



The Influence of TikTok Social Media Addiction on Psychological Well Being among University Students

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Abstract

The widespread use of social media platforms, particularly TikTok, has raised growing concerns about their psychological effects on young adults. In the context of university students in Indonesia's Jabodetabek region (Jakarta, Bogor, Depok, Tangerang, and Bekasi), this study explores the relationship between TikTok addiction and psychological well-being. Using purposive non-probability sampling, data were collected from 166 respondents and assessed through the Bergen Social Media Addiction Scale (BSMAS) and Ryff's Psychological Well-being Scale (RPWBS). Statistical analysis via linear regression revealed a significant negative correlation ($r = -0.372$, $p < 0.001$), indicating that higher levels of TikTok addiction are associated with lower psychological well-being. The model accounted for 13.8% of the variance in well-being scores. These findings underscore the psychological risks linked to excessive social media use and highlight the importance of fostering digital awareness and balance among students in the emerging adulthood phase.

Keywords: Indonesia; Psychological Well-being; Social Media Addiction; TikTok; University Students

Introduction

TikTok is one of the most popular social media applications in Indonesia and one of the most downloaded applications worldwide. According to the World Population Review, Indonesia is even ranked second in the number of TikTok users worldwide, reaching 99 million people. Many people started downloading the TikTok application significantly as a result of the pandemic that occurred in 2020. This was caused by the situation where people were required to stay at home in response to the pandemic. As a result, the use of the internet and social media, including TikTok, has increased significantly (Massie, 2020). It cannot be denied that excessive use of TikTok can have negative impacts, such as addiction to social media.

According to the Survey of the Indonesian Internet Service Providers Association (APJII), 2023, as many as 78.19 percent of Indonesians, or 215,626,156 people, out of a total population of 275,773,901 people, use the internet. This shows that internet usage has increased by 1.17 percent compared to the previous year. It cannot be avoided that this also influences the intensity of social media use, where in excessive situations it can disrupt daily routines and potentially cause behavioral disorders, such as social media addiction.

Studies such as those described by Kwan and Leung (2015); Kwon *et al.* (2013), and Oyinbo *et al.*, (2024) highlight the negative impacts of prolonged social media use. As in the student category, it is often found that they open social media during the learning process and ignore the time that should be used for studying (Adawiyah, 2020; Lusianawati *et al.*, 2024). One application that students often use during lectures is TikTok. People access social media to significantly increase psychological happiness,

thereby minimising feelings of loneliness and shame. This makes people believe that they are cared for or appreciated and have more access to resources and opportunities (Chen & Li, 2017; Ahmad, 2024). This belief can also lead to excessive use of social media, which can have bad impacts, especially in terms of addiction to social media.

This research is specifically aimed at students because the stage of development that includes frequent use of social media is emerging adulthood. Emerging adulthood, which ranges from 18 to 25 years of age, is a period of exploration for individuals. Students are at this stage, where they can start new things and develop their identity, social relationships, and knowledge about the world through social media (Hendarti, 2006; Yu & Leung, 2024). However, this also makes them vulnerable to dependence on social media. Data from Annur (2023) reveals that 18–24-year-olds are the age group most actively using TikTok social media, with a participation rate of 20.9% for women and 17.5% for men. Then, according to a survey by the Indonesian Internet Service Providers Association (APJII), 2023, data based on provinces shows that the highest internet users, namely those above 80 percent, are in Banten at 89.10 percent, while DKI Jakarta is at 86.96 percent, and Jabodetabek (acronym for five big major cities in Indonesia: Jakarta, Bogor, Depok, Tangerang, and Bekasi) is at 86.96 percent. 82.73 percent. So, the Jabodetabek area has a high level of internet users. And therefore, this research wanted to see the effect of TikTok social media on psychological well-being among students in the Jabodetabek area.

TikTok and Social Media Addiction

TikTok is an application from China that combines videos, songs, and stickers with a time limit of up to 15 minutes. This application has attracted widespread public attention (Oktaheriyani, 2020; Kufaga, (2024). In the opinion of Bulele, Y.N., and Wibowo (2020), TikTok is not only a source of information but also entertainment with elements of music and dance, especially liked by students. Social media addiction, as defined by Andreassen (2015), is when someone uses social media continuously, interferes with social activities, and experiences difficulty controlling their use. Griffiths (2000) classifies the symptoms of social media addiction into six diagnostic aspects. These include the dominance of thoughts by online social media activities (salience), the use of social media as an escape from problems (mood modification), increased online activity on social media (tolerance), feelings of discomfort when not accessing social media (withdrawal symptoms), internal conflict. and external ones that arise as a result of online social media activities (conflict), and the return of online social media behavior that has long been abandoned (relapse). Social media websites are often used as a means of escape from real life, which can be stressful and unpleasant for individuals (Maheswari & Dwiutami, 2013). When accessing social media websites, individuals feel happy and calm when they can interact with other people via internet media (Maheswari & Dwiutami, 2013; Eichenberg, Schneider & Ruml, 2024). So, this is one of the factors contributing to social media addiction. Nurmadia, Wigati, and Masluchah (2013) also stated that social media users who are addicted often cut off communication with people around them, such as family and friends in the real world, which results in them neglecting social activities and free time. Social media has an impact on a person's psychology; a positive impact is a strong influence on someone to do something that brings good, such as social interaction that extends between countries, faster information gathering, etc.; and there is a negative psychological impact, namely the influence that is strong and causes bad things such as low self-esteem, consumer lifestyle, self-isolation, etc. (Cahyono, 2016).

