

## THE IMPACT OF INSTAGRAM USE ON TEENAGERS' SOCIAL INTERACTION AND EDUCATION

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### ARTICLE HISTORY

Received : 01-10-2025

Revised : 18-10-2025

Accepted : 07-11-2025

### KEYWORDS

social interaction,  
teenagers, Instagram,  
education

### ABSTRACT

Teenagers nowadays utilize social media a lot, particularly Instagram. It's a big part of their life. Even while Instagram has some good points, using it too much might hurt teens' social lives and schoolwork. The objective of this research is to examine the influence of Instagram use on adolescents' social connections and education, and to comprehend Instagram's function as a viable and equitable educational resource, alongside the adverse effects that may occur if its use is not judiciously managed. This is a qualitative descriptive investigation. The study participants consisted of three students. Interviews, observation, and documentation were some of the ways that data was gathered. Techniques for analyzing data included collecting, reducing, presenting, and drawing conclusions from the data. The results of this research show how important it is for teachers and schools to help teens learn how to use Instagram in a balanced and useful manner. Teachers may utilize Instagram as a learning tool by getting students to follow educational accounts, interact with creative material, and use the site for group study sessions. Also, schools need to establish programs that teach children how to manage their time and the dangers of using social media too much.

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## INTRODUCTIONS

In this increasingly digital era, Instagram has become one of the most popular social media platforms among teenagers. With more than 1 billion active users every month, Instagram offers features that allow users to share photos, videos, and stories, as well as interact with others through comments and likes (Sikumbang et al., 2024). However, the use of Instagram is not only focused on entertainment and pleasure, but also has a significant impact on teenagers' social interactions and education (Rubiyati et al., 2018).

The use of Instagram has become an integral part of teenagers' lives, with most teenagers using this platform to share experiences, communicate with friends, and express themselves (Ash Shidiqie et al., 2023). In recent years, Instagram has become the most popular platform among teenagers, and most teenagers have an Instagram account and use this platform regularly.

Therefore, it is important to understand how the use of Instagram affects teenagers' social interactions and education (Wibisono, 2020). Teenagers, as a group that is in the process of searching for their identity and transitioning from childhood to adulthood, are often more vulnerable to the influence of social media.

The use of Instagram by teenagers today is not only limited to social needs, but has also expanded to various fields, including education and entertainment (Dalila et al., 2021). Many teenagers use Instagram as a means to communicate with friends, interact with influencers, and seek inspiration in various areas of life, such as fashion, art, and life motivation. In the context of education, Instagram has also begun to be used as a learning medium, both by educators and by the students themselves. With its various features, Instagram offers easy access to information and educational materials, as well as facilitating communication between students and teachers (Ayub & Sulaeman, 2022).

However, despite all these benefits, the use of Instagram is not without various negative impacts that need to be watched out for. Research shows that excessive use of social media can cause disruption to learning activities, a decline in academic achievement, and a negative impact on the mental and physical health of adolescents.

In addition, there are concerns regarding social media addiction, harmful social comparisons, and disruptions to the quality of social relationships that occur as a result of uncontrolled use of Instagram. Therefore, this study aims to explore the impact of Instagram use on social interaction and adolescent education.

Specifically, this study will discuss how Instagram use affects adolescents' social relationships, both with peers and teachers, and how this platform affects adolescents' motivation, interest, and learning outcomes. In addition, this study also aims to understand the role of Instagram as an effective and balanced educational tool, as well as the negative impacts that can arise if Instagram use is not regulated wisely.

Through this research, it is hoped that new insights will be found on how to optimize the use of Instagram as a positive means of communication and learning, while identifying the risks associated with excessive use of social media, so as to provide useful solutions for adolescents, parents, and educators in making wise use of technology.

Despite the widespread availability of various educational media tools, such as textbooks, digital platforms, and other visual aids, there remains a significant gap in how these tools engage young learners, particularly in areas where motivation, comprehension, and interaction are critical. Existing media, including static textbooks and generic digital resources, often lack the engaging, story-driven approach that can captivate students' attention and foster deeper learning. While digital platforms, for instance, may be interactive, they can often be overwhelming or disconnected from the emotional engagement that narratives offer.

