

Article

Study Philosophy of Well-Being Psychological Adolescent Social Media Users Based on Self Regulation

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ABSTRACT: Introduction: The application of the concept of self-regulation that has an impact on the psychological well-being of adolescent social media users as self-regulation in a core aspect of human functioning that helps facilitate the successful pursuit of personal goals and adaptability to changes in the environment. This literature aims to determine the study of the psychological well-being philosophy of adolescent social media users based on self-regulation. **Methods:** This literature study was conducted through a search for scientific publications ranging from 2018-2022. The databases used are PubMed, Science Direct, and ProQuest. The literature search was carried out according to topics with four groups of keywords based on Medical Subject Heading (MeSH) and combined with Boolean operators AND, OR and NOT, keywords Self-regulation AND mental wellbeing AND social media AND adolescence. **Results:** A study of the psychological well-being of adolescent social media users based on self-regulation based on ontology, epistemology, and axiology studies. Self-regulation is a philosophy that emphasizes the dynamic process that directs the behavior of a teenager towards the desired final state and adapts to changes that occur in the surrounding environment. The adaptation process is carried out as a form of self-regulation of the positive and negative impacts of using social media on adolescents with a motivational approach and avoidance system. The approach motivation system is carried out if it provides positive aspects in social media. While avoidance motivation is carried out if it has a negative impact in the form of low self-esteem, depression, and body image disturbances as a result of social comparisons made by teenagers when they see other people's posts. **Conclusion:** The concept of psychological well-being of adolescent social media users based on self-regulation is beneficial for parents to improve the parenting pattern of adolescent children. Good parenting is needed in understanding the positive and negative impacts of using social media and reducing externalization problems in adolescents.

Keywords: Philosophy; social media; psychological well-being; self-regulation

INTRODUCTION

Adolescent who are growing and developing today are part of a unique generation. They have matured during the development of digital society, where digital screens are very intensively used in everyday life (Orben, 2020). The emergence of modern technology has had an impact on unlimited internet access and introduced a large number of mass media applications that can be downloaded by the younger generation. Many mass media applications today have evolved into youth communication media. According to a recent survey conducted by the Pew Research Center, 91% of adolescents use social media to maintain contact with peers, of whom 94% use social media on a daily basis (Shah et al., 2019).

Social media offers users many potential benefits, including exposure to current events, interpersonal connections, and increased social support networks (Riehm et al., 2019). However, concerns are growing about the potential dangers of using social media. A quarter of teens think social media has a mostly negative influence on people their age, pointing to reasons such as the spread of rumors, lack of direct contact, unrealistic views of other people's lives, peer pressure, and mental health problems (Anderson & Jiang, 2018).

Digital technology focuses on what is known as screen time. Screen time is the amount of time a user spends interacting with the screen during a given period of time. The amount of screen time used has increased in recent years, while the amount of time spent watching television with family has decreased (Ofkom, 2019). For teenagers, the use of social media and the internet is almost everywhere. In the UK, 83% own a smartphone and 99% spend 21 hours online per week (O'Reilly, 2020). This will have an impact on adolescent mental health which is associated with depression (McCrae et al., 2017), concerns about body image and eating disorders (Aparicio-Martinez et al., 2019), and externalization problems (Riehm et al., 2019). So, it takes self-regulation (self-regulation) both emotions and behavior as an effort to control oneself.

Self-regulation is closely related to human life and helps individuals to regulate their emotions, thoughts, and behavior and not be overwhelmed by negative and stressful life events. There are two main manifestations of the regulatory system; approach and avoidance motivation, which are thought to depend on the nature of the environment. Specifically, cues that signaled reward provoked approaching motivation while cues that invoked threat aversion/withdrawal motivation, contributed to inhibition as a control (Akil et al., 2022).

METHOD

This literature study through the search for scientific publications ranged from 2018-2022. The databases used are PubMed, Science Direct, and ProQuest. The literature search was carried out according to topics with four keyword groups based on Medical Subject Heading (MeSH) and combined with Boolean operators AND, OR and NOT, keywords Self-regulation AND Mental wellbeing AND social media AND adolescence.

