ABSTRACT

THE RELATIONSHIP BETWEEN THE USE OF TIKTOK SOCIAL MEDIA AND ADOLESCENT MENTAL HEALTH AT SMA NEGERI X DENPASAR IN 2025

# Shaza Amelia Amay Puteri1, Desak Made Ari Dwi Jayanti2, Silvia Ni Nyoman Sintari3

123STIKES Wira Medika Bali Email: shaza.amelia02@gmail.com

**Abstract:** TikTok has become a popular application among teenagers as entertainment and information media. Teenagers’ interest in TikTok is often a boomerang for them. The use of media at a crucial age, non-educational content, and excessive duration of use have the potential to affect the mental health of its users. The purpose of study was to determine the relationship between the use of TikTok social media and the mental health grade X adolescents at SMA Negeri X Denpasar. This study used a descriptive quantitative research design with a cross- sectional approach, with a population of 401 people, with a stratified random sampling technique to collect data from 201 people. Data collection was done with TikTok social media usage questionnaire and strengths and difficulties questionnaire (SDQ). The result showed that TikTok social media users were in the moderate category as many as 184 people (91.5%), and mental health showed a normal category of 139 people (69.2%). p value 0.004 ≤ 0.05 which shows there is a relationship between the use of TikTok social media and mental health. The strength of the correlation (r) = -0.204, which shows a low correlation with a negative sign (-) in front of the correlation value, which shows that the higher the use of TikTok social media, the lower the mental health. This research emphasizes the importance of education about the healthy use TikTok social media to support adolescent’ mental health.

**Keywords:** Social Media, TikTok, Mental Health, Adolescents.