





# Utilization of Digital Media in Managing Mental Health of Educational Technology Students at Ibn Khaldun University Bogor

 Rudi Hartono<sup>1\*</sup>,  Alfira Ajrin<sup>2</sup>,  Suci Sabila Noer<sup>3</sup>,  Nadya Nurfirmansyah<sup>4</sup>

Universitas Ibn Khaldun Bogor  
Jawa Barat, Indonesia

✉ [rudihartono@uika-bogor.ac.id](mailto:rudihartono@uika-bogor.ac.id)\*



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## Abstract

The purpose of this study is to better understand how students enrolled in the Education Technology Study Program at Ibn Khaldun University of Bogor use digital media to manage their mental health. Descriptive qualitative research methodologies were used in this study, and data was gathered through interviews. 84 respondents, who were Ibn Khaldun University of Bogor students studying educational technology in semesters 1, 3, 5, and 7, participated in this survey. The findings of this study suggest that students enrolled in the Educational Technology Study Program at Ibn Khaldun University of Bogor may have difficulties managing their mental health as a result of digital media. Student responses made during interviews make it clear that digital media can improve awareness and comprehension of mental health management. The study's conclusion is that students in Ibn Khaldun University of Bogor's Education Technology Study Program have significant mental health effects from digital media. It is therefore envisaged that students will be able to focus more on how digital media is used to manage mental health.

## A. Introduction

According to We Are Social magazine, Indonesia is the first country to use social media. In January 2023, there were about 212.9 million. This means that around 77 percent of the Indonesian population uses the Internet in their daily lives. This trend of internet usage is increasing over time. In 2022, around 205 million people registered as users. The majority of internet usage in Indonesia is around 98.3 percent through cellular phones (Adnjani, 2019).

Then, Lucy Pujasari's research results show that those who are called digital natives (people who have known technology since childhood and are accustomed to using it in their daily lives) have quite different goals in using social media in Indonesia. Some are for information, entertainment, hobby search, lecture support, communication, online shopping and many other purposes. Many people use social media at some point, either on mobile devices or laptops (Supratman, 2018).

The growing dependency has created a different culture. Especially on social media, when a post gets likes or compliments from others, they consider it a compliment. Conversely, when a negative comment is received, they feel hurt and attack their opponent. Social media addiction has been linked to self-esteem or self-confidence. In the digital era, many people start to create a new identity in cyberspace because their existence is less valuable in the real world. This phenomenon is often encountered in the surrounding environment and has an impact on the sustainability of mental health.

Every person faces different challenges when it comes to their mental health, and there are numerous ways to manage stress. Surfing the internet is one of the most entertaining activities available. But staring at a screen all the time also have its drawbacks. The frequency and duration of usage of digital media pose numerous threats to one's physical and mental well-being. Social media is one of the most popular digital media channels.

In life, social media is really significant. A large-scale communication tool that reaches and involves nearly every member of society to some degree is referred to as the mass media (Poon & Sudano, 2020); (Singh et al., 2020). Technology and social media have turned into primary needs (Rosmalina & Khaerunnisa, 2021).

Digital media is media that can be created, viewed, delivered, modified and can be used by a set of digital electronic devices (Fitria, 2021). Digital media is media that is encoded in a readable machine format. Digital Media is a combination of the use of several media which include text, images, video, and audio presented in one unit (Sahara & Thohir, 2022). This digital media can be processed, accessed, and distributed with the use of digital tools (Jannah & Atmojo, 2022). Based on the definition of digital media, it can be concluded that digital media is an electronic media used to store various data in the form of files. Digital media can be utilized in online and offline learning.

Many management professionals have provided definitions of management, although they differ in their interpretations. Expert opinions may differ, but they all essentially mean the same thing—that is, helping someone achieve a goal (Hasbiyallah & Sujudi, 2019).

Management can be interpreted in two different perspectives, first management as a development that changes something so that it becomes new and has a higher value and second management as a change that is an effort to maintain something to make it more suitable for needs.

In other words, management is an action done with other people and groups with the aim of accomplishing organizational goals. Management is the capacity and particular talents to carry out an activity either with others or via others in achieving organizational goals (Bararah, 2020). Management is a planned activity carried out by the organization in the utilization of all resources owned both human and non-human in order to achieve organizational goals (Zakiyah, 2019).

Planning, organizing, motivating, controlling, and developing all efforts in managing and employing infrastructure, facilities, and human resources to accomplish organizational goals is the definition of management (Irwan Fathurrochman et al., 2022). So it can be concluded that management is a strategy carried out by the organization to carry out work programs that have been prepared with human resources and other resources it has.

