

THE IMPACT OF SOCIAL MEDIA USE ON STUDENT SOCIAL INTERACTION AND LEARNING ACHIEVEMENT

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Abstract: Advances in information and communication technology have driven an increase in social media use among students. Social media not only serves as a means of communication and entertainment but can also be utilized as a source of information and a tool to support learning. However, uncontrolled use of social media has the potential to cause various negative effects, such as a decline in face-to-face social interaction, reduced concentration during study, and a decline in students' academic achievement. Therefore, it is important to understand how social media use affects students' social interactions and academic performance. This study aims to analyze the impact of social media use on students' social interactions and academic performance. This study employs the Systematic Literature Review (SLR) method. The analysis was conducted on various relevant scientific journal articles obtained through the Google Scholar database. The results of the study indicate that social media use has a significant impact on students' social interactions and academic achievement. High intensity of social media use can directly reduce the quality of social interactions and lead to a decline in focus and learning outcomes. However, when used wisely as a learning tool and source of information, social media can help enhance knowledge, broaden perspectives, and support students' academic achievement. Therefore, parental supervision, teacher guidance, and students' awareness of the importance of using social media in a balanced way are essential to maximize the benefits and minimize the negative impacts of social media on students' social and academic development.

Keywords: Social Media, Social Interaction, Academic Achievement, Students, Information Technology, Systematic Literature Review (SLR).

Abstrak: Kemajuan teknologi informasi dan komunikasi telah mendorong peningkatan penggunaan media sosial di kalangan siswa. Media sosial tidak hanya berfungsi sebagai sarana komunikasi dan hiburan, tetapi juga dapat dimanfaatkan sebagai sumber informasi dan alat pendukung pembelajaran. Namun, penggunaan media sosial yang tidak terkendali berpotensi menimbulkan berbagai dampak negatif, seperti berkurangnya interaksi sosial tatap muka, menurunnya konsentrasi saat belajar, dan penurunan prestasi akademik siswa. Oleh karena itu, penting untuk memahami bagaimana penggunaan media sosial memengaruhi interaksi sosial dan prestasi akademik siswa. Penelitian ini bertujuan untuk menganalisis dampak penggunaan media sosial terhadap interaksi sosial dan prestasi akademik siswa. Penelitian ini menggunakan metode Tinjauan Pustaka Sistematis (SLR). Analisis ini dilakukan terhadap berbagai artikel jurnal ilmiah yang relevan yang diperoleh melalui basis data Google Scholar. Hasil penelitian menunjukkan bahwa penggunaan media sosial memiliki dampak yang signifikan terhadap interaksi sosial dan prestasi akademik siswa. Intensitas penggunaan media sosial yang tinggi dapat secara langsung menurunkan kualitas interaksi sosial dan menyebabkan penurunan konsentrasi serta hasil belajar. Namun, jika digunakan secara bijak sebagai alat bantu belajar dan sumber informasi, media sosial dapat membantu meningkatkan pengetahuan, memperluas wawasan, dan mendukung prestasi akademik siswa. Oleh karena itu, pengawasan orang tua, bimbingan guru, serta kesadaran siswa akan pentingnya menggunakan media sosial secara seimbang sangatlah penting untuk memaksimalkan manfaat dan meminimalkan dampak negatif media sosial terhadap perkembangan sosial dan akademik siswa.

Kata kunci: Media Sosial, Interaksi Sosial, Prestasi Akademik, Siswa, Teknologi Informasi, Tinjauan Pustaka Sistematis (SLR).

INTRODUCTION

One of the factors influencing social interaction among students today is technological development; as society becomes more advanced, an individual's social interactions will continue to evolve¹. Technology has evolved to increasingly influence and benefit human life; social media is an online platform that facilitates communication, provides access to accurate information, allows users to view the latest news, and helps people make new friends from afar². Social media platforms such as

¹ Kamaruddin, I., Leuwol, F. S., Putra, R. P., Aina, M., Suwarma, D. M., & Zulfikhar, R. "Dampak Penggunaan Gadget Pada Kesehatan Mental Dan Motivasi Belajar Siswa di Sekolah". *Journal on Education*, 6 (1), (2023). 307-316.

² Marshela, C., & Yarni, L. "Dampak Media Sosial Pada Prestasi Belajar Siswa di SMA N 1 Harau". *Jurnal Kajian Penelitian Pendidikan Dan Kebudayaan*, 1(1), (2023). 56-71.

