The Relationship between the Intensity of the Use of the Tiktok Application and the Mental Health of Nursing Students

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Abstract
The mental health of nursing students tends to be disrupted due to academic pressure, time demands and large clinical responsibilities, this causes nursing students to need coping strategies to prevent or overcome mental disorders. The study aims to determine the relationship between the intensity of using the TikTok application and the mental health of nursing students. This study used a descriptive design with a cross sectional approach. The research sample was 249 nursing students who were taken based on inclusion criteria using purposive sampling technique. The data collection tool used was a questionnaire and the analysis used was bivariate analysis using the chi square test. The highest intensity of using the TikTok application is in the moderate category with 113 (45.4%) and 123 respondents indicating mental health (49.4%). The statistical test results showed that there was a significant relationship between the intensity of using the TikTok application and mental health (p value 0.001) <alpha (0.05). The intensity of using the TikTok application with mental health has a significant relationship
Keywords: Mental health, Social media, Intensity

INTRODUCTION

Mental health is a condition in which individuals can use their abilities or potential to the fullest in facing life's challenges, and establish positive relationships with others (Ministry of Health, 2018). Mental disorders are conditions that cause problems in everyday life, affect interactions or relationships with other people, reduce academic achievement or performance and productivity (Ministry of Health, 2018). The World Health Organization (WHO) in 2019 stated that the prevalence of individuals with mental disorders is 450 million in the world, including 264 million depressive disorders, 45 million bipolar disorders, 20 million schizophrenic disorders, and 50 million dementia disorders. In developed countries, the proportion of adolescents with mental disorders is 12.4-21.8%, while in developing countries it is 10.4-37.6% (Yang et al., 2019). Individuals who suffer from mental disorders at an early age, such as depression are more likely to commit suicide. In Southeast Asia, the highest suicide rate due to depression was in Thailand at 12.9%, Singapore at 7.9%, Vietnam at 7%, Malaysia at 6.2%, and Indonesia at 3.7% (Ministry of Health, 2022) .

The prevalence of mental disorders among adolescents in Indonesia aged 10-17 years is 6.6% of 15.5 million which includes anxiety disorders of 3.7%, depression of 1%, behavioral disorders of 0.9%, and stress of 0. .5% (Rizaty, 2022b). The prevalence of mental emotional disorders in the Indonesian population aged 15-24 reaches 10.0%. Most emotional mental disorders in Central Sulawesi, namely 19.8% and the lowest in Jambi 3.6%. Meanwhile, the prevalence of depression in people aged 15-24 years is 6.2% (Basic Health Research, 2018a). Depressive disorders often cause a person to hurt himself (self harm) to commit suicide. 4.2% of teenagers in Indonesia have had thoughts of suicide, while among students 6.9% have had the intention to commit suicide and another 3% have attempted suicide (Rachmawati, 2020).

The prevalence of mental emotional disorders in residents aged 15 years and over in Riau reaches 10.45%. While the prevalence of mental emotional disorders in Pekanbaru city is 9.00%, the majority of cases are women. The prevalence of depression in Pekanbaru residents aged 15 years and over is 4.55% (Riskesdas, 2018b). Emotional mental disorders experienced at a young age such as depression tend to hurt themselves. In college students the prevalence of self-injury behavior is 31.9% and the risk of suicide is 26.8% (Rina, Nauli, & Indriati, 2021). There are three kinds of factors that cause mental disorders in humans, namely somatic factors or biological aspects, psychological factors, and socio-cultural factors (Yulianti & Ariasti, 2020). Somatic factors have a role in causing mental disorders, this condition occurs due to problems or disturbances in the physical so that feelings of inferiority arise followed by depression. Psychological factors are characterized by unpleasant experiences and stress in life. Meanwhile, socio-cultural factors are characterized by family or peer conflicts.

