

The Influence of Social Media Exposure on Health Perceptions and Behaviors Among Adolescents from Broken Home Families in Indonesia: Systematic Literature Review

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ABSTRACT

This study is a systematic literature review aimed at identifying and analyzing the influence of social media exposure on the health perceptions and behaviors of adolescents from various family backgrounds in Indonesia, including those from broken homes. The review used a quantitative-focused approach, analyzing six primary research articles published between 2015 and 2025. Findings reveal that social media significantly shapes adolescents' understanding of physical, mental, and social health. Exposure to educational and positive content is associated with improved health awareness and behavior among the general adolescent population. In contrast, excessive engagement with toxic or unrealistic content contributes to increased stress, distorted self-perception, and unhealthy lifestyles. For adolescents from broken homes, social media serves as a psychological coping space and a source for meaning-making. However, it also carries risks if not supported by adequate digital literacy. These findings highlight the need for inclusive, empathetic, and context-sensitive digital health communication strategies and the development of supportive online communities for vulnerable youth. The review recommends future research with broader coverage and longitudinal designs to deepen the understanding of how social media influences adolescent health across different family structures.

Keywords: Adolescent Perception; Broken Home Families; Health Behavior; Social Media Exposure

INTRODUCTION

Adolescents represent an age group undergoing a critical transition from childhood to adulthood, characterized by complex biological, psychological, social, and cognitive changes (Mastorci et al., 2024). This period renders them highly vulnerable to external influences, particularly social media. In modern adolescent life, social media is a means of communication and entertainment and a space where identity, health perceptions, and daily behaviors are shaped. In today's digital era, social media acts as a mirror and a guide for youth behavior as they seek to form their identities.

According to the 2024 report by We Are Social and Hootsuite, there are over 191 million active social media users in Indonesia, of whom approximately 55 million are aged 13–24. This highlights the dominant role of social media in adolescents' lives, especially in shaping their opinions, values, and behaviors. Platforms such as Instagram, TikTok, and Twitter significantly influence body image, social relationships, and adolescents' perspectives on health and well-being. The interactive and visual nature of social media accelerates the spread of information, but also facilitates the proliferation of narratives that are often unhealthy or inaccurate.

However, not all adolescents possess the same psychological capacity to navigate this rapid digital exposure, particularly those from broken home families. Adolescents who experience parental divorce, prolonged family conflict, or the loss of a parent often face greater psychosocial

pressures than those from intact families (Firdausi et al., 2020). The absence of emotional support and parental supervision renders them more vulnerable to external influences, including social media (Yang et al., 2023). The lack of an authoritative figure in the household often results in feelings of insecurity and loneliness, which are then filled by the digital world.

In many cases, social media becomes an emotional escape for adolescents from broken homes, but ironically increases their exposure to harmful content. Unrealistic beauty standards, the glorification of excessive lifestyles, and toxic relationship narratives frequently dominate these platforms. This distorts how adolescents perceive happiness, health, and self-worth (Sitompul, 2024). From a communication psychology perspective, perception is understood as a construction of symbols and language consumed through media (Putri, 2019). As a result, adolescents are encouraged to form their identities based on digital expectations rather than authentic self-awareness.

Research by (Aprilia et al., 2024) found that negative narratives on social media could worsen intrapersonal communication and lead broken home adolescents toward self-harming behaviors. This situation becomes even more concerning without psychosocial intervention or environmental support. The feelings of helplessness and isolation experienced by these adolescents may deteriorate their mental health and accelerate destructive tendencies. Conversely, online communities like @behome.id have demonstrated their potential to strengthen self-esteem and improve self-perception when utilized positively (Veriana, 2023). Peer support from those with similar backgrounds has shown significant therapeutic value.

Nevertheless, such support spaces remain overshadowed by viral content prioritizing attention over educational value. Social media algorithms often reinforce filter bubbles, presenting users with similar content, sometimes harmful, simply because it appears more engaging. This narrows adolescents' worldview and strengthens cognitive biases that can hinder their mental development (Oktania et al., 2023). This closed-loop interaction pattern suppresses intellectual exploration and stunts healthy emotional growth.

