

Title (Font Size: 18, Type: Times New Roman; Bold)

ABSTRACT

(Font Size: 11, Type: Times New Roman)

Abstract should be less than 250 words. Authors need to be careful that the abstract reflects the content of the article accurately.

Abstracts should be structured with maximum of 250 words as follows: Aim/objective; Background; Design; Methods; Results; and Conclusions.

Keywords: (Font Size: 11, Type: Times New Roman, Bold, Italic) Indicate keywords after abstract (3 - 5 words). Please separate your keywords with (;).

Each submitted article should contain 3-5 keywords. Keywords will assist indexers in cross indexing the article as they are published with abstract.

INTRODUCTION

This should summarize the purpose and the rationale for the study. It should neither review the subject extensively nor should it have data or conclusions of the study.

RESEARCH METHODOLOGY

This should include exact method or observation or experiment. Mathematical and Statistical methods must be mentioned and specify any general computer package used.

RESULT

Must be presented in the form of text, tables and illustrations. The contents of the tables should not be all repeated in the text. Instead, a reference to the table number may be given. Long articles may need sub-headings (mentioned on page1 as Subdivisions) within some sections to clarify their contents.

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 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].

ACKNOWLEDGEMENT

All contributors who do not meet the criteria for authorship should be covered in the acknowledgement section. It should include persons who provided technical help, writing assistance and departmental head that only provided general support. Financial and material support should also be acknowledged. Author(s) must acknowledge and declare any sources of funding and potential conflicting interest, such as receiving funds or fees by, holding stocks and shares in and organizations that may profit or lose through publication of your paper. Declaring a competing interest will not lead to automatic rejection of the paper, but we would like to be made aware of it.

Conflict of Interest

The authors declare that they have no competing interests.

Declaration Of Generative AI And AI Assisted Technologies In The Writing Process

Ethical Approval

This study received ethical approval from the appropriate institutional research ethics committee prior to data collection. All research procedures were conducted in accordance with established ethical standards, ensuring the protection of participants' rights, safety, and confidentiality.

Data Availability

The data supporting the findings of this study are available from the corresponding author upon reasonable request. The data are not publicly available due to ethical and privacy considerations.

Authors' Contributions

All authors made substantial contributions to this study. The first author was responsible for study design, data collection, and manuscript drafting. The other authors contributed to data analysis, interpretation of results, and critical revision of the manuscript. All authors approved the final version of the manuscript.

REFERENCES

The author-year notation system is required and completed. All references mentioned should be written down in reference using **APA style** and arranged from A to Z. Articles have a minimum of 25 recent references (last 5 years), and 80% are journals. References from journal publications should be provided by DOI. All cited references must be mentioned in the in-text citation. If you are a Mendeley user, please download the reference style here: <https://www.mendeley.com/guides/harvard-citation-guide> [Times New Roman, 11, normal].