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Original Research / Systematic Review

Use a concise and informative title in sentence case *short, clearly and reflect of the research results* (MAX 15 WORDS, Font times new roman 14)

First Author[1*], Second Author[2], Third Author[3]

[1] Include institution name, city, province, country, Times New Roman, size 10.

ABSTRACT

Introduction: Present the topic and context of the study, providing background information, discussing relevant literature, identifying knowledge gaps, and outlining research objectives.
Objective: Clearly articulate the specific goals and aims of the research.
Method: Describe the research design, participant selection criteria, data collection methods, and analysis techniques.
Result: Present findings in a clear, systematic manner using tables, figures, or graphs as needed.
Conclusion: Summarize key findings, discuss their implications, highlight study limitations, and suggest future research directions.

Does not contain references, references in tables or graphs. Abstract maximum 250 words.

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INTRODUCTION

Introduction essentially contains a description of the problem or reason of research or logical statement that leads to the main hypothesis or theme. The Introduction section should consist of:

a. General background of research (tips: keep a maximum of one paragraph);
b. State of the art or a brief study of other similar (previously) research literature to justify novelty research in this article (tips: one to two paragraphs);
c. The reference libraries in the previous state of the art research section must be current, relevant, and original (primary literature) of the literature review not too extensive;
d. Gap analysis or novelty gap based on state of the art (the gap statement should contain two elements, that is, from the important aspect of the research and what the uniqueness or novelty of the research is compared to previous research);
e. Hypotheses (if any) are not always expressed and need not be in the form of a sentence.

Writing in the introduction by using Times New Roman letter with font 12, space 1 and left-right and indent of 0 taps. Citation writing and bibliography must use a reference manager like mendeley and others with APA style. Margin set with Top 3cm, Left 4 cm, Bottom 3cm, Right 3cm and Gutter 0.

METHOD

This study employs a clear and systematic approach to ensure the reliability and validity of the findings. Below are the components of the methodology:

Research Type

The method section should clearly explain the research approach used, whether quantitative, qualitative, mixed-methods, or a literature review:

- **Quantitative study:** "This study used a quantitative approach with a cross-sectional survey design. A stratified random sampling recruited 300 adolescents aged 15–19 years in Palu City. Data were collected via an online survey in March 2024 using the validated General Health Questionnaire-12 (GHQ-12) and analyzed with logistic regression to examine the relationship between social media usage and depression risk."
- **Qualitative study:** "This study adopted a qualitative phenomenological design to explore adolescents' experiences with social media and mental health. Purposive sampling involved 20 adolescents from diverse cultural backgrounds in Palu City. Data were collected through in-depth interviews with a semi-structured guide and analyzed thematically."
- **Mixed-methods study:** "A mixed-methods explanatory sequential design was employed. Quantitative data from a survey of 300 adolescents were analyzed using logistic regression, followed by qualitative in-depth interviews with 20 participants to explore findings further. Qualitative data were analyzed thematically."
- **Literature review:** "This systematic literature review followed PRISMA guidelines. Articles were sourced from PubMed, Scopus, and Google Scholar using the keywords 'social media,' 'adolescents,' and 'mental health.' After screening titles, abstracts, and full texts, 50 articles met the inclusion criteria, as outlined in a PRISMA flowchart."

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Population and Sample/Informants
The study population included adolescents aged 15–19 years residing in Palu City, Central Sulawesi, Indonesia. A stratified random sampling method was used to recruit 300 participants for the quantitative survey. For qualitative research, one could specify: *"Twenty adolescents were selected as informants using purposive sampling to ensure diversity in cultural and socio-economic backgrounds."* In mixed-method studies: *"The survey involved 300 respondents, followed by in-depth interviews with 20 informants who were purposefully selected based on their survey responses."*

Research Location
The study was conducted in Palu City, a culturally diverse area with a mix of urban and semi-urban populations, which provided a unique context for understanding the relationship between social media use and mental health.

Instrumentation or Tools
The quantitative component of the study used a validated questionnaire, the General Health Questionnaire-12 (GHQ-12), to assess depressive symptoms among respondents. For qualitative research, one might describe: *"A semi-structured interview guide was developed to explore the participants' experiences, focusing on their interactions with social media and its perceived impact on their mental health."* In mixed-method studies, it could be stated: *"The quantitative data were collected using the GHQ-12, and qualitative data were obtained through semi-structured interviews recorded and transcribed verbatim."*

Data Collection Procedures
Quantitative data were collected through an online survey platform over a one-month period in March 2024. Respondents were provided a consent form and instructions for completing the questionnaire. For qualitative research, the process could be: *"In-depth interviews were conducted face-to-face at participants' homes or schools, lasting approximately 30–60 minutes each."* In mixed-method studies, one might write: *"Quantitative data collection was completed first, followed by qualitative interviews, which were scheduled based on participants' survey responses."*

Data Analysis
Quantitative data were analyzed using logistic regression to examine the relationship between social media usage duration and depression. Descriptive statistics were also employed to summarize the participants' demographic characteristics. For qualitative research, the analysis could be described as: *"Data were analyzed thematically using NVivo software, identifying patterns and themes related to the psychosocial effects of social media."* In mixed-method studies, it might state: *"Quantitative data were analyzed using SPSS, while qualitative data were subjected to thematic analysis to contextualize and expand upon the survey findings."*

Ethical Approval
This study was approved by the Health Research Ethics Committee of X University (Approval Number: 123/KEPK/2024). All participants, including parents or guardians for participants under 18, provided informed consent prior to participating in the study. The confidentiality of all participants was strictly maintained throughout the research process.

