

A Systematic Review of The Literature Review on Factors Affecting Digital Well-Being in Adolescents Who Use Social Media in Southeast Asia

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Abstract:

Adolescents are very easily influenced by the social environment without considering the impact that will be caused, the use of social media can have a positive and negative impact. The positive impact caused by the use of social media is such as the ease of finding information, establishing communication, and finding entertainment. In addition, it also has a negative impact on adolescents who use social media which can significantly affect the welfare of adolescents, this phenomenon is referred to as digital well-being. This study uses the systematic literature review method by searching for articles and with the help of Publish or Perish software, as well as using Sciespace and Elicit in collecting articles with keywords related to the research. From the results of the literature review, it can be grouped into three factors that affect digital well-being in adolescents. The first factor is the use of technology which consists of the duration of use, digital literacy and connectivity factors on social media, the second factor is the individual consisting of self-control, gender and fomo, and the last factor is the social support factor, especially from the elderly. The implication of this research is to see how factors affect digital wellbeing in adolescents who are active users of social media

Introduction:

The development of digital technology is currently increasing in the community, according to the results of the report *we are social dan Hootsuit* explained that the use of the internet worldwide in 2023 will reach up to 5.16 billion people and this figure is 64.4 percent of

the total global population, which is 8.01 billion people. Meanwhile, in Indonesia itself, the number of internet users is 212.9 million, this figure reaches 77 percent of the total population in Indonesia in January 2023 (Aditya, 2023). This data shows that the increasing use of

internet such as social media is one of the things that people, especially adolescents, use to meet their social interaction needs (Nurhanifa et al., 2020).

The nature of adolescents is very easily influenced by environmental or social factors, by not thinking about the impact or effect that will be caused, the effect can be positive and negative (Nurhanifa et al., 2020). A harmonious explanation is also mentioned by (Frison & Eggermont, 2020) That is, how adolescents are involved in social media, whether passively (just looking around) or actively (interacting directly), also affects their level of well-being. Social support from peers on digital platforms can also serve as a protector for adolescent mental health (George et al., 2018).

The positive impacts caused in the use of social media are such as the ease of finding information, making it easier to establish communication, developing talents and interests, sharing thoughts, and seeking entertainment. In addition to having a positive impact, it also has a negative effect on a teenager. Negative impacts can be in the form of abuse in the search for information and social media addiction which results in the psychological condition of adolescents or the risk of developing mental illness (Septiana, 2021). According to the results of the study Best et al (2014) Social media use in teens is often associated with increased symptoms of depression and anxiety, especially when online activities replace real social interactions. The harmony was also explained by Buchi Beattie & Daubs (2020) that is, technology also has a greater role and is positioned as the cause of poor health. For example, the use of social media has an impact on fatigue, mental tension, reduced productivity, as well as decreased concentration, disturbed sleep time, and social relationships. Another study also confirmed that the high frequency of using social media is associated with negative self-perception and social isolation in adolescents.

The negative impact caused by the use of social media will also significantly affect the welfare of adolescents. This phenomenon is referred to as Digital well-being, that is, it is an achievement of satisfaction which is able to minimize the side effects of the use of digital media (hedonistic dimension) but is also able to use this technology to realize the potential in itself (eudaimonic dimension). (Sent et al., 2017). While Vanden Abeele & Nguyen (2022) Describe digital wellbeing as an individual's subjective experience of the optimal balance between the benefits and disadvantages gained from mobile connectivity. The benefits of digital health include improving psychological well-being when using digital media, reducing fewer distractions, and improving time management with digital devices. Digital well-being also impacts a person's mental, social, and emotional health and helps create a balance between digital and real life (Hutagalung et al., 2024).

Therefore, understanding the factors that affect digital well-being in adolescent social media users is essential to support the development of more effective prevention and intervention strategies. Adolescents who implement digital well-being can reduce excessive digital use such as causing stress, disrupting or reducing sleep quality, and are associated with mental health problems. Therefore, adolescents who implement digital well-being can defeat the negative impacts that can be caused by excessive use of technology (Hutagalung et al., 2024).