The impact of intensive social media use on adolescent health behavior has also been confirmed in a large-scale meta-analysis by (Purba et al., 2023), published in BMJ. This study analyzed 126 studies involving more than 1.4 million participants and found that social media use correlated with increased risky behaviors such as alcohol use (OR: 1.48), drug use (OR: 1.28), smoking (OR: 1.85), risky sexual behavior (OR: 1.77), antisocial behavior (OR: 1.73), and gambling (OR: 2.84). Exposure to risky content was also associated with e-cigarette use (OR: 1.73) and unhealthy dieting practices (OR: 2.48). These findings reinforce the need to scrutinize the types of content routinely consumed by adolescents.

While the study did not specifically target adolescents from broken homes, it underscores the significant influence of social media on adolescent health behaviors in general. Those from dysfunctional families are more likely to be negatively affected due to the lack of family control and supervision (Khalaf et al., 2023). Their unfulfilled need for social acceptance and belonging may lead them to seek validation through social media, often in non-constructive ways.

Moreover, social media dependency also affects adolescents' neurocognitive functions. A study by (Wang et al., 2019) found that internet addiction was correlated with increased resting brain activity and decreased functional connectivity in areas responsible for memory and decision-making. This may worsen addictive tendencies, impair cognitive capacity, and negatively affect overall mental health. In the long term, this condition can reduce academic performance, disrupt social relationships, and widen developmental gaps between healthy and vulnerable adolescents.

Given these risks, this study aims to conduct a systematic literature review (SLR) examining the relationship between social media exposure and the health perceptions and behaviors of broken home adolescents in Indonesia. The study will identify key elements of

existing conceptual models and formulate evidence-based digital literacy strategies tailored to the psychosocial conditions of adolescents from dysfunctional families. The findings are expected to contribute theoretically and practically to designing contextual, responsive digital health communication interventions. Through this approach, the study hopes to produce evidence-based policy and practice recommendations that promote protection and empowerment for vulnerable youth in the digital age.

