



Research Article

Social Media Addiction On Subjective Well-Being In Adolescents

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ABSTRACT

The pervasive exposure to unrealistic beauty standards on social media has triggered intense psychological stress, severe body dissatisfaction, and a critical decline in Subjective Well-Being (SWB) among adolescents. To address these escalating mental health risks, this study aims to explore the role of healthy body image evaluation in shaping adolescents' subjective well-being and fostering their emotional and social resilience in the digital era. This study explored the role of healthy body image evaluation in shaping adolescents' subjective well-being in the digital era. This study used a cross-sectional design, conducted in November 2025. Sampling used simple random sampling of 88 students. The variables studied were respondent characteristics, level of social media addiction, body image, and SWB. A total of 16 adolescents were severely addicted to social media. A total of 54.5% of adolescents assessed their body image negatively. There were still 17% of adolescents with low levels of SWB. However, there was no association between social media addiction and body image ($p=0.100$) and body image and SWB ($p=0.580$) in adolescents. Although some adolescents have low SWB, they still have confidence in their body image. Suggestions for further research include measuring factors that influence adolescent SWB, conducting a survey on adolescent nutritional intake, and conducting a survey on adolescent healthy lifestyle behaviors.

Keywords: Adolescent, Body Image, Subjective well-being, Social Media.

INTRODUCTION

Adolescence is a transitional period from childhood to adulthood. Key characteristics of adolescence include rapid physical growth, heightened self-awareness, and a constant interest in trying new things (Ammar & Nurmala, 2020). Adolescence is not the final stage of personality development, but rather a key stage in the development of one's personality. Adolescents spend a lot of time with their peers. Furthermore, adolescents begin to receive a great deal of information from the mass media, which they are familiar with and familiar with (Ramanda et al., 2019). Adolescents today live in an era where information technology is increasingly accessible, and access to information is increasingly easy, including through social media.



According to the Ministry of Health, adolescents are those aged 10-18, representing those still in junior high and high school. Adolescence is characterized by intense curiosity but still lacks stable emotional control (Chanra, 2024). This makes it difficult for adolescents to manage their social media use, which ultimately negatively impacts their mental health. From a psychological perspective, adolescence is a crucial phase for cognitive and emotional maturation, as well as the construction of self-identity. During this stage, thinking skills develop toward a more critical and abstract level, enabling them to make decisions with a higher level of complexity. Simultaneously, adolescents actively evaluate their values and life goals, and expand their social networks. This accumulation of experiences, environmental interactions, and exploration of potential and aspirations ultimately shapes their identity (Shidique et al., 2023). However, when social media dominates their lives, this exploration can be disrupted, even leading to over-dependence.

In the digital age, the widespread use of social media has become a major threat to adolescents' mental health and identity development. Platforms like TikTok and Instagram often project idealized beauty standards and lifestyles that are out of touch with reality. For adolescents who lack stable emotional control, visual exposure to idealized body shapes—such as slimness or fair skin—creates intense psychological stress. This traps them in illusions, leaves them feeling inadequate, and triggers anxiety disorders due to dissatisfaction with their body image. (Mona & Irman, 2024; Napitupulu & Butarbutar, 2024).

The urgency of this issue is increasingly apparent given the high level of internet accessibility. A 2025 survey by the Indonesian Internet Service Providers Association (APJII) noted that 80.86% of Indonesia's population are active internet users, dominated by Generation Z, who spend 2-4 hours per day on social media. Specifically, in East Java, the internet penetration rate reached 82.19%, higher than the national average. The negative impact of this high access is confirmed by research by Maryana and Prameswari (2019) in Surabaya, which found that the majority of female high school students had low to medium Subjective Well-Being (SWB)—characterized by high levels of anxiety and insecurity—due to a less-than-ideal self-image. This finding aligns with research in Sidoarjo (Rukmini, 2018), which emphasized that negative self-concept significantly hinders adolescents' social adjustment.