Instagram, TikTok, WhatsApp, Facebook, and YouTube have become an integral part of daily life; easy internet access, combined with the widespread use of gadgets, has caused the intensity of social media use to continue increasing year after year.

Social media offers various benefits to students. Through social media, students can quickly access information, find references for course material, keep up with scientific developments, and communicate with teachers and classmates. In addition, various social media platforms also provide educational content that can help students understand course material more easily and in an engaging way. Features such as information sharing, group discussions, and online learning make social media a tool that can support students' academic activities when used appropriately. However, since students are now proficient in using gadgets and many have social media accounts this can lead to addiction to social media in their daily lives. Students who are addicted to social media may see their academic performance suffer; they may become reluctant to study, which can lead to a decline in their academic achievement³.

In addition to affecting academic performance, uncontrolled social media use can also impact students' physical and mental health⁴. The habit of using gadgets late into the night can reduce rest time and cause fatigue during school lessons; from a psychological perspective, uncontrolled social media use can also lead to anxiety, stress, and excessive dependence on online interactions. On the other hand, social media also has the potential to negatively influence students' behavior and character if not used wisely; not all information circulating on social media is positive or trustworthy⁵. Students may be exposed to various age-inappropriate content, such as fake news, hate speech, violence, or behavior that contradicts social norms. Without the ability to effectively filter information, students may imitate or be influenced by things that have

³ Syifa, S. F., Istirohmah, A. N., Lestari, P., & Azizah, M. N. "Dampak Penggunaan Media Sosial Terhadap Prestasi Belajar Peserta Didik". *Jurnal Belaindika: Pembelajaran dan Inovasi Pendidikan*, 5(1), (2023). 21-27.

⁴ Kamaruddin, I., Leuwol, F. S., Putra, R. P., Aina, M., Suwarma, D. M., & Zulfikhar, R. "Dampak Penggunaan Gadget Pada Kesehatan Mental Dan Motivasi Belajar Siswa di Sekolah". *Journal on Education*, 6 (1), (2023). 307-316.

⁵ Arisanty, M., Riady, Y., Permatasari, S. M., & Wiradharma, G. "Edukasi Literasi Informasi Dalam Media Sosial Sebagai Wujud Kampanye Netizen Bijak, Cerdas, Kritis dan Inisiator Konten Positif". *GENDIS: Jurnal Pengabdian Masyarakat*, 1(2), (2023). 57-67.

a detrimental impact on their personality development; therefore, students must possess strong digital literacy so they can use social media intelligently and responsibly.

Therefore, it is important for educators and parents to understand the impact of social media on students' social interactions and to help students use social media wisely. Parents need to set time limits on gadget use and ensure that social media is used for beneficial activities; meanwhile, teachers can educate students on the wise use of technology and utilize social media as an engaging learning tool. With proper supervision and guidance, students can avoid the negative effects of social media use.

In addition to supervision from parents and teachers, students' own awareness is also a key factor in preventing the negative effects of social media use. Students need to learn to manage their time effectively and make their studies their top priority. Social media use should be balanced and should not interfere with academic responsibilities. Students also need to get into the habit of using social media as a tool to gain knowledge, develop skills, and broaden their horizons in ways that support their academic achievement.

Social media has become an important part of students' lives today; students often use social media platforms to communicate, share information, and spend their free time. This raises the question: Can social media use affect their academic performance? Research findings on the impact of social media on student performance can vary depending on the context, research methods, and the study population. Some studies have shown that social media can have a positive influence on student achievement, while others have shown different results. This study focuses on the use of social media in cognitive aspects, with the primary purpose being to seek information that can support students in completing school assignments and provide necessary information related to learning. Based on this, the objective of this study is to determine the impact of social media use on students' social interactions and academic achievement⁶.

⁶ Syifa, S. F., Istirohmah, A. N., Lestari, P., & Azizah, M. N. "Dampak Penggunaan Media Sosial Terhadap Prestasi Belajar Peserta Didik". *Jurnal Belaindika: Pembelajaran dan Inovasi Pendidikan*, 5(1), (2023). 21-27.

