

The Implications of Social Media Use Among Teenagers in The Digital Era: An Islamic Education Perspective

Implikasi Penggunaan Media Sosial Dikalangan Remaja pada Era Digital Perspektif Pendidikan Islam

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Abstract

The use of social media is often a threat to the character and behavior of adolescents in the current era of disruption. This study examines the impact of social media on adolescents in the digital era from the perspective of Islamic education. Through a qualitative phenomenological approach, this research involved six students of the Faculty of Da'wah and Communication of UIN Sunan Kalijaga Yogyakarta who have direct contact with social media, through the stages of interviews, observation, and documentation. The results of the study show that social media has positive impacts, such as facilitating access to information, building personal branding, and increasing insight, including in Islamic values. However, it also brings negative impacts, such as addiction, spreading false information, cyberbullying, and the FoMO (Fear of Missing Out) phenomenon. In addition, social media platform algorithms often control news information or content to its users that can affect the understanding of users' moral and religious values, so digital literacy and wisdom in filtering social media content are needed. Social media literacy in the perspective of Islamic education acts as a moral filter to help adolescents use social media wisely. So that through it can minimize the negative impact and shape the character of the younger generation in accordance with Islamic values.

Keywords: Social media, teenagers, digital era, islamic education.

Abstrak

Penggunaan media sosial sering menjadi ancaman bagi karakter dan perilaku remaja di era disrupsi saat ini. Penelitian ini mengkaji dampak media sosial terhadap remaja di era digital dari perspektif pendidikan Islam. Melalui pendekatan kualitatif fenomenologi, penelitian ini melibatkan enam mahasiswa Fakultas Dakwah dan Komunikasi UIN Sunan Kalijaga Yogyakarta yang bersinggungan secara langsung pada media sosial, melalui tahapan wawancara, observasi, dan dokumentasi. Hasil dari penelitian menunjukkan bahwa media sosial memiliki dampak positif, seperti halnya memfasilitasi akses informasi, membangun personal branding, dan meningkatkan wawasan, termasuk dalam nilai-nilai keislaman. Akan tetapi, juga membawa dampak negatif, seperti kecanduan, penyebaran informasi palsu, cyberbullying, dan fenomena FoMO (*Fear of Missing Out*). Selain itu, algoritma platform media sosial sering kali mengendalikan informasi berita atau konten kepada penggunanya yang dapat memengaruhi pemahaman terhadap nilai-nilai moral dan keagamaan pengguna, sehingga diperlukan literasi digital dan kebijaksanaan dalam menyaring konten media sosial. Literasi bermedia sosial dalam sudut pandang pendidikan Islam berperan sebagai filter moral untuk membantu remaja menggunakan media sosial secara bijak. Sehingga melalui hal itu dapat meminimalkan dampak negatif dan membentuk karakter generasi muda sesuai dengan nilai Islami.

Kata Kunci: Media sosial, remaja, era digital, pendidikan islam.

1. Introduction

Social media provides a new paradigm in the creation and consumption of information for its users (Shu et al., 2017). The emergence of social media is a sign of the progress of the digital era that facilitates and affects various aspects of life (Ningsih & Setiawan, 2024). By utilizing technology, all aspects are developing rapidly in various fields. However, behind it all, there are challenges for the current generation. From the point of view of literacy progress in the current digital era, it is in line with Islamic teachings. There are many positive values that can be obtained. However, we still must pay attention to important aspects such as straightening out intentions in seeking and disseminating knowledge, conveying good things and avoiding harmful content, not spreading hate speech or demeaning others, and being wise in using time. The development of digital literacy is also part of the intellectual property in the Islamic tradition (Gunawan et al., 2024).

The internet and social media have become an inseparable part of the daily lives of the younger generation in Indonesia (Yunita et al., 2024). Based on data from the Asosiasi Penyelenggara Jasa Internet Indonesia (APJII), the level of internet usage in Indonesia is increasing every year, which is 79.50% of the total population connected to the internet in 2024 or 221,563,479 people from a total population of 278,696,200 Indonesians based on data in 2023 (APJII, 2024). Then, the social media that is most often accessed is Facebook at 64.35% second, YouTube with users at 50.84% third, tiktok at 34.36% fourth, Instagram at 29.68%, etc.