A Merriam Webster health expert defines mental health as a sound emotional and psychological state in which people are able to use their cognitive and emotional capacities to meet their everyday requirements and function in their communities (Zulkarnain, 2019). Mental health is a state of mind or psychological condition that demonstrates an individual's ability to adjust and resolve issues that arise both internally (from within) and externally (from without). A method of thinking, feeling, and responding successfully and efficiently in the face of life's obstacles is referred to as mental health (Anwar & Julia, 2021).

El-Quusy defines mental health or a healthy soul as having perfect harmony or integration between different mental functions, the capacity to deal with moderate mental shocks, which can happen to anyone, and the capacity to feel happiness and ability in a good way. In addition to mental diseases like neuroses and psychoses, mental health issues also include mental illnesses like psychoses. These conditions are sometimes brought on by a lack of individuals who can deal with their problems head-on or who can't cope with the circumstances they find themselves in. Self-adjustment is impacted by a number of factors, including anxiety (anxiety), conflict (inner conflict), and irritation (emotional strain) (Radiani, 2019).

H.C. Witherington asserts that concepts and information from the fields of psychology, medicine, psychiatry, biology, sociology, and religion are relevant to mental health difficulties. The science of mental health addresses the guidelines, norms, and practices for improving spiritual well-being. A person who consistently feels safe, secure, content, and serene in their soul or heart is said to be mentally healthy (Fakhriani, 2019).

According to Alexander Schneides mental hygiene is a practical art in developing and using principles related to mental health and self-adjustment, as well as the prevention of psychological disorders. According to Yusuf, mental health is one type of health that humans need to achieve their life goals. Etymologically, the word menta comes from the Latin word mens or mentis which means soul, life, sumka,

spirit, and spirit. And etymologically also, called mental hygiene, namely the goddess of health originating from ancient Greece who has the task of taking care of human health problems in the world. And the emergence of the word hygiene to indicate an activity that aims to achieve health (Yusuf, 2018).

Mental health includes knowledge and actions aimed at developing and utilizing all existing potential, talents and innate as much as possible, so as to bring happiness to self and others, and avoid disorders and mental illness. Mental health also means the realization of real harmony between the functions of the soul, and has the ability to deal with ordinary problems that occur, and feel positively about his happiness and abilities.

AECT revised the definition of educational technology in 2018, and their book will be released soon. According to them, the study and moral application of theory, research, and best practices in educational technology advances knowledge and mediates and enhances learning and performance through the tactical planning, execution, and management of instructional processes and tools.

In order to expand knowledge, mediate and improve learning and performance through the strategic design, management, and implementation of learning and instructional processes and resources, educational technology is the study and ethical application of theory, research, and best practices. As it was in 2008, the phrase "educational technology" is being utilized once more. The 2018 definition has ethics as the primary focus, but it also covers research applications in addition to theoretical and practical ones. Through numerous strategic measures of the design, management, and execution of learning and learning processes, educational technology aims to increase knowledge, including mediating and boosting learning and performance.

The Department of Educational Technology at Ibn Khaldun University is a department that studies the development of the Education curriculum and the use of technology for education. This department learns about the curriculum and how to develop technology-based learning media.

The results of community service activities carried out by Janitra et al. show that teenagers who are participants use digital media, especially social media, actively and participants can understand the material presented related to digital media and mental health (Janitra et al., 2021). Effendi et al. stated, from various social media content that broadcasts about mental health, they can get a lot of followers and can help them recover from the depression they experience (Efendi et al., 2023). Saputri et al. concluded that audio visual media in the form of videos can increase adolescent awareness about mental health. Based on the results of the study, it shows that after counseling, 76% of adolescents' awareness of mental health is in the good category, most of the targets are very satisfied with the theory, speakers and the whole event (Saputria et al., 2015). According to Wang et al. mental health apps have the potential to improve the monitoring and management of mental health symptoms or disorders (Wang et al., 2018).

From the description above, a study was conducted with the title Utilization of Digital Media in Managing Mental Health of Educational Technology Students at Ibn Khaldun University, Bogor.

## **B. Research Methods**

The research method used is descriptive qualitative research, as an effort to increase understanding of the utilization of digital media in managing the mental health of students of Educational Technology at Ibn Khaldun University of Bogor. The data in this study were collected through interview techniques conducted directly to Education Technology students at Ibn Khaldun University of Bogor from semester 1 to semester 7 to get their perspectives on the utilization of digital media in mental health management. This study involved 84 respondents consisting of 1st, 3rd, 5th, and 7th semester students in the Educational Technology study program at Ibn Khaldun University of Bogor, who were purposively selected based on predetermined criteria. The data collected will be analyzed descriptively to identify the utilization, management and suggestions for using digital media for mental health that emerged from the research results.