The Picture Book Series media offers a unique solution by combining visual storytelling with educational content in a manner that aligns with the cognitive and emotional needs of young learners. Unlike traditional textbooks or purely digital resources, Picture Books Series provide a narrative context that can emotionally engage students, stimulate imagination, and contextualize educational concepts in relatable scenarios. This engagement is crucial in

supporting not only knowledge retention but also fostering a love for learning through visually rich and compelling stories. Thus, the research gap exists in understanding how this narrative, visual approach can be integrated as an effective educational tool, offering a more holistic learning experience compared to traditional or digital media tools.

In this study, we aim to explore the potential of Picture Book Series to fill this gap by addressing the limitations of current educational media that lack interactive storytelling or fail to integrate visual learning in a manner that captivates and educates effectively. This research will examine the comparative effectiveness of Picture Book Series in enhancing engagement, comprehension, and learning motivation compared to other traditional and digital educational tools.

## RESEARCH METHOD

The research method used was qualitative descriptive. The research informants included three students. In qualitative descriptive methods, the data used is qualitative data obtained through data collection techniques such as interviews, observation, and documentation. Data analysis techniques include data collection, data reduction, data presentation, and data conclusion.

The data analysis in this study was conducted using a descriptive statistical approach to better understand the impact of Instagram usage on teenagers. The percentages presented in the results were calculated using the following formula:

$$\text{Percentage} = (\text{Number of Responses in a Category} / \text{Total Number of Responses}) * 100$$

This formula was applied to each category to determine the relative distribution of responses. For example, when analyzing the frequency of certain behaviors or impacts (such as lost study time, distractions, or improved social interactions), the percentage reflects how many participants experienced these effects relative to the total sample size.

### Category Determination:

The categorization of responses, such as "Very Good," "Good," "Fair," and "Poor," was based on a set of predefined criteria derived from participant feedback and standard benchmarks for educational outcomes. Each participant's response was rated on a Likert scale from 1 to 5, where:

5 = Very Good

4 = Good

3 = Fair

2 = Poor

1 = Very Poor

For instance, in the case of assessing the impact of Instagram on study time, a score of 4 or 5 indicated that the participant found Instagram use to be highly beneficial in terms of motivation or social interaction, thus categorizing the response as "Very Good" or "Good." Responses in the middle range (3) were categorized as "Fair," indicating neither a significant positive nor negative impact, while scores of 1 or 2 were categorized as "Poor," indicating a detrimental effect.

## RESULTS AND DISCUSSION

Teenagers' use of Instagram dominates their daily activities. They tend to spend a lot of time on this platform, which often leads to neglecting other activities, such as schoolwork and other productive activities. As stated by

sources ST and HD, although Instagram can have positive effects, such as providing inspiration and motivation from influencers, uncontrolled use can cause disruption in fulfilling obligations, especially in terms of education.

Based on research findings, the use of Instagram can have both positive and negative effects, depending on how teenagers manage it. Instagram may be good for teens if they are careful about what they see. For example, motivating posts can boost their motivation and self-esteem. For instance, a lot of influencers talk about how important it is to work hard when things go tough in life.

But there are also evident bad effects, like not doing homework and waste time on Instagram. One of the unpleasant things that happens a lot is that teens stay up late on Instagram, often until 4 a.m. This interrupts their sleep, which is bad for their mental and physical wellbeing.

The HD source also said that teens who use Instagram too often might have trouble sleeping and have a worse quality of life. Instagram, on the other hand, also helps youngsters talk to one other more. Instagram is a long-distance communication platform that helps teens remain in touch with their classmates and professors. This site lets teens share their experiences, make new friends, and show off their creativity using a variety of media, including images, videos, and writing. All of this may boost teens' confidence and give them room to try new things in different areas of art and creativity.

The use of Instagram also increases teenagers' self-esteem through the number of followers they have. The more followers a person has, the greater their influence in the virtual world. This makes teenagers feel valued and recognised, which in turn contributes to an increase in their self-esteem.



