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(IJEPC)**www.ijepr.com**EXPLORING THE RELATIONSHIP BETWEEN SCREEN
DEPENDENCY DISORDER AND PSYCHOLOGICAL WELL-
BEING AMONG ADOLESCENTS: A LITERATURE REVIEW**Nur Haffiza Rahaman^{1*}, Liley Afzani Saidi²¹ Department of Management, Universiti Pertahanan Nasional Malaysia
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DOI: 10.35631/IJEPC.954017**This work is licensed under** [CC BY 4.0](https://creativecommons.org/licenses/by/4.0/)**Abstract:**

Screen Dependency Disorder (SSD) arises from the uncontrolled excessive utilization of electronic devices and the internet, resulting in psychological well-being disorders. Despite the recognized impact of social media on adolescents' psychological well-being, insufficient comprehensive research has been conducted on this issue. Hence, this paper seeks to analyze the current literature regarding the adverse effects of social media usage on adolescent psychological well-being, particularly emphasizing the perspective of screen dependency disorder (SSD). The study's results found that parental knowledge and control affect adolescent screen time. This article suggests that a key aspect of promoting healthy screen time habits for adolescents is setting clear boundaries and limits. Parents can establish rules around when and how long their adolescents are allowed to use screens, as well as what types of content are appropriate.

Keywords:

Social Media, Screen Dependency Disorder, Psychological Well-Being, Screen Time, Parental

Introduction

The development of the internet has triggered the evolution of virtual interpersonal communication through social media. Social media is a digital platform used to facilitate the sharing of information between an individual and another individual or group. The emergence

of the internet led to the transformation of virtual interpersonal communication through social media platforms. Social media is a digital platform that enables individuals and groups to easily share information with one another. Essentially, social media refers to a collection of online applications allowing users to create and share content (Kaplan & Haenlein, 2010). Moreover, as stated by Taprial and Kanwar (2012), social media is defined as a medium enabling individuals to partake in online social interactions and establish virtual relationships by sharing diverse forms of content, including videos, audio, images, and other media types. The formation of social media occurs through three main elements: information infrastructure, content delivery and dissemination tools, and the social media platform itself (Howards & Parks, 2012).

Social media is categorized into distinct types based on its functionality and intended usage. Among them are social networks that enable interpersonal relationships and information sharing in cyberspace between individuals and other individuals, such as Facebook, Twitter (X), and LinkedIn. Second, media sharing networks, such as images and videos. Examples are Instagram, TikTok, and YouTube. Third, discussion forums for users to discuss and share information on specific topics such as Reddit and Quora. Next is a bookmarking network that allows users to save and share links to websites and other online content, such as Pinterest and Flipboard. In addition, there were also blogs and publications among the earliest social media that appeared on the internet for users to write shared posts and other written content. Now, social media is more advanced by providing live streaming functionality. Users can display events or communicate with other users directly at the same time.

From the beginning of its appearance until now, active users of social media are recorded as 59.3% of the total global human population (Algren, 2023). Social media has become synonymous with the lives of various groups of people nowadays, starting from an early age as a child. This trend is attributed to adolescent's increased accessibility to digital information networks, facilitated by their extensive use of electronic devices and the internet, encompassing smartphones, tablets, computers, and online gaming systems. Social media plays an important role in the diversity of the contemporary media environment which is more extensive and moves fast over time (Gupta et al., 2022). Moreover, the rise of social media has significantly influenced the way people consume information, making it a primary source of news for many. It has also transformed the landscape of marketing, with businesses leveraging these platforms to reach their target audience more effectively. The interactive nature of social media allows for real-time communication, fostering a sense of community among users. However, the pervasive use of social media also raises concerns about privacy and data security. Despite these challenges, the influence of social media on our daily lives continues to grow, reflecting its integral role in today's digital age.

Although the effects of social media among adolescents have been identified as having a relationship with their psychological well-being, there is still a lack of extensive research done to find out more about the implications of social media use among adolescents (Gupta et al., 2022). Research on social media is important to be carried out more widely to identify potential psychological risks faced by adolescents, further helping the authorities to conduct interventions to reduce potential risks. Therefore, based on the problems that have been presented, this article aims to review the existing literature on the relationship between Screen Dependency Disorder (SSD) and psychological well-being among adolescents. This article will also explore potential solutions and interventions to address this issue.