METHOD

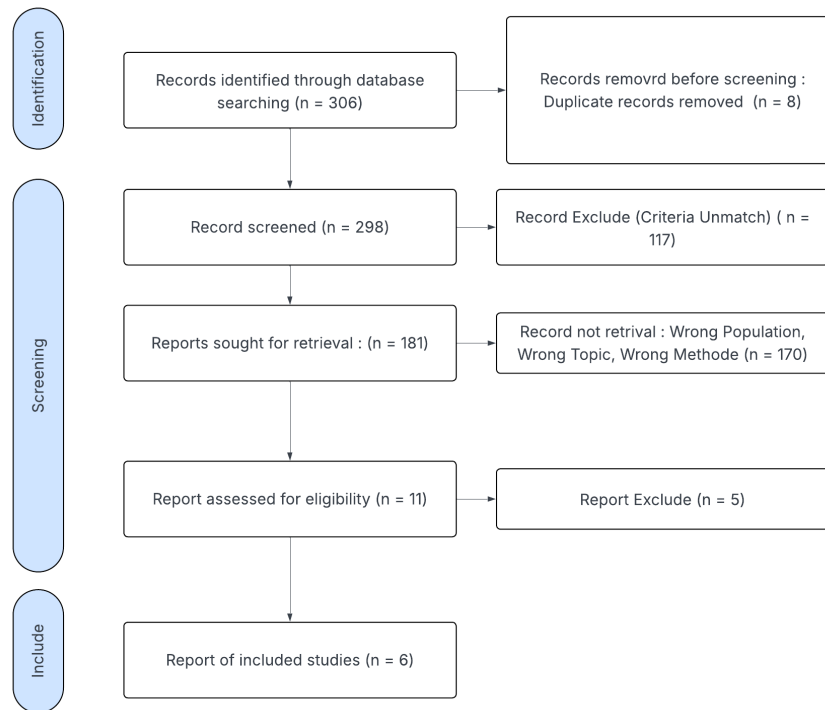


Figure 1. Flowchart of the Review Process

This study adopts a Systematic Literature Review (SLR) approach to examine the influence of social media exposure on health perceptions and behaviors among broken home adolescents in Indonesia. Data sources were obtained through a structured search of articles from Google Scholar and PubMed, selected for their wide accessibility and broad coverage, particularly of Indonesian-language publications. The data collection process was conducted systematically through several stages. The first stage involved identifying articles aligned with the main research theme: the interaction between social media, health perception, and family background among adolescents. The search was conducted using both English and Indonesian keywords such as: “media sosial,” “remaja,” “broken home,” “health perception,” and “health behavior.” The search was limited to full-text, open-access articles published between 2015 and 2025.

Article selection and screening followed the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) flow diagram. In the initial stage, 306 articles were identified. After removing 8 duplicates, 298 articles remained for screening. Of these, 117 articles were excluded for not meeting the initial criteria. The remaining 181 articles were reviewed in full, but 170 were excluded for non-quantitative methodology, non-adolescent populations, or lack of relevance to the Indonesian context. Eleven articles were further evaluated, with 5 excluded for not fulfilling full eligibility criteria. As a result, six articles were included in the final synthesis.

The inclusion criteria for this review were: (1) articles published in English or Indonesian between 2015–2025, (2) focus on social media exposure in relation to physical or mental health aspects of adolescents, (3) use of quantitative methods in a primary study, and (4) availability in full-text format. Exclusion criteria included articles available only in abstract form, non-primary research (e.g., reviews, opinion pieces, or non-academic reports), and unpublished academic theses or dissertations.

The selected articles were analyzed and synthesized in a matrix table covering references, research objectives, quantitative approaches, and key statistical findings. The analysis compared similarities and differences among the studies to identify patterns, challenges, and potential strategies related to the impact of social media on the health of adolescents from dysfunctional families in Indonesia.

RESULTS AND DISCUSSION

Table 1. Critical Appraisal of Included Studies

References	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8
(Athiutama et al., 2023)	Y	Y	U	U	N	N	Y	Y
(Nugroho et al., 2023)	Y	Y	Y	Y	Y	Y	Y	Y
(Ramadani et al., 2024)	Y	Y	Y	Y	U	Y	Y	Y
(Manisah et al., 2023)	Y	Y	U	U	U	Y	Y	Y
(Zola et al., 2023)	Y	Y	Y	Y	U	Y	Y	Y
(Utoyo et al., 2019)	Y	Y	Y	Y	Y	Y	Y	Y

JBI Critical Appraisal Checklist Criteria:

- Q1 Were the criteria for inclusion in the sample clearly defined?
- Q2 Were the study subjects and the setting described in detail?
- Q3 Was the exposure measured validly and reliably?
- Q4 Were objective, standard criteria used for measurement of the condition?
- Q5 Were confounding factors identified?
- Q6 Were strategies to deal with confounding factors stated?
- Q7 Were the outcomes measured in a valid and reliable way?
- Q8 Was appropriate statistical analysis used?

Table 2. Characteristics of Included Studies

No	Reference	Purpose	Method	Result
1	(Athiutama et al., 2023)	To examine the relationship between social media usage and adolescent health behavior.	Quantitative, cross-sectional, with 91 respondents, and chi-square test.	A significant relationship was found ($p=0.013$) between social media use and adolescent health behavior.
2	(Nugroho et al., 2023)	To analyze the relationship between	Quantitative, logistic regression;	Social media exposure significantly influenced

