Counselling on the wise use of social media as a mental health effort for Maryville High School students

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Abstract---Community service was carried out to provide understanding to Maryville High School regarding the appropriate use of social media so that it does not affect students' mental health. The aim of community service is expected to reduce the number of addicted students using social media. Community Service begins with socialization through *online media*, namely via *WhatsApp* groups and giving *a pre-test,* followed by delivering material through the *Google Meeting platform* with *PowerPoint*. After that, an evaluation is carried out to determine the increase in students' knowledge after being given the material by giving *a post-test.* The material provided in this service is educational material on social media which is good to apply during the pandemic so that it does not affect mental health. Students can find out how to effectively use social media so that it does not affect mental health.

Keywords---community service, health, Maryville High School, mental, social media.

Introduction

Mental health is a condition where an individual is free from all forms of symptoms of mental disorders (Elder et al., 1999). Not only physical health, but mental health is also something that must be considered because the stability of mental and physical health is interrelated. Disturbances that occur in health can also be caused by demands or pressures in life which have an impact on worse mental health disorders (Pescosolido et al., 1998).

Individuals are said to be mentally healthy if they can restrain themselves and think intelligently, show good behaviour, have good feelings or do not offend other people are accepted by society and have a happy attitude towards life (Lawless et al., 2018). One of the things that can affect a person's mental health, especially students, is the use of social media. The many interesting features of social media make them tend to be lazy and addicted to using social media so they often waste time.

Nowadays social media cannot be separated from our lives, because we need social media to communicate with other people, school, study, work and much more. However, social media is also widely misused by certain people which will have an impact on students' mental health (Andreassen et al., 2017). This is due to its attraction which can trigger the user's pleasure. Excessive use of social media, especially among students, will have an impact on decreasing interest in learning, not focusing on lessons, thus causing a decline in student achievement.

Therefore, one of the efforts we can make is to provide students with an understanding of the appropriate use of social media so that it does not affect the student's mental health by holding community service activities in high school areas regarding mental health (Coyne et al., 2020; Kang et al., 2020). So that students can focus more on learning and optimize their potential. We chose Maryville High School as the target of this service because at Maryville High School itself, there has never been a basic understanding regarding the appropriate use of social media so as not to disrupt mental health (Cohen et al., 2023).

Therefore, we are conducting coaching regarding the influence of social media use on mental health at Maryville High School, 825 Lawrence Ave, Maryville, Tennessee. Using social media through *online discussions* and questions and answers to increase students' knowledge in using social media so that it does not affect mental health.

Figure 1. Maryville High School, 825 Lawrence Ave, Maryville, Tennessee

In this activity, the target is aimed at Maryville High School students, who will later be expected to become a preventive forum, mobilizer and motivator to be able to introduce issues related to health among students, which can provide changes in better use of social media for Maryville High students. School.

Method

Community service is carried out through several stages to achieve the goal of providing understanding to Maryville High School students regarding the appropriate use of social media so that it does not affect students' mental health. The stages carried out can be detailed as follows.

The preparation stage was carried out for one week, namely by entering into a cooperation agreement with the school. Maryville High School is located at 825 Lawrence Ave, Maryville, Tennessee. The things that were done were in the initial stages of contacting students from Maryville High School. Next, after knowing the student's condition, he continued by contacting the principal of Maryville High School to ask for permission for the program to be implemented.

This activity can be carried out after obtaining permission from the student body and the Principal of Maryville High School. This activity is intended for 16 Maryville High School students. Healthy Living is mandatory for students at Maryville High School. With *online schools,* students cannot be separated from gadgets, especially social media. Excessive use of social media will have an impact on decreasing interest in learning, and not focusing during lessons, causing student achievement to decrease (Fergie et al., 2016; Alvarez-Jimenez et al., 2014).

In the implementation stage, this activity uses the method of delivering material and is followed by questions and answers using various media, namely *Google Meeting* for the main media. To deliver material entitled The Influence of Social Media on Students' Mental Health, use *PowerPoint* and *WhatsApp for online* discussion groups. Before entering the *Google Meet room, a pre-test* will be held via *Google Form*, after which participants enter *the Google* Meet room to listen to the material, and then continue with a question-and-answer discussion by the presenters and Maryville High School students. After delivering the material, *a post-test will be held using Google Forms* media. *The pre-test* and *post-test* are useful for determining the level of understanding of students before and after being given the material. Service articles are created as the final result of service activities that have been carried out so that later the benefits of this service are truly achieved.