Some adolescents may feel dissatisfied with their current body shape, especially girls. Girls tend to feel that appearance is paramount. Therefore, they begin to compare themselves to "role models" on social media. When there is no similarity, feelings of inferiority and low self-confidence emerge (Purwati, 2023). Adolescents often feel pressured by negatively perceived body image. They may feel burdened by expectations to meet unrealistic beauty standards often portrayed in the media (Mukhlida, 2024). Research shows that low subjective well-being in adolescent girls is often triggered by body image insecurities caused by social media pressure and unrealistic beauty standards. Furthermore, their self-concept and psychological development are further disrupted by criticism of their physical appearance from their families and social circles (Maryana and Prameswari, 2019). If not addressed promptly, dissatisfaction with body image can endanger adolescents' physical and mental well-being. Adolescents with low self-acceptance are vulnerable to negative behaviors to achieve unrealistic standards, such as strict dieting and fasting for days, which can lead to chronic illness and even death (Supriyadi & Mastuti, 2023). Therefore, body image education and evaluation, involving social support, are crucial for building adolescents' self-confidence (Ripta et al., 2023; Azmi & Mujiasih, 2024). A positive body image evaluation will directly impact increased SWB, enabling adolescents to feel more satisfied with their lives, manage

stress, and develop into resilient individuals without being hindered by physical dissatisfaction (Sumardi, 2022).

Subjective well-being (SWB) is a subjective evaluation of life satisfaction and perceived emotional state. Subjective well-being can make a person's life more valuable. Therefore, if someone has good subjective well-being, they will be more positive in living their life. Individuals are said to have good subjective well-being if they are satisfied with their work and experience positive emotional experiences more frequently. This also applies to adolescent girls who are still in the developmental stage and still need to fulfill their developmental tasks, one of which is accepting physical changes and being able to utilize them positively to contribute to their environment (Sumardi, 2022).

The body image evaluation process also includes an introduction to different definitions of beauty and values that are more important than just physical appearance. Teens are encouraged to appreciate the diversity of bodies and understand that beauty comes in all shapes, sizes, and colors. By regularly evaluating their body image, teens can develop stress management skills and improve their overall mental health. They learn to be more confident in living their lives, taking risks, and pursuing their dreams without being hindered by dissatisfaction with their physical appearance. Thus, body image evaluation activities for teens not only boost their self-confidence but also help them grow and develop into strong, empathetic individuals with a deeper understanding of themselves and others. Based on the above phenomenon, the main objective of this study is to explore the role of healthy body image evaluation in shaping adolescents' subjective well-being in the digital era, as well as how it contributes to their overall emotional and social well-being.

MATERIAL AND METHODS

The study was conducted using an observational method (without providing treatment to respondents) with a cross-sectional design. The location of this study was at one of the vocational high schools in Surabaya. This specific vocational high school in Surabaya was chosen purposively as the research location because a preliminary survey and reports from the school's counseling guidance (*Bimbingan Konseling*) teachers indicated a high prevalence of intense social media usage. Furthermore, there was a rising trend of student complaints regarding anxiety and peer pressure related to physical appearance, making it a highly relevant setting for this study. The study population was all students at the vocational high school, totaling 1,531 students. The inclusion criteria for this study were active students aged 15-18 years old who actively use at least one social media platform and were willing to participate by signing the informed consent form. Conversely, the exclusion criteria included students who were absent during the data collection period, those who did not own a personal smartphone, and respondents who submitted incomplete questionnaires. The sampling technique used was simple random sampling (Iemeshow). A margin of error of 10% was utilized, which is deemed acceptable for this type of observational study, resulting in a minimum required sample of 94 students. However, after applying the exclusion criteria and removing incomplete responses during the data collection process, the final valid sample analyzed in this study was 88 students.. This study used a quantitative approach with the help of a questionnaire for data collection. The variables studied were respondent characteristics, level of social media addiction, body image and subjective well-being. The social media addiction questionnaire was modified from the Internet Addiction Test by Young (1998) and Kuess & Griffiths (2011). The body image questionnaire used the Multidimensional Body Self-Relations

Questionnaire Appearance Scales (MBSRQ-AS) questionnaire developed by Thomas F. Cash (Cash, 2000).

RESULTS AND DISCUSSION

This research was conducted in November 2025, after the final year students completed the Academic Competency Test (TKA). The respondents were students in grades 10, 11, and 12. The distribution of adolescent characteristics is as follows.