Nursing students are more likely to experience mental disorders due to academic, financial, interpersonal pressure, time demands, and large clinical responsibilities (Yusup & Musharyanti, 2021). The results of the research by Suha, Nauli, and Karim (2022) regarding the description of burnout in nursing students show that the majority of nursing students experience moderate burnout of 66.7%. Burnout can be a trigger factor for mental disorders due to too heavy study loads, busy class schedules, exam preparation, laboratory practice and activities outside of lectures. Wira'atmaja and Ricky (2021) in their research stated that the factors that trigger nursing students to experience mental disorders are lessons in class, laboratory, and clinical practice in hospitals. Chow et al. (2018) in their research stated that compared to other study programs, nursing students experience greater pressure compared to other study programs because they have to study and prepare themselves to treat patients with complex health conditions.

Several ways are used by students to prevent mental disorders such as anxiety by diverting their attention to relaxing activities at home, such as interacting with family members, watching movies, playing social media, playing games, or doing hobbies they like (Cholilah, Deyon, & Nurmaidah, 2020). Research conducted by Sulistyana and Lestari (2022) regarding "Use of Social Media with Changes in Students' Moods" found a relationship between social media use and changes in mood. Social media can be an option to improve student mood because it provides fun entertainment, up-to-date information, and opportunities to expand friendships.

According to Diva, Anggari, and Haswita (2023), the use of social media does not always have a positive impact, but can also have a negative effect on its users. Inappropriate and unwise use of social media can have a negative impact on mental health (Widyawati & Kurniawan, 2021). The main risk factors that can cause mental disorders due to the use of social media are the length of time used, the high level of activity on the platform, and excessive dependence (Keles, McCrae, & Grealish, 2020). Currently the most used social media by students are the TikTok, Instagram, Youtube, Google, and Twitter applications (Gunawan, Anggraeni & Nurrachmawati, 2021).

The TikTok application is one of the most viewed social networking sites today, so that this social network is widely used by individuals of various ages (Batoebara, 2020). The TikTok application was first released in 2016 by Zhang Yiming, and was introduced in Indonesia in 2017 (Hasiholan, Pratami, & Wahid, 2020). The use of TikTok decreased in November 2018, with the condition of the Covid-19 pandemic making the use of TikTok increase rapidly again to date (Jihan, 2022). The number of users of the TikTok application in the world will reach 1.53 billion in 2022, this number has increased by 47.93% compared to 2021 (Rizaty, 2022a).

The number of TikTok application users in Indonesia continues to grow every year. Coupled with a modern lifestyle, Indonesia is the country with the second largest user of the TikTok application in the world after the United States. The number of users of the TikTok application in Indonesia reached 109.9 million users in January 2023 (Sadya, 2023). In Indonesia, users of the TikTok application are dominated by generation Z or individuals aged 14-25 years (Mahardika, Ma'una, Islamiyah, & Nurjannah, 2021). Students are interested in the TikTok application because it has a variety of filters that are different from other social media. This is in accordance with the explanation of Deriyanto and Qorib (2018) which explains that TikTok is a popular social media application, where users can watch and create videos, and use the background music of their choice. In addition, TikTok has short video durations of between 15 and 60 seconds, no need to have an account to use it, and no ad clipping (Layzuardy, 2020).

The use of the TikTok application can be reviewed through the intensity in using the TikTok application (Windarwati, Raharjo, & Choiriyah, 2020). The intensity of use is an individual activity that is carried out repeatedly involving feelings or based on the enjoyment of the activities carried out (Ristiana, 2018). Intensity is caused by an activity or activity that gives satisfaction or enjoyment to individuals (Sabekti, 2019). Meanwhile, the intensity of using the TikTok application is a pleasant sensation that can encourage individuals to use the TikTok application repeatedly.

Research conducted by Ulfadilah and Nurpratiwi (2022) entitled "Use of TikTok Social Media with Adolescent Mental Health", found that around 26% of TikTok users have good mental health, but are less active in using the platform. Meanwhile, around 36% of other users have poor mental health, but are active in using TikTok. Another study conducted by Naim (2022), demonstrated a significant positive relationship between social media addiction and depressive tendencies. The use of social media TikTok with high intensity makes individuals experience addiction, which affects decreasing physical activity, staying away from social activities with people around them, making social comparisons online until feelings of inferiority appear, feelings of anxiety which are risk factors for depression. Researchers are interested in conducting research on "The Relationship between the Intensity of Use of the TikTok Application and the Mental Health of Nursing Students". This is based on an explanation of the background and phenomena that exist within the Faculty of Nursing.