		social media exposure and health perception and mental health among adolescents.	1357 respondents.	health perception (p<0.001) and stress (p = 0.005).
3	(Ramadani et al., 2024)	To examine the relationship between social media and adolescents' knowledge, attitudes, and risky sexual behavior.	Quantitative, cross-sectional; 214 respondents; and a Chi-square test.	A significant relationship was found between social media and adolescents' sexual health attitudes and behavior (p<0.001).
4	(Manisah et al., 2023)	To analyze the effect of Instagram as a health information source on adolescents' reproductive health behavior.	Quantitative, cross-sectional; 68 respondents; and a Chi-square test.	A significant effect of Instagram use on reproductive health behavior was observed (p=0.000).
5	(Zola et al., 2023)	To analyze the meaning of life among students from broken home families based on gender, birth order, and internet usage.	Quantitative descriptive; sample: 31 broken home students; instrument validated with Alpha reliability = 0.80.	The highest meaning of life score was found in male students (M=57.92), with daily internet use ranging between 1 and 3 hours (N=60.11).
6	(Utoyo et al., 2019)	To understand the effect of online support groups on adolescents from broken home families.	Quantitative, survey, descriptive statistical analysis.	The @Behome.id community helps increase self-esteem and self-awareness in adolescents from broken homes.

This study is structured around two primary focal areas to systematically examine the influence of social media exposure on health perceptions and behaviors among Indonesian adolescents from broken home families. This bifurcation aims to provide a nuanced and organized understanding of the complex issues under investigation.

Study Focus 1: Influence of Social Media Exposure on Health Perceptions and Behaviors Among Indonesian Adolescents. This focus explores how social media shapes adolescents' views and behaviors related to health, irrespective of their family backgrounds. It serves as a foundational analysis to understand the broader impact of social media on youth health perceptions and actions.

Study Focus 2: Vulnerability of Adolescents from Broken Home Families to Social Media Exposure. This focus specifically examines how adolescents from broken home families are affected by social media, considering their unique psychosocial challenges. It aims to identify the extent to which the absence of a stable family structure influences their interaction with and response to social media content.

By delineating these two focal areas, the study facilitates a deeper analysis of each subgroup. It offers comparative insights into the social and psychological dynamics mediating the relationship

between social media and adolescent health. The findings are expected to contribute to the development of inclusive and evidence-based digital health communication strategies and policies that are responsive to the diverse conditions of Indonesian adolescents.

Study Focus 1:

A systematic review of four primary quantitative studies reveals that social media exposure significantly influences health perceptions and behaviors among Indonesian adolescents. The variables examined include the intensity of social media use, adolescents' health perceptions, and healthy lifestyle habits or risky health behaviors.

Athiutama et al., (2023) study employed a cross-sectional design with 91 respondents to investigate the relationship between social media use and adolescent health behaviors. Findings indicate that 68.1% of adolescents are active social media users, and 61.5% exhibit good health behaviors. A chi-square test yielded a p-value of 0.013, indicating a statistically significant relationship between social media use and health behaviors, including adequate sleep, regular breakfast, maintaining ideal body weight, and avoiding alcohol and smoking. These results suggest that the intensity of social media engagement correlates with the quality of adolescents' healthy lifestyles.

Nugroho et al., (2023) focusing on adolescents' perceptions and mental health during the COVID-19 pandemic, this study involved 1,357 respondents from various regions in Central Java. It found that social media exposure significantly affects adolescents' self-perception, environmental perception ($p = 0.0001$), and stress levels ($p = 0.005$). However, the relationship between social media exposure and depression was not significant ($p = 0.108$). These findings underscore the substantial role of social media in shaping adolescents' interpretations of life experiences and psychological challenges, especially during crises like the pandemic.

Ramadani et al., (2024) evaluating the impact of social media use on knowledge, attitudes, and risky sexual behaviors among 214 adolescents in Islamic boarding schools, this study found that 58.4% of respondents experienced high levels of social media addiction, 54.7% had moderate knowledge about HIV, and 47.2% held negative attitudes toward HIV prevention. Risky sexual behaviors were observed in 2.8% of respondents. Statistical tests revealed significant relationships between social media use and knowledge ($p < 0.001$), attitudes ($p < 0.001$), and behaviors ($p < 0.001$). This highlights that digital platforms not only serve as information sources but also influence adolescents' attitudes and actions regarding sexual health issues.