The evaluation stage is carried out to provide solutions to problems faced by students in using social media which harms students if done excessively. The ultimate goal of this community movement is to provide Maryville High School students with an understanding of the appropriate use of social media so that it does not affect the student's mental health so that students can focus more on their studies and optimize their potential (Mohr et al., 2013). Success is measured by calculating and comparing students' understanding before and after carrying out activities through *pre-tests* and *post-tests.* Apart from that, it was also seen from the coverage of Maryville High School students regarding the use of social media which can affect mental health through *online discussions.*

Discussion

Implementing *the pre-test* and *post-test* is highly recommended for teaching staff because it is considered quite practical and efficient in improving student learning outcomes. Apart from that, *the pre-test* is also very useful because it encourages students to be more active in learning. *Pre-test* is a test given before teaching begins and aims to find out to what extent students have mastered the teaching material (knowledge and skills) that will be taught. The weakness is that there is no guarantee that the material presented is the only factor or even the main factor that causes the difference between *the pre-test* and *post-test.* The advantage is that *the pre-test* given can provide a basis for making comparisons of performance on the same subject before and after being given the material.
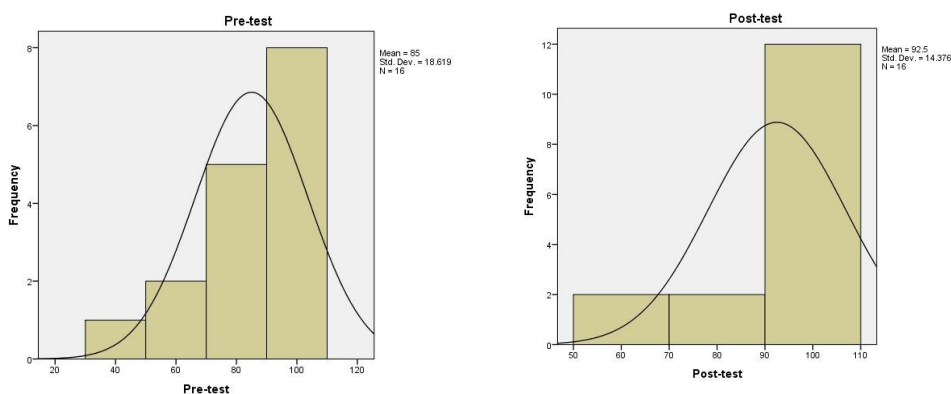
Figure 2. Pretest and Posttest results from the students of Maryville High School, 825 Lawrence Ave, Maryville, Tennessee

Based on the results of *the post-test* and *pre-test*, the questions that the majority of participants got right were about the impact of *cyberbullying*. Then the questions that the majority of participants answered were still incorrect, regarding the problem of understanding what factors influence the emergence of mental health disorders in adolescents (Primack et al., 2017). Apart from that, what contributed to the success of this activity was the response given by the participants through the question and answer session which also proved that Maryville High School students were enthusiastic about holding this *online discussion event.*

In the *pre-test questions,* there are questions about what social media you use and how many hours you use social media a day. It turns out that the majority of Maryville High School students use the most social media, *WhatsApp, YouTube* and *Instagram*, and the average usage time for Maryville High School students uses social media a day for 5 to 8 hours.

The development of youth education through social media can prove that every individual needs to communicate and be involved in a community, regardless of whatever form the community exists. Every teenager or university student who is encouraged to use social media as a learning medium needs to have critical thinking before using it, and be able to filter information obtained on the internet and social media.

The use of social media certainly has both good and bad influences on various aspects of its users' lives. Social media has two parts, namely positive and negative for children's social changes. Starting from the negative side, many children have become anti-social where they are lulled by the fun of chatting on social media rather than meeting face to face in the real world. Another thing is that many are also trapped in being lazy and wasteful to continue their fun by chatting on social media.

There are also many positive things to be gained, such as ease of accessing material for school assignments, discussion material from school subject matter

and providing broader friendships for children who are very quiet in the real world. For this reason, it is hoped that after holding this community service activity for Maryville High School students. As the main target of the community service program, it is possible to take part in implementing and applying the knowledge provided by speakers and facilitators in everyday life. It is hoped that it can introduce issues surrounding health among students, which can provide changes in the use of social media for the better of Maryville High School students.

Our hope for the Maryville High School students who have actively participated and contributed significantly to the success of this program is that there is a potential sustainable effort that can be made by us and the Maryville High School students so that our communication and family ties remain good and so that we can achieve a mutually desired goals, especially in improving health status and better quality of health.

Conclusion

Community service activities are carried out online, starting with *pretest work*, followed by delivering material and *online discussions.* The last activity is closed with *post-test work* and providing educational videos. Overall it was less than optimal because we from the committee could not assess it directly. However, this event provides many benefits for Maryville High School students. Excessive use of social media has an impact on decreasing interest in learning, and not focusing during lessons, which causes achievement to decrease.

They were given important education in using social media which is good to apply during the pandemic so that it does not affect mental health. Apart from that, the educational videos provided can be disseminated via social media to reach the wider community so that this knowledge can be received by the entire community, such as students, friends and relatives who see the educational videos.

Recommendations for further community service activities are adequate quotas and a stable network so that when coordinating event preparations and during the event it is maximized, the planning and preparation of activities is carried out optimally because the time of the students, speakers and committee must be adjusted and door prizes need to be held reward to make participants more enthusiastic.

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