This research collects data related to various aspects in the educational and psychological contexts of Ibn Khaldun University of Bogor's Educational Technology degree program. One of the main focuses of the research was the utilization of digital media in the management of students' mental health. The data collected includes information on the extent to which digital media is utilized by students in mental health management. This includes the utilization of digital media, the influence on mental health.

### C. Results and Discussion

From the results of our research, it can be seen that 14% of the students of the Ibn Khaldun University of Bogor Education Technology Study Program stated that digital media cannot change self-identity and 86% of the students of the Ibn Khaldun University of Bogor Education Technology Study Program stated that digital media can change self-identity. Reality life and the virtual world tend to be different, a person's personality and self-assessment, especially on social media, are different from the real world. They are much more courageous, open, and feel free to be what they want in the digital world (social media). Digital media or more specifically social media is able to create a new identity in a person, due to existing technological advances, making a person underestimate many small things and less interested in finding out the outside world, besides that someone who has an introverted personality in real life can become an extroverted person on social media, but not always digital media is able to create a new identity in a person, depending on usage as well as its use. If individuals are more efficient, able to minimize the use of media and have a strong stance, digital media will not completely change a person's identity, it can actually make a person improve their self-image and view digital media as mere entertainment.

Digital media should be used wisely, paying attention to the positive and ignoring the negative, and also paying attention to the time to seek knowledge and information and the time to make digital media as entertainment. In mental health management, digital media can be a tool to entertain oneself, improve hormones and mood and become a place to express feelings and ideas. However, as much as possible one must be able to limit themselves, because digital media (social media) is addictive or causes dependence, it is necessary to minimize and pause when using digital media.

The benefits of digital media in managing mental health include: 1. facilitating communication; 2. streamlining many things; 3. making it easy to get the information needed so that it can reduce excessive anxiety; 4. a place to vent emotions and relieve stress; 5. eliminating loneliness; 6. adding new relationships and insights; 7. spreading kindness and happiness; 8. entertaining yourself and improving your mood.

Digital media is very influential on mental health, such as when viewing content or quotes that relate to life, this can affect a person's emotions and feelings. When using digital media (social media) the brain experiences an increase so that it has a dependency nature that causes loss of concentration, low focus, as well as radiation from digital media that can harm the brain. In addition, negative comments from people on social media can also cause disruption to one's mental health. Our brains have the capacity to receive information from what we see and watch or hear that can affect behavior and feelings. For example, when someone is sad, then watches or sees something funny, the feeling instantly changes to happy, and vice versa.

In addition to being addictive, digital media is also consumptive, which can cause a gap between a person's way of thinking and their behavior. Digital media is very influential on mental health because it is currently in generation z who lives using digital technology, where cyberbullying often occurs which can affect a person's mental health. Cyberbullying can occur because the use of digital media, especially social media, is lacking in parental supervision and guidance. So that individuals easily carry out cyberbullying on social media. Digital media can affect mental health such as relieving stress and relieving boredom.

From the various perspectives that respondents have given on comfort in using digital media. So it can be concluded that 97% of the students of the Ibn Khaldun University of Bogor Educational Technology Study Program feel comfortable in using digital media and 3% of the students of the Ibn Khaldun University of Bogor Educational Technology Study Program feel uncomfortable in using digital media.

many students of the Education Technology Study Program at Ibn Khaldun University Bogor feel comfortable in using digital media, because it can provide convenience in learning, finding references and learning materials as well as with the existence of applications from digital media can make it easier for students of the Education Technology Study Program at Ibn Khaldun University Bogor in lectures. Digital media is able to provide a sense of comfort because it has presented something that we do not encounter in the real world and is also able to streamline time and minimize costs. However, whether or not the use of digital media is comfortable depends on each individual in its use. Whether the use is in accordance with the needs and interests or not. Excessive use of digital media can have negative effects on the physical and mental health of individuals.

Ibn Khaldun University of Bogor Educational Technology students can minimize the use of digital media so as not to depend on it by worshipping, playing with friends outdoors, sleeping, doing more productive activities that can hone soft skills and self-skills as well as doing other more useful things such as sports or

attending Islamic studies. In addition, minimizing the use of digital media can be done by limiting oneself so as not to interact too long with digital media such as diverting by reading books, discussing useful things, networking with many people, spending time with family and closest people and making a scale of activities so that you know what you want to do.