This data illustrates the behavioral tendencies of today's society, which is highly dependent on social media. In addition, social media is accessed through devices with internet networks. The data on the use of time spent on social media indicates that it has become an inseparable element of people's lives or adolescents. Social media offers various benefits as well as risks to mental health. This study was conducted to investigate the impact of social media on students' academic performance. As stated above, internet and social media use are interconnected. Therefore, it is often associated with reduced in-person interaction, increased loneliness, stress, depression, *Fear of Missing Out* (FoMO), and sleep disturbances. In addition, social media is also thought to facilitate aggressive and dangerous behaviors that are potentially detrimental to mental health (O'Reilly et al., 2018). Social media has a significant influence on behavior, besides having the potential to cause disturbances in the mental health of its users (Rosmalina & Khaerunnisa, 2021).

On the other hand, as Taqqiudin points out, the presence of social media makes it easier for us to carry out literacy activities and interact through the internet and web-based technology. Social media allows individuals to communicate with each other without the limits of time and space. Social media emerges as a product of scientific and technological progress, rooted in systematic and objective human inquiry into Sunatullah, the unchanging laws embedded within the creation of Allah SWT." (Gunawan et al., 2024).

From various studies that examine issues related to the impact of social media, researchers rarely find the relevance of Islamic education in instilling and guiding adolescents in utilizing social media in accordance with Islamic values. Therefore, in this study, researchers aim to discuss the implications of using social media among adolescents in the Digital Age from the perspective of Islamic education. On the other hand, it also discusses the contribution of Islamic education in maintaining the spiritual, moral, and intellectual balance of adolescents in the digital era to prevent and minimize the negative impact of using social media. By instilling values that are in accordance with Islamic teachings as a guide for using and utilizing social media.

2. Literature Review

Previous research has discussed the impact of social media. Rosmalina and Khairunnisa (2021) stated that social media negatively impacts users' mental health through social pressure and self-image distortion (Rosmalina & Khaerunnisa, 2021). Social media has brought changes in students' interaction patterns. Exposure to content on social media affects children's mindset, resulting in deviant behavior that is not in accordance with religious norms. In addition, the use of social media also has the potential to cause psychological effects on students (Purnama & Asdlori, 2023). Teenagers in the phase of self-discovery often do not fully realize that in the digital space, they leave permanent traces. These traces can turn into a psychological burden, a determinant of educational opportunities, or even a shaper of future reputation. Parental assistance to teenagers is not just a supervisory obligation but a collective commitment to form sustainable digital skills. Here, a shared awareness needs to be built: that every post, comment or interaction on social media is not a mere virtual activity, but the formation of a digital identity that will be with them throughout life (Fazry & Apsari, 2021). Previous research shows that da'wah communication through social media is very important in involving social interaction patterns, persuasive patterns, and ethos or attractiveness factors. These three aspects affect the effectiveness and appeal of da'wah, so they need to be strategically designed to reach the audience in a relevant and meaningful way (Rohman, 2019).

Religious education, as stated in Law No. 20/2003 Article 30 Paragraph 2, has a function to prepare students to become members of society who understand and practice religious teachings or become experts in religious science (Law of the Republic of Indonesia No. 20/2003 on the National Education System, 2003). Islamic education, as defined by the Ministry of National Education, is a planned effort to help students/youth understand, master, fear, and have noble character based on Islamic principles, especially those derived from the Qur'an and Hadith. Through learning activities, guidance, and the implementation of Islamic values, this education also instills an attitude of tolerance in respecting followers of other religions in order to create unity in the midst of community diversity. In relation to social media, Islamic Religious Education acts as a moral and ethical filter, helping adolescents sort out content that is in accordance with Islamic values and avoid things that are contrary to noble morals (Purnomo & Loka, 2023).

3. Research Methods

This research uses a qualitative method with a phenomenological approach to deeply understand the implications of using social media among teenagers from the perspective of Islamic education. The phenomenological approach was chosen to explore the experiences, meanings, and perceptions of teenagers towards social media as a social phenomenon that affects their mindset and behavior. The informants in this study are six students from the Faculty of Da'wah and Communication, UIN Sunan Kalijaga Yogyakarta, who were purposively selected based on their active involvement as social media users in seeing phenomena that are not in accordance with religious norms (Sugiyono, 2022).

Data were collected through in-depth interviews, participant observation, and documentation to gain a comprehensive understanding. Data analysis was conducted using thematic analysis techniques, identifying thematic patterns that emerged from interviews and observations. To increase the validity of the data, data triangulation was carried out by comparing the interview results of the six informants in each session; observation and

documentation were carried out to strengthen the findings. This approach is expected to provide an in-depth picture of how social media affects the lives of adolescents in the context of Islamic education in the digital era (Creswell, 2023).

