The Correlation Between Instagram Social Media Use Intensity and Anxiety Levels of Nursing Students of Universitas Muhammadiyah Purwokerto

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ABSTRACT

Background: The use of social media can enhance interpersonal relationships, serve as a medium for personal growth and expression, and expand knowledge and information. However, social media use can also impact a person's self-esteem, quality of life, academic performance, Body Mass Index, and, most importantly, psychological diseases such as depression. The high rates of anxiety and sadness among students can be affected by the excessive use of social media.. Objective: This research to identify the correlation between To determine the correlation between the intensity of using Instagram social media and the level of anxiety in Nursing Students at Universitas Muhammadiyah Purwokerto. Method: Cross-sectional approach was used as the research method. The sample of this research is the 6th semester of Nursing Students with Proportional Random Sampling Technique with 72 respondents. Chi-Square Test was used to analyze the data. Results: The average age of the respondents was 21 years, and 58 were primarily female. There is a correlation between the intensity of students' Instagram use; the Medium category as many as 36 (50%) respondents. At the Student Anxiety Level, 47 (65.3%) respondents were in the Moderate Anxiety category, with the Chi-Square test results obtaining a p-value = 0.001 (p<0.05). Conclusion: The prevalence of Instagram among social media users impacts nursing students' anxiety levels. According to the findings of this study, there was a correlation between the students' anxiety levels and their intensity of the use of Instagram social media at Universitas Muhammadiyah Purwokerto.

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1. INTRODUCTION

In a globalized world, the influence of the internet on social, economic and political life is growing. Every year the use of the internet impact in everyday life is increasing. Technology is rapidly changing human culture. Internet users, according to a 2019–2020 survey by the Indonesian Internet Service Providers Association (APJII), in Indonesia alone have increased since 2018 with a total of 143.2 million, an increase of 27.9 million from the previous year to 171.1 million active users.

Kaplan and Haenlein in Sulianta (2015) explain that social media is a collection of web-based programs built on the theoretical and technical foundation of web version 2.0, which is capable of producing interactive websites. Social media is an internet platform where people can interact, exchange and produce content (Cahyono, 2016).

In research conducted by Anna D (2019) said that with the increasing use of social media in everyday life of college students, it is important to investigate the effects of social media on psychological well-being and cognitive function. Lillard and Peterson (2011) found that social media is a network on the internet that allows users to assess who they are, socialize, collaborate, share, communicate with other users, and create social bonds. It can also be a tool that acts as an intermediary for interaction and communication between one person and those who greatly benefit or contribute. for the surrounding environment (Anik, 2020).

Founded on the principles of Web 2.0, social media, according to Andreas M. Kaplan (2010), is an internet-based program that enables users to produce and share User Generated Content. Social media material created using publishing technologies is easily accessible and scalable, claims Dailey (2009).

Social media provides two levels of communication, namely interpersonal communication and public relations. When someone uploads something and interacts with others, interpersonal contact and mass communication occur simultaneously, allowing multiple audiences to instantly enjoy and view uploaded content (Akhmad & Restu, 2018).

2. RESEARCH METHOD

This research is a quantitative study, the design of this research is observational analytic, using a cross-sectional approach. This research was conducted on February – May 2022 at the Universitas Muhammadiyah Purwokerto.The population in this study were Active student of Nursing Science semester 6 Universitas Muhammadiyah Purwokerto. The sample of this study was 71 respondents who had met the inclusion and exclusion criteria.

The sampling technique in this study was using pproportional random sampling technique. The data collection tool in this study was a questionnaire sheet consisting of five parts. The first part contains the respondent's characteristic sheet (name, age, gender, and class), the second part contains the questionnaire sheet using the Intensity Characteristic of Instagram Social Media Use, the third part contains the Anxiety Level adopted a questionnaire in a research journal by Zung WWK (1998).

Data analysis used is univariate analysis to determine the frequency distribution of respondent characteristics (age, gender and class), and bivariate analysis to determine the relationship between independent variables (Intensity of using social media Instagram and Anxiety Level) with the dependent variable (level of independence). The research data were processed through the process of editing, coding, scoring, tabulating, processing and cleaning. The statistical test used is the Chi-Square test.

