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DIGITAL LITERACY EDUCATION ON INFORMATION IN MENTAL HEALTH ISSUES IN STUDENTS OF SMAN 1 MARGAASIH, BANDUNG REGENCY

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ABSTRACT

Excessive and unwise use of social media among adolescents has become a serious concern regarding its impact on mental health. Various studies show that uncontrolled use of social media can trigger various problems such as low self-esteem, depression, anxiety, and even the desire to end life. In response to this, the community service team designed a mentoring program to equip school students with the knowledge and skills to use social media wisely. In this program, students will gain an in-depth understanding of the negative impact of uncontrolled social media use. They will also be trained to manage their time and manage their social media use, think critically in assessing online content, and manage emotions and stress related to social media activities. In addition to providing materials, the program also provides simulation sessions where students can practice wise strategies in dealing with various scenarios of social media use. Through this comprehensive mentoring program, it is hoped that students can acquire adequate skills to use social media wisely. Thus, they can avoid various mental health problems that often arise due to uncontrolled use of social media. The results of this program are expected to make a significant contribution to efforts to maintain the mental health of adolescents in today's digital era.

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A. INTRODUCTION

Digital literacy is the ability to access, manage, understand, integrate, communicate, evaluate, and create information using digital technology (Martin, 2008). There are several areas of information literacy that are needed by each individual, one of which is health information literacy. Health information literacy in school students, or society in general, is often an overlooked problem. The ability of the public to be able to access information alone is still uneven due to the lack of technological networks, let alone to sort information. The ability to access information is the first door that must be opened to be able to process and understand information, especially in this case health information

In the context of school students' mental health, digital literacy plays an important role. Today's school students are growing up in the digital age and spending a lot of time online. However, not all online information related to mental health is trustworthy or relevant to the student's condition. Good digital literacy comprehension and skills can help students identify credible sources of information, critically understand content, and utilize technology to maintain their mental health. This is very important considering the increasingly worrying mental health condition of students. Studies show the prevalence of mental health problems among students continues to increase along with academic demands, social pressure, and exposure to unhealthy digital content (Twenge, no date) (Gowen and Deschaine, 2016) (Mojtabai, Olfson and Han, 2016).

The treatment of student mental health in BK teachers is an important effort to improve the quality of BK services in schools. BK teachers have a vital role in monitoring and handling various student problems, including issues related to mental health. BK teachers will be equipped with more adequate knowledge and skills in detecting, understanding, and dealing with mental health problems experienced by students (Sarfika et al., 2023).

Excessive and unhealthy use of social media can have a negative impact on students' mental health. A study conducted by Primack found that excessive social media use in teens was associated with increased symptoms of depression and anxiety. This is due to a variety of factors, such as unhealthy social comparisons, exposure to unpositive digital content, and reduced face-to-face interaction. (Primack, 2017)

Excessive use of social media is also linked to decreased self-esteem, body image disorders, and an increased risk of addictive behavior. Students who focus too much on appearance and recognition on social media tend to have low self-satisfaction and are prone to psychological problems. On the other hand, the proper use of social media can also provide benefits for students' mental health. In a study conducted by Radovic, it was found that social media can be a means for students to build social connections, seek support, and express themselves positively. This can improve mental well-being and facilitate the development of a healthy identity. (Radovic et al., 2017)

In training mental health, generation Z must be given an understanding and attitude towards *moral reasoning*, so that students are expected to understand the meaning of morality and also know the reasons why they must behave morally, honestly, politely, responsibly so that they are used to making *decisions* (Solihah, 2023). Communication is one of the ways to solve this problem and several other solutions are through persuasive communication from mentors in simulating the importance of digital literacy, especially regarding health (Fitrananda et al., 2022).

Therefore, it is important for students to have good digital literacy so that they can use social media wisely and healthily. With adequate understanding, students can minimize the negative impact and maximize the positive potential of social media use for their mental health. This community service will explain the importance of digital literacy of mental health information for school students, as well as discuss the challenges and potential solutions that can be applied to improve digital literacy regarding mental health. With adequate understanding and skills, it is hoped that students can access and utilize digital information wisely to support their mental well-being.

