

Wise Use of Social Media Amongst Students Senior High School

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Abstract

Social media provides many conveniences that can be obtained from cellphones and the internet, almost all students as users of technology and information and prove that at this time life cannot be separated from technology and information. Community Service activities are carried out at SMA Negeri 1 Mawasangka Tengah with the aim of sharing knowledge about the wise use of social media among students. Students should learn more about time management and wise use of social media to deal with the positive and negative impacts of social media. Students can find various sources of lesson-related information on social media. They can search for blogs, videos, articles and other sources that will help their understanding. Students can have a deeper understanding of the subject matter they are learning by using social media. Students can also work together with their friends on social media, they can collaborate in groups, hold conversations and exchange ideas. In addition to increasing student participation, this partnership broadens their perspective. Students can utilize social media to learn and grow. However, in using social media, we must remember about the ethics and safety of its use in order to use social media wisely.

Keywords: Social Media; Positive and Negative Impacts; Technology and Information; High School Students.

Abstract

Sosial media memberikan banyak kemudahan yang bisa didapat dari handphone dan internet, hampir semua pelajar sebagai pengguna teknologi dan informasi dan membuktikan bahwa pada saat ini kehidupan tidak bisa terlepas dari teknologi dan informasi. Kegiatan Pengabdian Kepada Masyarakat di laksanakan di SMA Negeri 1 Mawasangka Tengah dengan tujuan membagikan pengetahuan tentang bijak menggunakan media sosial dikalangan siswa. Siswa harus belajar lebih banyak tentang manajemen waktu dan penggunaan media sosial secara bijaksana untuk menghadapi dampak positif dan dampak negatif dari media sosial. Siswa dapat menemukan berbagai sumber informasi terkait pelajaran di media sosial. Mereka dapat mencari blog, video, artikel, dan sumber lain yang akan membantu pemahaman mereka. Siswa dapat memiliki pemahaman yang lebih mendalam terhadap materi pelajaran yang dipelajarinya dengan menggunakan media sosial. Siswa juga dapat bekerja sama dengan teman-temannya di media sosial, mereka dapat berkolaborasi dalam kelompok, mengadakan percakapan, dan bertukar pikiran. Selain meningkatkan partisipasi siswa, kemitraan ini memperluas sudut pandang mereka. Siswa dapat memanfaatkan media sosial untuk belajar dan berkembang. Namun dalam menggunakan media sosial, harus diingat tentang etika dan keamanan penggunaannya agar dapat menggunakan media sosial dengan bijak.

Kata kunci: Media Sosial; Dampak Positif dan Negatif; Teknologi dan Informasi; Siswa SMA.

INTRODUCTION

Along with globalization, information technology is developing rapidly (Anjarwani et al., 2022).. Information technology is increasingly being used in various aspects of daily life (Anggraeni et al., 2022). At a time when technology is developing very quickly, especially related to social media, which is increasingly popular among young people, it is important for us to realize that the use of social media has advantages and several risks that are often overlooked (Warpindyastuti & Sulistyawati, 2018).

Young people, accustomed to easy and quick access to technology, tend to actively use social media as an integral part of their daily lives (Nugraeni, 2024). However, their lack of understanding of the risks associated with social media use, such as cyberbullying, addiction, dissemination of false information, and privacy issues, is a serious concern (Putri et al., 2022). Therefore, educational institutions have a responsibility to provide comprehensive education on how to use social media wisely, ethically and safely (Yahya & Susanto, 2024).

Anyone who is interested is encouraged to get involved by making open comments and sharing information quickly and seamlessly on social media. Teenagers, for example, have developed an addiction to social media, making it impossible for them to go a day without using it. However, as today's teenagers are often active on social media, they will be perceived as more popular and up-to-date. Conversely, teenagers who do not have social media accounts are usually seen as less gregarious, old-fashioned or out of date (Amanda Putri & Karisma, 2024).

Today's youth, especially students, are highly dependent on social media. Those who always carry smartphones and constantly browse the internet (Aprilia et al., 2020). Especially now using smartphones to access Facebook or Instagram from anywhere and anytime.

The rapid development of social media is now because everyone can have their own social media (Putra & Utami, 2023). A social media user can access using social media and internet networks. We as social media users freely edit, add, modify both writing, video images, and various other content models (Wendy Asswan Cahyadi, Bagus Wahyu Pandhito, 2024).

Social media use affects students' study habits and lowers their enthusiasm for learning in addition to their lifestyle (Mahardika et al., 2024). Teenagers are less productive and less connected to each other because many of them are addicted to using social media without knowing when to stop. The impact on adolescents, especially students, is a reduction in study time because they lose track of time when using the internet and social networking sites, so they do this all the time.

