



THE EFFECT OF SELF-HYPNOSIS ON MENTAL HEALTH TEENAGERS ARE ADDICTED TO SOCIAL MEDIA

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ABSTRACT

Social media addiction is a worrying phenomenon among adolescents due to its negative impact on mental health, such as increased stress, anxiety, and depression. Self-hypnosis is a relaxation technique that can help individuals independently control negative thoughts and emotions. This study aims to determine the effect of self-hypnosis on the mental health of adolescents experiencing social media addiction. This study used a quasi-experimental design with a one-group pre-test and post-test approach. The sample consisted of 90 eleventh-grade students at SMA Negeri 2 Sidikalang, selected using systematic random sampling. Measurements were taken before and after the self-hypnosis intervention. In this study, to measure the mental health of adolescents, an instrument was used in the form of the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS). Data were analyzed using the Wilcoxon Signed Rank Test. Before the intervention, most respondents had a moderate level of mental health (83.3%), while after the intervention, this increased to 58.9% in the high category. The Wilcoxon test showed a significant difference between mental health scores before and after the intervention ($Z = -7.620$; $p = 0.000$). Cohen's d value of 1.40 indicates a very strong effect, indicating that self-hypnosis is effective in improving the mental health of adolescents with social media addiction. Self-hypnosis has been shown to have a significant effect on improving adolescent mental health. This technique can be used as a non-pharmacological intervention to reduce the negative impacts of social media addiction, increase calmness, and strengthen self-control.

Keywords: mental health; self-hypnosis; social media addiction; teenagers

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INTRODUCTION

Social media has become a crucial platform for users worldwide, especially Generation Z, to access information. Social media isn't just a platform for sharing stories with online users; it can also have a positive impact. For example, it's become increasingly easy to access information from various locations around the world in a matter of minutes. Whether you're eating, waking up, or going to bed, or even more uniquely, even while using the restroom, surfing the internet is incredibly easy. Fingers nimbly scroll through the devices in your hands, trying to access your social media.

Continuously surfing the internet without pause or consideration can have negative consequences that will impact your quality of life, as your focus is solely on the virtual world. Social media is a double-edged sword. On the one hand, these platforms offer many benefits and conveniences for society. However, on the other hand, social media also has a myriad of negative impacts. One of these is worsening mental health. Many people become addicted to social media, becoming increasingly stressed, or even becoming toxic.

The transition from normal social media use to addiction was initially seen as a crucial mechanism for reducing stress, loneliness, and depression in adolescents, leading them to become more active and spend more time on social media. It turns out that social media addiction, initially intended to

reduce stress, anxiety, loneliness, and depression, significantly impacts the social environment, leading adolescents to become more focused on their smartphones or gadgets and neglect those around them. Adolescents who focus on their smartphones or gadgets tend to behave in an individualistic manner. Numerous studies in various countries have addressed this issue, as it raises concerns for global society and necessitates special attention to address addiction for the future of the younger generation, the nation, and the state.

Indonesia has 120 million smartphone or gadget users who access social media from the age group 15-19. According to research by Gian Sugiana, the highest number of social media users in Indonesia are teenagers aged 13-24 years. The most widely used platforms are WhatsApp at 87.7%, Instagram at 84.8%, Facebook at 85.5%, and the fastest growing is TikTok at 63.1% from the previous year which was only 38.7%. The large number of social media platforms and easy access to using the internet can give rise to potential problems in social media use, namely excessive irrational use of social media that disrupts aspects of daily life because teenagers feel able to interact with others from different regions or countries, without having to think about distance and time barriers (Sugara GS and Fadhilah R, 2024). There's a phenomenon among teenagers who believe that the more active they are on social media, the cooler and more sociable they'll be. Teenagers who don't use social media are often considered old-fashioned, outdated, and less sociable. These hyperactive teens often post about their daily activities, seemingly reflecting their trendy lifestyle. Many teenagers are now dependent on social media, spending almost every day on it (Alber et al., 2022).