RESEARCH METHODS

This research is a quantitative descriptive correlational study using a cross sectional approach. This research was conducted at the Faculty of Nursing, University of Riau. The population in this study were all 647 active undergraduate students in the Nursing Study Program at the University of Riau. The sampling technique in this study used non-probability sampling with purposive sampling. The data collection tool in this study used a modified SONTUS (Social Networking Time Use Scale) questionnaire to measure the intensity of using the TikTok application, the questionnaire on the intensity of use of the TikTok application was tested for validity and reliability, with r table (0.366), there were no invalid statements with r count (0.393-0.792), while the Cronbach alpha value is 0.946. Assessed with 11 answer choices, where the assessment depends on 11 Likert scales, a scale of 1-3 is rated a score of 1, a scale of 4-6 a score of 2, a scale of 7-9 a score of 3, and a scale of 10-11 a score of 4. While the mental health questionnaire is General The Health Questionnaire-28, the GHQ-28 questionnaire were tested for validity and reliability, there were no invalid questions with r count (0.396-0.826) and the reliability test showed the number 0.949. There are 28 questions each rated on a scale of 0-3, where for the value of the question 0: not at all, 1: not more than usual, 2: more than usual, 3: very much more than usual.

RESEARCH RESULTS AND DISCUSSION
Univariate Analysis
Description of Respondent Characteristics

Table 1. Distribution of Respondent Characteristics

Characteristics of Respondents	Frequency (f)	Percentage (%)
Gender		
Male	21	8,3
Female	228	91,6
Total	249	100
Age		
18-20 year	141	56,6
21-24 year	108	43,4
Total	249	100
Force		
A 2019	55	21,8
A 2020	57	22,6
A 2021	59	23,4
A 2022	70	27,8
B 2022	8	3,2
Total	249	100

Based on the table above, it shows that the distribution of respondents according to gender was mostly female, namely 228 people (91.6%). The age of most of the respondents was 18-20 years as many as 141 respondents (56.6%). Meanwhile, most of the respondents were from A 2022, namely 70 people (27.8%).

An overview of the intensity of using the TikTok application

Table 2. Frequency Distribution of Respondents Based on the Intensity of Use of the Tiktok Application

The intensity of using the Tiktok application	Frequency (f)	Percentage (%)
Low	90	36,1
Currently	113	45,4
High	42	16,9
Very high	4	1,6
Total	249	100

Based on the results of research that was conducted on 249 respondents, it showed that the intensity of using the TikTok application was low, amounting to 90 people (36.1%), medium amounting to 113 people (45.4%), high amounting to 42 people (16.9%) and very high amounted to 4 people (1.6%).

An overview of the mental health of nursing students

Table 3. Frequency Distribution of Respondents Based on Mental Health

Mental Health	Frequency (f)	Percentage (%)
Mentally Healthy	123	49,4
Mental Disorders	126	50,6
Total	249	100

Based on the results of research that was conducted on 249 respondents, it showed that 123 people (49.4%) were mentally healthy and 126 people (50.6%) had mental disorders.

Table 4. Frequency Distribution of Respondents Based on the GHQ-28 Subscale

Subscale	Frequency (f)	Percentage (%)
Somatic Symptoms		
Experience	223	89,6
Not experiencing	26	10,4
Total	249	100
Anxiety and Insomnia		
Experience	171	68,7
Not Experiencing	78	31,3
Total	249	100
Social Dysfunction		
Experience	117	47,0
Not Experiencing	132	53,0
Total	249	100
Depression		
Experience	56	22,5
Not Experiencing	193	77,5
Total	249	100

Table 4 shows that the distribution of respondents according to the subscale who experienced somatic symptoms was 223 (89.6%) and 26 (10.4%) did not. Anxiety and insomnia subscales, namely experienced, amounted to 171 (68.7%) and did not experience, amounted to 78 (31.3%). The social dysfunction subscale, namely experiencing, was 117 (47.0%) and not experiencing, was 1132 (53.0%). The depression subscale, namely experiencing, was 56 (22.5%) and not experiencing, was 193 (77.5%).