Manisah et al., (2023) study specifically examined Instagram's role as a source of reproductive health information among adolescents. Involving 68 respondents, it found that 61.7% frequently used Instagram to seek information, and 26.4% exhibited poor reproductive health behaviors. Analysis showed a highly significant influence ($p = 0.000$) between the intensity of Instagram use and adolescents' reproductive health behaviors. These findings indicate that social media significantly shapes adolescents' decisions on sensitive issues like reproductive health.

Study Focus 2

Adolescents from broken home families often face unique psychosocial challenges due to the absence of a stable family structure. This section explores how such backgrounds influence their interaction with social media and subsequent health perceptions and behaviors.

Zola et al., (2023) are investigating the relationship between internet use and the sense of life meaning among adolescents from broken home families, this study found that those using the internet for 1–3 hours daily had the highest life meaning scores ($M = 60.11$). In comparison, those exceeding 6 hours had lower scores ($M = 51.37$). These results suggest that moderate digital media use can positively contribute to the search for life meaning, whereas excessive exposure may diminish positive self-perception and future outlook. This indicates an inverted U-shaped relationship between digital access duration and psychological health.

Utoyo et al., (2019) quantitative study assessed the impact of the Instagram account @behome.id on the mental health of adolescents from broken home families. Surveys and simple linear regression analysis found that adolescents accessed this account for information, personal identity, social integration, and entertainment. Exposure to positive content from this community account was significantly associated with reduced negative emotions and improved mental health, such as acceptance and self-esteem.

The Influence of Social Media Exposure on Adolescents' Health Perceptions and Behaviors in Indonesia

In the current digital era, social media has evolved beyond a mere communication tool into a primary space for identity formation and social interaction among adolescents. Based on a review of four primary quantitative studies, it is evident that social media significantly influences how Indonesian adolescents perceive health and make decisions related to their physical and mental well-being.

The study by (Athiutama et al., 2023) reveals a correlation between the intensity of social media use and adolescents' daily health behaviors, such as sleep patterns, physical activity, and dietary habits. With a significance value of $p = 0.013$, the findings strongly suggest that higher social media exposure increases the likelihood of deviation from healthy lifestyle patterns. However, the results also imply ambiguity in the type of content consumed: not all content on social media is destructive some may, in fact, inspire healthy living. This ambiguity highlights the importance of content curation and digital literacy in accessing online health information.

In the realm of psychological perception, (Nugroho et al., 2023) explored the relationship between social media exposure and adolescent self-perception during the COVID-19 pandemic. Among 1,357 respondents, the study found a significant relationship between social media exposure and negative self-perception ($p = 0.0001$), as well as increased stress levels ($p = 0.005$). Interestingly, no significant relationship was found with depression ($p = 0.108$), indicating that while social media may create psychological pressure, it does not necessarily lead to severe mental disorders. This suggests a gray area in social media's impact, where it can act both as a stressor and as a temporary coping mechanism.

In the area of sexual and reproductive health, (Ramadani et al., 2024) focused on adolescents in Islamic boarding schools exposed to sexual content via social media. The study demonstrated that social media use correlates significantly with adolescents' knowledge, attitudes, and risky sexual behaviors, with all tests showing high significance ($p < 0.001$). These findings affirm that social media serves as a primary source of information for adolescents regarding sensitive health issues such as HIV, premarital sex, and contraceptive use. However, the risk of misinformation also increases, particularly where access to formal education is limited. Meanwhile, the study by (Manisah et al., 2023) offers a more optimistic view, demonstrating that social media can also serve as a tool for empowerment. By examining the influence of Instagram on adolescents' reproductive health behaviors, the study found a significant relationship ($p = 0.000$) between exposure to informative content and adolescents' awareness of reproductive health. This indicates a major opportunity for health and educational institutions to leverage digital platforms for effective and relevant health campaigns.