Psychological Well-being

Happiness, as stated by Seligman (2005), is a condition in which a person remembers more pleasant experiences than unpleasant ones. The type of happiness that focuses on psychological well-being, as explained by Ryff and Keyes (1995), involves positive relationships with other people, life goals, self-acceptance, personal development, autonomy, and healthy environmental choices. High psychological well-being has a positive impact in various ways, such as approving that in various aspects of oneself there are still many advantages and disadvantages, assessing oneself according to the criteria one has in mind, and continuing to grow (Ryff, 2014). Apart from that, there are other positive impacts, such as

being able to control various challenges that arise in external activities, having meaning in present and past lives, and establishing close and satisfied relationships with others while paying attention to the welfare of others (Ryff, 2014). On the other hand, if psychological well-being is low, the negative impact can be seen in two aspects. The personal aspect includes dissatisfaction with oneself, the need for other people to make important decisions, difficulty developing new behaviors or attitudes, difficulty controlling daily tasks, and a lack of thinking about clear goals (Ryff, 2014). In terms of interpersonal relationships, low psychological well-being results in a lack of close and trusting relationships with one another, difficulty expressing warmth, openness, and caring for others, feeling isolated and frustrated in interpersonal relationships, and being reluctant to compromise in order to maintain relationships with other people (Ryff, 2014; Lee & Hancock, 2024).

The Relationship between TikTok Social Media Addiction and Psychological Well-being

In today's context, where the internet and social media have become an integral part of life, social media can influence psychological well-being. Studies such as Reinecke and Trepte (2014); Erfani and Abedin (2018) have highlighted that social media has an impact on psychological well-being. Previous research shows that excessive social media use can have a negative impact on psychological well-being, including decreased performance, high levels of stress, feelings of loneliness, and decreased psychological well-being (Kim, Jin & Swinney, 2009; Brooks, 2015). Factors such as age, gender, culture, personality, and type of social networking site can also influence psychological well-being (Ryff, 1989; Guo *et al.*, 2014). The factor that connects the use of TikTok social media with psychological well-being is individual self-acceptance. Especially for students who are at the stage of wanting to fulfil their ego, social media is used for personal satisfaction with the hope of increasing their feelings of self-worth by monitoring and comparing other people and themselves in the form of beauty, achievement, and success, which results in triggering a lack of self-confidence, and finally, self-confidence decreases (Ariandi, Mubarak & Fahlvi, 2023). A study from Aziz (2020) also states that when students continuously use social media, they will compare themselves more with other users, which ultimately creates a negative view of themselves and affects their psychological well-being.

So, the phenomenon observed is that many students use TikTok, which disrupts their daily activities, including studying in class. The use of social media often results in work delays, difficulty understanding material, and even social isolation (Hartinah *et al.*, 2019). This gives rise to the assumption that social media addiction can have a negative impact on psychological well-being, reduce the ability to reach full potential, and disrupt the balance between obligations and entertainment. A study by Ariandi, Mubarak and Fahlvi, 2023 shows that excessive use of social media by generation Z can cause symptoms of stress, depression, and anxiety, all of which indicate low levels of psychological well-being (Heintzelman, 2018). From research by Karim *et al.* (2020), it is stated that the use of social media can have a bad impact on mental health, such as anxiety, depression, body image problems, hurting or injuring oneself, misuse of substances, and death. Research conducted by Savitri (2019), which obtained 400 respondents with the criteria of social media users and ranging in age from 18 to 25 years, showed that the conclusion from the data results was that 104 people, or 26%, had poor psychological well-being. With various findings from previous research, this research aims to investigate "the influence of TikTok social media addiction on the psychological well-being of students in the Jabodetabek area." Therefore, the hypothesis to be proven in this research, namely:

H0: There is no significant influence of social media addiction on the psychological well-being of students in the Jabodetabek area.

H1: There is a significant influence of social media addiction on the psychological well-being of students in the Jabodetabek area.

Research Methodology

Research Design and Sampling Technique

The design that will be used in the research is a quantitative approach with the research type in the form of correlational research in order to see the influence of the independent variable on the dependent

variable in regions or cities covering the Jabodetabek area so that it can represent the entire population. In this research, the group that will be studied is active students, and the sample size that represents the population is students located in the Jabodetabek area. Then, by using the list from Krejcie and Morgan, the researcher has a target population of 100 with a sample of participants that will be as many as 80 students who have been determined by the researcher. The method used is non-probability sampling with a type of purposive sampling so that researchers can select according to the desired criteria so that when collecting data from the target, it can be more accurately represented.

Data Processing Techniques

In the data processing carried out, statistical methods were used, which used the JASP application as a data processing program. This research is aimed at looking at the influence of variables, namely the TikTok social media addiction variable and the psychological well-being variable, so the researcher will use a normality test. Meanwhile, the analysis technique used to test normality in this research is linear regression. This was done to see the influence of social media addiction on students' psychological well-being.

Research Instruments

This research uses the Bergen Social Media Addiction Scale (BSMAS) and Ryff's Psychological Well-being Scale (RPWBS) instruments. The Bergen Social Media Addiction Scale (BSMAS) consists of six basic components of addiction from Griffiths in 2014, which have been adapted into Indonesian from Budysan and Hartanti (2022) and is used to measure social media use. Meanwhile, Ryff's Psychological Well-being Scale (RPWBS) was created by Ryff (1989), was adapted into Indonesian by Eva *et al.* (2020) and is used to measure psychological well-being. Based on data taken from the field, BSMAS has a Cronbach alpha of 0.904 with a validity between 0.570 and 0.834, while RPWBS has a Cronbach alpha of 0.943 with a validity between 0.696 and 0.827.