Bivariate Analysis

Table 5. Intensity of Use of the TikTok Application and Mental Health Before Cell Merging

Intensity Use Application TikTok	Mental Health						Total		
	Mental Disorders			Mentally Healthy					
	f	Fh	%	f	Fh	%	f	Fh	%
Low	38	45,5	42,2	52	44,5	57,8	90	90,0	100
Currently	53	57,2	46,9	60	55,8	53,1	113	113,0	100
High	31	21,3	73,8	11	20,7	26,2	42	42.0	100
Very high	4	2,0	100	0	2,0	0	4	4,0	100
Total	126	126,0	50,6	123	123,0	49,4	249	249,0	100

Based on the table above shows the results of the chi square test, where the expected value of 2 cells (25.0) is less than 5 or the expectation value is > 20% and the contingency table (4x2). Because it does not meet the requirements of the chi square test, the next step is to merge cells.

Table 6. Relationship between Intensity of Use of the TikTok Application and Mental Health After Cell Merging

Intensity Use Application TikTok	Mental Health				Total		P value
	Mental Disorders		Mentally Healthy				
	f	%	f	%	f	%	
Low	38	42,2	52	57,8	90	100	
Currently	53	46,9	60	53,1	113	100	0,001
High + Very High	35	76,1	11	23,9	46	100	
Total	126	50,6	123	49,4	249	100	

Based on the table above, it shows the results of the analysis of the relationship between the intensity of using the TikTok application and mental health. It was found that mental health comes from the low intensity of using the TikTok application, which is 52 and the moderate intensity, which is 60, compared to the intensity of using the TikTok application which is high and very high. The results of statistical tests using the chi square test obtained p value = 0.001 <α (0.05), it was concluded that there was a relationship between the intensity of using the TikTok application and the mental health of nursing students

Discussion
Univariate Analysis
Age

The results showed that most of the respondents were aged 18-20 years, namely 141 people (56.6%), this was because the respondents came from undergraduate nursing students who were generally between 18 and 24 years old. However, there was one student who was over 24 years old. Most users of the TikTok application are in the age range of 18 to 24 years at 40%, compared to the age group of 25 to 34 years at 37% (Robinson, 2021). The results of Kristiani and Putri's research (2022) show that the majority of TikTok application users are in the age range of 18-25 at 91.2%. In that age range, individuals tend to have a greater desire to express themselves. Based on the Central Bureau of Statistics (2019), the proportion of individuals who use the internet is mostly in the 15-24 year age group of 83.58%.

Gender

The results showed that most of the respondents were female, namely 228 (91.6%), this was because the majority of respondents at the Faculty of Nursing, University of Riau were female students. Liu and Li (2017) stated that student nurses are dominated by women because women find it easier to absorb knowledge provided by lecturers as well as from the clinical field and women are more interested in becoming nurses so that nurses are synonymous with women. Other studies have found that women have a high interest in motivation in learning to become nurses (Rahmawati, Sukmaningtyas & Muti, 2021).

The results of Kristiani and Putri's research (2022), that the TikTok application is mostly used by women, 81.9%. This can be caused because women are more able to express themselves than men. TikTok application users usually create content that contains outpouring or self-expression by dancing or dancing and the TikTok application also offers a variety of content according to interests. Girls may find content relevant to hobbies, lifestyle, beauty, dance and more that interest them. The results of other studies also state that more women use the TikTok application, namely 84 people (Putri, Kartika, & Kalesaran, 2021)

An Overview of the Intensity of Using the Tiktok Application

Based on the results of the study, the majority of respondents used the TikTok application with moderate category intensity, namely 113 (45.4%). The intensity of this medium category indicates that nursing students use the TikTok application only in certain situations so that it does not interfere with other activities. This can be seen from the results of the intensity component of using the TikTok application, where most students use the TikTok application in their free time (60.2%), during times of stress (54.2%), and motivation to use it (81.5%). The results of research conducted by Astuti and Andrini (2021) also support this finding, which shows that teenagers generally use the TikTok application with moderate intensity. This moderate intensity indicates that teenagers are quite intensely paying attention, responding, and spending time and frequency using the TikTok application.