4. Results and Discussion

4.1. Research Results

In the era of sophisticated technological advancements, all work from various fields undergoes a digitization process. Technology facilitates all work, shortens work time so as to accelerate production, and optimizes performance in all sectors. In the digital era, all forms of information are elementary to quickly spread through the development of information technology, namely through social media. Various popular platforms are used, for example Instagram, X, Facebook, YouTube, and Tiktok platforms. From the popular platform that has been mentioned, it is a place to share and enjoy various information that is spread. Social media is a place to build personal branding according to each individual's field of expertise according to the results of interviews with research informants stating:

"The Digital Age makes it easy for us to access everything, how we build our personal branding, access information and so on, it's really easy for us to get from social media. In addition, there are certainly negative impacts as well, for example, the tendency for us to be addicted to constantly playing gadgets, such as there is research that I have read that research, the existence of anti-social in this day and age is increasing because people only focus on cellphones. Too much playing social media, so the ability to interact in the real world is diminishing, because they are used to interacting in social media."

In addition to making, it easier to access various information, build personal branding, social media in the current digital era has negative impacts such as anti-social, decreased ability to interact, due to the tendency or high intensity of playing cellphones. A high intensity of time using a cell phone and being treated to various kinds of information on social media can affect the understanding of its users. The results of the researcher's interview with the informant, stating:

"Social media greatly influences our understanding and in my opinion is very insightful. that's why everyone must be good at filtering which content is good and which is not good, because in social media there is something called an algorithm so the content that we often watch and we like will affect our algorithm. With the existence of social media, it is certainly very influential on the understanding of Islamic religious values, but back again, we can access everything easily, but not only news that is really factual but news of lies, hatred, hoaxes can also be accessed. Our religious paradigm can really be driven by social media."

Social media can shape a person's religious understanding, according to the content or information that is watched. Social media algorithms regulate and control the content presented on various platforms (Instagram, Facebook, Youtube, X, and Tiktok). In social media in the Digital Age, it is necessary to be careful in choosing the information received and disseminating that information wisely. As the informant mentioned:

"Wise use of social media, must be filtered, not everything must be accepted, then what is shared to social media must be considered. Because it could be hating speech for people."

In social media from various platforms, there is a lot of news or content that contains hoaxes, hate speech, blasphemy, and deviations that are certainly contrary to Islamic Sharia. So,

social media users are required to be smart and wise when choosing content that is in accordance with religious law. As conveyed by the following interview informant:

"We have to be smart to sort out good content in accordance with Sharia. Social media affects our habits."

Accuracy and foresight in social media can prevent negative things, because there is a variety of information that comes to its users. The Digital Age makes it difficult for mobile phone users to escape from mobile phones because there are various needs and jobs that have gone through the digitization process. Based on the high intensity of using cellphones and social media, it can affect the understanding of its users. As mentioned by the informant in the following interview:

"Social media greatly affects the mind, because of the high intensity of holding a cellphone, by watching, reading from various opinions, it definitely affects, then experiencing FoMO (Fear of Missing Out), what trends are followed, this trend is followed."

According to informants, the FoMO phenomenon is often caused by social media, many social media users are carried away by the information, content and spectacles that have been received. Much information spread on social media, whether it is in accordance with religious values or contrary to religious values, has undoubtedly become a popular trend among social media users; the users are mostly teenagers who are still in the process of searching for themselves, so most of their minds are lost because they have been instigated by the content they have received. Of course, it would be very good if the content were in accordance with religious law. However, it is very detrimental if the content received is contrary to religious values, can affect thoughts, attitudes, and manners, and feel uncomfortable living with religious values. So that it causes a threat to other teenage children.

Technological sophistication is very easy for humans as users of technological advances, so it affects the understanding, activities, and routines of humans today. With smartphones and internet connections that everyone uses, changing activities and routines because, in smartphones, various applications provide various services; for example, buying and selling, booking travel tickets, and learning various things are available on smartphones through various platforms. Social media changes the socializing activities of its users, so users must be wise in social media. As mentioned by the following informant:

"With the existence of smartphones and social media, interest in socializing has decreased, because maybe we are too comfortable communicating through the media, so social communication is also not good, for example in terms of politeness, when we gather to communicate, we focus more on our cellphones, and also our public speaking skills have decreased because we used to communicate only through cellphones through typing, we cannot express what we want. So, it still goes back to each personality, if you can play the cellphone with the right portion, the benefits of digitization."

