HOW IS THE MENTAL HEALTH OF TIKTOK USERS WHO EXPERIENCE CYBERBULLYING?

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Abstract: The rapid development of information technology and technology currently supports an increase in the number of social media users causing the emergence of cyberbullying as a new type of crime. Cyberbullying is a new type of bullying as a result of developments in information technology and technology whose acts of violence are carried out in the cyber world or the internet. Cyberbullying is often experienced by teenagers and most perpetrators of cyberbullying are generally teenagers their age. Victims who experience cyberbullying receive ridicule, insults, threats, or hacking. If this cyberbullying phenomenon is not addressed immediately, it will continue to erode the mental health of adolescents widely, so the attention of many parties is needed in overcoming this problem. Law in Indonesia through Law Number 11 of 2008 concerning Information and Electronic Transactions (UU ITE) has regulated the actions and behavior of cyberbullying. Using the literature review method through a review of various literature, this article describes a study of the concepts, characteristics, and aspects of cyberbullying and its influence on adolescent mental health, especially TikTok users. The conclusion of the study results provides recommendations for the importance of increasing information and communication technology literacy, especially in the use of social media to prevent and minimize the occurrence of cyberbullying.

Keywords: *cyberbullying*, mental health, youth

INTRODUCTION

Adolescence is a critical period in the transition from childhood to adulthood (Ali & Aurora, 2006). Adolescence is a series of hormonal, physical, psychological, and social changes. Adolescent development can be seen in various ways when viewed in terms of psychological or intellectual maturity (Syamsu, 2015). One of them is the ability to interact with the social environment of adolescents or peer groups. The ability to interact develops in the next stage, namely social communication skills (Malihah & Alfiasar, 2018).

In an era that is now very developed, and very sophisticated with technological developments, it is a very common thing in today's life (Rifauddin, 2016). The rapid development of technology makes us no longer surprised by the existence of social networks or better known as the internet. Today, adolescents grow and develop in an environment where advances in information and communication technology cannot be separated from everyday life (Mawardah & Adiyanti, 2014).

Teenagers not only use the internet as a learning tool, but the emergence of various types of social media has also influenced changes in the lifestyle of Indonesian people (Ekasari & Dharmawan, 2012). According to Guritno, Z, and Hidayat (2014), social media is online media that allows users to share, participate, and create content in the form of blogs, wikis, forums, and social networks through internet-based applications and supported virtual reality spaces. by increasingly sophisticated multimedia technologies. This technology is accessible to different groups of people. Social media such as Facebook (FB), Twitter, Instagram, and also TikTok help a lot and offer many opportunities for every individual.

At this time, TikTok is one of the top applications that are in great demand by residents around the world, especially in Indonesia. This can happen because in the TikTok application everyone can see videos in an updated manner, both entertainment videos and also videos that can provide information (Amelia Ayu Devasari, 2022). The percentage of TikTok users in the research

starts from the first data, as of April 2022, TikTok already has more than 1 billion active monthly users ages 10-19 years as much as 32.5%. Meanwhile, there are 29.5% of TikTok users aged 20-29 years. Furthermore, as many as 16.4% of users are aged 30-39 years. Then for users 40-49 years it is 13.9% and users aged 50 years and over are as much as 7.1% (Wisnuadi, 2022). The existence of TikTok has many positive impacts but also many negative things such as cyberbullying. It cannot be denied, in Indonesia itself, there is still a lack of understanding of its people, which has led to rampant cases of cyberbullying that have occurred on TikTok (Aser, Paramitha, & Sudarto, 2022). This should be something that can be considered in Indonesia because now more and more people are experiencing mental health problems caused by the frequent playing of gadgets and listening to comments from other people (Patti, & Hidayanto, 2020).

With the development of this sophisticated technology some people misuse it to commit crimes, one of which is bullying by utilizing electronic media, one of the crimes that use electronic media is known as cyberbullying (Rahayu, 2012). Cyberbullying is a big enough problem and can have various impacts on teenagers. Because in general, the group that is vulnerable to becoming victims of cyberbullying is teenagers (Setyawati, 2016). Adolescents who experience cyberbullying are at higher risk of experiencing mental health disorders, especially if they have previously experienced emotional abuse. The journal (Ningrum & Amna, 2020) discusses that in Indonesia, the number of teenagers who are victims of cyberbullying is reported to be 80%, and almost every day some teenagers experience cyberbullying (Safaria, 2016).

From different data, surveys, and opinion polls conducted by various institutions such as the EU Kids Online Survey 202, SEJIWA, KPIA, UNICEF, APJII, and Polda Metro Jaya, many cases of cyberbullying are experienced by teenagers (Antaranews, 2021). Concerns have grown ever since the pandemic took place. In early 2020, the Covid-19 pandemic forced children and youth to

do everything with technology. Devices and the internet are important tools in the learning process. This also makes gadgets and the internet important in the development of children's communication, but apart from that, cyberbullying is another potential impact (Haryati, 2014).