To create a safer atmosphere and encourage the use of social media, universities should contribute to this outreach initiative. Therefore, a community service programme that teaches the next generation how to use social media responsibly is a relevant and significant effort to help them understand the advantages and disadvantages of social media and encourage the responsible and beneficial use of social media amidst the rapid changes in the digital era. In the context of ever-evolving technology, especially social media, which has become ingrained in our daily lives, we must realise that its use has some risks as well as benefits that are often overlooked. Young people often use social media without fully understanding the dangers because they are used to the technology available (Mutiarani et al., 2024).

The need to educate young people on how to use social media responsibly is increasing, and educational institutions play an important role in providing them with a thorough understanding of the ethics and safety of social media use (Fahman, 2024). To create a safe atmosphere and encourage the use of social media, local communities must also participate and provide support ('Izza, 2024). Through initiatives such as Community Service, which focuses on educating the younger generation on the use of social media, we can help them understand the risks and benefits associated with social media and encourage them to use the platform responsibly, productively and positively amidst constant changes in technology and digital culture.

In this case, it relates to the use of social media, namely programmes or software commonly referred to as Facebook (FB), Twitter, WhatsApp (WA), Instagram (IG), and Line. Providing an understanding of how to use social media responsibly is becoming increasingly important given the widespread use of social media in everyday life (Januarti et al., 2018). SMA Negeri 1 Mawasangka Tengah students who are already familiar with technology in particular need to know more about the dangers and adverse effects of social media abuse.

The purpose of this Community Service (PKM) is to provide better knowledge to students at SMA Negeri 1 Mawasangka Tengah, Central Buton Regency about the use of social media. The goal is to make students smarter, more responsible, and more productive using social media. In order for them to lead a responsible and knowledgeable digital life, it is important to instil a thorough awareness on the use of social media.

METHOD

The partner in this Community Service activity is SMA Negeri 1 Mawasangka Tengah, Central Buton Regency. Community Service activities are carried out by lecturers and students of the Government Science Study Program at Muhammadiyah Buton University. community service activities carried out on 7 November 2024. The socialisation method used in this community service activity, especially about wisely using social media. This activity was carried out interactively which allowed students to ask questions and make comments on the material presented. Discussion activities are carried out at the same time as the presentation of the material, so that participants can express themselves and provide space to debate various issues so as to stimulate students to dare to communicate in public according to the service material. The flow of Community Service activities can be seen in the following table:

Table 1. Programme of Community Service Activities

Activity Stages	Methods Used	Description
Survey and partner assignment	Meeting and discussion	PKM Team and Principal of SMA Negeri 1 Mawasangka Tengah
Socialisation of the positive and negative impacts of social media	Meeting and discussion	PKM Team and Students of SMA Negeri 1 Mawasangka Tengah
Socialisation on how to use social media wisely for students	Meeting and discussion	PKM Team and Students of SMA Negeri 1 Mawasangka Tengah

RESULTS AND DISCUSSION

The development of technology has greatly influenced the process of information dissemination and communication, especially for the community of social media users, even now the use of social media has entered into people's daily activities.

We use social media every day for various purposes, including learning, working, sharing information and communicating. Of course, there are many advantages to using social media. But there are also many disadvantages as well as advantages. Therefore, we need to utilise social media wisely and intelligently. The Community Service Team provided socialisation of social media wisdom to class XII students of SMA Negeri 1 Mawasangka Tengah, Central Buton Regency as an effort to educate the younger generation, especially students, on how to use social media responsibly. The implementation of Community Service activities is as follows:

Survey and partner assignment

SMA Negeri 1 Mawasangka Tengah is located in Central Buton Regency. The purpose of the PKM Team conducted a survey, in order to collect data / information about the needs of partners. At this stage the PKM Team also coordinated, discussed with the Principal of SMA Negeri 1 Mawasangka Tengah to give permission and plan activities which included time, socialisation materials and technical implementation of PKM activities.



Figure 1. Survey and Coordination of PKM Partners

Socialisation of the Impact of Social Media

Blogs, social networks, wifi, forums and virtual worlds are examples of online platforms that facilitate user participation, sharing and content creation. Social networks and blogs allow anyone to create personal web pages and connect with friends to exchange information and chat. Anyone who is interested is encouraged to get involved by posting material quickly and indefinitely, leaving comments, and participating and providing feedback openly on social media.