Taken as a whole, these four studies underscore the dualistic nature of social media's influence on adolescents it can act as both an educational bridge and a destructive trap. The critical differentiator lies not in the medium itself, but in the content consumed, the duration of exposure, and the adolescents' psychological resilience and digital literacy. Adolescents with stronger critical thinking skills are likelier to filter information and use social media for constructive purposes. In contrast, those with lower psychological resilience are more vulnerable to the negative effects of digital social pressures, unrealistic body standards, and external validation

culture through likes and follower counts.

In the Indonesian context, where adolescent health education remains limited and normative, social media has become the most accessible learning space for youth. However, without appropriate guidance, it can also distort perceptions related to the body, mental health, and social relationships.

Therefore, the findings from Study Focus 1 emphasize the need for digital-based intervention strategies that go beyond merely disseminating health information. These strategies must also foster adolescents' critical thinking toward the content they consume. Strengthening digital literacy, media-based health education, and the active involvement of educational figures on social media is essential to optimize the positive impact of social media on adolescents' health perceptions and behaviors.

The Impact of Social Media on Health Aspects and Adaptive Behaviors of Adolescents from Broken Home Families in Indonesia

Adolescents from broken home families represent a group that faces higher psychosocial challenges compared to their peers from intact families. The absence of sufficient emotional support, ongoing familial conflict, and unstable caregiving structures render them more vulnerable to external influences, including social media. In this context, social media serves not merely as a tool for communication or entertainment, but as a space that potentially shapes adolescents' health perceptions and adaptive behaviors from broken home backgrounds in Indonesia.

The study by (Zola et al., 2023) illustrates how internet use, as a proxy for social media exposure, correlates with the psychological perceptions of meaning in life among adolescents from broken homes. The study, conducted with 31 high school students from such backgrounds, found that those who used the internet for 1–3 hours per day had the highest life meaning scores ($M = 60.11$), whereas those with over 6 hours of usage had the lowest ($M = 51.37$). These findings suggest that moderate use of social media may function as a positive coping mechanism, aiding adolescents in discovering their identity, enhancing self-understanding, and reinforcing a sense of purpose. Conversely, excessive usage may diminish their self-perception and outlook on the future. In this light, social media operates as a "social mirror," where adolescents compare themselves to social representations that are not always realistic and may induce emotional distress.

Furthermore, the study by (Utoyo et al., 2019) supports this narrative by specifically examining the effect of positive content from the Instagram account @behome.id on the mental health of adolescents from broken homes. Employing a quantitative approach with linear regression analysis, the study found that adolescents used the platform not only for entertainment but also to seek psychological support, construct personal identity, and express emotions that could not be conveyed in real-life settings. The findings indicate that exposure to positive content from such online communities significantly reduces negative emotions and enhances self-esteem, thereby fostering adaptive behaviors, defined as the ability to respond to life pressures with healthy psychological strategies.

These two studies suggest that social media's influence on adolescents from broken homes is highly contextual. In unsupportive environments, social media can serve as an emotional outlet or even a space for social healing, provided that the content consumed is positive and the online community encourages psychological growth. However, without adequate digital literacy and guidance, social media can reinforce negative narratives, intensify feelings of isolation, and exacerbate social alienation.

Therefore, social media's role in the lives of adolescents from broken-home families is twofold. On one hand, it has the potential to act as a catalyst for improved psychological well-being through online communities, affirmative narratives, and accessible mental health

information. On the other hand, it can also become a harmful space if the content consumed triggers insecurity, destructive self-comparisons, or reinforces stigma associated with family circumstances.

Findings from Study Focus 2 underscore the importance of building digital support systems grounded in empathy and inclusivity. Social media platforms can be strategically leveraged as community-based intervention tools targeting vulnerable youth, such as adolescents from broken home families, under the condition that content is carefully curated to be educational and inspirational. Collaboration among policymakers, psychological communities, and digital actors is essential to provide safe online spaces that strengthen mental resilience and promote healthy adaptive behavior.