Therefore, the writing of this article aims to synthesize factors that affect digital well-being in adolescents who use social media through a systematic literature review. This approach is used to consolidate and analyze findings from various relevant studies, resulting in a deeper understanding of digital well-being factors in adolescents.

Methodology:

This literature review method begins by collecting the journals that are searched for

using the help of Publish or Perish software from several sources such as Google Scholar, Sinta, Semantic Scholar, Springer and Research Gate, then the researcher also uses Sciespace and Elicit in collecting articles with the keywords used are Digital Will Being AND Social Media AND Adolescent OR Teenager AND ASEAN. Based on keywords, around 200 related articles were found published in 2020-2024. Based on the collected articles, the researcher used 35 articles that were closely related to this study.

Furthermore, a review was carried out using the PICOSS (Population, Intervention, Comparators, Outcome Variables, Study Design and Setting) table which was used to determine the inclusion criteria, exclusions that were detailed, clear and relevant in relation to the key components of the systematic review questions. To determine the research sample, the criteria or assessment of inclusion and exclusion can be seen in the following table 1:

Table 1. Inclusion Criteria

Criterion	Information
Population	Teenage social media users
Intervention	-
Comparators	Southeast Asia Region
Outcome variabel	Digitall Well Being
Study Design and Setting	Quantitative research from Southeast Asian regions, such as Indonesia, Malaysia, Cambodia, Thailand, and Vietnam.

Meanwhile, the exclusion criteria are explained in the following table 2:

Table 2. Exclusion Criteria

Criterion	Information
Population	Not a teenager who uses social media
Intervention	-
Comparators	Not Southeast Asia
Outcome variabel	Bukan Digitall Well Being
Study Design and Setting	Qualitative research from articles from various countries

Literature Review:

The purpose of this study is to find out the digital wellbeing factors in adolescents who use social media. Based on approximately 200 articles

found, the researcher used 35 articles that were in accordance with the topic and criteria of the article used, namely articles published in 2020-2024. The article can be seen in Table 1.

Table 1. Literature review results

It	Title (Researcher, Year)	Country and Journal Name	Result
1	Overview of the Psychological Well-Being of the Millennial Generation of Digital Media Users in South Jakarta, Researcher (Laila Meiliyandrie Indah Wardani & Sri Wahyuning Astuti, 2024)	Indonesia - Southeast Asia Psychology Journal	The results of Digital Literacy are earlier in the use of social media because the millennial generation was raised with social media. And Digital Convenience makes the Millennial generation have good personal growth. The factors are: Digital literacy & Personal Growth
2	Promoting Mental Health in The Digital Age: Exploring the Effeects of Social Media Use on Psychological Well-Being, (Ika Rahayu et al., 2023)	Indonesia - West Science Interdisciplinary Studies	It is known that the higher the use of social media is closely related to low self-esteem. As well as excessive use of social media can be addictive and affect mental health. Factors that can be concluded are: Confidence and Intensity of social media use.
3.	The impact of social media use on the mental health and social welfare of adolescents during the covid-19 pandemic, (Septiana, 2021)	Indonesia - Jurnal Nusantara Of Research	Many teenagers experience stress and even depression because they cannot carry out activities like before, so social media can be a solution to reduce the negative impact arising from the pandemic. Factors that can be concluded are communication & Connectivity using social media
4	Exploring hazard of social media use on adolescent mental health, (Halim et al., 2023)	Malaysia - Research Square	Teens who rely on social media to socialize are more likely to engage in cyberbullying, tending to compare themselves to others. Depressed teens generally express their mood on their social media as content, rather than sharing their problems. Factors that can be concluded are socializing and establishing relationships and