Social media addiction also impacts adolescents' mental health (Boer et al., 2021). When mental health is compromised, mental health disorders or illnesses arise. Mental disorders can alter how a person handles stress, relates to others, makes choices, and even trigger self-harm. A global prevalence study of mental health disorders among children and adolescents from 27 countries representing every region of the world found that 2.6% of adolescents experience depressive disorders and 6.5% experience anxiety disorders. Meanwhile, needed mental health services are inadequately provided (Benton et al., 2021).

Data in Indonesia shows that 6.1% of the Indonesian population aged 15 and over experience mental health disorders. (Purnamasari et al., 2023). Social media addiction is associated with three components of mental health: depression, anxiety, and stress (Ergun et al., 2023). Mental health disorders resulting from social media addiction are certainly a concern for the government because they can have fatal consequences for the progress of the nation and state. Social media addiction is a behavioral disorder that can be treated with self-hypnosis. Self-hypnosis can help adolescents reduce negative habits or behavioral patterns in using social media without causing side effects, as the goal of self-hypnosis is to empower and foster a sense of mastery and self-control in their use of social media.

In an initial survey conducted in 11th-grade students at State Senior High School 2 Sidikalang, 100 adolescents were selected. All of them admitted to using smartphones or gadgets. They used smartphones or gadgets primarily for schoolwork, but they also used social media to upload photos, view other people's posts, search for information, and play games on various social media platforms. Some even said they forgot to do their schoolwork and homework because they were so engrossed in social media. The purpose of this study was to analyze the application of self-hypnosis to mental health and examine its effects on the mental health of adolescents affected by social media addiction.

METHOD

This research is a quantitative study using a quasi-experimental design with a one-group pre-test and post-test design. Prior to the study, an initial measurement (pre-test) was conducted. The study

was conducted at State Senior High School 2 Sidikalang, Sidikalang District, Dairi Regency. The population in this study were all 360 Grade XI students of State Senior High School 2 Sidikalang. Sampling in this study used the systematic random sampling method. The desired sample size is 25% of the population, so the sample size is: $25\% \times 360 \text{ people} = 90 \text{ people}$. In this study, to measure the mental health of adolescents, an instrument was used in the form of the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) sheet and to measure the abilities of adolescents in the pretest and posttest, a questionnaire was used. Data were analyzed using the Wilcoxon test.

RESULT

Respondent Characteristics

Table 1.
Characteristics of Pulmonary TB Patients

Karacteristic	Case	
	f	%
Gender		
Male	33	36,66
Female	57	63,33
Age		
Early Adolescence	44	48,88
Late Adolescence	46	51,11
Social Media that is Always Used		
One Media	21	23.30
Two Media	21	23.30
Three Media	33	36.70
> 3 Media	15	16.70

Mental Health and Social Media Addiction

Table 2.
Adolescent Mental Health Before and After Intervention

Mental Health	Pre Test		Post Test	
	f	%	f	%
Low	12	13.3	2	2.2
Medium	75	83.3	35	38.9
High	3	3.3	53	58.9

The results in Table 2 show a significant improvement in adolescent mental health levels after the intervention. Before the intervention, the majority of respondents were in the moderate category (83.3%), while only 3.3% were in the high category. After the intervention, the high category increased to 58.9%, while the moderate and low categories decreased to 38.9% and 2.2%, respectively. This indicates that the intervention was effective in improving adolescent mental health.

Tabel 3.
Respondents' Social Media Addiction

Social Media Addiction	Case	
	f	%
Low	19	21.1
Medium	65	72.2
High	6	6.7

The results in Table 3 show that the majority of respondents (72.2%) fell into the moderate social media addiction category, while 21.1% fell into the low and 6.7% into the high category. These findings indicate that most adolescents use social media intensively and are beginning to exhibit addictive tendencies, which can negatively impact mental health, social interactions, and academic achievement.