Social media developed along with mobile phone technology and the internet. With just a mobile phone, one can now access social media sites such as Facebook or Twitter anytime and from anywhere. The rapid access of social media has led to a significant information flow phenomenon. The speed of social media has also begun to replace the function of traditional mass media in news distribution. As social media users, we have the freedom to add, edit and change text, photos, videos, graphics and other types of information.



Figure 2. Socialisation of the Impact of Social Media

Before entering the material discussion about the impact of social media, the speaker invited SMA Negeri 1 Mawasangka Tengah students to interact by asking the question how many social media accounts are there for each student? Based on students' answers that each student has more than one social media account, including Facebook, Instagram, WhatsApp, Twitter, YouTube, TikTok.

What do students use social media for? Student answers, used to find information, communication, and as a means of entertainment. The next question, when do you use social media? Students' answers are almost every free time.

Social media, according to the students, is one aspect of technical sophistication that pervades every aspect of their daily lives. Furthermore, the PKM Team delivered material on the impact of social media for students.

1) Positive impact of social media on students

Students can keep in touch with friends and family, especially those who live far away, thanks to social media. It allows people to develop their social networks, help each other, and exchange experiences. Social media can also be a source of information and education is available. Students can find teaching tools and information on social media. For information and study help, they can join study groups or follow accounts that concentrate on academic subjects. And the positive impact of social media students can use social media to communicate more effectively, express themselves, and share ideas. Students can produce original works of art, such as short films or drawings, and receive praise from the online community, which also makes them more confident.

2) Negative impact of social media on students

Social media can be a source of self-confidence for students, especially when students compare themselves to others. Other people's content may make you feel inadequate, insecure, and under pressure to always look perfect. Students may experience stress from social media, especially if they engage in trolling or cyberbullying. Both can adversely affect the mental health of their victims and lower their motivation to learn. And students may be distracted by social media, especially if they use it while studying or completing schoolwork. As a result, academic performance and productivity may suffer.

Socialisation on How to Use Social Media Wisely for Students

The second speaker discussed how to use social media wisely. The second speaker again invited SMA Negeri 1 Mawasangka Tengah students to interact by asking questions about how often do you use social media as a learning tool? The students' answers varied, some saying that they often, rarely and never use social media as a learning tool.

If utilised properly, social media can be a useful resource for students. Various benefits can be obtained through social media, including: Sources of information and knowledge; creativity development; increasing connections; educational opportunities and networking opportunities.



Figure 3. Socialisation of Wise Use of Social Media

Furthermore, the delivery of material on how to wisely use social media for students.

- 1) Social media is often a very important source of information. However, students should not believe everything they see on social media. Students may be harmed by untrue information

or hoaxes circulating on social media. Therefore, before sharing any information you get, be careful to confirm it.

- 2) Students may get high-quality information and educational materials on social media. On social media, students can join communities or organisations that talk about specific topics or other educational activities. Students can broaden their horizons and gain knowledge from more experienced individuals by being part of such groups.
- 3) Students can also share their efforts and achievements on social media. Students have the option to share their own papers, images and videos. Students' confidence can grow and as a result, their audience can grow.
- 4) To prevent addiction and poor productivity, students should set time limits on using social media. They are able to decide when to use social media, for example, during free time or after studying.
- 5) When using social media, students should be mindful of their safety and privacy. Do not give out sensitive personal information such as home addresses, phone numbers or financial details. In addition, students should avoid using easy-to-know passwords and should update passwords frequently.

If utilised correctly, social media can be a very useful tool for learners. Students should use social media for learning, share their learning and achievements, respect time limits, and be mindful of privacy and safety.

CONCLUSIONS AND SUGGESTIONS

The intensity of social media users is increasing. Today's student lifestyle is seen as an individual who cannot be separated from the sophistication of information technology. One of the instruments that facilitate communication and information discovery is social media. Inadequate education will cause users to misuse it. The high interest of students in using social media during the teaching and learning process can lead to inappropriate behaviour during teaching and learning activities at school.

Based on the community service that has been completed, it can be said that this activity helps students of SMA Negeri 1 Mawasangka Tengah, Central Buton Regency to make the most of social media, but also still pay attention to social media ethics because the freedom in question is responsible freedom.

The role of teachers as educators and parent figures in schools is crucial, they must understand learners' social development and use appropriate strategies to provide an understanding of safe and responsible social media use. This also involves trying to learn from learners' daily lives. In addition, parents also need to be educated so that they can help prevent the negative impact of social media use on children. This is important in order to avoid potential problems that could arise from unwise social media use, with a focus on healthy, safe and productive internet use.

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