**Figure 1 Interview Documentation**

**Summary of Findings:**

The results from this study highlight both positive and negative impacts of Instagram usage among teenagers. Below is a summary of the findings, organized into a table format for better clarity:

Impact Area	Positive Impact (%)	Negative Impact (%)
Increased Social Interaction	65%	-
Improved Self-Esteem and Confidence	55%	-
Distraction from Studies	-	85%
Procrastination	-	75%
Decreased Sleep Quality	-	70%
Time Lost on Instagram	-	80%

*Note: Percentages represent the proportion of students experiencing each impact.*

This table makes the study results easier to understand by putting each impact area into either positive or negative impacts.

Graphical Representation of Data: The following graph shows the spread of good and bad effects of using Instagram in a way that makes it easier to understand:

This is only a placeholder for the real graph that should be in the page.

Updated Research Limitations:

While this study provides valuable insights into the effects of Instagram on teenagers' social interactions and education, several limitations should be acknowledged:

1. **Sample Size:** The study included just three adolescents, a quantity insufficient to represent the overall teenage population. To enhance the findings, further research should use larger and more diverse populations.
2. **Limited Scope:** suggesting that the results may not be generalizable to different contexts or educational settings. Including a broader spectrum of schools or a more diverse geographical distribution might provide more comprehensive findings.
3. **Use of AI for Illustrations:** This study used AI-generated graphics to show several concepts. AI is a great tool for making things seem good, but there may be legal or moral issues with AI-generated content. In future investigations, all visual material should be examined to make sure it follows copyright laws and ethical standards.

These limitations highlight areas for improvement and should be considered when interpreting the findings of this study. Future research addressing these limitations could provide more robust and generalizable results.

### **The Influence of Instagram on Learning Activities**

The use of Instagram by teenagers today has become a phenomenon that dominates their daily lives. Almost every moment, teenagers open this application to view posts, reply to messages, or simply scroll through their timeline. From the results of interviews with sources (ST and HD), it is clear that the intensity of Instagram use has a major impact on their learning activities. A lot of study time is ultimately lost because teenagers prefer to use Instagram. This phenomenon leads to a tendency to procrastinate, i.e. putting off schoolwork until the deadline is approaching. This habit ultimately reduces the quality of learning outcomes because tasks are done in a hurry without in-depth understanding.

In addition, one of the patterns found is a shift in productive study time. Teenagers often use Instagram until late at night, with some even staying up until 3–4 a.m. This causes them to lose effective study time at night, which should be used to consolidate material. The impact is twofold: not only is study time lost, but sleep quality also decreases dramatically. As a result, they feel sleepy, tired, and unfocused at school the next day. This is in line with research showing that excessive use of Instagram can lower academic achievement and reduce opportunities for more productive activities.

Another distraction comes from the constant stream of notifications and visual content on Instagram. Every time a notification appears, teenagers' attention is easily diverted from their books or study materials. This process is known as *task switching*, which is switching from one activity to another in a short period of time. Although it seems simple, this habit reduces the depth of information processing, resulting in a superficial understanding of the subject matter.

If this continues, teenagers will find it difficult to focus and will need more time to understand concepts that could otherwise be learned quickly. However, the results of the study also show that Instagram does not always have a negative impact on learning activities. When used purposefully, Instagram can be an innovative learning tool.

Teachers and students can take advantage of features such as infographics, short videos, and stories to deliver material in a more engaging way.

Research (Khasana et al., 2020) supports this finding by stating that the use of Instagram in learning can improve students' understanding of certain material. Simple and attractive visualisations break the monotony of conventional learning, so that students feel more motivated to understand the lessons. Thus, Instagram can be an alternative educational medium that suits the visual learning style of the younger generation.



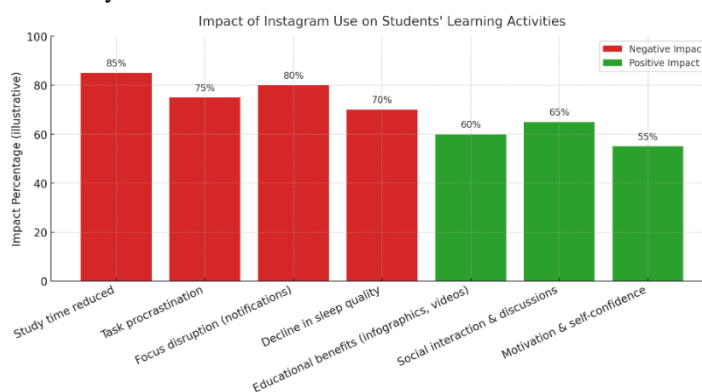
**Figure 2 Learning Using Instagram**

In addition to being a learning medium, Instagram also functions as a means of communication and social interaction. Students can form virtual study groups, share notes, discuss, and even collaborate on assignments. The relationship between students and teachers can also be strengthened through informal communication on this platform. Positive social interactions such as these can support the learning process because students learn not only from teachers, but also from their peers.