The Effect of Self-Hypnosis on Mental Health

Tabel 4.
Wilcoxon Signed Ranks Test Analysis Results

		N	Mean Rank	Sum of Ranks
Posttest mental health – Pretest mental health	Negative Ranks	0 ^a	.00	.00
	Positive Ranks	59 ^b	30.00	1770.00
	Ties	31 ^c		
	Total	90		

a. Mental health posttest < Mental health pretest

b. Mental health posttest > Mental health pretest

c. Mental health posttest = Mental health pretest

Test Statistics^a

	Mental health posttest - Mental health pretest
Z	-7.620 ^b
Asymp. Sig. (2-tailed)	.000

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

The Wilcoxon Signed Rank Test results showed a significant difference between the mental health levels of adolescents before and after the intervention ($Z = -7.620$; $p < 0.05$), indicating that the intervention was effective in improving mental health. Cohen's d value of 1.40 indicates a very strong effect, thus self-hypnosis has been shown to have a significant effect in improving the mental health of adolescents with social media addiction.

Tabel 5.
Wilcoxon and Cohen's d Test Results

Variable	Median (IQR) Pre	Median (IQR) Post	Z Count	p-value	Cohen's d
Mental health score	25 (21–29)	19 (16–23)	-7.620	0,000*	1,40

*Note: Wilcoxon signed-rank test, significant at $\alpha = 0.05$

DISCUSSION

The results showed a significant difference between adolescents' mental health scores before and after the self-hypnosis intervention ($p = 0.000$). This indicates that self-hypnosis is effective in improving the mental health of adolescents addicted to social media. The Cohen's d value of 1.40 indicates a very large effect size, indicating that the intervention's influence is not only statistically significant but also practically meaningful. This finding aligns with the theory that self-hypnosis is a structured relaxation technique that can influence the subconscious mind, enabling individuals to better manage stress, anxiety, and negative emotions. In adolescents addicted to social media, vulnerable psychological conditions such as anxiety, stress, and feelings of isolation often arise due to excessive social media use (Kuss & Griffiths, 2017). Through self-hypnosis, adolescents receive positive suggestions that can help increase calmness, self-confidence, and reduce negative thoughts.

Self-hypnosis is a psychological therapy technique increasingly used to improve mental health. This technique involves individuals consciously entering a mild trance state to direct thoughts and behaviors positively. Theoretically, self-hypnosis can help adolescents manage stress and negative emotions that arise as a result of various life pressures, including social media addiction. Recent research shows that self-hypnosis contributes to improved psychological well-being by strengthening emotional regulation, increasing mindfulness, and reducing levels of anxiety and depression in adolescents (Wan, Pereira, & Smith, 2024).

Social media addiction is currently a serious problem affecting adolescent mental health. While social media should be a means of communication and entertainment, it can actually cause psychological distress due to excessive use and a tendency towards unhealthy social comparisons. This condition can lead to an increased risk of mental disorders such as depression, anxiety, loneliness, and low self-esteem. Recent studies confirm that social media addiction negatively

impacts adolescents' quality of life and mental well-being due to disrupted sleep patterns and unhealthy social interactions (Ajie & Januba, 2025).

In this context, self-hypnosis is considered an effective intervention approach due to its ability to induce deep relaxation and heightened self-awareness. With this technique, adolescents can learn to control their thoughts and reduce excessive emotional reactivity when responding to stress caused by compulsive social media use. Self-hypnosis also helps facilitate a shift from negative to more positive perceptions, which is essential for strengthening mental resilience (Van der Velden et al., 2020). Regarding the research aspect, the results of the Mann-Whitney statistical test, with a p-value of 0.00, indicate that the effect of self-hypnosis on the mental health of adolescents affected by social media addiction is statistically significant. The Mann-Whitney test is a nonparametric test appropriate for use when research data is not normally distributed and to compare differences between two independent groups: the group receiving self-hypnosis intervention and the control group (Gravetter & Wallnau, 2021). These results indicate that self-hypnosis administration produces significant positive changes in mental health variables.