Results

Field data collection was carried out for ±3 weeks and obtained 166 respondents with the following distribution of characteristics:

Table 1: Demographic characteristics

| Characteristics | Category | Amount | (%) |
|-----------------|----------|--------|------|
| Age | 18 | 15 | 9 |
| | 19 | 36 | 21.7 |
| | 20 | 27 | 16.3 |
| | 21 | 54 | 32.5 |
| | 22 | 21 | 12.7 |
| | 23 | 6 | 3.6 |
| | 24 | 3 | 1.8 |
| | 25 | 4 | 2.4 |
| Gender | Male | 81 | 48.8 |
| | Female | 85 | 51.2 |
| Semester | 1 | 17 | 10.2 |
| | 2 | 19 | 11.4 |
| | 3 | 22 | 13.3 |
| | 4 | 26 | 15.7 |
| | 5 | 13 | 7.8 |
| | 6 | 16 | 9.6 |
| | 7 | 25 | 15.1 |
| | 8 | 11 | 6.6 |
| | 9 | 3 | 1.8 |
| | 10 | 13 | 7.8 |
| | 22 | 1 | 0.6 |
| Residence | Jakarta | 32 | 19.3 |
| | Bogor | 29 | 17.5 |

| | | | |
|------------------------------------|-----------|-----|------|
| | Depok | 29 | 17.5 |
| | Tangerang | 51 | 30.7 |
| | Bekasi | 25 | 15.1 |
| Duration in TikTok Usage (hrs/day) | 0.5 | 1 | 0.6 |
| | 1 | 17 | 10.2 |
| | 1.5 | 1 | 0.6 |
| | 2 | 18 | 10.1 |
| | 3 | 14 | 8.4 |
| | 4 | 7 | 4.2 |
| | 5 | 11 | 6.6 |
| | 6 | 1 | 0.6 |
| | 7 | 3 | 1.8 |
| | 8 | 9 | 5.4 |
| | 9 | 11 | 6.6 |
| | 10 | 7 | 4.2 |
| | 11 | 2 | 1.2 |
| | 12 | 3 | 1.8 |
| | 13 | 1 | 0.6 |
| | 15 | 4 | 2.4 |
| | 16 | 8 | 4.8 |
| | 17 | 13 | 7.8 |
| | 18 | 19 | 11.4 |
| 19 | 10 | 6 | |
| 20 | 6 | 3.6 | |

Out of 166 respondents, 81 were male (48.8%) and 85 were female (51.2%). The respondents were within the emerging adulthood age range of 18–25 years, with the highest number aged 21 years, comprising 54 respondents (32.5%), followed by the least was 3 respondents aged 24 years (1.8%). In terms of academic semester, the majority of respondents were in the 4th semester, totaling 26 individuals (15.7%). Regarding domicile, the highest number of respondents were from Tangerang, accounting for 51 individuals (30.7%). Based on the duration of TikTok usage, the most frequently reported duration was 18 hours, with 19 respondents (11.4%), while the least frequent durations 0.5, 1.5, 6, and 13 hours were each reported by 1 respondent (0.6%).

Table 2: Descriptive analysis of variables

| Variable | N | Min | Max | Mean | SD |
|----------|-----|--------|--------|--------|--------|
| BSMAS | 166 | 6.000 | 30.000 | 21.916 | 6.262 |
| RPWBS | 166 | 24.000 | 70.000 | 47.506 | 12.545 |

The researcher carried out a variable descriptive analysis of the two variables, the result of which was that the minimum value on the BSMAS was 6 and the maximum was 30, while the minimum value for the RPWBS was 24 and the maximum was 70. BSMAS shows (M = 21.916, SD = 6.262) and RPWBS shows (M = 47.506, SD = 12.545).

Table 3: Normality test results

| Variable | Sig | Note |
|----------|-------|---------------------|
| BSMAS | 0.866 | Normal Distribution |
| RPWBS | 0.927 | Normal Distribution |

From the normality test (Table 3) carried out using Shapiro Wilk, the results of the two variables were normally distributed.

Table 4: Reliability results

| Variable | Cronbach's Alpha | Item-rest Correlation |
|----------|------------------|-----------------------|
| BSMAS | 0.904 | 0.570 - 0.834 |
| RPWBS | 0.943 | 0.696 - 0.827 |

From the data above in Table 4, the results obtained from the two variables have good reliability, as seen from the Cronbach's alpha value, namely 0.904 for the BSMAS variable and 0.943 for RPWBS. Meanwhile, for the validity test using item-rest correlation, all items from the two variables are sufficient and good because they are above 0.50.

Table 5: Correlation results

| | BSMAS | Sig | Notes |
|-------|--------------|------------|----------------------------------|
| RPWBS | -0.372 | <0.001 | Negative Significant Correlation |

From the data above in Table 5, a result was obtained that the two variables had a significant and negative correlation. Which means that the higher the use of social media, the lower the psychological well-being.

Assumption Check

Several assumption tests were carried out, namely the homoscedasticity test and the normal residual test. When the homoscedasticity test was carried out, it was seen that the data did not create a particular pattern and was distributed randomly, so there was no problem in this test.