RESULTS AND DISCUSSIONS

1. Self-regulation based on ontology study of psychological well-being of adolescent social media users

Psychological well-being (psychological well-being) is a complex construction involving optimal psychological functioning and experience which may be defined as hedonic (pleasure) and eudaimonism (fulfillment of meaning) happiness and resilience which includes (coping, emotional regulation, healthy problem solving). (Tang et al., 2019). According to (Dienlin & Johannes, 2020) well-being is a subcategory of mental health which consists of two parts, namely positive and negative mental health. Negative mental health includes subclinical negative mental health such as stress or negative affect and psychopathology such as depression. Positive mental health is a synonym for well-being consisting of hedonic and eudaimonism. Well-being is conceptualized in terms of indicating optimal psychological functioning and experiences in life. In general, there are two philosophical attitudes in psychological review. Welfare, namely hedonism that underlines the search for happiness; and eudaimonism which puts the phase into a more meaningful way (Avedissian & Alayan, 2021). Seeking happiness is defined as the pursuit of good luck and favorable external conditions that have a positive impact on mental health (Yang et al., 2021). Different from hedonism, eudaimonism reflects the true self that focuses on subjective cognitive-affective experiences, such as the meaning of the experience and the life goals of adolescents to be achieved (Liu et al., 2021). Eudaimonism well-

being is a subjective well-being that consists of meaningful activities, actualizing youth potential, and understanding the meaning of life rather than hedonic experiences. Previous research has shown that interpersonal relationships contribute greatly to meaning in life in adolescents (Joshnloo, 2021).

Adolescence is a key stage in individual development. At this time there are many physical, psychological, and social changes that must be adapted by children to reach maturity (Boraita et al., 2022). According to (Sawyer et al., 2018) adolescence is defined as the phase of life that stretches between childhood and adulthood which includes elements of biological growth and transitions of major social roles. Adolescence is associated with individuals starting to examine and explore psychological characteristics of themselves, questioning who they really are and finding out how they fit in with their peers (Olivia & Sasha, 2021). In adolescence, individuals have developmental tasks that must be done well, so that adolescents will not experience difficulties in their social life and will bring happiness and success which have an impact on psychological well-being. The developmental tasks of adolescence that must be achieved include: accepting their own physical condition and its diversity of qualities, achieving emotional independence from parents, developing interpersonal communication skills and getting along with peers, finding role models on social media that serve as examples of personal identity, strengthening self control based on values, principles or philosophy of life and being able to adapt to changes that occur in the environment (Saputro, 2018).

Social media is an online media that is used by someone to form a social network or social relations with other people who have the same hobbies, careers, activities, backgrounds, or connections in real life (Hennessy et al., 2020). Social Media has been defined as a website that enables profiling and visibility of relationships between users providing functionality for sharing, relationships, groups, conversations, and profiles (Wolf et al., 2018). In addition, social media also plays a role in seeking information, news, education, insight, and long-distance contacts. People who use social media are free to communicate and share any information, any news with each other without thinking about barriers like cost, distance and time. Distance and time are no longer a problem for young people today. Many teenagers or students who travel far to study and away from parents and family, as well as people who are far from their partners, besides having meetings in the world of work, are not difficult to fulfill. This convenience is because social media offers many features that may not require face-to-face contact but can bring both parties together remotely (Yohanna, 2020). Social media has many types of platforms namely Facebook, YouTube, Twitter, Instagram, game sites, and other similar interactive websites (Abolfathi et al., 2022). Many of these platforms have transformed communication among teenagers, especially those who are the most productive and active users of this technology (Throuvala et al., 2019).

Psychological well-being of adolescent social media users depends on several factors that can determine the quality of life related to self-esteem, life satisfaction and status that affect psychological well-being. Shek 1997 examined hopelessness, purpose in life and general psychiatric morbidity about adolescent psychological well-being. Several indicators have also been adopted, such as mental health which includes anxiety and depression, as well as life expectancy as desired (Avedissian & Alayan, 2021). Elements of psychological well-being include a sense of emotional balance, thought, social relationships, and pursuits that require active involvement in self-control processes such as emotion regulation. Emotion regulation is defined as the process by which adolescents influence the emotions they have, and how they experience and express them. This is an integral part of self-regulation which is a person's ability to change his behavior, carried out by adolescents to achieve higher goals, which is an important aspect of human adaptation to life (Feller et al., 2018).