METHODS

This study employs the Systematic Literature Review (SLR) method often referred to in Indonesian as a “tinjauan pustaka sistematis” which is a research approach that utilizes a literature review to further explore a topic or research question previously defined in the study and is designed to collect and evaluate available evidence on the research topic. A Systematic Literature Review (SLR) is a research method focused on specific research questions, topics, or phenomena of interest. The process of identifying, evaluating, and interpreting relevant research findings is an integral part of this process. To ensure a well-organized approach, the researcher planned to conduct this study using the SLR or systematic literature review method by examining studies related to the topic of the impact of social media use on social interaction and student academic achievement. This study is based on a literature review that incorporates the latest research on the impact of social media use on social interaction and student academic achievement. The research sources used include scientific journals and other reliable publications related to this topic; the search was conducted through academic databases, including Google Scholar.

Findings indicate that social media use has a significant impact on students' social interactions and academic achievement. High intensity of social media use can influence students' communication patterns, both positively by expanding their social networks and negatively by reducing face-to-face social interactions. Furthermore, uncontrolled social media use tends to correlate with a decline in concentration and academic performance. Conversely, the wise use of social media as a learning tool and source of information can support the enhancement of students' knowledge and learning outcomes⁷ (Dakhi, 2020). Therefore, parental supervision, teacher guidance, and students' awareness of using social media in a balanced manner are crucial factors in minimizing negative impacts and maximizing the benefits of social media for students' social and academic development.

RESULTS AND DISCUSSION

Based on the results of a literature review covering 10 studies from journals and theses as described above, it is evident that the use of social media has a significant

⁷ Dakhi, A. S. “Peningkatan Hasil Belajar Siswa”. *Jurnal Education and development*, 8(2), (2020). 468-468.

impact on students' social interactions and academic achievement. Social media offers various benefits, such as facilitating communication, expanding social networks, and making it easier for students to access information and learning materials. Wise and controlled use of social media can support the learning process, enhance collaboration among students, and strengthen social relationships through broader interactions⁸ (Gusti, 2025). On the other hand, excessive use of social media can have negative effects on students' social interactions and academic achievement. High usage intensity often leads to a reduction in face-to-face interaction, decreased concentration on learning, and a tendency to procrastinate on assignments. Furthermore, excessive exposure to entertainment content can distract students from academic activities. Therefore, parental and teacher supervision, effective time management, and the use of social media for educational purposes are crucial factors in maximizing the positive impacts and minimizing the negative impacts of social media on social development.

The following table, compiled using the SLR (Systematic Literature Review) method, covers studies published from 2015 to 2026.

Tabel 1 Journals That Meet the Research Criteria (Literatur Riview)

No	Writer	Writer	Research Methods	Year
1	Muhamad Ayub dan Sofia Farzanah Sulaeman	The Impact of Social Media on Social Interactions in Adolescents: A Systematic Study	<i>Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA)</i>	2022
2	Cici Marshela dan Linda Yarni	The Impact of Social Media on Student Learning Achievement at Sma N 1 Harau	kualitatif deskriptif	2023
3	Moh. Fauziddin dan Twinda Rizki Adha	Analysis of the Impact of Mobile Phone Use on Student Social Interaction at the Public Elementary School UPT 007 Bangkinang	kualitatif deskriptif	2024
4	Winda Agustin, Rodiatun	The Impact of Social Media on the Social and Cultural Interaction	kualitatif deskriptif	2024

⁸ Gusti, Y. "Dampak Penggunaan Media Sosial Terhadap Interaksi Dan Kolaborasi Siswa Dalam Pembelajaran". *Edu Research*, 6 (1), (2025). 207-214.

	Niswah dan Rini Apriyani	Patterns of Students at Sd Negeri 05 Pemulutan		
5	Hana Apriyanti, Ira Safaat Aeni, Reva Sila Kinaya, Nasywa Hasna Nabilla, April Laksana dan Lika Mulki Latief	Involvement of Social Media Use in Social Interactions Among Gen Z	kualitatif	2024
6	Kadek Dipa Prasetya, I Wayan Putra Yasa dan Alif Alfi Syahrin	Implications of Social Media Use on Social and Academic Interaction Patterns of Students at SMA Negeri 1 Banjar	kualitatif	2026
7	Mila Karina, Loso Judijanto, Ai Rukmini, Muhammad Sukron Fauzi dan Muhammad Arsyad	The Influence of Social Interaction on Academic Achievement: A Literature Review on Collaborative Learning	Studi literatur	2024
8	M Arif Afandi	The Impact of Social Media on Student Learning Achievement	kualitatif	2025
9	Dinar Anandia Putri A.G, A. Y. Soegeng. Ysh. Dan Veryliana Purnamasari ³	The Impact of Social Media Use on Emotional Intelligence and Social Interaction of Grade IV Students of Tlogosari Kulon 06 Elementary School, Semarang	kualitatif deskriptif	2025
10	Doni Harfiyanto Cahyo Budi Utomo, Tjaturahono Budi	Social Interaction Patterns of Gadget-Using Students at Sma N 1 Semarang	kualitatif	2015
	TOTAL			10