Cyberbullying often occurs in social media if social media users are teenagers who lack supervision from parents, family, and people closest to them. To minimize the impact of social media, it is necessary to supervise and often give advice to set a good example and inspire goodness in accordance with religious values, so parental supervision is necessary for the use of social media in children. Based on the results of the interview, the informant said:

"Cyberbullying occurs in cyberspace caused by excessive social media play and lack of supervision from parents. So that children just play social media, watch bad movies, if they see bullying videos they will also bully."

In social media, much information is spread, and the amount of information received by its users can affect thoughts, behavior, ways of communicating, and activities and routines for its users. Therefore, social media users must manage everything from the time they use social media to the information/content that they receive and be wise in receiving all the information that they have received. As informants mentioned in interviews with researchers, namely:

"We really need social media management, we must sort out the truth of the information received, even though we know it is true we must find out first about the news behind it or what caused this news, this information, we must first explore everything and how we respond to it we must have the willingness in our hearts to manage it must be good, for what we receive from people we must know whether the information is only for us or this information can be shared with people."

The use of social media must, of course, be in accordance with religious teachings. Because in social media, there is a variety of information ranging from truth to evil, insults, hate speech, pornography, incitement, and falsehoods are found together on social media, which are ready to approach social media users. Therefore, using social media must be in religious values, wise in using and utilizing social media with the aim of disseminating information, receiving information, and adding insight into knowledge, religious insight. Social media is also used to help fellow citizens and religious brothers in various difficulties. For example, in terms of fundraising and other information according to their respective needs. As stated by the informant in an interview with the following researcher:

"Our religion has regulated many things, including how we interact with people, and our tolerance towards other religions is all regulated in our religion. So as Muslim students we have to apply what our religion has taught us as best as we can without denigrating other religions."

By using social media in accordance with Islamic values, social media can be used optimally to add insight in accordance with the wishes and objectives of using social media based on Islamic law. Social media is also a medium to strengthen the values of tolerance between religions through information that provides good examples for each user.

4.2. Discussion

4.2.1. Disadvantages and Advantages of Using Social Media

In the digital era of modern technology, the use of social media has become very popular, especially among young people. Social media sites are online platforms where people create content, share it, tag it, and network freely on a global scale (Celestine & Nonyelum, 2018). As a platform, social media gives users the opportunity to present themselves, interact, and build virtual social communities. In the past decade, the number of posts on social media as well as the active participation of teenagers has increased significantly (Anjeli & Jamil, 2024). Social media, such as Facebook, Instagram, and Twitter, have changed students' patterns of social interaction, influenced perceptions of self and others, and had a significant psychological impact (Purnama & Asdlori, 2023). Social media has benefits, but it also has its negative side (Rohmiyati, 2018).

1. Negative Impact of Social Media

O'Reilly (2018) mentions that social media is now an important element in the lives of adolescents, bringing various benefits as well as risks to mental health. Internet use appears to be associated with reduced in-person interactions, increased social isolation, and problems such as stress, depression, and poor sleep (O'Reilly et al., 2018). Here are the negative impacts of social media on adolescents in the digital age, namely:

- a. Symptoms of social media addiction can be seen through changes in mood, thought patterns, physical and emotional responses, as well as problems in interpersonal relationships and psychological conditions. Among them are anxiety disorders and depression, making the mental health of users become disturbed (Hou et al., 2019).
 - b. Social Isolation (Azzaakiyyah, 2023).
 - c. Where false information spreads (Shu et al., 2017).
 - d. There is a lot of hate speech information (Digdoyo, 2018).
 - e. Cyberbullying and cyberaggression (Levicán & Garrido, 2022).
 - f. Fraud (Putri & Hamzah, 2022).
 - g. Online gambling (Widhiatanti & Tobing, 2024).
2. The Positive Impact of Social Media.

In the current phenomenon, Levicán and Garrido (2022) mentioned that social media does not always have a negative impact. These digital platforms actually have many benefits, especially if users understand how to use them wisely and have adequate skills. Therefore, it is important to promote access to the benefits that social media offers, such as the ease of sharing with friends and family. However, this needs to be balanced with efforts to protect users from harmful influences, negative trends, or risky behaviors that can arise (Levicán & Garrido, 2022). Some other researchers also say that the evil influence of social media can disappear as user experience increases (O'Reilly et al., 2018). In Azzaakiyyah (2023) mentioned, in addition to the many negative impacts caused by social media, social media also has a positive impact that can be utilized, namely increasing global connectivity, changing the way individuals build social identities, and providing a stage for social movements. The utilization of social media must be reasonable and appropriate according to the needs of its users. This means that the negative impact of using social media can be overcome by filtering all incoming news content, and social media users must mature themselves or strengthen digital literacy to be wise in using social media.