2. Epistemology of the study of adolescent self-regulation of social media users

The application of the concept of self-regulation that has an impact on the psychological well-being of adolescent social media users as self-regulation in a core aspect of human functioning that helps facilitate the successful pursuit of personal goals. Self-regulation or what is known as self-regulation is a broad term that refers to a dynamic process that leads one's behavior towards a desired final state. The final state or goal can be defined as a certain desired behavior (e.g., physical exercise), a thought or attitude (e.g., compassion), or an emotional state (e.g., feeling satisfied). Therefore, the classification of self-regulation is not only behavior but also thoughts and emotions (Inzlicht et al., 2021). Self-regulation in adolescent social media users includes a variety of ways in which people modify thoughts, feelings, and behaviors to achieve personal goals, including engaging in vigorous self-control when carrying out a series of activities in cyberspace.

The self-regulation construct is a personality-related construct that describes a person's ability to plan, monitor, and evaluate his or her own behavior towards other people's posts on social media. Pervin's (1988) study defined this classical understanding of psychological constructs. According to (Fuente et al., 2022) the initial conceptualization of self-regulation, lies at the molecular level of psychological analysis that adopts three principles:

1. Self-Regulation is a variable related to the subject and is determined by other subject variables or factors, such as personality and metacognitive factors.
2. Contextual factors are considered indirectly, because they have a more tangential role in explaining variability or determining the level of regulation of a person's behavior, whether referring to general or specific behavior, behavior related to education or health.
3. People are assumed to have a higher or lower level of self-regulation, without trying to define the category of Self-Regulation.

The use of social media is not a monolithic concept. Empirically, the measurement of social media use depends on self-reports which include the duration of daily social media use. Therefore, self-regulation is needed as control (Dienlin & Johannes, 2020). Self-regulation is described as the ability of adolescents to direct their actions towards goals and ideals that stem from personal desires or expectations of others, and help adolescents adapt to the demands of society and the environment. Self-regulation in Bandura's social cognitive theory (Bandura, 1986), is the interaction between personal factors (e.g., cognitions, feelings, skills), behavioral factors (e.g., use of strategies, seeking help) and environmental factors (e.g., work environment and interactions with peers), through the concept of triadic reciprocal causality, all of which affect the functioning of individuals in using social media (Fuente et al., 2022).

3. Axiology study of adolescent social media users based on self-regulation

Self-regulation in adolescent social media users is very important to be implemented in everyday life. Given the widespread use of social media in adolescents which has a positive and negative impact on the lives of adolescents. The positive impact of the use of social media on adolescents allows adolescents to gain a better understanding in the field of education, experience, and new social relationships. According to (Dienlin & Johannes, 2020) the positive impact of social media is helping to connect with friends, obtain information and find like-minded people. Meanwhile, excessive use of social media can interfere with the growth, health, and academic performance of adolescents (Bhandary, 2019). In addition, the impact of mental health is also felt by adolescents using social media in the form of self-concept disorders which refer to low self-esteem because of adolescents who make social comparisons on other people's posts (Jiang & Ngien, 2020). The number of adolescents who experience low self-esteem When interacting on social media requires the importance of self-regulation which is a person's ability to change his behavior as a form of adolescent adaptation to his life (Inzlicht et al., 2021).

CONCLUSION

The use of social media in adolescents has positive and negative impacts. The positive impact of the use of social media on adolescents allows adolescents to gain a better understanding in the field of education, experience, and new social relationships. While the negative impact on mental health that affects the self-concept of adolescents. Self-concept disorders that occur in teenagers who use excessive social media, which affect low self-esteem, depression, body image disorders and good parenting are needed in understanding the positive and negative impacts of using social media and reducing externalization problems in adolescents.

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