Mental Health

Based on the results of the study, the majority of respondents experienced mental disorders, namely 126 people (50.6%). Based on the mental disorder subscale, most respondents experienced somatic symptoms (89.6%), anxiety and insomnia (68.7%). This was influenced by the time of the research where data collection was carried out when the respondents were preparing their thesis and skill lab exams so that these conditions put pressure on the respondents. There are many factors that can affect students' mental health, both internal and external factors. Factors on campus include academic assignments, tests, both theoretical and practicum, the social climate on campus such as relationships with lecturers and classmates, inadequate quality of internet networks, and busy lecture schedules (Sagita & Syahniar, 2017). This finding is in line with research conducted by Hidayatullah and Aminoto (2018) which stated that academic assignments, lecturer teaching methods, class schedules, and interaction with peers are factors that can cause stress, and if not handled properly, can lead to mental health problems. On the other hand, there are factors outside the campus that also play a role in influencing students' mental health, such as family problems, economic problems, and pressure from society (Ambarwati, Pinilih, & Astuti, 2017).

Bivariate Analysis

Bivariate analysis was used to find a relationship between the intensity of using the TikTok application and the mental health of nursing students at the Faculty of Nursing, University of Riau. The results of the study obtained a p value (0.001) < α (0.005) which means that Ho is rejected so it can be concluded that there is a relationship between the intensity of using the TikTok application and the mental health of nursing students. According to Batoebara (2020), the TikTok application is one of the most popular social media platforms today. The use of the TikTok application with balanced intensity and self-limitation can be used as a coping strategy in dealing with stress (Sholehah, Hairina, & Imadduddin, 2022). When facing pressure, the TikTok application can be used as a source of entertainment, to obtain information, and to meet other needs (Mahmudah & Purnamasari, 2023). This view is in line with the opinion of Minza et al. (2022) which states that many people use various social media such as Instagram, Twitter, Facebook, and the like to meet their needs when facing pressure.

The results of the study show that the use of the TikTok application with low and moderate intensity means that respondents tend to experience mental health. This is in line with the results of research conducted by Gajo et al. (2023), who found that moderate use of the TikTok application can help implement early intervention and prevention for symptoms of mental disorders, namely academic stress, family crises, and peer pressure. Therefore, the bad influence of various factors that affect students' mental health can be maintained through the use of the TikTok application. Conversely, if the use of the TikTok application is high and very high, respondents tend to experience mental disorders. Ulfadilah and Nurpratiwi's research (2022) shows the result that the more actively you use the TikTok application, the more you have poor mental health. This is due to various factors, including high curiosity, fear of missing out on new information or things, and difficulty sleeping due to exposure to blue light from smartphone screens which can interfere with the production of the hormone melatonin which is needed to regulate sleep cycles. Another study by Ismail, Rustham, and Ibrahim (2021) also showed a significant positive relationship between the stress levels of adolescents using the social media platform TikTok. Research by Sa'diyah, Naskiyah and Rosyadi (2022) also shows that the more intensely a person uses social media, the worse his mental health will be. High-intensity use can cause changes such as disturbed sleep patterns, headaches, insomnia, and mood swings (Syamsoedin, Bidjuni, & Wowling, 2015).

CONCLUSION

Based on the results of research on "Relationship Intensity of Use of the TikTok Application with the Mental Health of Nursing Students" of 249 respondents, it was concluded that most respondents were female, most of the respondents were aged 18-20 years, most of the respondents were from class A2022, most respondents used the TikTok application with moderate intensity, most respondents experienced mental disorders and most respondents experienced mental problems with somatic symptoms and anxiety. The results of statistical tests carried out using bivariate analysis with chi square concluded that there was a relationship between the intensity of using the TikTok application and the mental health of nursing students at the University of Riau. This research was conducted offline at the Faculty of Nursing, University of Riau, the limitation in this study was the time when the data collection was carried out while the respondents were preparing their thesis and skill lab exams so that it affected the results of the study where the results were generally that most respondents experienced mental disorders, but more specifically in the form somatic symptoms, anxiety and insomnia. It is hoped that the results of this study can be further developed for further research such as adding other variables that can affect mental health, such as family support.

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