you feel about living a day without social media?

d. Result of Mental Influence

Result	Teacher	Trader	Housewive
1	Yes	Yes	Yes
2	No Respon (1) Headache Unclear anger Insomnia First for no reason Stress	No Respon (3) Social inequality that creates stress (1) Insomnia, headache, cemas (4), dizziness (1),	No Respon (4); Insomnia, Anxiety, Fear Hallucinations, Stress, Headache (4); Dizziness and Anxiety (2)

		All of the above symptoms (1)	
3	Sometimes conscious sometimes unconscious	Conscious when it comes to business, besides being semi-conscious (9); Sadar (1)	Sometimes conscious sometimes unconscious (6) No Respon (4)
4	Reducing phone and social media use Reading The Holy Praying Keeping herself busy Sleeping Travelling Writing	Reducing phone and social media use Reading The Holy Koran Praying Keeping herself busy Sleeping Travelling Shopping	Reducing phone and social media Reading The Holy Koran Praying Taking a Bath Sleeping Travelling Cleaning the house
5	Calm (2); Calm and curious (3); When holidays are quiet, if the active day of work feels less calm can miss the info. (5)	Calm (1); Worry about merchandise, Calm down at the first day, the second day, unable to do it (9)	Bored, lack of entertainment (7) Calm (3)

From the table above we can find out some things below:

e. Results of Social Media Usage

1. Women know social media through family, friends, advertisements that appear when using cellphones, work partners and cellphone default features

2. The social media used are Facebook, Blog, What'sapp, Instagram, Tiktok, Youtube, LinkedIn, Twitter and Telegram.

3. Internet usage time is as follows:
   a. for teachers is No response,5,10,12,15 hours
   b. for traders is Response No,6,12,16,17 hours
   c. for housewives is No Response,2,10,9 hours

4. Stating the importance of social media use, all teachers and traders stated that the use of social media is important for them, and for housewives, 8 persons say important, and 2 persons say not important.

5. The benefits of social media for research objects are broadly the same answer, namely communication, adding information, science and entertainment

6. Comparison of benefits and wasted time when using social media as follows:
   a. For teachers are 1:1, 2:1, and No. Answer.
   b. For traders are No Answer, 2:1, 1:2, and 1:1
   c. For housewives are No Answer,1:2, and 1:1

f. Result of Mental Influence

1. All respondents said they felt a change in mental health when using social media

2. Changes in mental health into mental illness as follows:
   a. For the teachers are dizziness, unexplained anger, insomnia, anxiety without cause, and stress
   b. For traders are no response, stressful social inequality, insomnia, dizziness, and anxiety.
   c. For housewives are insomnia, anxiety, fear, hallucinations, stress, and dizziness

3. The respondents when using social media are sometimes conscious, sometimes in an unconscious state. The state of awareness from the beginning has intended to open the information that is being sought which is related to the needs of each at that time, the rest is in an

unconscious state in the sense that knowing is not important but wants to continue to open it and is difficult to stop.

4. Efforts to deal with mental disorders that occur as follows:
   a. For teachers: reducing the usage of handphones and social media, reading the Holy Quran, praying, busy themselves, sleeping, travelling, and writing.
   b. For traders: reducing the usage of handphones and social media, reading the holy Quran, praying, busy themselves, sleeping, travelling, shopping
   c. For housewives: reducing the usage of handphones and social media, reading the holy Quran, Praying, taking a bath, sleeping, travelling, cleaning the house.

5. One-day experiment without social media as follows:
   a. For teachers are calm; calm and curious; during quiet holidays, if the active day of work feels less calm can miss the info about education.
   b. For the merchants are worried about merchandise, calm at the first day, the second day is not able.
   c. For the housewives are bored because lack of entertainment, calm

The findings suggest that some individuals experience mental health problems as a result of improper social media use and lack of emotional regulation. Among the participants, three teachers, seven housewives, and seven traders experienced similar problems. However, some individuals are able to use social media wisely and obtain positive mental health outcomes, such as three teachers, one housewife, and two traders. In contrast, four teachers, two housewives, and one trafficker suffered from mental health disorders due to limited use of social media or focusing only on positive aspects while striving for self-development and spiritual growth. These people experience a variety of mental health problems, including anger, anxiety, fear, insomnia, eating disorders, hallucinations, and dizziness with no known cause.

