



THE COUNSELOR'S ROLE IN MITIGATING THE NEGATIVE IMPACT OF SOCIAL MEDIA OVERSHARING ON ADOLESCENT MENTAL HEALTH



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Abstract

In the digital age, adolescent are increasingly vulnerable to the phenomenon of oversharing – the tendency to over-share personal information via social media. This practice, while often motivated by the need for social connection and validation, has been shown to negatively impact students' mental health. This article aims to comprehensively explore the role of counselors in mitigating the negative impact of social media oversharing on adolescent. The research was conducted through a literature review and analysis of current literature on the relationship between oversharing, mental health, and the interventions that counselors can provide. The results of the analysis show that oversharing can trigger anxiety, sleep disorders, decreased self-esteem, and increase the risk of cyberbullying. Counselors have a strategic role in providing digital literacy education, cognitive-behavioral therapy, emotion regulation training, and continued psychological support. With the right strategy, counselors can become agents of change in creating a culture of healthy and ethical information sharing among students. This study concludes that counsellors need to have adequated knowledge and skills to address the issue of social media oversharing and its impact on adolescent mental health.

Introduction

The use of social media has become an integral part of adolescents' lives, with over 90% of teenagers in the United States using social media regularly (Pew Research Center, 2020). The survey was conducted in 2023 by the Indonesia Central Statistics Agency (BPS) through the National Socioeconomic Survey (Susenas) March 2023. The results showed that 77.46% of students aged 5–24 had accessed the internet in the past 3 months, with the primary purpose being for entertainment (86.65%), social media (66.68%), searching for news (61.39%), and only 27.46% for online learning.

However, excessive and uncontrolled social media use can have negative impacts on adolescent mental health, including stress, anxiety, and depression (Kiróly et al., 2019). One negative impact that can occur is oversharing, which is sharing personal information excessively on social media (Kaplan & Haenlein, 2010).

The digital age has brought fundamental changes in the way individuals interact and share information, especially among adolescent students who actively use social media platforms. Social media offers a limitless space for self-expression and social connection, but on the other hand, gives rise to the phenomenon of oversharing, which is the excessive disclosure of personal information and often does not consider the consequences (Van Dijck, 2013). This behavior is of particular concern given the developmental stage of adolescent students who are vulnerable to social pressure, identity formation, and complex emotional dynamics. Previous research has shown that oversharing on social media can have negative impacts on adolescent mental health, including decreased self-esteem and increased stress (Best et al., 2014). However, there is limited research on the role of



counselors in mitigating the negative impacts of social media oversharing on adolescent mental health.

This article aims to comprehensively explore the role of counselors in mitigating the impact of oversharing on adolescent mental health. The main focus is on understanding the characteristics of oversharing among adolescent students, analyzing the psychological risks and consequences that may arise, and identifying relevant counseling strategies and interventions. Through a literature review and analysis of the challenges faced by adolescent in the digital age, this article will examine how counselors can serve as agents of change. This includes efforts to raise students' awareness of the importance of online privacy, the limits of information sharing, and the potential consequences of oversharing (Livingstone & Helsper, 2007). In addition, this article will also discuss various counseling approaches that can be applied to help adolescent experiencing the negative impacts of oversharing, such as developing self-regulation skills, overcoming social anxiety, building healthy self-esteem, and promoting wise use of social media (Young, 2015).

It is hoped that this article can provide valuable insights for counselors, mental health practitioners, academics, and related parties in understanding and responding to mental health challenges arising from the oversharing phenomenon among adolescent, as well as inspire the development of more effective and contextualized interventions.

Method

This study used a qualitative approach by conducting a literature review to analyze the influence of oversharing on adolescent mental health as well as counselors' strategic contributions in dealing with it. Data were collected from scientific journals, books, and online publications related to the topic, especially in the fields of psychology, guidance and counseling, and digital literacy. The literature selected covered the years 2001 to 2024 to ensure modern relevance to the current condition of adolescent students. Analysis was conducted using a critical-descriptive approach, looking at key themes such as types of oversharing, causes, psychological effects, and effective intervention counseling strategies. Data validity was strengthened by triangulating literature sources and referring to proven theories in communication and educational psychology.