Based on the research findings, it can be concluded that gadgets offer students many conveniences in communicating, searching for information, and completing school assignments. With gadgets, students can interact with friends and teachers anytime and anywhere without having to meet in person. In addition, gadgets also help students access academic information more quickly and facilitate coordination in various school activities. However, excessive use of gadgets can lead to students interacting less directly with their surroundings. Many students focus more on their gadget screens than on talking with friends, resulting in a decline in face-to-face social interactions. Therefore, as students, we need to use gadgets wisely so that we can maximize their benefits without compromising our ability to socialize and maintain good relationships with others.

First, it can be concluded that social media has a significant impact on students' academic achievement⁹. On the one hand, social media can aid the learning process by making it easier for students to find information, broaden their knowledge, communicate with teachers and peers, and complete school assignments. However, on the other hand, uncontrolled use of social media can have negative effects, such as smartphone addiction, decreased focus on studying, reluctance to complete assignments, and a decline in academic performance. Therefore, social media should be used wisely under the supervision of teachers and parents so that its benefits can be maximized and its negative effects minimized.

Second Study: It can be concluded that the use of cell phones by fourth-grade students at SD Negeri 007 Bangkinang has both positive and negative effects on their social interactions. Cell phones help students access information, complete assignments, and facilitate communication with friends and family. However, excessive use tends to have more negative effects, such as a reduction in face-to-face interaction with friends, decreased concentration during study time, the development of dependence on games and social media, and a decline in concern for the surrounding environment. Therefore, supervision by parents and teachers, as well as restrictions on

⁹ Gerungan, N., & Tatuhe, N. K. "Hubungan Penggunaan Media Sosial dengan Prestasi Belajar Siswa Sekolah Menengah Pertama". *Nutrix Journal*, 7 (1), (2023). 35-42.

cell phone usage time, are necessary so that technology can be used wisely without hindering the students' social development.

Third, based on the research findings, the use of social media has a significant impact on the patterns of sociocultural interaction among students at Pemulutan Public Elementary School No. 05. Social media makes it easier for students to communicate and obtain information, but it also leads to a decrease in face-to-face interaction with peers. In addition, excessive use of social media can affect mental health, increase the risk of social conflict, and raise privacy and data security issues. On the other hand, social media also provides students with opportunities to learn about diverse cultures and broaden their horizons. Therefore, guidance from parents and schools, as well as improved digital literacy, is necessary so that students can use social media wisely, safely, and responsibly.

Fourth, based on the research, it can be concluded that the use of the social media platform TikTok has a positive and significant impact on the social interactions of elementary school students. TikTok is not only a source of entertainment but can also help students communicate, share ideas, and enhance their creativity. However, the use of TikTok still needs to be guided to prevent negative effects on students' behavior and learning process. Parents and teachers play a crucial role in guiding students to use social media wisely and appropriately.

Fifth, based on the research, social media has become an important part of the social and academic lives of students at Banjar State High School 1. Social media is not only used as a form of entertainment but also as a means of communication, information gathering, discussion, and completing school assignments. Its presence makes it easier for students to form friendships, expand their networks, and increase social interaction without being limited by time or space. In addition, social media also supports the learning process through activities such as sharing materials, group discussions, and the development of digital skills relevant to the needs of the modern era. However, the high level of social media use is also influenced by the phenomenon of Fear of Missing Out (Fomo) the desire to constantly keep up with the latest information and trends which necessitates self-control to ensure its use remains

balanced¹⁰. Thus, social media offers significant benefits to students in both social and academic aspects when used wisely, productively, and responsibly.

The sixth study concludes that social interaction in collaborative learning greatly helps students improve their academic performance. When students learn together, discuss, exchange opinions, and help one another complete assignments, they find it easier to understand the material than when studying alone. In addition to improving academic performance, group learning activities also develop communication, cooperation, responsibility, and leadership skills that are essential for daily life. Although there are sometimes challenges, such as less active group members or differences of opinion, the benefits still outweigh the drawbacks.