RESULTS
The results section should present the key findings of the study.
For **quantitative research**, you might write:

"The results showed that spending more than three hours per day on social media was significantly associated with an increased risk of depression (OR = 2.5; 95% CI: 1.8–3.5).

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Respondents with positive social interactions were significantly less likely to experience depressive symptoms." Use tables and graphs to illustrate the findings.

Table 1. Example of Table and Table Title

No	Education	Frequency	%
1	elementary school	11	15,94
2	Junior High School	22	31,88
3	Senior High School	25	36,23
4	S1	11	15,94

Source: Primary Data

For **qualitative research**, you might write:
"Thematic analysis identified three main themes from the interviews: (1) social pressure experienced due to beauty standards on social media, (2) the role of social media in self-representation, and (3) emotional support obtained through online communities." Direct quotes from participants can strengthen the findings, such as: *"'Seeing my friends always looking happy on Instagram makes me feel less confident,' shared one participant."*

For a **literature review**, you might write:
"The 50 articles reviewed consistently highlighted a positive correlation between social media use and anxiety or depression among adolescents. These findings were consistent across various geographic contexts, though moderating factors such as family support and the type of platform used varied."

Table 2. Example of Table and Table Title

No	**Author(s)**	**Year**	**Study Focus**	**Key Findings**	**Moderating Factors**	**Geographic Context**
1	Smith et al.	2018	Social media use and anxiety	Positive correlation between social media use and anxiety levels	Family support mitigates impact	USA, Canada
2	Lee and Kim	2020	Depression among adolescents	Social media use increases depressive symptoms	Type of platform used (e.g., Instagram vs. Twitter)	South Korea
3	Patel et al.	2021	Social media use and mental health	Higher social media use linked to both anxiety and depression	Peer support as a buffer	UK, India
4	Garcia et al.	2019	Impact of social media on youth mental health	Consistent correlation across studies reviewed	Cultural attitudes towards social media	Latin America

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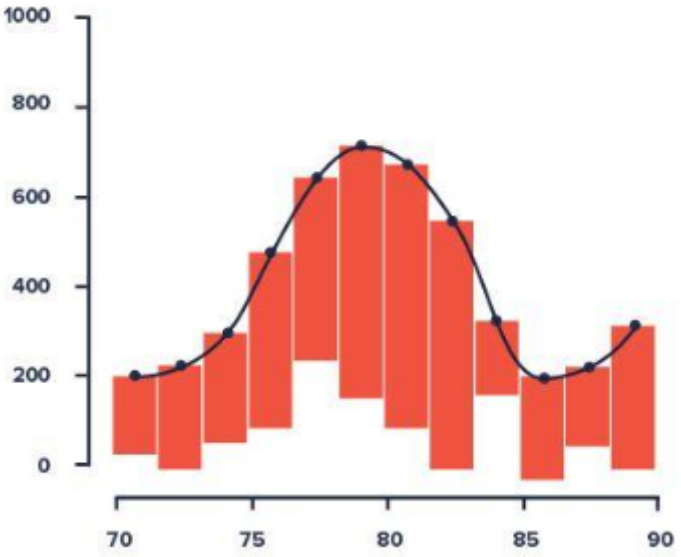

Figure 1. Example of Figure and Table Figure (min 300 dpi)