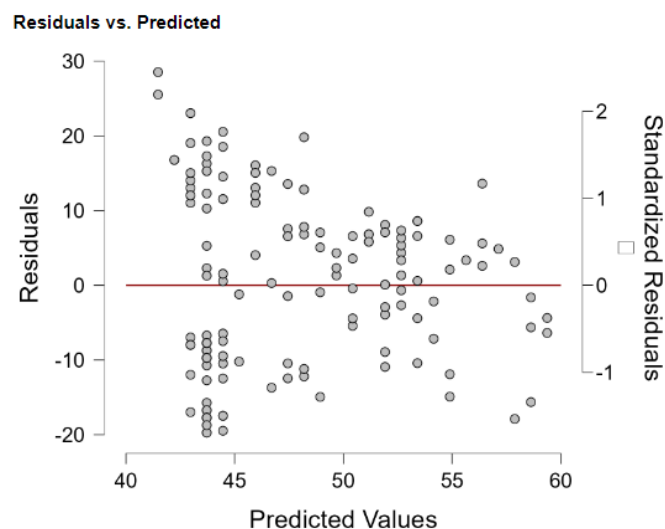


Figure 1: Homoscedasticity test results

After that, the results of the residual normality test also show that normality is fulfilled because the data points follow a diagonal line. Results can be seen from the Q-Q plot graph. After the assumption check has been fulfilled for regression analysis, the regression analysis is conducted to see the influence of social media addiction on psychological well-being. The results of linear tests carried out on social media addiction have been divided into each dimension of psychological well-being. The following is a picture of the influence of social media addiction on overall psychological well-being.

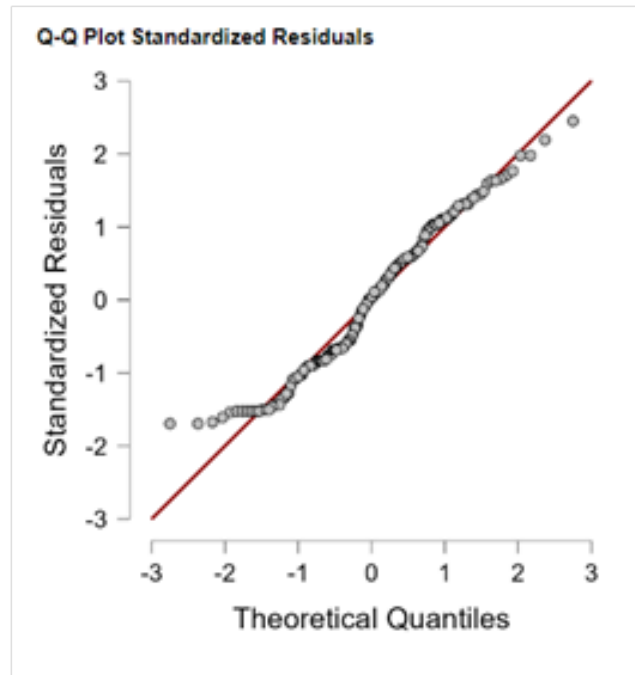


Figure 2: Q-Q plot graph

Table 6: Social media addiction towards overall psychological well-being

| Model Summary - Total PWB Health | | | | | | | |
|---------------------------------------------------------------------------------|---------------------|----------------|-------------------------|--------------|-----------------|-----------|---------|
| Model | R | R ² | Adjusted R ² | RMSE | Durbin-Watson | | |
| | | | | | Autocorrelation | Statistic | p |
| H ₀ | 0.000 | 0.000 | 0.000 | 12.545 | 0.643 | 0.765 | < 0.001 |
| H ₁ | 0.372 | 0.138 | 0.133 | 11.679 | 0.561 | 0.872 | < 0.001 |
| ANOVA | | | | | | | |
| Model | | Sum of Squares | df | Mean Square | F | p | |
| H ₁ | Regression | 3596.169 | 1 | 3596.169 | 26.363 | < 0.001 | |
| | Residual | 22371.325 | 164 | 136.411 | | | |
| | Total | 25967.494 | 165 | | | | |
| Note: The intercept model is omitted as no meaningful information can be shown. | | | | | | | |
| Coefficients | | | | | | | |
| Model | | Unstandardised | Standard Error | Standardised | t | p | |
| H ₀ | (Intercept) | 47.506 | 0.974 | | 48.790 | < 0.001 | |
| H ₁ | (Intercept) | 63.844 | 3.399 | | 19.296 | < 0.001 | |
| | Overall Total BSMAS | -0.745 | 0.145 | -0.372 | -5.134 | < 0.001 | |

The model summary table (Table 6) shows that the *R* value as a correlation coefficient has a value of 0.372, and the *R* square as a coefficient of determination has a value of 0.138. The results from the table show the influence of TikTok social media addiction on psychological well-being, with a predictor value of 0.138, or 13.8%.

The ANOVA table explains the significance of the social media addiction variable for psychological well-being. From this table, it is shown that the *F*-statistic value is 26.363, with a significance of $p < 0.001$. These results indicate that the regression model is a significantly better predictor for predicting the psychological well-being variable. This result can be written with the equation $F(1, 164) = 26.363, p < 0.001$.

In the coefficients table, a significance value of < 0.001 and a *t*-value of -5.134 indicate a negative and statistically significant influence of the independent variable on the dependent variable. Based on these

findings, the researchers formulated the following regression equation: Psychological Well-Being = 63.844 - 0.745 (Social Media Addiction).