In minimizing the use of digital media so as not to depend on itself, it returns to each individual in managing time as well as possible and in reasonable use according to needs, instilling a mindset that it is only limited to entertainment that does not have to be used continuously and maintaining a healthy lifestyle.

Digital media is very helpful in increasing awareness and understanding of mental health, because digital media can make it easier to find out more specific information about mental health, add friendships without having to meet, be more caring and aware of yourself and the closest people. With the existence of educational content, it is easier to understand what is happening to yourself and know better how to handle it, as well as other motivational or educational content that can arouse enthusiasm in students of the Ibn Khaldun University Educational Technology Study Program at Bogor.

Self-identity is an identity that concerns the quality or existence of an individual, which means that an individual has a distinctive personal style. Identity is important in a society that lives in a social environment. Identity creates an image of a person through physical appearance, race, skin color, language used, self-assessment and other perceptual factors. In this context, the influence of Instagram (social media) in the form of self-identity is influenced by one's perception in seeing other individuals (Fitri, 2020).

Utilization of digital media in managing mental health can help develop self-potential, seek information, get group support, and can be used as a medium for education and entertainment. While the negative impacts that can be caused are addiction, difficulty managing emotions, stress, sleeplessness and loneliness. Social media is also at risk of causing mental illnesses such as depression, anxiety, and eating disorders (Karim et al., 2020).

There are several steps in overcoming the effects of social media addiction as follows: (1) Limit social media use. In overcoming social media addiction, users should limit the amount of time used to play social media every day by using an alarm or stopwatch to control social media use. When media users are accustomed to limiting the use of social media, then users are able to control themselves not to be addicted to social media. Then switch to direct interaction with other people, such as family or friends, (2) Look for information other than from social media Social media is also used to find information. If the purpose of using social media is for that, then switch in seeking information from social media to reading newspapers or by watching news on television, (3) Finding positive activities In limiting the use of social media users need to find positive activities. The busier one is, the less one uses social media. Divert the use of social media by exercising or gathering with family. Increase activities that provide comfort to the body and also to the mind, meditate, exercise, venture out for fresh air or do activities outside the home, (4) Using social media wisely Limiting the use of social media does not mean reducing activities using social media making social media something negative. The use of social media certainly has benefits if someone uses social media wisely, (5) Detach and delete This option is done if someone really wants to break away from using social media. Delete the application from the cellphone, then do not buy a data package or do not connect it to a wifi network so that the intensity of using social media will change (Rosmalina & Khaerunnisa, 2021)

Suggestions for developing better digital media in managing mental health are to limit incoming content, not be consumptive with the content that appears especially on social media, use digital media appropriately, develop digital media that is more creative and positive, add protection to the platform and add more awareness and productivity of each student of the Education Technology Study Program at Ibn Khaldun University Bogor.

#### **D. Conclusion**

From the results of our research, it can be seen that 14% of the students of the Ibn Khaldun University of Bogor Education Technology Study Program stated that digital media cannot change self-identity and 86% of the students of the Ibn Khaldun University of Bogor Education Technology Study Program stated that digital media can change self-identity. The use of digital media can affect the management of student mental health in the Education Technology Study Program at Ibn Khaldun University Bogor. Reality life with the virtual world tends to be different, so that it can create a new identity for students of the Education Technology Study Program at Ibn Khaldun University of Bogor. With technological advances, digital media can help in communicating, providing useful information, reducing stress, improving mental health,



and mood. However, as much as possible, students of the Ibn Khaldun University of Bogor Educational Technology Study Program must be able to limit themselves, because digital media (social media) is addictive or causes dependence, it is necessary to minimize and pause when using digital media. Digital media can affect mental health by affecting emotions and perceptions, and causing cyberbullying. Therefore, it is very important for students of the Education Technology Study Program at Ibn Khaldun University Bogor to minimize the use of digital media and maintain a balance between media use and maintaining mental health. Digital media has many benefits for students of the Education Technology Study Program at Ibn Khaldun University of Bogor, including in learning, searching for references and materials, and applications that are available. Students of the Ibn Khaldun University of Bogor Educational Technology Study Program can minimize the use of digital media by doing more productive activities, developing soft skills, establishing good communication and relationships with friends in the surrounding environment, having plenty of time to gather with family and friends to just tell stories. Digital media can also help improve mental health by providing more specific information, providing knowledge and understanding about mental health, and providing educational content. The success of digital media in mental health can be achieved by reducing unwanted content, filtering the information obtained, not being consumptive, developing creative and positive content that can maintain mental health and increase the productivity of students of the Education Technology Study Program at Ibn Khaldun University Bogor.

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