Results and Discussions

Oversharing

Oversharing is a condition where a person shares too much information or detailed content about their personal life, or even the lives of others, in excess. According to Webster's New World Adolescent Dictionary, oversharing is defined as the act of over-sharing information, whether intentional or not. Generally, people share things on their social media in the hope of getting a positive response. However, this is not always the case. There are times when the post actually draws a negative response because it unintentionally offends others (Holonics & Ortiz-Villarelle, 2022).

Oversharing is the act of over-disclosing personal information to others, either in direct communication or through social media, without considering the social context, privacy boundaries, or comfort of the listener. The information shared is often too intimate, irrelevant to the situation, or emotional in nature, which can lead to uncomfortable feelings for the recipient of the information, and even negatively impact the offender themselves. (Derlega, V. J., Metts, S., Petronio, S., & Margulis, S. T. 1993)

According to Pawitri (2023), there are several signs that someone is oversharing, including:

- a. Often over-sharing personal information with others.

- b. Uploading content on social media spontaneously and repeatedly.
- c. Tends to force others to have the same views.
- d. Immediately sharing stories on social media whenever they experience an event, whether it is fun or sad.
- e. Is uncomfortable with silent situations, and fills them with personal stories.
- f. Constantly seeks sympathy from people around him/her.
- g. Open to discussing various topics without considering boundaries.
- h. Sometimes forgets the importance of respecting the privacy and feelings of others.
- i. Her personal life is known by almost everyone.semua orang.

Oversharing is a behavior that has the potential to cause various risks, such as bullying, harassment, and conflicts in personal and professional relationships that can have serious and detrimental consequences. The impact of oversharing is quite extensive. Some common negative consequences include increased risk of cybercrime, identity theft, fraud, location tracking, and bullying. Apart from jeopardizing security, oversharing can also have a negative impact on mental health, such as decreased productivity due to negative responses from others. It can also trigger anxiety, the spread of personal data, the risk of information theft, and a deterioration in overall mental state.

There are several experts on the definition of oversharing:

- a. According to Derlega and Grzelak (1979), oversharing can be understood as a form of self–disclosure that goes beyond the limits that are considered reasonable in a social context, so that it can cause discomfort for the recipient of the information as well as the discloser himself. (Derlega, V. J., & Grzelak, J. 1979)
- b. According to Petronio (2002), oversharing occurs when individuals fail to manage privacy boundaries, thus sharing things that should remain private or sensitive. (Petronio, S. 2002)
- c. According to Joinson (2001), oversharing in social media is a tendency to over–share personal information due to the illusion of intimacy or a feeling of security in a digital environment, even though the information is actually publicly accessible. (Joinson, A. N. 2001).
- d. According to Solis (2011), oversharing is a digital behavior characterized by a desire for social validation, where individuals tend to upload personal life details continuously without considering the long–term impact on self–image and mental health. (Solis, B. 2011)
- e. According to Boyd and Ellison (2007), oversharing on social media can occur because users underestimate the long–term impact of digital footprints, and rely too much on online friendship systems that do not always represent real social support. (Boyd, D. M., & Ellison, N. B. 2007)

While humans naturally need social attention and support, oversharing on social media can have a negative impact on one's personal life. Isabelle Drury links this behavior to a number of mental health risks. There are various factors that drive people to overshare, including the desire to connect with others, especially when feeling lonely. In addition, oversharing can also come from a family background that makes it a routine. In some cases, oversharing can also be triggered by narcissistic traits or the urge to show self–existence. Quite often, individuals who overshare do not realize the consequences until after the event has occurred, or do not even see it as a problem. (Drury, 2022).