			control
5	Digital Addiction among young adolescent: Mitigating the impact of media technological adversity. (Fauzi et al., 2020)	Malaysia - Journal of Physics: Conference Series	Young teens engage in social media by spending hours on end and how fun is decisive in interpreting compulsive behavior. Factors that can be concluded are: Intensity in using their social media.
6	Digital Media and Psychological Well-Being Among Youth, (Kesumaningsari et al., 2020)	Indonesia -Conference paper	Adolescents in Indonesia have a high level of meaning and purpose in life, and generally believe that they grow into fully functioning individuals. In other words, psychological well-being in them is well maintained. Factors that can be concluded are: Self-control and Intensity
7	Are you a Millennial? The Impact of Social Media Use on Mental Health among Millennials, (Fathadhika et al., 2020)	Indonesia - International Conference on Psychology	The use of social media tends to increase the number of new friends rather than increasing more intense friendship relationships, making it difficult to have close friends. Factors that affect the Connectivity of social media use.
8	Determinants of mental health among youths and adolescents in the digital era: Roles of cyber and traditional bullying, violence, loneliness, and environment factors. (Phan et al., 2022)	Frontiers In Public Health	Access to technology is getting bigger and it is possible to increase the number of cyberbullying, therefore digital literacy in Vietnamese society plays a very important role, namely digital literacy is considered an effective ability in navigating and evaluating information in the media and digital platforms, therefore learning to access the internet safely can prevent cyberbullying in adolescence. And when there is an increase in time on the internet can lead to more exposure to

			cyberbullying. Factors that can be concluded are: Intensity of social media use and digital literacy
9	Impacts of digital connectivity on Thailand's Generation Z undergraduates' social skills and emotional intelligence. (Imjai et al., 2024)	Thailand - Contemporary Educational Technology	Showing that individuals who effectively utilize digital tools for communication and social interaction can develop better emotional awareness and regulation. However, it is important to consider the quality of digital interactions and the context in which they occur, as these factors also play an important role in this developmental process. Factors that can affect are the quality of relationships in digital interactions
10	Association of excessive smartphone use with psychological well-being among university students in Chiang Mai, Thailand. (Tangmunkongvorakul et al., 2019)	Thailand - Plus One	It is known that many excessive smartphone users have parents with lower levels of education. A similar trend occurs in revenue, where a lower proportion of users are smartphone users with a monthly income of 10,000 Thai Baht or more. Factors are parental education and average monthly income and also the duration of social media use.
11	Quality of life and mental health of adolescents: Relationships with social media addiction, Fear of Missing out, and stress associated with neglect and negative reactions by online peers. (Dam et al., 2023)	Vietnam - Plus One	The results of this study are known that men tend to spend less than 2 hours on social media, compared to women, while women spend more than 2 hours using social media. FOMO has an influence regardless of whether it is male or female. Where people who have a high sensitivity to fomo will tend to be easily depressed due to excessive use of social media. The factors are gender and sensitivity to

			FOMO
12	Social Media Addiction among Vietnam Youths: Patterns and Correlated Factors. (Doan et al., 2022)	Vietnam -International journal of environmental research and public health	It is known from this study that the level of addiction in men is more severe than that of women in the use of social media. In addition, the location of residence and relationship status also affect the score of addiction to social media use. On the scale of social media addiction, stress and fear of missing out also affect a person in using social media. Factors that affect gender, place of residence, FOMO and intensity of social media use.
13	The Relationship between Internet Usage and Subjective Wellbeing among Youths in Malaysia. (Omar et al., 2019)	Malaysia - International journal of academic research in business and social sciences	If you use the internet at a moderate level, it can provide subjective well-being for its users. In addition, the use of the internet is controlled, in order to avoid internet addiction. So it is necessary to educate the discipline of using the internet from a young age. Factors: Intensity of internet use and parental controls.
14	Study on internet usage and internet addiction of medical students in universities of Myanmar. (Oo et al., 2021)	Myanmar - International Journal of Community Medicine and Public Health	In this study, it was found that the intensity of excessive internet use caused internet addiction. Factor: Intensity in internet usage
15	Social Media Addiction and Its Influence on Mental Health Among University Students In Cambodia: Beyond The Cultivation Theory. (Kreya & Wok, 2021)	Cambodia -Kuala Lumpur International Multidisciplinary Academic Conference	The factor of time spent on social media triggers addiction to using social media (Intensity)
16	Social Media Use by Young People Living in Conflict-Affected Regions of Myanmar. (Ridout et al., 2020)	Myanmar - Cyberpsychology, Behavior, AND SOCIAL NETWORKING: Mary Ann Liebert, Inc.	Based on the results of this journal, it is known that many young people in Myanmar report that their mobile phone use has had a mostly positive impact on their lives, and