Table 7: Social media addiction towards autonomy dimension of psychological well-being

| Model Summary - Autonomy Dimension | | | | | | | | | | | | |
|---------------------------------------------------------------------------------|---------------------|----------------|-------------------------|-------|-----------------------|--------------|--------|---------|---------|-----------------|-----------|---------|
| Model | R | R ² | Adjusted R ² | RMSE | R ² Change | F Change | df 1 | df2 | p | Durbin-Watson | | |
| | | | | | | | | | | Autocorrelation | Statistic | p |
| H ₀ | 0.000 | 0.000 | 0.000 | 2.703 | 0.000 | | 0 | 165 | | 0.469 | 1.059 | < 0.001 |
| H ₁ | 0.316 | 0.100 | 0.094 | 2.573 | 0.100 | 18.168 | 1 | 164 | < 0.001 | 0.439 | 1.119 | < 0.001 |
| ANOVA | | | | | | | | | | | | |
| Model | | | Sum of Squares | | df | Mean Square | F | p | | | | |
| H ₁ | Regression | | 120.250 | | 1 | 120.250 | 18.168 | < 0.001 | | | | |
| | Residual | | 1085.485 | | 164 | 6.619 | | | | | | |
| | Total | | 1205.735 | | 165 | | | | | | | |
| Note: The intercept model is omitted as no meaningful information can be shown. | | | | | | | | | | | | |
| Coefficients | | | | | | | | | | | | |
| Model | | | Unstandardised | | Standard Error | Standardised | t | p | | | | |
| H ₀ | (Intercept) | | 9.349 | | 0.210 | | 44.561 | < 0.001 | | | | |
| H ₁ | (Intercept) | | 12.337 | | 3.729 | | 16.928 | < 0.001 | | | | |
| | Overall Total BSMAS | | -0.136 | | 0.032 | -0.316 | -4.262 | < 0.001 | | | | |

In the model summary table (Table 7), the results show that the R value is a coefficient. The correlation has a value of 0.316, and R square, as a coefficient of determination, has a value of 0.100. The results from the table show the influence of TikTok social media addiction on the dimensions of psychological well-being, namely the autonomy dimension, with a predictor value of 0.100 or 10%.

The ANOVA table explains the significance of the social media addiction variable for psychological well-being. From this table, it is shown that the F statistic value is 18.168, with a significance of p<0.001. These results indicate that the regression model is a significantly better predictor for predicting the psychological well-being dimension variable, namely autonomy. This result can be written with the equation F (1, 164) = 28.168, p<0.001.

In the coefficients table, a significance value of <0.001 and a t-value of -4.262 indicate a negative and statistically significant influence of the independent variable on the dependent variable. Based on this table, the researchers formulated the following equation: Autonomy = 12.337 - 0.136 (Social Media Addiction).

Table 8: Social media addiction based on environmental mastery dimension

| Model Summary - Dimensions of Environmental Mastery | | | | | | | | | |
|---------------------------------------------------------------------------------|-------------|----------------|-------------------------|-------|-----------------------|--------------|--------|---------|---------|
| Model | R | R ² | Adjusted R ² | RMSE | R ² Change | F Change | df1 | df2 | p |
| H ₀ | 0.000 | 0.000 | 0.000 | 2.801 | 0.000 | | 0 | 165 | |
| H ₁ | 0.359 | 0.129 | 0.123 | 2.623 | 0.129 | 24.199 | 1 | 164 | < 0.001 |
| ANOVA | | | | | | | | | |
| Model | | | Sum of Squares | | df | Mean Square | F | p | |
| H ₁ | Regression | | 166.485 | | 1 | 166.485 | 24.199 | < 0.001 | |
| | Residual | | 1128.286 | | 164 | 6.680 | | | |
| | Total | | 1294.771 | | 165 | | | | |
| Note: The intercept model is omitted as no meaningful information can be shown. | | | | | | | | | |
| Coefficients | | | | | | | | | |
| Model | | | Unstandardised | | Standard Error | Standardised | t | p | |
| H ₀ | (Intercept) | | 9.434 | | 0.217 | | 43.389 | < 0.001 | |

| | | | | | | |
|----------------|---------------------|--------|-------|--------|--------|---------|
| H ₁ | (Intercept) | 12.949 | 3.743 | | 17.427 | < 0.001 |
| | Overall Total BSMAS | -0.160 | 0.033 | -0.359 | -4.919 | < 0.001 |

In the Model Summary table (Table 8), the results show that the R value is a coefficient. The correlation has a value of 0.359, and R square as a coefficient of determination has a value of 0.129. The results of the table show the influence of TikTok social media addiction on the dimensions of psychological well-being, namely the dimension of environmental mastery, with a predictor value of 0.129, or 12.9%.

The ANOVA table explains the significance of the social media addiction variable for psychological well-being. From this table, it is shown that the F statistic value is 24.199, with a significance of $p < 0.001$. These results indicate that the regression model is a significantly better predictor for predicting the psychological well-being dimension variable, namely environmental mastery. This result can be written with the equation $F(1, 164) = 24.199, p < 0.001$.

In the coefficients table, a significance value of < 0.001 and a t -value of -4.919 indicate a negative and statistically significant influence of the independent variable on the dependent variable. Based on this table, the researchers formulated the following equation: Environmental Mastery = 12.949 - 0.160 (Social Media Addiction).