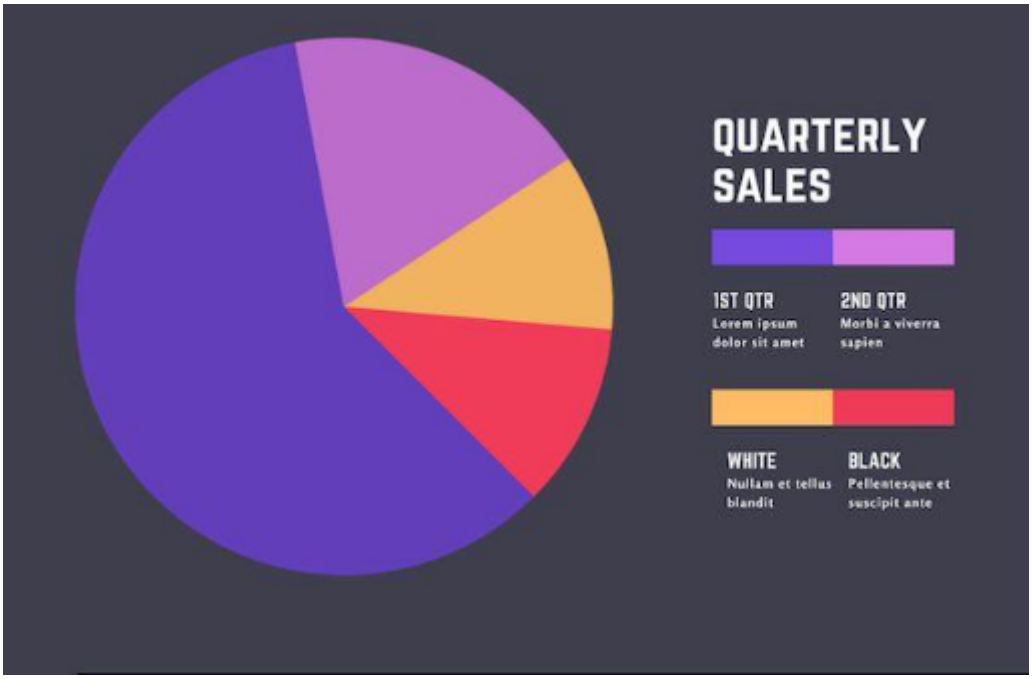

Figure 2. Example of Figure and Table Figure (min 300 dpi)

DISCUSSION

The discussion section interprets the findings of this study within the context of existing research, explores their practical implications, evaluates the strengths and limitations, and provides recommendations for future research.

Interpretation of Key Findings

Our findings revealed that spending more than three hours per day on social media was significantly associated with increased depressive symptoms (Odds Ratio = 2.5; 95% CI: 1.8–3.5). This suggests that excessive exposure to curated online content and limited face-to-face social interactions may negatively impact adolescents' mental health. These results

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align with those of Smith et al. (2023), who also identified a strong association between prolonged social media usage and depression among European adolescents (1). However, our study extends the existing evidence by incorporating the role of cultural factors specific to the Indonesian context, where social norms and familial expectations play a pivotal role in shaping adolescents' experiences with social media (2). This underscores the importance of designing culturally sensitive interventions.

Comparison with Previous Studies

The findings of this study are consistent with those of Brown et al. (2021), who found that adolescents using social media for more than two hours daily reported higher rates of depressive symptoms compared to those with limited usage (3). However, our findings contrast with Johnson and Lee (2020), who reported no significant relationship between social media duration and mental health outcomes in a sample of U.S. adolescents (4). The discrepancies might be attributed to methodological differences, such as variations in how depressive symptoms were measured or differing cultural contexts influencing social media usage patterns (5,6). These differences highlight the complexity of this issue and the need for further research to reconcile conflicting evidence.

Limitations and Cautions

While this study provides meaningful contributions to understanding social media's impact on adolescent mental health, several limitations should be acknowledged. First, the cross-sectional design limits our ability to establish causality, which aligns with the limitations identified by earlier studies, such as those by Green et al. (2022) (7). Second, the reliance on self-reported data may have introduced bias, such as over- or under-reporting of social media usage, as noted in prior research (8). Finally, the study's geographic focus on Palu City, Indonesia, may limit the generalizability of findings to other settings with different cultural and technological landscapes (9). Future studies should employ longitudinal designs and larger, more diverse samples to address these limitations and provide deeper insights.

Recommendations for Future Research

Future studies should focus on addressing the identified limitations. For instance, longitudinal designs could help establish causality between social media use and mental health outcomes, as recommended by Wilson et al. (2021) (10). Additionally, investigating the specific features of social media platforms, such as algorithm-driven content exposure or peer validation mechanisms, may reveal deeper insights into the pathways through which social media impacts mental health. Expanding research to include diverse cultural and demographic contexts would also contribute to the development of more globally applicable interventions.

CONCLUSION

This study investigated [insert research focus] and aimed to [restate research objectives]. The findings demonstrated that [summarize the main results], highlighting [specific trends or unique insights]. Notably, [mention any novel contributions or context-specific findings]. These results underscore [practical or theoretical implications], suggesting [recommend interventions, strategies, or broader relevance].

While this study provides valuable insights into [specific topic], certain limitations should be noted, such as [list key limitations briefly]. Future research should focus on [identify future directions or opportunities to build upon this study], potentially enhancing our understanding of [topic] and informing [policy, practice, or theoretical frameworks].

AUTHOR'S CONTRIBUTION STATEMENT

Clarify authors' roles in the research and manuscript development.

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CONFLICTS OF INTEREST

Declare potential conflicts that might affect the research objectivity.

DECLARATION OF GENERATIVE AI AND AI-ASSISTED TECHNOLOGIES IN THE WRITING PROCESS

Disclose any use of AI tools (e.g., ChatGPT, Grammarly, DeepL) for language or structural editing during manuscript preparation.

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The bibliography is written using the Vancouver style format. It is recommended to use reference management software (Mendeley). The minimum number of references is 25, with 80% consisting of journal articles.

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