Digital literacy is the ability to use digital technology, communication tools, or networks to access, manage, integrate, evaluate, and create information in order to function in a digital society. Digital literacy includes a wide range of skills necessary for living, learning, and working in today's digital age. Digital literacy consists of several main components, namely: (Bawden, 2008)

1. Information: The ability to identify, find, understand, evaluate, and use information effectively.
2. Communication and collaboration: The ability to communicate and collaborate using digital technology.
3. Digital content creation: The ability to create and edit digital content in a variety of formats.
4. Security: The ability to keep yourself and others safe when using digital technology.
5. Problem solving: The ability to use digital technology to identify and solve problems. (Ferrari, 2013)

Digital literacy is not only about the technical ability to use devices, but also the ability to think critically, solve problems, and make decisions in a digital context. Good digital literacy allows individuals to participate actively, creatively, and responsibly in a digital society.

The development of digital literacy from an early age is very important, especially among students who are growing up in the digital era. By having adequate digital literacy skills, students can use technology wisely and effectively to support their learning, mental health, and well-being.

The increasing use of social media among school students has been of particular concern regarding its impact on their mental health. Various studies show that constant exposure to "perfect" social media content can trigger feelings of inadequacy or lack of value in oneself, leading to low self-esteem. Furthermore, anxiety and depression can also arise due to unhealthy social comparisons, pressure to get (Kelly *et al.* , 2019) *likes/followers*, and *cyberbullying* that often occurs on social media (Keles, McCrae and Grealish, 2020).

Additionally, excessive use of social media can lead to addiction, which can interfere with daily activities, academic achievement, and social interaction. Exposure to blue light from digital device screens can also disrupt sleep cycles and cause insomnia in students. Furthermore, while social media can facilitate social connections, overuse can lead to reduced face-to-face interactions and feelings of isolation. (Kircaburun *et al.* , 2019) (Levenson *et al.* , 2016)

The importance of understanding digital literacy must be supported by other communication skills such as *public speaking* so that it becomes an important effort for students so that they will also try to know and be able to speak up about mental health issues on social media and can support their activities as students at school (Fitrananda, Saefudin and Iqbal, 2021)

With the implementation of a comprehensive digital literacy program, as well as the provision of counseling support and mental health services in the school environment, it is hoped that schools can effectively overcome the negative impact of social media use on students' mental health. In addition, the provision of counseling support and mental health services in the school environment is also very important.

B. METHOD

Social planning and mapping are needed to target the audience of effective community service. In this community service, the first thing to do is to do social mapping, the community is not only considered as an object, but also used as a subject in data collection. Social mapping is carried out not only to collect and study data about people's lives, but also as a means for the team to be directly involved in people's lives, both through observation and participation in various community activities.

Community service activities for students at SMAN 1 Margaasih Bandung Regency are carried out in several stages, namely the first stage of program socialization, program design and implementation of activities. In the socialization stage, the service team conducted an audience with the school involving several parties such as the principal, subject teachers, counseling guidance teachers and student councils.

After socializing with the school, the team designed the program such as preparing an activity plan, making an activity timeline, preparing logistics, and preparing a budget plan for the costs needed for the activity. After everything was arranged, the community service team carried out activities with the help of the school as a partner.

C. RESULT AND DISCUSSION

The results of the implementation of community service activities at SMAN 1 Margaasih, Bandung Regency, are described into 3 (three) stages, namely socialization, designing mentoring programs and implementing activities through simulation.

Socialization Stage

At the socialization stage, the community service team conducted socialization related to the importance of digital literacy and mental health issues among school students by meeting with the school, including the principal, teachers, and student representatives. In this activity, the team presented data and information about the impact of excessive social media use on adolescent mental health, such as anxiety, depression, low self-esteem, addiction, and sleep problems.

In this socialization session, the team also explained the importance of overcoming *the problem of online bullying*. The team shared data and facts about the negative impacts experienced by victims of bullying, such as low self-esteem, depression, anxiety, and even the desire to end their lives. This explanation opened the eyes of students to how *bullying* on social media can really damage their mental health.

Furthermore, the service team described various forms of bullying that can occur in cyberspace, ranging from *cyberbullying*, *body shaming*, gender-based or race-based harassment, to online sexual harassment. Students are taught to be able to recognize the signs of bullying, both as victims and witnesses.

Not only that, the team also provides education on strategies for preventing and handling *online bullying*. Students are equipped with an understanding not to spread *bullying* content and how to report and provide support to victims. They are also taught how to manage the privacy and security of their social media accounts. In this socialization, the school, such as teachers and counselors, is also involved. The goal is for schools to play an active role in preventing and handling *cases of online bullying* that may occur in the school environment.