Table 9: Social media addiction towards personal growth dimension of psychological well-being

| Model Summary - Dimensions of Personal Growth | | | | | | | | | | |
|---------------------------------------------------------------------------------|---------------------|-------|----------------|----------------|--------------|------------|--------|---------|---------|--|
| Model | R | R^2 | Adjusted R^2 | RMSE | R^2 Change | F Change | $df1$ | $df2$ | p | |
| H ₀ | 0.000 | 0.000 | 0.000 | 2.987 | 0.000 | | 0 | 165 | | |
| H ₁ | 0.450 | 0.202 | 0.197 | 2.675 | 0.202 | 41.595 | 1 | 164 | < 0.001 | |
| ANOVA | | | | | | | | | | |
| Model | Sum of Squares | | | df | Mean Square | F | p | | | |
| H ₁ | Regression | | | 297.743 | 1 | 297.743 | 41.595 | < 0.001 | | |
| | Residual | | | 1173.949 | 164 | 7.158 | | | | |
| | Total | | | 1471.693 | 165 | | | | | |
| Note: The intercept model is omitted as no meaningful information can be shown. | | | | | | | | | | |
| Coefficients | | | | | | | | | | |
| Model | Unstandardised | | | Standard Error | Standardised | t | p | | | |
| H ₀ | (Intercept) | | | 10.283 | 0.232 | | 44.362 | < 0.001 | | |
| H ₁ | (Intercept) | | | 14.984 | 0.758 | | 19.770 | < 0.001 | | |
| | Overall Total BSMAS | | | -0.215 | 0.033 | -0.450 | -6.449 | < 0.001 | | |

In the Model Summary table, the results show that the R value is a coefficient. The correlation has a value of 0.450, and R square, as a coefficient of determination, has a value of 0.202. The results of the table show the influence of TikTok social media addiction on the dimension of psychological well-being, namely the dimension of personal growth, with a predictor value of 0.202, or 20.2%.

The ANOVA table explains the significance of the social media addiction variable for psychological well-being. From this table, it is shown that the F -statistic value is 41.595, with a significance of $p < 0.001$. These results indicate that the regression model is a significantly better predictor for predicting the psychological well-being dimension variable, namely personal growth. This result can be written with the equation $F(1, 164) = 41.595, p < 0.001$.

In the coefficients table, a significance value of < 0.001 is obtained and a t value of -6,449, which means that there is a negative and significant influence between the independent variable and the dependent variable. Based on this table, researchers also formulated the equation that: Personal Growth = 14.984 - 0.215 (social media addiction).

Table 10: Social media addiction towards positive relation dimension of psychological well-being

| Model Summary - Dimensions of Positive Relationships | | | | | | | | | |
|---------------------------------------------------------------------------------|---------------------|----------------|-------------------------|----------------|-----------------------|-------------|---------|-------|-------|
| Model | R | R ² | Adjusted R ² | RMSE | R ² Change | F Change | df1 | df2 | p |
| H ₀ | 0.000 | 0.000 | 0.000 | 3.684 | 0.000 | | 0 | 165 | |
| H ₁ | 0.076 | 0.006 | -0.000 | 3.684 | 0.006 | 0.955 | 1 | 164 | 0.330 |
| ANOVA | | | | | | | | | |
| Model | | Sum of Squares | | | df | Mean Square | F | p | |
| H ₁ | Regression | 12.968 | | | 1 | 12.968 | 0.955 | 0.330 | |
| | Residual | 2226.147 | | | 164 | 13.574 | | | |
| | Total | 2239.114 | | | 165 | | | | |
| Note: The intercept model is omitted as no meaningful information can be shown. | | | | | | | | | |
| Coefficients | | | | | | | | | |
| Model | | Unstandardised | | Standard Error | Standardised | t | p | | |
| H ₀ | (Intercept) | 13.452 | | 0.286 | | 47.048 | < 0.001 | | |
| H ₁ | (Intercept) | 14.433 | | 1.044 | | 13.829 | < 0.001 | | |
| | Overall Total BSMAS | -0.045 | | 0.046 | -0.076 | -0.977 | 0.330 | | |

In the model summary table, the results show that the R value is a coefficient. The correlation has a value of 0.076 and R square as a coefficient of determination has a value of 0.006. The results from the table show the influence of TikTok social media addiction on the dimensions of psychological well-being, namely the dimension of positive relationships with a predictor value of 0.006 or 0.6%.

The ANOVA table explains the significance of the social media addiction variable for psychological well-being. From the table, it is shown that the F statistic value is 0.955 with a significance of p = 0.330. These results indicate that the regression model is not significantly a good predictor in predicting the psychological well-being dimension variable, namely a positive relationship. This result can be written with the equation $F(1, 164) = 0.955, p = 0.330$.

In the coefficients table, a significance value of p = 0.330 and a t-value of -0.977 indicate a negative but not statistically significant influence of the independent variable on the dependent variable. Based on this table, the researchers formulated the following equation: Positive Relations = 14.443 - 0.045 (Social Media Addiction).