Literature Review

Screen Dependency Disorder among Adolescents

Screen Dependency Disorder among Adolescents Screen Dependence Disorder (SDD) is referred to as screen and gadget addiction. The concept of SSD is screen addiction caused by the uncontrolled excessive use of electronic devices and the internet, leading to behavioral, cognitive, and social disorders. Based on a study by Common Sense Media (2022), the use of screens among adolescents in the United States between the ages of 8 and 12 has increased by 17 percent from 2019 to 2021. The time spent is from 5 to 8 hours. A study by Mohapatra and Banerjee (2020) shows that the average screen time spent by adolescents is 1.28 ± 1.93 hours. Adolescents spend a lot of time using their smartphones, laptops, and then television. Only 5.71% of mothers are aware that long screen-time use is harmful to children under the age of 2, due to the lack of proper intervention programmes by the authorities. The lack of screen-time monitoring by parents is associated with large family sizes, spoiling, and parents not imposing direct restrictions on adolescents. The 21st century has seen significant technological advances. Parents have realized that giving their child a smartphone or tablet can be an easy way to deal with boredom or anger.

However, the phenomenon known as “screen time” is creating new psychological and behavioral issues among adolescents. Individuals exhibit a variety of emotional responses, including crying, destructive behavior, and even expressing thoughts of self-harm (Neurohealth, 2023). Sigman (2017) stated that structural changes in adolescent’s brain development affect neurodevelopment and potentially contribute to the emergence of screen dependence disorder (SSD). There are various classifications of screen dependence disorders, which include various conditions such as Internet addiction disorder, Internet gaming disorder, problematic internet use, compulsive internet use, pathological video game use, video game addiction, pathological technology use, online game addiction, simple phone addiction mobile, social networking site addiction, and Facebook addiction. This distraction brings attention to various problems that can be caused by excessive screen time. Monitoring and controlling screen use fosters healthy psychological well-being in adolescents (Sigman, 2017).

The Impact of Screen Dependency Disorder The impact of Screen Dependency Disorder (SDD) is multifaceted, affecting various aspects of an individual’s life. The excessive use of screens can lead to physical health issues such as eye strain, sleep disorders, and sedentary lifestyle-related problems. On a psychological level, it can lead to addiction, anxiety, depression, and other mental health issues. Socially, excessive screen time can lead to isolation, poor social skills, and a disconnection from the real world. It’s crucial to understand these impacts and implement strategies to manage and mitigate the risks associated with excessive screen time.

Screen Dependency Disorder and Adolescent Psychological Well-being

The problems that arise among adolescent as a result of the use of social media are caused by screen dependency disorder. SSD is an addiction to the use of electronic screens such as mobile phones, tablets, computers and so on (Sigman, 2017). Dependence on media screens has a negative effect on adolescent because they are usually exposed to various types of screens around them. Statistics show alarming figures in several countries regarding adolescent who have been identified as having SSD, namely in India as much as 13 percent, and in Canada as

much as 39.7 percent (Lee et al., 2022). Meanwhile, in Malaysia, figures show that adolescent with SSD are at an alarming level of 65.7 percent (Hadi et al., 2023).

Various factors contribute to SSD. Among them is the high and fast level of internet accessibility, especially for residents in urban areas. The level of high and fast internet accessibility will lead to the use of a lot of devices which is between 3 to 13 screens for an average child (Hadi et al., 2023). According to You et al., (2022), as many as 72.6 percent of adolescents in the Netherlands have at least 3 social media accounts due to easy access to the internet. Adolescent who has more social media accounts, tend to spend more than 2 hours a day browsing social media. As a result, they experience psychological problems such as feeling worried, sad, and unhappy. A study by Harrington and O'Dwyer (2023) found that adolescents over 6 years of age tend to have myopic implications as a result of spending more than 2 hours on the screen of an electronic device.

Death cases due to social media addiction worldwide show an increasing trend every year. This is due to social media addiction which leads to psychological well-being problems among adolescents. In 2019, a 16-year-old girl in Sarawak committed suicide due to social media pressure. The report found that the teenager had experienced social media addiction to the point of suffering from severe depression (Muhd Amirul Faiz Ahmad, 2019). Then in 2021, an 11-year-old child in the United States committed suicide due to his addiction to social media, i.e. Instagram and Snapchat for two years. Before the incident, the victim was diagnosed with depression and a lack of self-confidence (Alvim & Lopez, 2022). In 2022, a 3-year-old child and a 14-year-old teenager reportedly died in Scotland due to severe damage to the brain nerve due to TikTok application addiction and were diagnosed with social media stress (Glasper, 2023).