Rahmadani (2025) mentions the importance of digital literacy education in social media, the wise use of social media in the learning process, and the psychological support needed for adolescents to be wise in using social media. Parents should also be involved in digital literacy education for their children. Through collaboration between educational institutions, social media platforms, and parents, a safe educational environment can be created that supports adolescents' social, intellectual, and emotional development (Purnama & Asdlori, 2023).

Social media has positive impacts on students, such as easy access to information, expanding friendships, and broadening horizons. In addition, social media supports the development of sociability, sharing knowledge, improving skills, and facilitating distance learning through communication with teachers or online platforms. However, supervision is still needed so that the use of social media remains positive and in accordance with Islamic values (Ayub & Sulaeman, 2022).

Social media can serve as therapy and a means of self-expression for individuals facing mental health issues. Platforms like Facebook and Twitter also help bring together communities with similar experiences, creating a supportive environment and potentially detecting mental health issues earlier. Education on the wise use of social media in schools can help boost students' self-confidence. In addition, specialized forums on social media can support public health and be part of a more effective clinical approach (Ulvi et al., 2022).

Based on the paragraph above, social media has positive impacts, but it also has many negative impacts. Researchers conclude that if social media is used correctly, with clear

objectives for using social media, then the use of social media provides good benefits in life. Then, in the researcher's observation of social media, there are various advertisements and buying and selling promotions with the aim of attracting interest from various sales targets. This means that if social media is utilized properly, it will bring good benefits as well and vice versa.

4.2.2. Islamic Education as a Filter in Digital Content Consumption

Islamic education has a dynamic scope in line with changing times, as well as being able to offer alternative solutions to advances in science, technology, and evolving human needs (Usman et al., 2022). According to Aeni (2024), as an Islamic majority country, Indonesia needs character strengthening based on Islamic values. Moreover, Islam as a comprehensive religion also includes morals and morality. In fact, Islamic teachings that regulate most aspects of life ensure a real foundation for character building. However, in this digital age, an adaptive approach is needed to instill religious values to minimize the adverse impact of technological sophistication on character (Johan et al., 2024).

Islamic education plays an important role in stabilizing the times and overcoming the negative influence of Western civilization on the mental decrease of the younger generation. Through Islamic education, individuals are given a basic understanding of the pattern of life, both in the context of family and society. The vision of Islamic education is to guide and nurture individuals to understand the teachings of Islam, and make them realize that Islam has a broad scope, from the most minor things to the biggest, because Islam is a comprehensive and comprehensive religious teaching (Azmi & Dewantoro, 2024). However, first in Islamic Education is the development of the character and habits of each individual (Kulsum & Muhid, 2022).

According to Yunita (2024) in her article, utilizing social media to disseminate the values of religious moderation and tolerance is growing. Students have begun to use platforms such as Instagram, TikTok, and YouTube to present educational content that teaches the basic principles of Islam, including the importance of interfaith tolerance, respect for differences, and the prioritization of human values. This material is often presented in interesting forms, such as short videos, infographics, or popular articles, making it easier to be accepted by various groups, especially the younger generation (Yunita et al., 2024). The digitalization era is one of the supporting factors in preaching through social media, allowing the delivery of religious knowledge to various age groups with easier access (Ramadhan & Lailatusyifa, 2023). If utilized with good purpose, the use of social media becomes an advantage and is beneficial to its users. Through social media, the spread of news, information, and communication becomes very fast and helpful if used to spread Islamic values and give a good example to its users.

5. Conclusion

The use of social media brings significant positive and negative impacts to teenagers, depending on how they utilize it. On the one hand, social media makes it easier to access information, expand social networks, and open up space to build personal branding. However, on the other hand, social media can also cause negative impacts such as addiction, decreased social skills, the spread of false information, and even cyberbullying. The importance of digital literacy and religious understanding are the primary keys to facing this challenge. Teenagers need to be wise in choosing content that is in accordance with religious values and be able to filter the information received so as not to be influenced by content that does not support morality.

Islamic education, as a filter in digital content consumption, can help guide teenagers to be more careful in using social media, and maintain morals and religious values in everyday life. With the right approach, social media can be a tool that supports the development of adolescents' Islamic character and insights, as well as strengthening positive social relationships between individuals. Islamic education must play an active role in spreading the values of moderation and religious tolerance on digital platforms, to ensure that social media is not only an entertainment tool, but also a means to strengthen Islamic identity and build a better society.

6. Reference

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