			some argue that social media has been used at any time, even when they are not working or studying, to the point of distracting them from tasks and making them sleep late at night. The influencing factor is the intensity (duration) of time using social media
17	The Impact of Using Social Media on the Mental Health of Adolescents. (Titisuk et al., 2023)	Thailand - International Journal of Current Science Research and Review	Different types of social media affect the mental health of adolescents differently such as consuming aggressive content such as crime news and accidents on social media can result in negative emotions. While consuming cheerful and funny content such as animal videos and family movies can cause positive emotions for students. Factors that can affect Digital Well-Being are: Content consumed
18	The relationship between digital literacy and digital well-being in internet and social media users in Bekasi City. (Hutagalung et al., 2024)	Indonesia - LIBEROSIS: Journal of Psychology and Counseling Guidance	The more understanding of technology used effectively, it will have an impact on the digital well-being of adolescents which is positive, for example on the mental, physical and emotional health of adolescents in the city of Bekasi. The influencing factor is Digital literacy
19	The Effect of Excessive Cell Phone Use on Changes in Attitudes of Communication Science Adolescents at the State University of Jakarta. (Sinapoy & Putri, 2021)	Indonesia -Common Journal	The findings are as follows, namely feeling annoyed if you are engrossed in using a smartphone, a smartphone can replace a friend if you feel lonely, still prioritize looking at a smartphone over a task and feel more communicative when using a smartphone. The influencing factor is attachment to smartphones and

			self-control
20	Internet use among teenagers in Jakarta. (Iskandar & Isnaeni, 2019)	Indonesia - Commu-nicare: Journal of Commu-nication Studie	The majority of respondents update their social media in a daily period, which has consequences for the duration of social media use in a period of one day to be quite long/frequent. The influencing factor is the duration of time using social media
21	The Effect of Social Media Addiction on Adolescents in Banda Aceh City. (Susilawati et al., 2023)	Indonesia - Usk Journal of Sociology: Media of Thought & Application	Therefore, the higher the level of social media addiction, the higher the emotional mental disorders experienced, such as excessive anxiety. The influencing factor is the high intensity of time in the use of social media.
22	The Effect of Digital Literacy on the Prevention of Hoax Information in Adolescents at SMANegeri 7 Lhokseumawe City. (Fauzi & Murhamah, 2021)	Indonesia - Journal of Penkommas	It is known that the understanding of digital literacy makes teenagers in semester 7 not easily affected by hoax information. This means that adolescents are able to use digital literacy understanding effectively or can be associated with good digital well-being. The influencing factor is Digital Literacy
23	The Effect of Self-Esteem and Social Media Addiction on Social Anxiety Levels in Adolescent Tiktok Users. (Putri et al., 2023)	Indonesia - Journal of Psychology	Adolescents who spend 2 to 3 hours per day have a high risk of experiencing anxiety. The influencing factor is the duration of using TikTok social media
24	The social impact of the intensity of social media use on mental health is in the form of apathy in junior high school in Sukoharjo Regency. (Pratama & Sari, 2020)	Indonesia - Gaster	The higher the intensity level of social media use, the more apathetic adolescents are, causing adolescents to become less sensitive to the surrounding environment. Influencing factors are the intensity of social media usage and user time management