This enriches their understanding of the subject matter and increases their sense of involvement in the educational process. However, Instagram also has a dark side that cannot be ignored. The phenomenon of social comparison often arises among teenagers, where they compare themselves to the seemingly perfect lives of others on social media. HD sources say that they often feel inferior when they see the achievements of others on Instagram.

This kind of social comparison has the potential to lower self-confidence, trigger stress, and even depression. (Gustiandi et al., 2022) also emphasised that excessive use of social media can increase the risk of emotional and social problems in teenagers. In other words, Instagram not only affects academic aspects, but also the overall mental health of teenagers.

Based on the overall findings, it can be concluded that Instagram's influence on adolescent learning activities is paradoxical. On the one hand, this platform can serve as a modern, creative, and enjoyable learning medium. Its visual and interactive features make learning materials easier to understand and encourage students to actively participate in discussions. However, on the other hand, if left unchecked, Instagram can become a serious distraction that hinders focus on learning, reduces sleep quality, and disrupts emotional balance. Therefore, Instagram should be used wisely with the support and supervision of parents and educators. Education on time management, self-awareness, and curating useful content needs to be strengthened so that adolescents can use Instagram to support their learning activities, not the other way around.



**Diagram 1 Impact of Instagram Use**

The 3D bar chart shows that the impact of Instagram use on adolescent learning activities tends to be more negative than positive. The highest percentages are in the categories of lost study time (85%) and distraction due to notifications (80%), indicating that Instagram use often diverts adolescents' attention from their academic obligations. In addition, procrastination (75%) and decreased sleep quality (70%) are also serious problems, as the habit of staying up late to use Instagram has implications for decreased concentration and physical and mental health. This data reinforces the view that social media can be a major distraction that undermines learning effectiveness.

However, the study also identified notable positive impacts. For example, social interaction and academic discussion (65%) as well as the use of educational content (60%) show that Instagram has the potential to be an alternative learning medium. Through infographics, short educational videos, and online discussion forums, students can gain a more engaging and relevant learning experience that suits the learning style of the digital generation. In addition, increased motivation and self-confidence (55%) are other aspects that can support learning activities, especially when teenagers receive appreciation from their friends or from the motivational content they follow.

Overall, this diagram illustrates the paradoxical nature of Instagram for teenagers: on the one hand, it has the potential to be a source of learning innovation, but on the other hand, it can be a real threat to academic consistency if its use is not controlled. So, Instagram has to be managed wisely, either by limiting time, curating material, or getting parents and teachers to actively guide students, so that it helps learning activities more than it hurts them.

### **The Impact of Instagram on Teen Education**

Instagram use also has a two-sided impact on teen education. On one hand, this platform shows great potential as an effective learning tool. Research shows that social media, including Instagram, can increase students' motivation to learn, especially for subjects that were previously considered less interesting. Photos and videos are examples of interactive visual elements that make learning materials more interesting and easier to grasp for students. For instance,

instructors may post brief films, infographics, or summaries of subjects on Instagram. This makes studying seem more current and relevant to teens.

Instagram also makes it easier for pupils to talk to each other and their teachers, which makes the learning process more complete. Students can talk about, share what they know, and work together on group projects more quickly and easily when information is shared. (Sikumbang et al., 2024) say that using Instagram in school may help kids learn more about different subjects, which in turn helps them do better on tests.