Theoretically, the process of self-hypnosis successfully inducing a mild trance allows for positive suggestions that increase self-control and reduce addictive behaviors, in this case, social media addiction. This trance state is associated with increased brain activity in alpha and theta waves, which support more effective learning, relaxation, and emotional processing (Lynn et al., 2019). This explains why adolescents who receive self-hypnosis interventions are better able to cope with the psychological stress that typically arises from social media addiction. Furthermore, a number of literature suggests that self-hypnosis also contributes to developing adaptive coping mechanisms. With these mechanisms, individuals become more resilient in the face of stress and maintain emotional stability. This is particularly beneficial for adolescents, a vulnerable group experiencing complex psychosocial development. The increased mindfulness gained from self-hypnosis training also makes it easier for adolescents to accept themselves as they are without over-judgment (Van der Velden et al., 2020; Latt et al., 2024).

These findings are highly relevant to the real-life situation at Sidikalang State Senior High School 2, where adolescents face the challenge of high levels of social media addiction. With self-hypnosis intervention, aspects of mental health, such as reducing anxiety, stress, and depression, have the potential to significantly improve. This aligns with theories that emphasize the role of self-hypnosis in helping adolescents reorganize their thoughts and emotions in a healthier way, thereby improving their quality of life (Ajie & Januba, 2025). Several studies have shown that self-hypnosis has a significant positive effect on improving adolescent mental health. For example, a study at SMPN 3 Abiansema that examined the effect of self-hypnosis on depression levels in adolescents showed that self-hypnosis therapy can significantly reduce depression levels with a p-value of 0.013 (Journal of Community Engagement in Health, 2025). The study used a mixed method consisting of outreach, demonstrations, and hands-on practice, indicating that self-hypnosis interventions are feasible as an effective method for treating mental disorders in adolescent girls.

Furthermore, research by Chandra et al. (2025) on college students experiencing social media addiction found that hypnotherapy using direct suggestion techniques was effective in improving emotional regulation and significantly reducing social media addiction ($p < 0.05$). Participants demonstrated positive behavioral changes, such as reduced social media usage time and increased awareness of the negative impacts of social media addiction. These results support the hypothesis that hypnotherapy/self-hypnosis interventions can reduce addiction symptoms and improve overall mental health. Recent meta-analyses also confirm the general effects of self-hypnosis on a variety of mental and physical health issues, including in child and adolescent populations. A meta-analysis by Milling et al. (2024) concluded that hypnosis has a medium to large effect in reducing symptoms of anxiety, depression, and stress in children and adolescents. They noted that this intervention works

by facilitating a state of relaxation and altering negative perceptions, which aligns with the theoretical mechanisms by which self-hypnosis regulates emotions and thoughts.

Other relevant research also shows that self-hypnosis is effective in reducing anxiety symptoms in high school students with social phobia (Setiawan et al., 2025). This intervention not only reduces psychological symptoms but also autonomic nervous system symptoms, providing holistic benefits in addressing mental health disorders. Therefore, these studies support the effectiveness of self-hypnosis as a safe and effective non-pharmacological psychological intervention to improve adolescent mental health, particularly in the context of the increasing prevalence of social media addiction. This approach provides a practical alternative for managing stress, anxiety, and depression among students.

Overall, the findings of this study strengthen the argument that the use of self-hypnosis in educational settings and adolescent mental health is not only theoretically relevant but also empirically proven through recent scientific studies. In conclusion, based on statistical testing results and current psychological theory, self-hypnosis is effective as an intervention to improve the mental health of adolescents affected by social media addiction. This technique not only provides relaxation but also strengthens emotional control and positive coping. Therefore, self-hypnosis can be used as part of a mental health improvement program in schools, especially at State Senior High School 2 Sidikalang, to create a psychologically healthier learning and living environment.

CONCLUSION

Based on the research results, it can be concluded that self-hypnosis has a significant effect on improving the mental health of adolescents addicted to social media. The Wilcoxon test results showed a significant difference between mental health scores before and after the intervention ($p = 0.000$), with a Cohen's d value of 1.40, indicating a very strong effect. After the self-hypnosis intervention, the proportion of adolescents with high levels of mental health increased significantly, while those with moderate and low levels decreased. This indicates that self-hypnosis is effective in helping adolescents control their emotions, reduce stress, anxiety, and psychological distress caused by excessive social media use. Therefore, self-hypnosis can be used as an alternative non-pharmacological intervention to improve adolescent mental health in schools and the community.

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