25	The well-being of Indonesian university students during the pandemic: Smartphone use and sleep quality. (Marella & Sameve, 2022)	Indonesia - Humanitas: Indonesian Journal of Psychology	Participants with good sleep had low smartphone use. Female participants had higher problematic smartphone use than their male counterparts. The influencing factor is the intensity of smartphone use
26	The Relationship between Intensity of Gadget Use with Depression, Anxiety, and Stress among Students in Metro, Lampung, Indonesia. (Kusumaningrum et al., 2023)	Indonesia - International Journal of Current Science Research and Review	Of the 237 respondents who used low-intensity gadgets, as many as 187 people (78.9%) experienced anxiety, while of the 224 respondents who used high-intensity gadgets, as many as 91 people (40.62%) experienced anxiety. And 237 respondents who used gadgets with low intensity, 7 (3%) experienced stress, while of the 224 respondents who used gadgets with high intensity, 147 (66%) experienced stress. The influencing factor is the intensity of social media use.
27	The Effect of Gadget on Mental Health Status and Social Interactions in Students at Public Junior High School 3 Pekuncen, Pekuncen Sub-District, Banyumas Regency (Safitri & Elsanti, 2022)	Indonesia - UMP Press	Teenagers today are faced with technological advances that continue to innovate. Both directly and indirectly, technological advances can affect the development of behavior and personality and adolescents are very vulnerable to the risks caused. The influencing factors are digital literacy, interaction on social media and the duration of social media use.
28	Students' engagement in social media in Cambodia (Martires, 2019)	Cambodia - Knowledge & Diversity, Niterói	Students who use social media for more than an hour tend to be quite active in interacting online. In addition, the intensity of social media use will tend to be active if it is with teachers or families. Factors that affect the intensity of social media use.

29	Regulation of the use of gadgets during the Covid-19 pandemic is needed to prevent emotional problems in children. (Firdhani Nabila Puteri et al., 2022)	Indonesia - Altera	Based on the results of the analysis conducted in this study, it was concluded that there was a relationship between the length of use of gadgets and the level of emotional distress of children. The influencing factor is the duration of social media use
30	Loneliness, Parent-Child Relationship and Gadget Addiction (Pradhita et al., 2023)	Indonesia - International Seminar on Multicultural Psychology (ISMP 2	According to this study, poor parent-child relationships have a positive influence on gadget addiction. The weaker the relationship between parents and children, the greater the addiction to gadgets in adolescents. Adolescents who have a parent-child relationship can positively fight gadget addiction. Parent-child relationship factors
31	Intensity Of Gadget Usage And Sleep Quality On Teenager In Senior High School: Cross Sectional Study. (Dyna Apriany et al., 2021)	Indonesia -Risenology	Most adolescents at SMA Negeri 2 Cimahi had a high intensity of gadget use as many as 42 respondents (47.7%), medium gadget use intensity as many as 38 respondents (43.2%) and some adolescents had a low gadget use intensity of 8 respondents (9.1%) but did not significantly affect sleep quality. The supporting factor is the intensity of device use
32	A survey on digital device engagement, digital stress, and coping strategies among college students in the Philippines. (Giray et al., 2024)	Philippines - Routledge Taylor & Francis Group: International Journal of Adolescence And Youth	In this study, more than half (64%) of participants reported that they perceived digital stress as very negative. Meanwhile, half of the sample strongly believe that young people with an age range of 18–21 years are the most vulnerable to digital stress. In addition, 60% think that women are more vulnerable to

			digital stress than other gender groups. Influencing factors are the type of digital app used and gender
33	Digital citizenship skills among undergraduate students in Malaysia: A preliminary study. (Mahadir et al., 2021)	Malaysia - International Journal of Evaluation and Research in Education (IJERE)	Online well-being skills look moderate because students consider not to emphasize too much on the balance of digital use. The use of deep technological, physical, emotional, and moral aspects is a healthy combination of the formation of a good digital citizen. In addition, digital citizenship well-being indirectly teaches consumers that the need to respect, educate, and protect themselves and other digital users is physically and emotionally important. The influencing factors are digital citizenship skills, online learning and online security
34	Cyberbullying, Social Media Addiction and Associations with Depression, Anxiety, and Stress among Medical Students in Malaysia. (Lee et al., 2023)	Malaysia - International journal of environmental research and public health	Victims of cyberbullying and social media addiction are associated with depression, anxiety, and stress. Men have a higher tendency to experience both cyberbullying and victimization, and individuals who report a higher positive attitude towards cyberbullying and gaining power are associated with cyberbullying perpetrators. The influencing factor is the high intensity or duration of using social media resulting in addiction so that it tends to experience cyberbullying.
35	Problematic versus reflective use: Types of social media use as determinants of mental health among young Filipino	Filipina -Health Promotion Perspectives, Tuoms Press	Most of the students who recorded the worst mental health status in each time period also reported the