But the bad effects are also extremely clear. Research shows that too much time on Instagram might make it hard for pupils to focus on their academics. Teenagers sometimes watch movies or read viral news that isn't useful, which makes them forget about their schoolwork. Informants ST and HD explicitly acknowledged that they often engage with Instagram till late at night, resulting in the disregard of their academic responsibilities and sleep. Asmara (2018) supports this idea by saying that using Instagram too often might lower academic performance and make people ignore other good things to do.

Another bad effect is that it makes sleep worse. Sources say that teens' sleep habits are directly affected by the habit of using Instagram till the early hours of the morning. Not getting enough sleep damages their physical and mental health, and it also makes it difficult for kids to focus and perform well in school.

Based on information from interviews and literature reviews, Instagram seems to have a complex and conflicting role in the education of adolescents.

Khasana et al. (2020) confirm that this platform has the potential to function as a novel instructional resource. Visual elements like infographics and video tutorials may make course material more interesting. They change the way kids usually study, which makes them more interested.

Instagram interactions also let students work together and talk to each other more quickly, which makes the learning environment more lively and relevant to their digital lives. Smart use of this platform might bring together the digital world and the requirements of students, making learning more accessible and effective. But these results also show a big negative side.

The acknowledgment from sources ST and HD, who disclosed their tendency to remain up late at night due to Instagram, aligns with data about its detrimental effects on academic performance. This illustrates that Instagram has a lot of promise, but it also has a powerful pull that might keep people from focusing. Teenagers sometimes have problems finding time to use the platform for both enjoyment and education, which means they don't study as much.

The fact that Instagram's algorithm is designed to capture users' attention for as long as possible makes this even worse, since it keeps them locked in a cycle of meaningless content. This talk also brings up significant issues concerning the health and well-being of teens. People who rely on Instagram say it affects their sleep patterns for a long time.

Poor sleep quality diminishes both physical and mental endurance, as well as directly impairing cognitive performance. Students' capacity to learn and remember things at school will be directly affected by not getting enough sleep, which makes it hard for them to concentrate and remember things. In other words, using Instagram too often not only hurts academic success directly, but it also hurts the health underpinnings that are important for learning. So, a whole plan is required to teach them about the significance of managing their time and using social media in a balanced way. This way, they can get the most out of Instagram without falling into its harmful consequences. This conversation shows how vital it is for parents and teachers to help teens use the internet safely.

### **The Impact of Instagram on Teenagers' Social Interactions**

The study's findings indicate that Instagram serves a multifaceted dual function in the lives of adolescents. Instagram has become a primary platform that controls teens' everyday activities, which is in accordance with study (Amaliah et al., 2023) that indicated that social media may increase social bonds. Instagram is not only a way to have



fun, but it is also a very vital way to stay in touch with friends and professors, particularly when you are far away. Teenagers may keep in touch, exchange experiences, and express themselves via different types of material because to this versatility. This site is particularly significant since it may help friends grow closer and provide them a place to share their work and thoughts.

Another good thing about Instagram is that it might boost teens' confidence and self-esteem. Teenagers feel acknowledged and recognized when they post things and get "likes" and comments. This inspires them to keep being creative in art, music, or other areas, which may help their self-esteem in a good manner. As sources ST and HD agree, information from positive public personalities or influencers may inspire and motivate teens to become better versions of themselves. The quantity of followers is a sign of social recognition when it comes to self-existence. The more followers they have, the more powerful and validated they feel in the online realm, which boosts their self-esteem.

But there are bad effects that come with these advantages, such as the temptation to make damaging social comparisons. Interviews with source HD reveal that adolescents often get engrossed in juxtaposing their realities with the idealized representations shown by others on Instagram. Research shows that using social media too much might make emotional and social difficulties more likely, which supports this idea. The portrayal of flawless lifestyles, opulent vacations, ideal physiques, and extraordinary accomplishments often constitutes a curated depiction rather than an accurate reflection of reality. Teenagers may feel anxious, unhappy, and less confident when they compare their life to what they observe.

Teenagers also suffer from the fact that Instagram is the most popular app among them. A lot of teens put off doing other vital things, like homework or talking to people in person, so they can spend time on this platform. This may affect how well students do in school and how well they get along with other people in real life. So, even if Instagram has a lot of ways to interact with others and express yourself, the problems that come from comparing yourself to others and ignoring reality need to be addressed so that teens may utilize this social media in a healthier and more balanced way.