The lack of attention to cyberbullying from parents and teachers has been described in Glasner's (2010) study which is supported by previous findings. From his research, Glasner (2010) reported that many parents ignore cyberbullying behavior or some parents are not aware of the existence of cyberbullying problems. Of the several parents who provided information, they would forgive and allow cyberbullying behavior. In addition, several parents who received reports from victims who experienced cyberbullying ignored and underestimated the problem (Imani., Kusmawati, & Tohari, 2021). Teachers consider cyberbullying to be just normal delinquency. In preventing deviant behavior that arises in adolescents, parents must use effective disciplinary parenting, monitoring, and always sharpening children to solve their problems (Cross-white & Kerpelman 2008).

Prevention that we can do to avoid cyberbullying behavior by controlling our behavior, especially by using social media wisely, considering before posting something on social media, choosing a social environment that has positive values and teachings, avoiding providing invalid information, and preventing someone to avoid becoming a cyber bully (Maya, 2015).

Rumra & Rahayu, (2021) explain that the role of the government is also very large in preventing and dealing with cases of cyberbullying. The government should be more assertive in enforcing the law for cyberbullying perpetrators and deter perpetrators from doing it again. In addition, the government must also create comfortable conditions for victims so that victims can trust the government. So, victims can express what they feel to the government and the government must also follow up according to existing law Putri, Wibhawa, & Gutama, 2015). This is stated explicitly in Law Number 11

of 2008 concerning Information and Electronic Transactions which was amended by Law Number 19 of 2016 concerning Information and Electronic Transactions. This act of cyberbullying is contained in Article 27 paragraph (3) of the ITE Law which reads "Every person intentionally and without rights distributes and/or transmits and/or makes Electronic Information and/or Electronic Documents accessible that contain insults and/or defamation." good". As well as the criminal threat listed in Law Number 19 of 2016 Article 27 paragraph (3), namely imprisonment for a maximum of 4 years and/or a fine of up to IDR 750,000,000 (Marsinun and Riswanto, 2020).

According to Fabiola, Sinta, & Sudarto (2022) in the journal "Cyberbullying Phenomenon on TikTok Social Media" Explaining that the reasons behind cyberbullying carried out by bullies include feeling that the content created by victims makes no sense and is not useful. The perpetrators of bullying have also experienced verbal and non-verbal bullying from the environment, the perpetrators also see opportunities or opportunities when they will carry out acts of bullying. Most perpetrators are victims of cyberbullying before becoming bullies. The very influential or strong reasons that make bullies carry out cyberbullying are that bullies are given actions and words that are inappropriate to do and imitate, causing bullies to experience stress, frustration and embarrassment. This causes the bully to also bully others to pay back all the pain, shame and stress the bully has experienced and wants others to feel the same way they did.

METHODS

This study uses a quantitative approach. In essence, this quantitative research was carried out to explain, test the relationship between variables, determine the causality of variables, test theories and look for generalizations that have predictive value (to predict a phenomenon). The method used in this study is a literature review method through a review of various literature such as books, journals, and reports related to cyberbullying and its effects on adolescent

mental health. Literature study is also used to study various references and similar previous research results to obtain a conceptual basis for the problem to be studied. The results of this study are descriptive, which aims to describe or systematically describe the phenomenon of cyberbullying and its impact on adolescent mental health.

FINDINGS AND DISCUSSION

How Teens Use TikTok

The TikTok application is a short video platform that provides a platform for its users to freely express their talents through music-based video content that lasts 15-60 seconds. The TikTok application itself can be used to record, edit, upload, and download or share videos uploaded by the user himself or other people (Khoironi & Siska, 2021). TikTok has a variety of special effects features that all TikTok users can use to produce a unique and interesting video. Due to the myriad of interesting features and various kinds of conveniences offered by the TikTok application, now TikTok has become a social media whose popularity has skyrocketed. With users regardless of race, age, and background, TikTok is now a very popular application in the world (Wijayanto, Fitriyani, & Nurhajati, 2019).

When viewed from an objective point of view, the use of TikTok in society, especially among teenagers, is only a medium for fun and mere leisure. But now many teenagers and other users use TikTok as their business tool. Starting from advertisements for tourist destinations, regional culinary delights, and also tutorials on making something. The use of TikTok in Indonesia is becoming more and more massive every day, now it's not only teenagers who are dominant in using the application, but many adults are starting to use TikTok, even artists, government, armed forces, business people, and small communities now. not spared from TikTok (Maryam, Praditya, et al., 2022).

Of the many published video content, what is most often the center of attention is vent content. Many users, especially teenagers, use the TikTok application to pour out their hearts and complaints about the life they are living. Content about this vent usually invites a lot of attention and curiosity from users, not a few users are immersed in the content so without realizing it many teenagers also share their feelings in the comments column and some are waiting for the continuation of the content to the point of postponing their activities in real life.

Cyberbullying Happens on TikTok

Cyberbullying has become a new phenomenon, especially among teenagers, and is more vicious than bullying in the real world because it leaves digital footprints such as photos, videos, and writing. According to Willard (2005) in his journal (Malihah & Alfiasar, 2018), he stated that cyberbullying is a form of bullying that is intentionally carried out by the internet by sending or distributing dangerous objects or materials that can be seen as a social form. Aggression is an act of cruelty that can be shown to others by technology, and other digital media. According to UNICEF (2020), cyberbullying is the use of digital technology to bully through social media, gaming platforms, chat rooms, mobile phones, etc.