Table 11: Social media addiction towards purpose in life dimension of psychological well-being

| Model Summary - Dimensions of Life Goals | | | | | | | | | |
|---------------------------------------------------------------------------------|---------------------|----------------|-------------------------|----------------|-----------------------|-------------|---------|---------|---------|
| Model | R | R ² | Adjusted R ² | RMSE | R ² Change | F Change | df1 | df2 | p |
| H ₀ | 0.000 | 0.000 | 0.000 | 2.784 | 0.000 | | 0 | 165 | |
| H ₁ | 0.367 | 0.135 | 0.129 | 2.598 | 0.135 | 25.527 | 1 | 164 | < 0.001 |
| ANOVA | | | | | | | | | |
| Model | | Sum of Squares | | | df | Mean Square | F | p | |
| H ₁ | Regression | 172.298 | | | 1 | 172.298 | 25.527 | < 0.001 | |
| | Residual | 1106.937 | | | 164 | 6.750 | | | |
| | Total | 1279.235 | | | 165 | | | | |
| Note: The intercept model is omitted as no meaningful information can be shown. | | | | | | | | | |
| Coefficients | | | | | | | | | |
| Model | | Unstandardised | | Standard Error | Standardised | t | p | | |
| H ₀ | (Intercept) | 7.849 | | 0.216 | | 36.321 | < 0.001 | | |
| H ₁ | (Intercept) | 4.273 | | 1.736 | | 5.806 | < 0.001 | | |
| | Overall Total BSMAS | 0.163 | | 0.032 | 0.367 | 5.052 | < 0.001 | | |

In the model summary table, the results show that the *R* value is a coefficient. The correlation has a value of 0.367, and *R* square as a coefficient of determination has a value of 0.135. The results of the table show the influence of TikTok social media addiction on the dimensions of psychological well-being, namely the dimension of life goals, with a predictor value of 0.135 or 13.5%.

The ANOVA table explains the significance of the social media addiction variable for psychological well-being. From this table, it is shown that the *F* statistic value is 25.527, with a significance of $p < 0.001$. These results indicate that the significant regression model is a good predictor for predicting the psychological well-being dimension variable, namely life goals. This result can be written with the equation $F(1, 164) = 25.527, p < 0.001$.

In the coefficients table, a significance value of $p < 0.001$ and a *t*-value of 5.052 indicate a positive and statistically significant influence of the independent variable on the dependent variable. Based on this table, the researchers formulated the following equation: Purpose in Life = 4.273 + 0.163 (Social Media Addiction).

Table 12: Social media addiction towards self-acceptance dimension of psychological well-being

| Model Summary - Dimensions of Self-Acceptance | | | | | | | | | |
|---------------------------------------------------------------------------------|---------------------|-----------------------|--------------------------------|----------------|------------------------------|-----------------|------------------------|------------------------|----------|
| Model | <i>R</i> | <i>R</i> ² | Adjusted <i>R</i> ² | RMSE | <i>R</i> ² Change | <i>F</i> Change | <i>df</i> ₁ | <i>df</i> ₂ | <i>p</i> |
| H ₀ | 0.000 | 0.000 | 0.000 | 2.717 | 0.000 | | 0 | 165 | |
| H ₁ | 0.301 | 0.090 | 0.085 | 2.599 | 0.090 | 16.301 | 1 | 164 | < 0.001 |
| | | | | | | | | | |
| ANOVA | | | | | | | | | |
| Model | | Sum of Squares | | <i>df</i> | Mean Square | <i>F</i> | <i>p</i> | | |
| H ₁ | Regression | 110.094 | | 1 | 110.094 | 16.301 | < 0.001 | | |
| | Residual | 1107.599 | | 164 | 6.754 | | | | |
| | Total | 1217.693 | | 165 | | | | | |
| Note: The intercept model is omitted as no meaningful information can be shown. | | | | | | | | | |
| Coefficients | | | | | | | | | |
| Model | | Unstandardised | | Standard Error | Standardised | <i>t</i> | <i>p</i> | | |
| H ₀ | (Intercept) | 9.283 | | 0.211 | | 44.027 | < 0.001 | | |
| H ₁ | (Intercept) | 12.142 | | 1.736 | | 16.493 | < 0.001 | | |
| | Overall Total BSMAS | -0.130 | | 0.032 | -0.301 | -4.037 | < 0.001 | | |

In the Model Summary table, the results show that the *R* value is a coefficient. The correlation has a value of 0.301, and *R* square, as a coefficient of determination, has a value of 0.090. The results of the table show the influence of TikTok social media addiction on the dimensions of psychological well-being, namely the dimension of life goals, with a predictor value of 0.090 or 9%.

The ANOVA table explains the significance of the social media addiction variable on psychological well-being. From this table, it is shown that the *F*-statistic value is 16.301 with a significance of $p < 0.001$. These results indicate that the significant regression model is a good predictor for predicting the psychological well-being dimension variable, namely self-acceptance. This result can be written with the equation $F(1, 164) = 16.301, p < 0.001$.

In the coefficients table, a significance value of $p < 0.001$ and a *t*-value of -4.037 indicate a negative and statistically significant influence of the independent variable on the dependent variable. Based on this table, the researchers formulated the following equation: Psychological Well-Being = 12.142 - 0.130 (Social Media Addiction).

Hypothesis Testing

After testing the assumptions and completing hypothesis testing using linear regression testing, the results indicate that the social media addiction variable (*R* square = 0.138, $\beta = -0.745, p < 0.001$) has

had a significant and negative influence on the psychological well-being variable (13.8%). Based on the results, Hypothesis 1 (H1) is accepted.