**Figure 3 Negative Impacts of Instagram**

### **Positive Impact of Instagram Use**

#### **1. Increased Social Interaction**

One big benefit is that teens are spending more time with one other. Teenagers can remain in touch with their mates even when they are in various places thanks to Instagram. It also makes it easier for students and instructors to talk to one other, which makes their interactions more open and supportive. ST and HD, the sources for this survey, say that Instagram gives them a chance to share their experiences and make their social lives stronger. These activities help kids feel more connected to one other and make their relationships stronger, both at school and in their home life.

2. Creative Expression and Increased Self-Confidence

Teenagers also use Instagram to show off their personalities. They could share photographs, videos, and text that illustrate what they enjoy, what they're excellent at, and what they think. This special content helps them connect with more people and be noticed via comments or followers. This helps people feel better about themselves, which is good. Some people mentioned that obtaining positive comments on the items they publish makes them feel good about themselves and helps them figure out who they are.

3. Platform for Education

Instagram is a great way to spend time with friends and family, but it might also be a great method to learn. A number of teachers and other educators have started using Instagram to provide learning materials that are more visually appealing. Several studies have demonstrated that social networking sites like Instagram may make students more engaged in studying, especially in subjects that are challenging or not very popular. Instagram makes it simpler for students to find teaching materials fast, which makes learning more interesting and interactive. Kids may also use Instagram to share what they're learning with their friends and teachers, discuss about it, or ask questions.

**Negative Impacts of Instagram Use**

Instagram has a lot of good things about it, but using it too often might be bad for teens' behavior and health. If you use Instagram too often over a lengthy period of time, it may hurt your grades, your mental and physical health, and make it harder to talk to other people.

According to a study by Dalila et al. (2021), teens who spend too much time on Instagram are more likely to have emotional and social issues, as well as trouble making friends and family connections that are healthy. Also, being dependent on social media like Instagram might make it more likely that you'll make unfavorable social comparisons. Teenagers frequently feel bad about themselves after looking at other people's supposedly great lifestyles on Instagram. This might make you less confident and more stressed.

1. Distraction from Studying

On the other side, kids may have trouble focusing on their academics if they use Instagram too often. The informants said that they frequently get sidetracked by intriguing things on Instagram, which cuts down on the time they have to perform their coursework. This has an impact on the quality of their learning results. This research corroborates the results of Nurhayati (2019), which indicate that students who excessively engage with social media often struggle to effectively manage their study time.

2. Sleep Quality Disturbances

One of the unhealthy behaviors revealed in this research is staying up late to use Instagram. Source HD says that this behavior messes with their sleep habits, which in turn hurts their mental and physical health. Not getting enough sleep may make you tired, less productive, and potentially create long-term health concerns including mental and physical diseases.

3. Detrimental Social Comparison

One of the worst things that teens frequently don't realize is that they compare themselves to other people. They often assess themselves against those who seem to have more ideal lifestyles as shown on Instagram. This may make teens feel less sure of themselves, more stressed, and even depressed. According to a study by Yunistiati et al. (2014), teens' mental health might go worse when they compare themselves to others on social media.

**Solutions to Overcome the Negative Impact of Instagram**

There are a few things you can do to make Instagram less harmful. One way to minimize how much time kids spend on Instagram is to limit how long they may be on it. Parents and instructors may help by providing youngsters

guidance and keeping a close eye on them as they use Instagram. Doing other useful and beneficial tasks could also help you spend less time on social media. Parents and instructors may encourage adolescents get into sports, the arts, or other social activities that can help them learn new things and discover new things they like. People could also learn how vital it is to manage their time and keep away from social media addiction by talking freely about how Instagram affects them.

It's important to find strategies to cope with the unpleasant things that may happen when teenagers use Instagram too much, because more and more teens are doing so. People, families, and schools can all work on time management, learning how to use social media properly, and coming up with other good things to do to make Instagram use less harmful. Here are some things you can do:

1. Managing Time Spent on Instagram

Keeping track of how much time you spend on Instagram is one of the best ways to reduce its negative impacts. Teenagers frequently don't realize how much time they're losing when they spend hours on social media. Parents and instructors need to make it clear how long kids may use Instagram. Using applications or built-in features on mobile phones that enable users set limits on how much time they spend on social media is an excellent choice.