	undergraduates. (Cleofas et al., 2022)		highest Social Media Use during the same period. Our results show that both types of Social Media Use contribute significantly to the mental well-being of respondents. The influencing factor is the use of social media during the pandemic
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Presentation and analysis of the results of literature review:

Digital Wellbeing is understood as a short term for how the use of digital media is connected to well-being, and does not refer to a person's moment of satisfaction with the use of digital media, even though digital media does not have a close relationship regarding the dangers and benefits obtained. However, in the digital society and daily life, it can undoubtedly affect the well-being of its users. Therefore, digital media should not be used as a "pharmaca", namely poisons, drugs and sources of problems, however, digital media is increasingly integrating and forming human communication patterns in the digital world so that it is important to build well-being (B, 2024). Meanwhile, according to Brisson-Boivin (2018) Digital Wellbeing can be defined as the optimal health and well-being conditions that can be achieved by individuals using digital technology, in the context of the family, this means making the most of digital technology and integrating it with digital technology into our family life in a meaningful way and promoting certain family values.

Research Boer et al (2020) explained that intensive and problematic use of social media may be related to the well-being of adolescents, therefore, recently emerged digital well-being as a new concept that refers to how people feel the benefits and burdens of social media use.

The use of mobile phones can facilitate communication without having to face to face

by making calls, either via voice or via video calls, in fact this method can make it easier for us to communicate over long distances and also make it easier for users to find access to the information they want. Then there are also some negative impacts, namely addiction to playing mobile phones because of playing video games, watching videos, and having fun sending messages (Sinapoy & Putri, 2021).

The continuous use of digital media, especially in the use of smartphones, can encourage adolescents to reduce direct interaction in the real world, so that they use digital media to communicate, shop and learn, in the picture of psychological well-being when individuals are able to use their social media or in other words do not cause addiction, then the use of social media is still normal and their digital well-being is good (Laila Meiliyandrie Indah Wardani & Sri Wahyuning Astuti, 2019).

The use of smartphones is also closely related to digital literacy where when a person can use social media wisely, his digital literacy is good so that his digital well-being is also in the good category (Hutagalung et al., 2024). Another study says that using social media too often can be addictive and have an impact on mental health such as depression, stress and anxiety where the individual is unable to control himself or herself so that his digital well-being is low (Ika Rahayu et al., 2023).

Individuals who are able to increase their self-acceptance or can control themselves when using social media, they have taken precautions

against the adverse effects of internet use so that their digital well-being is good for Adelia (Kesumaningsari et al., 2018).

From the results of the analysis of the 35 articles, it is known that there are several factors that affect digital well-being in adolescent social

media users in countries in the ASEAN Region. To make it easier for what factors we found, we divided them from various factors into three factors that affect digital wellbeing in adolescent social media users in Southeast Asia so that it is easy to understand as shown in the image below.