A report from the US Surgeon General's Advisory (2023) shows that the use of social media applications among adolescents aged 10 to 19 years is in a very sensitive phase of brain development. Uncontrolled use of social media applications can lead to a decrease in the psychological well-being of this vulnerable group. The impact of social media use among adolescents is related to the amount of time spent, exposed to inappropriate content, social activities, and psychological challenges. This report is in line with a study by Liu and He (2022) who found that adolescents in Shanghai aged 10 to 19 faced academic stress due to high screen time. The study also found that excessive screen time was associated with lower academic performance.

Malaysia is not left behind with a high rate of social media use among adolescents. The results of the survey found that 91 percent of adolescents in Malaysia over the age of 8 have a social media account and browse social media with high frequency at least once a week (ECPAT et al., 2022). Although the negative effects of social media use are well known, unfortunately, the results of the survey show that adolescents spend more time on social media without supervision from their guardians, leading to SSD. The results of the survey showed that SSD led to the number of social media case complaints received by MCMC increasing by 71 percent at the end of 2022 compared to the previous year (Dagang News, 2023). Among the complaints received are cyberbullying, love fraud, and sexual communication activities. Adolescents exposed to the negative effects of internet use need comprehensive monitoring from guardians (Nurhafizah & Norhamizah, 2023).

Therefore, the increasing prevalence of Screen Dependency Disorder (SSD) among adolescents is becoming a global concern, with significant rates reported in countries such as India, Canada, and Malaysia. Various factors can contribute to SSD, such as easy access to the internet, maintaining multiple social media accounts, and spending excessive amounts of time in front of screens. These behaviours can have a significant impact on psychological well-being and, in some cases, even lead to devastating consequences like suicides. The profound impact of social media addiction on adolescent well-being can be observed in its effects on their mental health, academic performance, and overall quality of life. Given the increasing prevalence of social media, it is essential for parents and guardians to closely monitor and provide guidance to adolescents in their online activities. This proactive approach is necessary to minimize the potential risks associated with excessive social media use and its negative consequences. Having a thorough understanding, providing education, and implementing effective intervention strategies are crucial in managing these critical issues and strengthening the psychological well-being of adolescents in the digital era.

Conclusion

Screen Dependent Disorder (SDD) is an important concern that affects people worldwide. Research has shown an alarming increase in the amount of time adolescent spend in front of screens, which has a significant impact on their overall well-being. Several factors contribute to SDD, such as the availability of high-speed internet access, the ease of creating social media accounts, and the absence of parental monitoring. It is clear that SDD has had a devastating impact, as evidenced by the alarming rates of affected adolescents in various countries. The negative effects cover a wide spectrum, from psychological issues such as anxiety and depression to devastating outcomes such as suicide linked to addiction to social media. The Surgeon General's advice emphasizes the importance of adolescents using social media applications responsibly to protect their psychological well-being during a crucial period of brain development. Parents are encouraged to monitor their children's online activities and set limits on screen time to prevent the harmful effects of SDD. By being actively involved in their children's use of social media, parents can help them develop healthy habits and avoid the potential dangers associated with excessive screen time. It is crucial for parents to educate themselves on the risks of SDD and take proactive steps to ensure their adolescent's psychological well-being.

For a resolution of SDD concerns, implementing a comprehensive approach encompassing parental guidance, educational initiatives, and regulatory actions is crucial. This approach aims to minimize potential risks arising from excessive screen time. By advocating for healthy screen practices, fostering digital literacy, and promoting a balance of offline activities, a safer and more nurturing environment can be established for adolescents in the digital era. Parents must take an active role in monitoring their children's screen time and encouraging healthy habits. Educational initiatives can help adolescents understand the importance of balance and the potential risks of excessive screen time. Regulatory actions can also play a crucial role in protecting adolescents from harmful content and ensuring that technology is used responsibly. By working together, parents, educators, and policymakers can create a safer and more supportive environment for adolescents as they navigate the digital world.

In this article, researchers suggest that a key aspect of promoting healthy screen time habits for adolescents is setting clear boundaries and limits. Parents can establish rules around when and how long their adolescents are allowed to use screens, as well as what types of content are

appropriate. By consistently enforcing these rules, parents can help their adolescents develop a healthy relationship with technology and prevent the negative effects of excessive screen time. Additionally, parents can model good screen time habits themselves, such as limiting their own device use and engaging in alternative activities with their adolescents. This can help adolescents see technology as a tool for learning and entertainment rather than a constant source of distraction. Parents play a crucial role in setting boundaries for their adolescent's screen time and content consumption to promote a healthy relationship with technology. By enforcing consistent rules and modelling good screen time habits, parents can prevent the negative effects of excessive device use and encourage adolescents to view technology as a tool for learning and entertainment rather than a constant source of distraction.

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