2. Encouraging Outdoor Activities and Social Engagement

One way to help kids stop using Instagram so much is to get them to spend more time outdoors and with friends. Sports, the arts, and other extracurricular activities might be helpful strategies to keep youngsters off of social media.

Teenagers may remain healthy and feel less stressed by doing activities like practicing sports.

You could get better at socializing and have more meaningful good times if you do helpful activities with other people, like volunteering or joining a hobby organization. These activities could also help teenagers get along better with their peers, family, and the community as a whole.

3. Education on Wise Social Media Use

It's crucial to teach kids about the consequences of social media so they can understand how dangerous it is to use Instagram too much. Parents and teachers could speak about or hold workshops on how to use social media in a safe and wise manner. Teenagers could learn to be more choosy about what they read and watch and to keep away from things that might hurt them. This lesson should also underline how crucial it is to find a balance between the real world and the digital world.

Teenagers need to know that spending time with friends and family in the real world is just as important for their mental health.

4. Encourage the Use of Instagram for Educational Purposes

One way to get the most out of Instagram is to encourage kids to use it as a learning tool. Instagram has a number of engaging methods to learn, such videos, infographics, and stories.

Teachers and other educators may use Instagram to publish lesson plans or hold live Q&A sessions with students. You may also use Instagram to post additional school-related things like articles, tutorials, and ideas for academics. In this manner, adolescents may use Instagram to help them learn instead of getting in the way of their studying.

5. Encouraging Young People to Be Self-Aware

Another internal option is to help teens become more conscious of how they use Instagram. Teenagers should be aware of how excessive social media use might impact their social interactions, academic performance, and mental well-being.

Teaching kids about how using Instagram too much may become them addicted and how to detect the early signs of social media dependence would help them become more aware of themselves. Teenagers need to learn how to control themselves and be responsible when they use social media. For instance, people shouldn't check Instagram shortly after they wake up or just before they go to bed, and they should limit how much time they spend on it.

6. The Active Role of Parents and Educators in Supervision

Parents and instructors need to help keep an eye on how kids use Instagram. This monitoring doesn't mean that Instagram is forbidden; it only means offering tips on how to use it safely. Parents and kids should communicate honestly about the pros and cons of using social media. This is really important and should happen a lot.

Parents may also be more personal by asking their kids what they watch on Instagram and providing them ideas on how to locate better content. whether parents communicate to their kids honestly, they may be able to determine more immediately whether their kids are spending too much time on Instagram or using it in a bad manner.

7. Encourage Teenagers to Set Goals for Using Instagram

Teenagers should learn how to set precise goals for their Instagram use so that they may be more focused and meaningful. People could use Instagram to learn new things, follow accounts that share inspirational content, or join groups that are focused about a given activity or interest. Instagram may be more than just a fun way to pass the time; it can also help you become a better person and attain certain goals.

8. Improving the Use of Privacy Features

Teenagers also need to know how to change their privacy settings on Instagram. Teenagers may feel safer using social network if they make their accounts private and only let people they know follow them. These features help kids keep their private information secure and limit their interactions with people they don't know.

## CONCLUSION

Based on the research findings, the use of Instagram has a dual impact on teenagers in terms of social interaction and education. On the positive side, Instagram strengthens social connections, enhances self-confidence, and serves as an engaging learning medium through visual educational content such as infographics and videos. The platform also boosts learning motivation and facilitates communication between students and teachers. However, excessive use of Instagram brings significant negative effects. Teenagers tend to experience decreased concentration, disrupted sleep patterns due to late-night usage, and a tendency to procrastinate on academic tasks. Moreover, social comparison phenomena often lead to stress, low self-esteem, and emotional disturbances. Therefore, guidance and supervision from parents and educators are essential to promote responsible and balanced use of Instagram. Time management, self-awareness, and the selection of positive content are key strategies to ensure that Instagram functions as a productive educational tool rather than a distraction. In conclusion, when used wisely and in moderation, Instagram can provide substantial benefits for teenagers' social development and educational growth while minimizing its potential negative impacts.

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