The phenomenon of oversharing is often associated with the need for attention, validation, or as a form of emotional release. In the context of social media, oversharing has become increasingly common due to the urge to appear open, authentic or to gain

recognition from others online. While emotional openness can help form interpersonal closeness, unchecked oversharing can damage self–image, social relationships and psychological well–being. (Farber, B. A. 2006)

Mental Health

Wellness is a condition in which individuals can positively regulate their thoughts, emotions, and actions, making it easier for them to live their daily lives, function well at work, and build healthy relationships with others. It is a condition in which individuals are able to positively regulate their thoughts, emotions, and actions in order for them to be able to manage their daily lives, function well, and build good relationships with others. Support for mental, emotional, psychological health, as well as social well–being, which affects the way people behave, think, and act. Mental health allows individuals to adapt to various conditions, have the ability to cope with stress, and show resilience when facing various challenges. According to the World Health Organization (WHO), mental health is not simply a condition of mental illness, but a state of well–being that enables individuals to realize their potential, manage their daily lives, work effectively, and participate in their communities. It is not a condition of illness, but a state of well–being that enables individuals to realize their own potential, manage their daily lives, work well, and contribute to society.

Mental health is a state in which a person has well–being that includes emotional, psychological, and social dimensions. Mental health affects the way individuals think, feel and behave in life. Individuals with good mental health can cope with the stress of daily life, work efficiently, and contribute to society. Mental health does not only mean the absence of mental disorders, but also more broadly, it includes the ability to establish good social relationships, make sound decisions, and have resilience to stress and life challenges. Mental health is of equal importance to physical health, as both are intertwined and influence each other in creating a balanced and meaningful life.

According to mental health experts are as follows:

- a. According to the World Health Organization (WHO) (2001), mental health is a state of well–being in which individuals are aware of their own abilities, can cope with the normal stresses of life, work productively, and are able to contribute to their communities. (World Health Organization. 2001).
- b. According to Stuart and Sundeen (2005), mental health is a condition that allows individuals to develop optimally physically, intellectually, emotionally, and spiritually, and can adjust to other people and the environment. (Stuart, G. W., & Sundeen, S. J. 2005).
- c. According to Abraham Maslow (1943), a mentally healthy person is an individual who is able to realize his potential, has a purpose in life, and can accept himself and others realistically. (Maslow, A. H. 1943)
- d. According to Sigmund Freud, mental health is the individual's ability to adjust between desire (id), reality (ego), and moral values (superego) in a balanced manner, without experiencing prolonged psychological conflict. (Freud, S. 1923)
- e. According to Jahoda (1958), a person is said to be mentally healthy if they have a positive attitude towards themselves, growth and development, psychological integration, autonomy, accurate perception of reality, and mastery of the environment. (Jahoda, M. 1958)

Impact of Oversharing on Student Mental Health

The phenomenon of oversharing on social media can have a significant impact on students' mental health. Some of the main impacts found in the literature are:

a. Stress and Anxiety

Students who engage in oversharing often feel pressured to always appear perfect to others on social media. This pressure can arise from the feeling that they must always share their personal lives in order to gain social validation, such as "likes" or positive comments. This leads to increased anxiety, as they feel judged or evaluated by a public they don't personally know. This dependence on other people's responses can lead to chronic stress that impacts mental well-being.. (Radovic, A., et al. 2017).

b. Sleep Disorder

Excessive exposure to social media, especially before bedtime, can disrupt students' sleep quality. This disrupted sleep process, often referred to as "social media-induced insomnia," can occur when students access social media too much at night, checking posts or receiving notifications. The tension caused by conversations or comments on social platforms can add to their anxiety levels, which in turn disrupts sleep quality. (Persada, I. B. 2021) Research by Tiara Diah Sosialita (2023) found that around 40% of adolescent students who are active on social media experience sleep disturbances. They spend more time scrolling through news or responding to comments than getting enough sleep. (Nayla, A. 2023) The importance of quality sleep for students' mental health is also explained in research by Ikhsan Bella Persada (2021), which states that lack of sleep can exacerbate symptoms of anxiety and depression in adolescent students, which are often caused by stress from oversharing on social media. (Festinger, L. 1954) caused by stress due to oversharing on social media.