Discussion

This research was conducted in order to see the effect of addiction to the social media TikTok on the psychological well-being of students in the Jabodetabek area. From this research, the results have shown that there is a significant influence of TikTok social media addiction on overall psychological well-being (13.8%). The direction of the correlation is negative and significant in both variables; r is -0.372, $p < 0.001$, meaning that the higher the use of social media, the lower the psychological well-being of students. This is also confirmed by a previous study by Azharuddin and Qodariah (2021), which showed that there was a significant negative correlation between these two variables.

Social media addiction is a condition where individuals pay excessive attention to social media and are encouraged to play social media continuously so that social activities are disrupted (Andreassen, 2015). Researchers think that social media plays an important role in the dimensions of psychological well-being, which consist of six dimensions: autonomy, environmental mastery, personal growth, positive relationships, life purpose, and self-acceptance. This is also proven by the results, where most are influenced by social media, namely the existence of negative and positive correlations for each dimension of psychological well-being.

The first dimension is the dimension of autonomy. The autonomy dimension is the characteristic of being able to be independent, survive under social pressure, control one's behavior, and evaluate one's own standards (Haryanto & Suyasa, 2007). From the data results, it can be seen that the correlation between social media addiction and this dimension tends to be negative and significant, and the predictor value is 10%. This shows that the higher the addiction to social media, the lower the dimension of autonomy in students.

The second dimension is the dimension of environmental control. The dimension of environmental mastery is that an individual can manage their environment, maintain control over the environment or a phenomenon occurring outside the individual, seek and utilise opportunities that arise effectively, and select situations that are important and in accordance with the values they believe in (Haryanto & Suyasa, 2007). From the data results, it can be seen that the correlation between social media addiction and this dimension tends to be negative and significant, and the predictor value is 12.9%. This shows that the higher the social media addiction, the lower the dimension of environmental mastery in students. This can be reinforced by Adawiyah (2020), who said that students are often found opening social media during the learning process and neglecting the time that should be used for studying, resulting in low mastery of the environment as a result of excessive use of social media.

The third dimension is the dimension of personal growth. The dimension of personal growth (personal growth) has the definition that individuals are aware of themselves growing and developing, are ready and open to new things, make their potential real, and improve themselves and their behavior in a sustainable manner (Haryanto & Suyasa, 2007). From the data results, it can be seen that the correlation between social media addiction and this dimension tends to be negative and significant. This dimension is the one most influenced by social media addiction, with a predictor value of 20.2%. This is in line with the use of social media, which often results in work delays, difficulties in understanding material, and even social isolation (Hartinah *et al.*, 2019). It can be concluded that by playing social media continuously, the activities or potential that students should carry out are hampered.

The fourth dimension is the dimension of positive relationships. The dimension of positive relationships with other people (positive relations with others) gives the meaning that individuals have feelings of satisfaction, warmth, trust with people, care about the welfare of others, empathy, and reciprocal relationships with other people (Haryanto & Suyasa, 2007). From the data results, it can be seen that the correlation between social media addiction and this dimension tends to be negative but not significant, with a predictor of 0.6%. This means that the higher the social media addiction, the lower the dimension of positive relationships with other people, but it is not significant. This can be related to

the fact that when accessing social media, individuals feel pleasure again, and a feeling of calm arises when they can interact with other people via internet media (Maheswari & Dwiutami, 2013). Apart from that, it is in line with the opinion of Nurmadia, Wigati, and Masluchah (2013), who stated that social media users who are addicted often cut off communication with people around them, such as family and friends in the real world, which results in them neglecting social activities and free time.

The fifth dimension is the dimension of purpose in life, which means that the individual has a goal, has a clear direction in life, and has lived a life that has meaning in the past and present (Haryanto & Suyasa, 2007). From the data results, it can be seen that the correlation between social media addiction and this dimension tends to be positive and significant, with a predictor of 13.5%. This means that the higher the social media addiction, the higher the dimension of this life goal. This is quite inconsistent with the statement that accessing websites from social media is often used as a means of escape from real life, which can be stressful and unpleasant for individuals (Maheswari & Dwiutami, 2013). So, from this statement, the dimension of life goals should be low because they only focus on social media and do not focus on their potential for the future.

The final dimension is the dimension of self-acceptance, namely that the individual has positive feelings towards himself, knows and accepts his own shortcomings and strengths, and feels positive about his past life (Haryanto & Suyasa, 2007). From the data results, it can be seen that the correlation between social media addiction and this dimension tends to be negative and significant, with a predictor of 9%. This means that the higher the social media addiction, the lower the dimension of self-acceptance. This is in accordance with a study from Aziz (2020), which states that when students continuously use social media, they will compare themselves more with other users, which ultimately creates a negative view of themselves.

Conclusion

From the results of the hypothesis testing that has been carried out, the results obtained are quite significant: social media addiction can affect psychological well-being, which overall is 13.8%. Because the results of the data are negative, it can be concluded that the higher the addiction to social media (TikTok), the lower the psychological well-being.

Recommendation

In future research, it is hoped that a larger number of participants will be included to allow for clearer results. It is also necessary to pay attention to the measuring instrument used so that it can measure what must be measured and is appropriate.

According to the results of the research conducted, social media addiction has quite an impact on psychological well-being, and there is some practical advice that can be given:

- For students, it is hoped that the results of this research will help them to be more aware of their use of social media, control it wisely, prioritise their responsibilities, and achieve their full potential for a better future.
- For parents, parents are expected to be aware of and play a role in controlling their children's use of social media.

Conflict of Interests

The authors affirm that there are no conflicting objectives.

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