So, From the several opinions above, we can conclude that cyberbullying is an act of violence committed by individuals or groups who use technological means to communicate with someone, such as harassment.

Many teenagers feel at home using the TikTok application for a long time because many various video certailny will not make teenagers bored and unknowingly become addicted to this application, and besides being a means of communication, TikTok is now a medium for technology and information which makes it easier for teenagers and other users to socialize and also get information. As a social media and technology, TikTok not only has a positive

impact but can also hurt its users, in the form of cultural deviations, norms, and ethics (Utami, 2014).

Currently, TikTok is a medium for hoax spreaders and cyberbullying perpetrators. Individuals usually carry out their actions through text comments, images, or videos aimed at their victims. With the existence of TikTok, individuals find it easier to carry out cyberbullying activities. The perpetrators upload videos or photos that use captions with inappropriate language and writing to damage the victim's good name which in the future will make the victim feel embarrassed and intimidated (Sukmawati, & Kumala, 2020).

Cyberbullying is no longer a taboo subject to discuss, especially in this era of globalization. Several types of cyberbullying occur especially on social media (Priyatna, 2010). However, this article examines cyberbullying that occurs on the social media application TikTok (Amelia Ayu Devasari, 2022). The following is an explanation of the five types of cyberbullying in Indonesia:

1. Anger (Flaming)

    Flaming is direct treatment using harsh speech in the form of sending messages, social media, or even in a comment column to insult someone.

2. Harassment

    Harassment is a follow-up to flaming which provides disturbances through various kinds of social networks that are carried out continuously even in the long term.

3. Slander or Defamation (Denigration)

    Denigration is the behavior of spreading disdain or slander to discredit a person's reputation and facts.

4. Deception (Outing and Tricky)

The outing is behavior that spreads the victim's secrets. However, tricky is the behavior of inviting the victim to commit fraud to obtain secrets.

5. Stalking on Social Media (Cyberstalking)

Cyberstalking is a behavior in which a person (the perpetrator) stalks or stalks a person (the victim) in online media to send messages repeatedly, even accompanied by threats or intimidation.

Mental Health of Adolescents Experiencing Cyberbullying on TikTok

Cyberbullying is no stranger to us, it is a common phenomenon among teenagers, and it also occurs among students. Cyberbullying perpetrators threaten and embarrass their friends to make them emotional or worse. Victims of cyberbullying experience behavioral deviations, become isolated, skip school, become depressed, and even want to end their lives (Ruliyatin & Ridhowati, 2021).

TikTok is currently one of the applications with the most users in the world, especially in Indonesia. Almost all users of this application can present themselves to the public, with application facilities that allow all users to freely create content and view the FYP (for your page) page displayed by the system (Amelia Ayu Devasari, 2022). The variety and freedom offered by this application have both positive and negative effects on users. However, what is the focus of the study is the negative impact of this application, namely the occurrence of what is commonly called cyberbullying (Triyono & Rimadani, 2019). Cyberbullying can occur in all circles, but based on observations from various types of research, the majority of victims of cyberbullying are teenagers. This is due to the behavior and mindset of adolescents who are still unstable, fickle, and vulnerable. Of course, if this continues without proper treatment, it will hurt the lives of the victims (Ruliyatin, & Ridhowati 2021).

Obtained from the World Health Organization (WHO) explains that mental health is the ability to adapt to the environment around us, good mental

health can make us feel happy, happy, live freely, be able to behave normally socially, and be able to accept the reality that exists in life (Hamidah, 2022). Mental health is a factor that greatly influences adolescent behavior in everyday life (Ariadi, 2019). The issue of mental health has become an issue that has been widely discussed by the public lately (Fakhriyani, 2019). Cyberbullying is often cited as the main cause of mental health decline among adolescents. The psychological impact felt by cyberbullying victims cannot be measured (Faizah & Amna, 2017). Cyberbullying causes victims to experience trauma such as fear, stress, worry, and depression (Hana, Desiana, & Suwarti, 2019). The light emitted by the victim can also be negative in the form of anger or sadness. Most victims, when hurt or offended, tend to look down on themselves and mistrust themselves because they think negative comments are true. Moreover, in more extreme cases, victims may carry out actions that endanger themselves (Nurjanah, 2014).

CONCLUSIONS AND RECOMMENDATIONS

Freedom of comment and expression, as well as management of social media accounts provided by application providers, are not utilized properly by most teenagers and users of the TikTok application. Many teenagers as well as other users abuse one of them by using the comments column as a cyberbullying site that can harm other parties.

Suggestions and recommendations that can be given to avoid cyberbullying are by increasing information and communication technology literacy so that social media users can make good use of their social media accounts. Good literacy in using social media such as TikTok, for example, private account owners make it a habit to change passwords regularly, determine who can interact and view private posts, and be wise and careful when posting or responding to posts on social media. For future researchers, it is hoped that it will be clearer in the in-

depth study of the material under study and the research instruments can be increased in order to obtain clearer and more detailed research results.

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