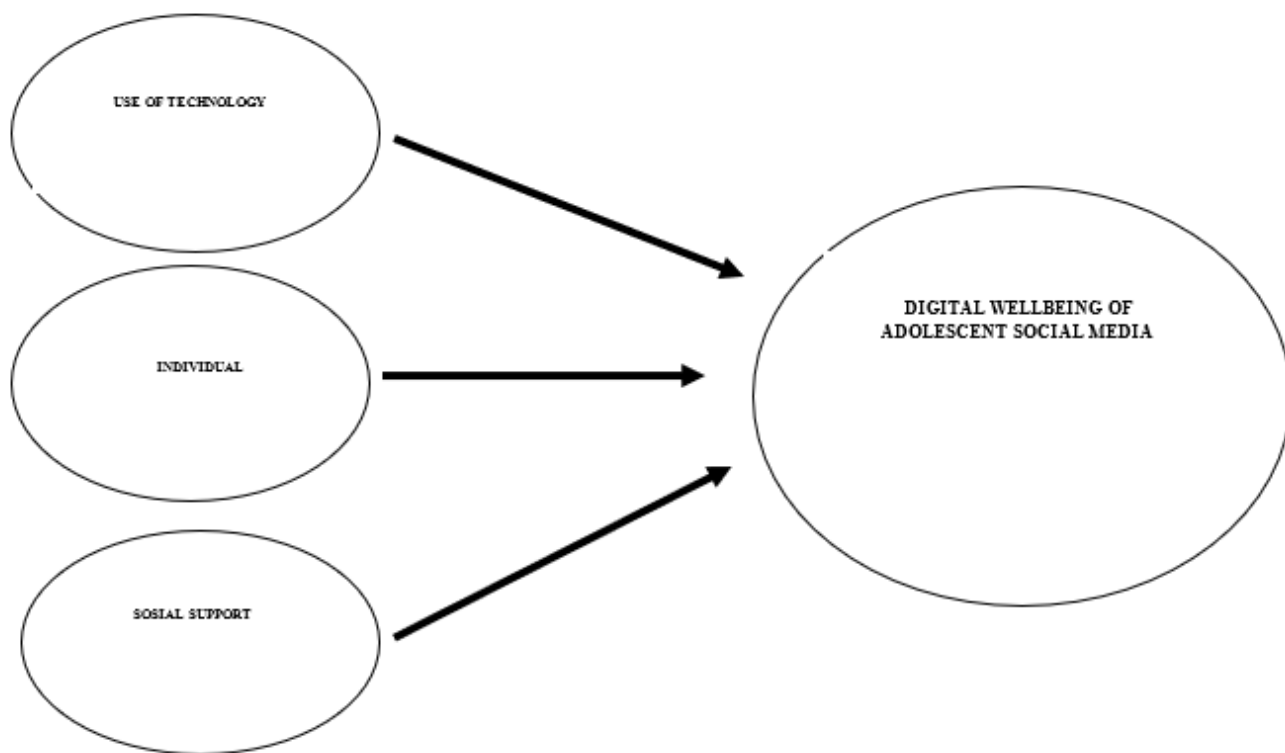


Figure 1. The division of factors that affect digital wellbeing into 3 clusters

The first factor that is quite dominating is the use of technology, where in this factor are found factors such as the duration or intensity of social media use, digital literacy, connectivity or interaction with social media. Here, the factor of the duration of social media use is v

ery dominant, where as many as 18 articles convey that the duration of social media use affects digital well-being in adolescents. Teens who spend 2 to 3 hours per day have a high risk of experiencing anxiety (Putri et al., 2023). In the research conducted Kreya & Wok (2021) In students, it is known that one-third of respondents said that they spend half an hour to an hour browsing social media per visit.

This is corroborated by research in Banda Aceh which states that social media addiction can

affect the increasing level of mental emotional disorders of adolescents in Banda Aceh City. This can be due to the high intensity of social media use so that users become attached to social media (Susilawati et al., 2023). In a study conducted on medical students in Myanmar, students who experienced internet addiction were found to spend more time on the internet (Oo et al., 2021).

Furthermore, what affects the digital wellbeing of adolescents who use social media is digital literacy. Millennials who grew up with digital media make them different than non-millennials. The use of digital media in various sectors, consisting of socialization, learning and shopping, causes them to be highly dependent on digital media (Laila Meiliyandrie Indah

Wardani & Sri Wahyuning Astuti, 2019).