c. Social Comparison and Decreased Self Esteem

One of the psychological impacts often associated with oversharing is social comparison. Students often feel distressed when they see other people's seemingly happier, more successful or attractive lives on social media. This can affect their self-esteem and decrease their sense of self-satisfaction. This negative impact arises when students compare their lives with idealized or constructed images of others that often only show the positive side. A study by Nayla (2023) revealed that adolescent students who frequently engage in oversharing are more prone to feelings of not being good enough and lack of self-esteem, as they are often exposed to idealized images of life displayed by others.(Bianchi, A. 2020) Festinger's (1954) social comparison theory suggests that individuals tend to evaluate themselves based on others, which can lower their self-esteem when they feel they cannot reach the standards seen on social media.

d. Exposure to Cyberbullying and Negative Criticism

Oversharing can also increase the risk of students becoming victims of cyberbullying. Personal information shared on social media can be easily exploited by others, which is sometimes used to negatively attack or criticize. Negative criticism, insults, or ridicule received through social media can worsen students' psychological state and exacerbate anxiety and depression problems. (Miller, M., & Smith, J. 2019) Research by Hilda and Purwanto (2024) states that around 30% of adolescent students who actively use social media report that they have been the target of cyberbullying, which often starts from oversharing or sharing highly sensitive personal information on social platforms.(Tamsin, L. 2022)

Factors and impacts of Oversharing among university students

a. *Factors Causing Oversharing among Students:*

1). Oversharing among university students does not happen without a reason. One of the main causes is the need for social validation. Students, as part of the digital generation, often feel compelled to share their activities, feelings, and even personal problems openly in order to gain recognition from the social media environment in the form of likes, comments, or emotional support. This is reinforced by social media algorithms that encourage engagement through emotional or sensationalized personal posts. (Solis, B. 2011)

2). Lack of digital literacy is also a significant factor. Many students do not have a deep understanding of the consequences of over – sharing personal information. They do not always realize that published information can be consumed and misused by anyone. (Boyd, D., & Ellison, N. 2007)

3). Loneliness and emotional distress also often trigger oversharing. Students who struggle to find direct emotional support often turn to social media as a place to “vent” openly.²⁶ On the other hand, digital culture and the social environment also put pressure to be “open”, creating a new norm that everything is worth sharing publicly.

b. The Impact of Oversharing on Mental Health

1). Oversharing has a number of negative consequences for students' mental health. One of these is increased stress and anxiety. Students who have shared personal information may experience concern over negative responses from others or embarrassment after realizing that they are too open. This can interfere with study concentration and daily activities. (Febrianto, H. N., Pratama, A. P., & Oktaviano, A. R. 2020).

2). Another serious impact is cyberbullying and exploitation of personal data. Information that is shared carelessly can be the subject of bullying by others or even used for fraud, doxing, or other digital crimes. (KlikDokter. 2021)

3). A drop in self – esteem is also common. Upon realizing that their posts have been judged negatively, or have not received the expected response, students may feel like a failure, not valuable enough, or regretful. In some cases, this can lead to depression. (Joinson, A. N. 2001)

4). Disruption in social relationships is also a real impact. Information that should be privately shared with close people is instead made public, which can lead to conflict, feelings of disrespect, or social judgment from close people.

5). Oversharing behavior can have negative impacts, including triggering cyberbullying and encouraging the tendency to compare oneself with others, which in turn can reduce one's self – confidence or self – esteem. The psychological impact of social media use is possible, but it is strongly influenced by the type of platform used, how often, and when the social media is accessed. These factors are important elements to consider in understanding the effect of social media on users' mental state. (Cotten, S. R., Goldner, M., Hale, T. M., & Drentea, P. 2011)

c. The Strategic Role of Counselors in Addressing the Impact of Oversharing

1). Counselors are in a key position to address the impact of oversharing. One of their vital roles is to provide education and improve digital literacy to students. Through seminars, trainings, and counseling sessions, counselors can help students understand the importance of maintaining privacy boundaries as well as the long – term impact of digital footprints. (Puspaningsih, M. T. 2022)

2). Counselors also apply empathy and solution – based counseling, which focuses on understanding without judgment and invites students to reflect on the reasons behind oversharing behavior. In this session, counselors can explore emotional roots and help students find healthy ways to express themselves.