Table 1. Characteristics of Adolescent

Class	Sex				Total	
	Male		Female			
	n	%	n	%	n	%
X	14	38,89	16	30,77	30	34,09
XI	12	33,33	17	32,69	29	32,95
XII	10	27,78	19	36,54	29	32,95
Total	36	40,91	52	59,09	88	100,00

All respondents completed a questionnaire regarding their level of social media addiction, body image, and knowledge about body image. After receiving the responses, the students' responses were assessed. The following are the students' responses.

Table 2. Cross Tabulation between Social Media Addiction and Body Image

Independent variable	Body Image				Total	
	Negative		Positive			
	n	%	n	%	n	%
Social Media Addiction						
Light	9	60	6	40	15	100,00
Moderate	33	57,9	24	42,1	57	100,00
Heavy	6	37,5	10	62,5	16	100,00
Total	48	54,5	40	45,5	88	100,00
Spearman`s rho : 0,1						
Coefficient correlation : 0,177						

Table 3. Cross Tabulation between Body Image and Subjective well-being

Independent variable	Subjective well-being						Total (%)	
	Light		Moderate		Heavy			
	n	%	n	%	n	%	n	%
Body Image								
Negative	8	16,7	35	72,9	5	10,4	48	(100,00)
Positive	6	15	29	72,5	5	12,5	40	(100,00)
Total	14	15,9	64	72,7	10	11,4	88	(100,00)
Spearman`s rho : 0,580								
Coefficient correlation : -0.060								

Initial data collection results indicated that 16 students were categorized as severely addicted to social media. Fifty-seven students were categorized as moderately addicted to social media. Questionnaire results also indicated that more than 50% of students were dissatisfied with their body image.

The subjective well-being categorization results in this study revealed that the majority fell into the moderate subjective well-being category, with a percentage of 72.7% (64 of 88 subjects).

Subjective well-being is an individual's cognitive and affective evaluation of their life as a whole. Subjective well-being depends on an individual's feelings of pleasure and satisfaction, which are the result of subjective evaluations of experiences, both cognitively, representing the individual's reflective assessment of satisfaction and dissatisfaction, and affectively, encompassing positive and negative affect related to feelings (Maddux, 2017). Positive affect encompasses a variety of positive emotions such as happiness, while negative affect encompasses emotions such as anger and sadness (Diener et al., 2017).

The results of the Spearman correlation analysis showed no relationship between body image and subjective well-being in adolescents ($\text{sig} > 0.05$). This finding is inconsistent with several studies that have shown a relationship between body image and subjective well-being in adolescents. Research by Kusuma Purbaningtyas (2021); Alwis (2018) noted a positive relationship between body image and subjective well-being. Individuals with high subjective well-being tend to feel happy and less prone to negative affect. Conversely, individuals with low subjective well-being tend to be dissatisfied with their lives and are susceptible to negative emotions.

One of the main dimensions of subjective well-being is life satisfaction, defined as a person's positive assessment of all aspects of their life and specific events they experience (Maddux, 2017). Achieving life satisfaction plays a crucial role in enabling individuals to enjoy their existence more, achieve high self-acceptance, and develop a positive self-perception, including body image (Davis et al., 2020).

Life satisfaction is a multidimensional concept influenced by various internal and external factors (Donaghue, 2009). One significant internal factor is self-efficacy. Research by Nabila and Wahyuni (2021) shows a positive correlation between the two; meaning that increased self-efficacy in college students will be followed by increased life satisfaction, and vice versa.

Positive psychology is a major focus of modern psychology, exploring concepts such as subjective well-being, forgiveness, happiness, and gratitude. Given its significance for individuals, achieving well-being is a goal pursued through various strategies. Carroll (2001) defines subjective well-being as a positive mental state encompassing life satisfaction and the dominance of positive affect over negative affect. Similarly, Compton (2005) emphasizes that this concept relates to an individual's cognitive and emotional evaluations of their personal life experiences.

Diener (2009) divides subjective well-being into two main dimensions. The first dimension is the cognitive aspect, which relates to an individual's evaluation of life satisfaction, both overall (life satisfaction) and in specific life domains (domain satisfaction). The second dimension is the affective aspect, which represents emotional responses to life events, encompassing both positive affect (such as pride and affection) and negative affect (such as anxiety and stress). Furthermore, this level of well-being is influenced by various external and internal factors. Ibriza (2024) states that demographic variables (age, occupation, marital status), social support, culture, and even religion—particularly through gratitude—play a significant role in shaping this state.