How Social Media Exposure Influences the Health Perceptions and Behaviors of Adolescents from Various Family Backgrounds in Indonesia, Including Those from Broken Homes

Social media exposure has a highly complex impact on Indonesian adolescents' health perceptions and behaviors. Based on findings from various reviewed journals, it is evident that social media not only serves as a source of health information but also shapes adolescents' views of their bodies, mental health, lifestyle, and social and sexual relationships. In terms of perception, social media often promotes idealized standards that are difficult to attain, such as perfect body images, glamorous lifestyles, and representations of instant happiness. This was demonstrated in a study by (Nugroho et al., 2023), which found that social media exposure significantly correlates with an increase in negative self-perception ($p = 0.0001$) and stress levels ($p = 0.005$) among adolescents. On the other hand, educational and inspirational content, such as that analyzed by (Manisah et al., 2023), can increase adolescents' awareness of the importance of maintaining reproductive health, indicating that perceptions can be positively shaped when the content is appropriate.

In terms of behavior, the influence of social media is reflected in adolescents' daily routines, including sleep patterns, eating habits, and physical activity. (Athiutama et al., 2023) reported a significant relationship ($p = 0.013$) between social media use and healthy lifestyle behaviors, with a tendency for unhealthy behaviors to increase among adolescents who use social media excessively. In the context of sexual education, (Ramadani et al., 2024) found that social media serves as a primary source of information for adolescents in Islamic boarding schools on topics such as HIV/AIDS, sexual attitudes, and contraceptive use, with highly significant results ($p < 0.001$). These findings highlight the central role of social media in shaping health behaviors, particularly in settings where formal education may not adequately cover sensitive health topics.

Moreover, the impact of social media is even more pronounced among adolescents from broken home families. Adolescents from dysfunctional family environments often turn to social media as an emotional escape, a space for identity exploration, and a source of validation. (Zola et al., 2023) found that adolescents who used the internet for 1–3 hours per day had the highest scores for life meaning ($M = 60.11$), while those who used it for more than 6 hours had lower scores ($M = 51.37$). This suggests that social media can serve as a healthy coping mechanism when used moderately and directed toward positive content. This notion is reinforced by (Utoyo et al., 2019), whose study on the influence of the Instagram community account @behome.id revealed that positive content contributed to reducing negative emotions and developing healthier, more adaptive psychological behaviors in adolescents from broken homes.

Overall, social media functions as a new agent of socialization that can complement or even replace the roles of family and educational institutions in shaping adolescent health perceptions and behaviors. However, the effects depend greatly on the quality of content, exposure duration, digital literacy, and, most importantly, the adolescents' family background.

Adolescents from broken homes are more vulnerable to negative influences from social media, but they also show significant potential to benefit from it when supported with constructive content and a nurturing community. Therefore, social media-based interventions must consider the diversity of family backgrounds and focus on critical literacy, empathetic content, and the strengthening of online communities capable of inclusively restoring and empowering Indonesian adolescents.

CONCLUSION

Based on the review of six primary quantitative studies, it was found that social media plays a significant role in shaping how adolescents understand the concept of health, physically, mentally, and socially. Among adolescents in general, exposure to positive content can enhance health-related knowledge and behaviors; however, excessive exposure to toxic content has been linked to increased stress, body image distortion, and unhealthy lifestyles. In the context of adolescents from broken home families, social media also serves as a space for psychological coping and the search for life meaning, yet the duration and type of content consumed largely determine whether the influence is constructive or destructive.

Overall, these findings highlight the critical role of social media as a new agent of socialization for adolescents, particularly those lacking emotional support from their families. Therefore, it is essential to implement digital health communication strategies that go beyond information dissemination, including improvements in digital literacy, the strengthening of supportive online communities, and the curation of empathetic and contextually relevant content. This review also recommends that future research adopt longitudinal approaches and involve more diverse populations to deepen the understanding of how social media influences adolescent health in the Indonesian context.

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