Digital literacy has a significant and negative effect on the spread of hoax information among teenagers at SMAN 7 Lhokseumawe City. Therefore, the higher the digital literacy, the lower the spread of hoax information (Fauzi & Marhamah, 2021). Teenagers today are faced with technological advances that continue to innovate. Whether directly or indirectly, technological advances can affect the development of behavior and personality and adolescents are particularly vulnerable to the risks posed (Safitri & Elsanti, 2022).

Connectivity or interaction on social media is also one of the things that also affects teenagers who use social media. Social media is the main way to communicate for teenagers today, especially during a pandemic where most of the time is at home. Many teenagers experience stress and even depression because they cannot carry out activities like before, so social media can be a solution to reduce the negative impact arising from the pandemic (Septiana, 2021). The mechanism of social media use tends to increase the number of new friends rather than increasing more intense friendship relationships, making it difficult to have close friends. Social media may be able to fulfill their social lives, but it is still unclear whether they can meet their emotional needs to be emotionally satisfying (Fathadhika et al., 2020)

The second factor that affects the digital wellbeing of adolescents who use social media is the individual factor itself. This factor is divided into self-control, gender is fomo. self-control of adolescents in using social media. Teens should make the most of their time and how teens should learn to control themselves so that they can cope with their stress more efficiently (Halim et al., 2023). Adolescents aged 16-24 years in Indonesia are still able to maintain and control the use of internet screen-based activities, so as to avoid maladaptive internet use (Kesumaningsari et al., 2018).

Gender differences also have a role in the digital wellbeing factor of adolescent social media users. Research Dam et al (2023) explained that there are significant differences between the two genders related to social media usage patterns. Men tend to spend less than 2 hours on social media, compared to women, while women spend more than 2 hours using social media.

In addition, FOMO (Fear Missing Out) is also quite affecting individual teenagers who use social media. People who have a high sensitivity to FOMO will tend to be easily depressed due to excessive use of social media (Dam et al., 2023). On the results of the study (Doan et al., 2022) It is known that the fear of missing out also affects a person in using social media.

The third factor is social support, especially from parents, The role of parents also has a role in building digital wellbeing in adolescents, because the supervisory function of parents will protect children from the negative influence of social media use. In the research conducted Tangmunkongvorakul et al (2019) in college students who use social media in Thailand who report engaging in interaction and dialogue with their parents (regularly/frequently and neutrally) and those who are satisfied with their relationships with their fathers, mothers, and friends have higher scores on psychological well-being. The results of another study also explain that parents must be creative in using the internet by coordinating schedules in order to discipline and monitor their children to avoid the negative effects of social media addiction (Omar et al., 2019).

The implication of this research is to see how factors affect digital wellbeing in adolescents who are active users of social media. This understanding is expected to have a positive impact so that adolescents do not experience addiction, stress, depression or anxiety in the use of social media. Adolescents are expected to be more prosperous and more active in using social media for their development.

Conclusion:

This study concludes that the factors that affect the digital well-being of adolescents in Southeast Asia can be grouped into three main factors, namely technology use factors, individual factors and social support factors. The factor of using this technology is quite dominant because there are factors that influence, namely the duration or intensity of social media use, digital literacy, and connectivity or interaction on social media. This factor tends to be dominant because from the results of the review literature, 19 literatures were found that stated that the duration or intensity of media use greatly affected the digital wellbeing of adolescents who used social media.

The second is individual factors where it is known from these factors that self-control, gender and the fear of missing out on trending things (FOMO) also affect the digital wellbeing

of adolescents. And the third is the social support factor, especially support from parents. Parents play a very important role because of the relationship between parents and adolescents, supervision from parents and the discipline that parents apply to adolescents in using social media. This will help teenagers to continue to build digital wellbeing by using social media.

In conclusion, factors such as technology use, individual factors and social support factors play an important role in shaping digital well-being in adolescents. Proper understanding and management of these factors can improve digital well-being and prevent the negative impact of excessive social media use.

Resources:

1. Aditya, F. (2023). *Global Internet Users Reach 5.16 Billion People*.
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