Gratitude is defined as an individual's expression of gratitude for various life events and experiences (Mitchell et al., 2010). More deeply, Wood et al. (2009) view gratitude as an emotional and cognitive response born of an individual's awareness, thus fostering a sense of self-worth. From a religious perspective, gratitude is a crucial contributor to subjective well-being because it represents a positive mindset. This shows that subjective well-being is highly dependent on how individuals provide a positive assessment of their situation, which involves active cognitive processes in managing information (Wood et al., 2009).

According to McCullough et al. (2002), gratitude is broken down into four main dimensions. The first is intensity, which describes the depth of gratitude a person feels when facing pleasant events. The second is frequency, which refers to an individual's tendency to feel gratitude regularly in their daily lives, which typically leads to positive behavior and politeness. The third is span, which encompasses the breadth of various life areas—such as health, work, and family—that can trigger gratitude. The last is density, where grateful individuals are able to recognize and appreciate the role of many people in their lives, from their immediate environment to their broader social circle.

In addition to gratitude, self-acceptance is an important factor influencing subjective well-being. Hurlock (1997) defines self-acceptance as an individual's ability to embrace all aspects of their personality, including strengths and weaknesses. This state enables a person to face life's challenges rationally without being burdened by negative emotions such as low self-esteem, shame, or insecurity. In line with this, Ratnasari and Pribadi (2019) emphasize that self-acceptance is the need to acknowledge one's complete existence. This process, according to Patterson (2013), requires individuals to reduce excessive self-criticism and view imperfections as an integral part of their unique identity.

Sheerer (in Patterson et al., 2013) identifies seven key aspects that shape self-acceptance. First, a sense of equality, a state in which an individual has an objective view of themselves without feeling superior or inferior to others. Second, confidence in one's abilities, which reflects an individual's confidence in managing the various dynamics of life. Third, responsibility, a readiness to bear the consequences of all actions and personal aspects. Fourth, external orientation, characterized by a tolerant attitude toward the social environment without feeling ashamed. Fifth, a firm stance, where an individual upholds one's own principles without being easily influenced by external standards. Sixth, awareness of limitations, an honest acknowledgement of one's shortcomings without feeling humiliated. Lastly is the acceptance of human nature, which involves having the courage to authentically acknowledge human emotions such as fear, anger, and anxiety.

Self-acceptance doesn't develop spontaneously, but is influenced by several fundamental factors. First, self-understanding, which is an individual's ability to deeply identify their personal strengths and weaknesses. Second, unconditional positive regard, which refers to an individual's willingness to value their existence regardless of success or failure. Third, self-compassion, which is a tolerant attitude toward one's own capabilities when experiencing failure. Fourth, acceptance of personal limitations, where individuals recognize that they don't always have to meet environmental expectations due to human limitations. Finally, realistic self-evaluation plays a role in forming objective assessments, preventing individuals from becoming trapped in arrogance over their strengths or despair over their weaknesses.

Proper implementation of gratitude has been shown to improve subjective well-being, especially for individuals with obesity, by helping them identify positive aspects of life. Through gratitude, individuals shift their focus from negative burdens, enabling them to better accept their circumstances and experience greater life satisfaction (Rini, 2020). In line with this, self-acceptance—which encompasses a full recognition of one's strengths and weaknesses—is crucial for overweight individuals in dealing with social pressure and negative stigma (Elisa et al., 2021). This ability allows them to reduce negative emotions such as shame or sadness and focus more on positive self-development.

Based on research conducted by Ibriza & Pratisti (2024), gratitude contributed 37.6% to subjective well-being. This indicates that for overweight individuals, developing gratitude is a very significant factor in improving their subjective well-being. On the other hand, self-acceptance

contributed less, at 8.3%. These findings indicate that although both variables are influential, gratitude has a far more dominant impact than self-acceptance in determining the level of subjective well-being in obese individuals.

CONCLUSION AND SUGGESTION

Not all teenagers addicted to social media have negative body image. Those who do have negative body image, however, mostly have adequate subjective well-being. Suggestions for further research include measuring factors that influence adolescent subjective well-being, conducting a survey on adolescent nutritional intake, and conducting a survey on adolescent healthy lifestyle behaviors.

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