Based on the seventh study, I conclude that social media presents both benefits and risks in daily life¹¹. Social media can help students understand their own feelings and those of others, make new friends, and develop empathy and effective communication skills. In addition, social media can also serve as a platform for learning and sharing information with others. However, if used excessively or without proper control, social media can make students more prone to impulsive behavior, struggle to control their emotions, and tend to make thoughtless comments to others. Therefore, social media should be used wisely so that it can benefit personal development and social relationships without causing negative effects on students.

Based on the findings of the eighth study, it can be concluded that social media has become an integral part of students' daily lives and has a significant impact on their academic performance. Social media can be beneficial when used to search for information, discuss lessons, broaden one's knowledge, and facilitate communication with friends and teachers. However, if used excessively for entertainment and less productive activities, social media can reduce study time, decrease concentration, and even negatively impact academic performance¹².

¹⁰ Oktavianto, E., Timiyatun, E., & Badi'ah, A. "Studi Korelatif: Kontrol Diri Remaja dengan Kecanduan Menggunakan Internet". *Jurnal Medika Respati*. (2021).

¹¹ Nasution, J. S., Harahap, A. L., Hasibuan, F. I., Fadillah, N., & Gajah, Z. H. "Manfaat Media Sosial Sebagai Sarana Pengembangan Kreativitas Mahasiswa di Era Digital". *AMI: Jurnal Pendidikan Dan Riset*, 3(1), (2025). 43-49.

¹² Mustafa, I. R. H., Iswadi, M. A., Yamin, F., & Warie, J. "Dampak Penggunaan Media Sosial terhadap Perilaku Belajar dan Kesehatan Mental Siswa SD Inpres 1 Halmahera Utara". *Jurnal Pendidikan dan Ekonomi (JUPEK)*, 6(2), (2025). 191-197.

The ninth study concludes that social media presents both benefits and risks in daily life. Social media can help students understand their own feelings and those of others, make new friends, and develop empathy and effective communication skills. In addition, social media can also serve as a platform for learning and sharing information with others. However, if used excessively or without proper control, social media can make students more prone to impulsive behavior, struggle to control their emotions, and tend to make thoughtless comments to others. Therefore, social media should be used wisely so that it can benefit personal development and social relationships without causing negative effects on students.

The tenth study concludes that social media has become an important part of daily life because it makes it easier for us to communicate, search for information, learn, and make friends. Social media also helps students gain new insights and develop their ability to socialize with others¹³. However, excessive use of social media can lead students to interact more frequently through screens rather than in person, thereby reducing real-world social connections. Furthermore, social media can also lead to various problems, such as addiction, cyberbullying, a lack of concern for the surrounding environment, and mental health issues. Therefore, students need to use social media wisely, limit their screen time, and maintain a balance between digital activities and in-person social interactions so that the benefits outweigh the negative impacts.

CONCLUSION

Based on the discussion regarding the impact of social media use on social interaction and student academic achievement, it can be concluded that social media has become an important part of students' lives in the digital age (Poernomo et al., 2025). The use of social media offers various benefits, such as facilitating communication, helping students access information, supporting the learning process, broadening their horizons, and enhancing their creativity and ability to interact with others. In the academic realm, social media can serve as a supportive tool for students to search for learning materials, engage in discussions, and complete school

¹³ Marsuki, N. R., Saifullah, M., & Nurdin, N. "Dampak Sosial Media Terhadap Pembelajaran Dan Interaksi Siswa". *Dharma Acariya Nusantara: Jurnal Pendidikan, Bahasa Dan Budaya*, 3(1), (2025). 26-44.

assignments more easily. However, uncontrolled use of social media can also have negative effects on students. Excessive use can lead to addiction, reduce focus on studies, cut into study time, and result in a decline in academic performance. Furthermore, excessive social media use can also reduce face-to-face social interaction, make students more reliant on digital communication, and potentially lead to problems such as the spread of misinformation, cyberbullying, and mental health issues

Therefore, students' use of social media must be approached wisely and in a balanced manner; the roles of parents and teachers are crucial in providing guidance, supervision, and education on digital literacy so that students can use social media in a positive way. In addition, students themselves must be mindful of managing their social media time and using it as a tool to support personal development, social interaction, and improved academic performance. When used appropriately, social media can be a technology that brings significant benefits to students' lives without hindering their social or academic development.

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