Through this comprehensive socialization, it is hoped that students can have a better understanding and skills to prevent and handle bullying issues on social media. The cooperation between the service team and the school is also expected to strengthen efforts to create a safe and free environment from online bullying. The purpose of this socialization stage is to build a common understanding of the importance of overcoming mental health problems due to the unwise use of social media.

Mentoring Program Stages

After the socialization stage, the community service team discussed with the school to design a mentoring program that suits the needs of the students. After conducting a needs analysis and coordination with the school, the community service team designed a mentoring program that aims to equip students with knowledge and skills in using social media wisely. This is motivated by concerns about the negative impact of excessive or inappropriate use of social media, especially on the mental health of adolescents.

In designing the mentoring module, the team identified several important materials that needed to be delivered to students. First, the team discussed in depth the impact of uncontrolled social media use, such as low self-esteem, depression, anxiety, and even the desire to end life. Understanding this bad impact is expected to be a motivation for students to be wiser in using social media.

Furthermore, students will be equipped with time management strategies and social media use arrangements. In addition, students will also be trained to think critically in assessing content and information circulating on social media. Last but not least, students will also learn techniques for managing emotions and stress related to social media activities.

In the implementation of the mentoring program, students will be actively involved through interactive face-to-face sessions. Each session will be guided by an experienced mentor who has a good understanding of mental health issues and social media use. During the sessions, students will be given the opportunity to share experiences, explore challenges, and ask for advice and input from mentors.

Through this comprehensive mentoring program, it is hoped that students can gain adequate understanding and skills to use social media wisely. That way, they can avoid various mental health problems that often arise due to uncontrolled use of social media.

Implementation Stage of Simulation Activities

The last stage is to do simulations or *role plays*, in addition to providing theoretical understanding, this simulation program also provides a space for students to practice the skills they have learned. One of the main activities in this program is a simulation of the wise use of social media. The team designed various simulation scenarios that aimed to test students' ability to manage their social media activities.

In the simulation session, students were divided into small groups. Each group will be given different scenarios, such as receiving hate speech on social media, being affected by content that glorifies an unhealthy lifestyle, or experiencing conflicts with friends on online platforms. In groups, students are asked to discuss the challenges faced and develop appropriate action plans to respond to the situation.

During this session, the team accompanied by a counseling guidance teacher provides guidance and encourages students to think critically in overcoming each scenario. Students are trained to recognize the signs of mental health problems, understand the negative impacts they can have, and take appropriate preventive and curative measures. For example, in the scenario of receiving hate speech, students learn not to be provoked, report harmful content, and ask for support from those closest to them.

Through this simulation activity, the students gained a very valuable experience. They can directly apply the strategies and techniques they have learned before, as well as receive feedback and advice from mentors and group friends. This process helps them to be better prepared to face real challenges related to the use of social media in their daily lives.

By participating in a series of realistic simulation sessions, students are expected to develop sensitivity, emotional intelligence, and wisdom in navigating the digital environment. This will ultimately become a fortress for them to avoid various mental health problems that often arise due to uncontrolled use of social media. At the end of the activity, the team also provided feedback and evaluation to assess the effectiveness of the simulation program that had been implemented.

Through these stages, it is hoped that this community service activity can provide students with a better understanding of the importance of digital literacy and the impact of social media use on mental health. In addition, the mentoring program designed can be a means for students to develop healthy and responsible social media use skills.

D. CONCLUSION

The unwise use of social media among teens has become a serious problem regarding its impact on mental health. Various studies have revealed that excessive and uncontrolled use of social media can trigger various problems, such as low self-esteem, depression, anxiety, and even the desire to end life. To address this issue, the community service team has designed a mentoring program that aims to equip school students with the knowledge and skills to use social media wisely. Through this program, students will gain a deep understanding of the negative impact of uncontrolled social media use, as well as be trained to manage time, think critically, and manage emotions related to social media activities. One of the key components of the program is simulation sessions, where students can practice thoughtful strategies

in dealing with various scenarios of social media use. Through this comprehensive learning process, it is hoped that students can acquire adequate skills to use social media wisely, so as to avoid various mental health problems that often arise. Overall, this mentoring program is expected to make a significant contribution to efforts to maintain the mental health of adolescents in the current digital era. By equipping school students with the right knowledge and skills, it is hoped that they can grow into a wise generation in using social media and avoid negative impacts that can threaten mental health.

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