3). next role is early detection and psychological intervention. The counselor is tasked with identifying students who experience psychological distress due to oversharing and providing early assistance, before it develops into a more serious mental disorder.

4). Moreover, counselors also play a role in empowering students to be able to regulate emotions, build a healthy digital identity, and develop self – reflection skills.

d. Prevention and Management Strategies

In preventing and addressing oversharing behavior, various strategies can be implemented, namely:

1). Conducting workshops and digital literacy training periodically. This activity aims to equip students with the ability to judge which content is and is not worth sharing, and to form a critical awareness of digital ethics.(Sampoerna Academy. 2023)

2). Collaboration between counselors, campus, and parents. By forming a communication and monitoring network, counseling efforts can be more effective. Counselors can also provide policy input to the campus to integrate mental health and digital privacy topics in the curriculum or extracurricular activities.

3). Counselors are also advised to provide individual and group counseling services, which can be a safe space for students to express themselves without having to do so in digital public spaces. In group discussions, students can learn from others' experiences and build empathy and social control constructively.

e. The Counselor's Role in Mitigating the Impact of Oversharing

Counselors have a very important role in mitigating the negative impact of oversharing on students' mental health. Here are some key interventions that counselors can do:

1). Digital Literacy Education

One of the roles of counselors is to provide education on digital literacy. Students need to be equipped with knowledge about the importance of maintaining privacy and healthy boundaries in sharing personal information on social media. This education involves understanding the dangers of oversharing and its impact on mental health. Counselors can provide training or workshops on how students can manage their social media accounts wisely, as well as understand the consequences of oversharing.(Livingstone, S., & Helsper, E. J. 2007) According to Bianchi (2020), counselors need to convey to students the importance of self – control in sharing information, so that they do not get caught up in the social pressures that exist in cyberspace. (Bianchi, A. 2020)

2). Emotional Support and Cognitive – Behavioral Therapy

Counselors can offer emotional support to students who experience stress or anxiety due to oversharing. This can be in the form of individual counseling, where counselors provide space for students to express their feelings and understand the factors that cause anxiety or stress. Cognitive – behavioral therapy (CBT) can also be used to help students identify harmful thought patterns related to feelings of insecurity and social comparison that often occur on social media.(Beck, J. S. 2011) CBT approaches have been shown to be effective in helping students change the way they think about social media and the negative feelings that arise from oversharing. (Reinecke, L., & Treppe, S. 2014)

3). Development of Social Skills and Emotion Regulation

Counselors can help adolescent students develop social skills to interact with others in a positive and healthy way on social media. They can also help students learn to manage their emotions in healthier ways, both in online and offline interactions. (Gross, J. J. 2014) Emotion regulation training is particularly important, as adolescent students often do not know how to manage feelings of anxiety or insecurity that arise from interactions on social media.(Aldao, A., Nolen – Hoeksema, S., & Schweizer, S. 2010)

4). Provision of Continued Psychological Support For students who experience more serious mental disorders as a result of oversharing, such as depression or anxiety disorders, counselors play an important role in referring students to more trained mental health professionals. The counselor can also provide continued support throughout the therapy process to ensure the student stays on the path to recovery. (Corey, G. 2016)

Conclusion

The phenomenon of oversharing in the digital age, especially among adolescent, has become a psychosocial problem that requires serious attention from various parties, especially educational counselors. This practice can have a major adverse impact on students' mental health, such as increased stress, anxiety disorders, sleep problems, decreased self – confidence, and the risk of becoming a victim of cyberbullying. In this situation, counselors have a strategic and multifunctional role. Counselors are more than just listeners or solution providers; they also serve as educators, facilitators, and change agents that support students' overall mental well – being. By using appropriate methods such as digital literacy education, cognitive – behavioral therapy, emotion regulation training, and providing ongoing psychological support, counselors can help students to better understand and manage their online behaviors in a healthier and more responsible way. Preventing and addressing oversharing requires a systematic and collaborative approach. Educational institutions should collaborate with counselors to conduct digital literacy training, conduct privacy awareness campaigns, and create a safe environment for students to express themselves without pressure from the public digital world.

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