3. **Healthy social media usage**

a. Choosing social media and filter accounts

Research conducted by Leung in 2005 and cited by Shiefti Dyah Alyusi in her book Social Media: Interaction, Identity and Social Capital says that virtual communities occur because of lonely motives, lack of social support and a place to express according to identity. Users believe that they will be noticed, loved and appreciated if they belong to a particular social media community. Users consider social media important because it can be a powerful solution to fulfill their inner motives.(Shiefti Dyah Alyusi: 2016)

From the statement above, we can know what users must do to meet needs that cannot be obtained in the real world. First, using social media that is important and relevant to the needs of each role he lives and in accordance with his identity. If the selection is right, it will produce the right results as well. So, every person should be able to filter social media and some accounts that will be opened frequently. The accounts you follow will become information subscriptions for us. In order not to cause adverse effects that cause mental disorders, we must be selective and smart in their use.

b. Limiting social media use

The use of social media for a long duration and continues to decline every day, can lead to addiction for its users. Users will feel empty if they don't use social media, even within an hour or two. The circulation of a lot of information, images and videos that are negative, resulting in imbalance of mind. There is a collision that occurs in the subconscious brain, the longer it uses the more it feels the mental disorder.

Internet addiction, especially in the use of social media causes a person to use and access the internet excessively even though understanding that excessive use can cause physical and psychological disorders. In some cases, someone who is able to control themselves when addicted to social media will try to change his mood and feelings from

negative to positive. But in other cases, someone who does not have these skills will experience mental illness.

c. Check the correctness of the information

The presence of social media as a forum for talking and exchanging information with one another provides positive and negative benefits. One of the negative impacts is that it is used as an arena for the delivery of opinions, hate speech and fake news (hoaxes). Information disseminated has the motive of bringing down a certain person, group or institution. Unfortunately, when many liked and commented, the news was considered true.

The longer the use of social media against unclear information, the greater the influence of mental illness such as dizziness, sleeplessness, unclear anger, loss of appetite and hallucinations. This is due to the absence of mental readiness to receive and process circulating information.

Social media users should be more silent while observing and looking for existing information for tabayun. By staying for a moment, the brain can think more clearly, and is not easily affected by other people's movements to turn right or turn left. Finally, the mind and mentality of social media users can be more awake sanity.

C. Conclusion

This research find two things: first, changes in mental health into mental illness as follows: for teacher dizziness, unexplained anger, insomnia, anxiety without cause, and stress. For traders are stressful social inequality, insomnia, dizziness, and anxiety. For housewives are insomnia, anxiety, fear, hallucinations, stress, and dizziness.

Second, Efforts that have been made by women to overcome mental health problems include: For teachers: reducing the usage of handphones and social media, reading the Holy Quran, praying, busy themselves, sleeping, travelling, and writing. For traders: reducing the usage of handphones and social media, reading the holy Quran, praying, busy themselves, sleeping, travelling, shopping. For

housewives: reducing the usage of handphones and social media, reading the holy Quran, Praying, taking a bath, sleeping, travelling, cleaning the house.

REFERENCE

Agus Hiplunudin (2017). *Politik Era Digital*. Yogyakarta: Clpulis. Edition:1. Page:4 5

Ahmad Badran (2012). *Kaifa Tatakhlashu min Al-Qalaq*. Terj: Faisal Saleh, Yogyakarta: Mumtaz.Edition:1.

Ahmad Saifuddin (2023).*Psikologi Siber: Memahami Interaksi dan Perilaku Manusia dalam Dunia Digital*. Jakarta: Kencana, Edition:1.

Drs. Cholid Narbuko dan Drs. H. Abu Achmadi (2009). *Metodologi penelitian*. Edition:10. Jakarta: PT. Bumi Aksara.

Muhibudin Wiajaya Laksana (2015). *Communication Psychology: Building effective communication in Human Interaction.* CV. Pustaka Setia. Edition:1.

Shiefti Dyah Alyusi (2016). *Media Sosial: Interaksi, Identitas dan Modal Sosial*, Jakarta: Kencana. Edition:1.

https://www.ramsaymentalhealth.com.au/en/resources--support/resources--support/article-25/

Pemanfaatan media sosial untuk efektifitas komunikasi Ahmad Setiadi AMIK BSI Karawang. https://ejournal.bsi.ac.id

Pengaruh Kesehatan Mental terhadap Kesejahteraan Keluarga. Asriyanti Rosmalina. Prophetic : Professional, Empathy, Islamic Counseling Journal – Vol. 5, No. 2, Desember 2022.page:174.

*Podcasts as a tool for enhancing mental health literacy: An investigation of mental healthrelated*podcasts.https://www.sciencedirect.com/science/article/pii/S 2212657023000272NaoiseÓ Caoilte, Sharon Lambert, Raegan Murphy, Gillia n Murph y.Indonesia on Journal of Social Sciences Volume 12 No. 02, July - December 2020, page: 34-48.