3. RESULT AND DISCUSSIONS
3.1. Univariat

Table 1. Characteristics of Respondents (n=70)

Characteristics	n	%
Age (Year)		
20	17	23.6
21	55	76.4
Gender		
Male	14	19.4
Female	58	80.6
Class		
A	23	31.9
B	15	20.8
C	17	23.6
D	17	23.6

Based on table 1 above, it is known that most of the respondents are in age 21 years with the frequency 55 (76,4%) responders and most the respondents are in gender female, namely 58 (80.6%) respondents, and The most respondent in A class 23 (31.9%) of respondents.

Table 2. Frequency Distribution of Intensity Use of Instagram Social Media (n=70)

Instagram Social Media Usage Intensity	n	%)
Low	21	29,2
Currently	36	50

Tall	15	20,8
Total	72	100

Based on the data above, it was found that the Intensity Related to Instagram Use in Nursing Science Students was mostly in the Moderate Intensity category as many as 36 (50%) of respondents used Instagram with Moderate Intensity.

Table 3. Frequency distribution of anxiety levels felt by respondents over the past week.

Anxiety Level	n	%
Light	7	9,7
Currently	47	65,3
Heavy	18	25
Total	72	100

Based on the data from Table 3, it was found that the Anxiety Level of Nursing Science Students during the past week was mostly in the moderate category of 47 (65.3%) respondents, then with a severe level of anxiety there were 18 (25%) respondents, and mild anxiety as many as 7 (9) ,7%) respondents (Table 3). The results of this study said that most of the respondents experienced moderate anxiety during the past week.

3.2. Bivariat

Table 3. The Correlation between the Intensity of Instagram use and the level of Anxiety

Instagram Usage Intensity	Anxiety Level						Total		P value
	Light		Currently		Heavy				
	n	%	n	%	n	%	n	%	
Low	7	33,3	14	66,7	0	0.0	21	100	
Currently	0	0.0	31	86,1	5	13,9	36	100	0.001
Tall	0	0.0	2	13,3	13	86.7	15	100	
Total	7	9,7	47	65,3	18	25.0	72	100	

Based on table 3, it was found that the most dominant intensity was medium Instagram usage intensity with moderate anxiety levels, namely 31 (86.1%) respondents. while the results of data analysis using the Chi Square test were obtained with a p value of 0.001 (p <0.05), which means that there is a relationship between the Intensity Use of Instagram (social media) and the Anxiety Level of Nursing Science Students at the Universitas Muhammadiyah Purwokerto.

3.3 The relationship between self-efficacy and the daily independence of the elderly

The results of the study on the variable self-efficacy with 72 respondents showed that the majority of the Student of nursing department The results of data analysis found that the results of the most dominant anxiety level were Moderate Anxiety Levels, namely as many as 36 respondents (50%), besides that there were results of Intensity Use of Instagram with Medium Intensity results with the highest data of 47 (65.3%) respondents, intensity of use low with the most results with moderate anxiety, namely 14 (66.7%) respondents and high intensity use of social media as many as 13 (86.7%) respondents.

The results of data analysis using the Chi Square test were obtained with a p value of 0.001 (p <0.05), which means that there is a relationship between the intensity of Instagram Social Media Use and the anxiety level of 6th semester students of Nursing Science S1 Universitas Muhammadiyah Purwokerto has a correlation with higher media use social Instagram can affect the level of anxiety in students

Based on the results of previous research, namely students in excessive use of social media, the duration of using social media in a day exceeds 3 hours/day and to access social media more than 4 times/day. This can increase the risk of students experiencing anxiety in using social media (Trikandini et al, 2021).

Researchers assume that the more intensity for using Media Sosial Instagram will affect a person's Anxiety Level.

4. CONCLUSION

Based on the prevalence of Instagram among social media users impacts nursing students' anxiety levels. According to the findings of this study, there was a correlation between the students' anxiety levels and their intensity of the use of Instagram social media at Universitas Muhammadiyah Purwokerto. The average age of the respondents was 21 years, and 58 were primarily female.

Based on the result there is a correlation between the intensity of students' Instagram use; the medium category as many as 36 (50%) respondents. There was significant correlation between Intensity of using Instagram to anxiety level according to the Student Anxiety Level, 47 (65.3%) respondents were in the Moderate Anxiety category.

It was found that the most dominant intensity was medium Instagram usage intensity with moderate anxiety levels, namely 31 (86.1%) respondents.

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