



Duration Of Social Media Use And Its Impact On Student Learning Motivation: A Systematic Literature Review

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Abstract: Technological advances facilitate human activities, especially in social media. The use of social media has an impact on all aspects of human life including education. This article aims to present a systematic literature objective on the duration of social media use and its impact on student learning motivation. The study analyze 11 articles from a variety of different journal sources and were published between 2019 and 2023. These findings highlight that the influence of social media use has a significant impact on the duration of social media use. The length or absence of students accessing social media, this duration affects learning motivation, the higher the intensity of the duration of accessing social media, the lower the student's learning motivation and vice versa, if the intensity of access is low, the learning motivation will be higher. The recommendation presented was to involve lecturers, the University, and parents in an effort to overcome the adverse effects of using social media in the lecture environment. A deep understanding of these challenges is expected to guide the implementation of more effective preventive measures.

Keywords: Social Media, Impact, Student, Duration of Use, Motivation Learning

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INTRODUCTION

Technological advances facilitate human activities, especially in social media (Asyifah & Faristiana, 2023). The proliferation of social media use has also spread to all ages, from children to adults, including students (Bulele & Wibowo, 2020; Wulandari et al., 2023). The benefits and uses of social media have also penetrated into various sectors of life including education. Social media is an online tool in the form of supporting interactive communication between humans, where users can carry out activities in blogs, social networks, forums, and virtual worlds (Liedfray et al., 2022). Social media can also be interpreted as an intermediary that allows everyone to continue to be connected with the help of an internet connection, or social media can also be interpreted as an infrastructure of various information that is used as a media distributor, can be in the form of personal messages, news, opinions, cultural products, both from individuals, groups, and industries that are online or virtual (Affandi & Wijayani, 2022). Generally, the use of social media for learning can be through several online platforms or through several applications such as WhatApps, Instagram, YouTube, and Tik Tok (Fauzan et al., 2023; Kusumaningrum et al., 2022).

The use of social media as a means of learning can be used in formal education as well as non-formal education, from all levels of education both from early childhood to

college (Rostiani et al., 2023; Siregar, 2022; Susanti et al., 2022). With the existence of social media as a tool for learning activities will be very useful when there is an obstacle that causes learning cannot be done, then social media will be used as an intermediary between teachers and teachers. Cases like this are also found during COVID-19 in Indonesia, where teachers or lecturers cannot meet the rest and students, so the best solution is to take advantage of these technological advances to be used as learning intermediaries that can increase the enthusiasm of students or students so as not to lose their learning motivation (Andriani & Sulistyorini, 2022). But social media can also have bad consequences if used excessively, especially over a long period of time because it can cause addiction, laziness, procrastination (procrastinating tasks), to loss of sense of responsibility (Rahardjo & Soetjiningsih, 2022).

If social media is labeled with the word "beneficiary for the world of education" this is not wrong, because social media can also actually provide benefits to the world of education, especially to students. The same perspective was also expressed by Anisa (2022), In this research that social media can help the learning process so that it can be used as a means to find data and information to support the course of lectures. Furthermore, the existence of social media will also cause enthusiasm, and bring up creative ideas that can encourage the creation of more effective learning (Supriyatin et al., 2023). But on the other hand, social media will also have a bad impact on the world of education, one of the impacts is on students in aspects of learning motivation, such as decreasing the intention to learn, not focusing on lectures or learning to like to procrastinate task responsibilities (Anik Supriani, Ella Indah Safitri, Edy Siswantoro, 2022; Bujuri et al., 2023; Lovita et al., 2023; Salsabila et al., 2023).

Therefore, knowing how long or fast the use of social media or commonly referred to as the "duration" of use and the impact caused on the level of student learning motivation is important. Whether students use social media longer will tend to have a bad impact, or just the opposite, which has a better impact on students. The methodology utilized in this study is the Systematic Literature Review method, to support and analyze the relationship and impact of the problem. This study will take various results of previous research that have the same tendency to be used as a reference and source of data. The hope is that by applying this method, it will provide more knowledge and information about how the possibility of the length of time spend on social media for the motivation level into students learning.

METHOD

In this research, we used systematic literature review (SLR) method to filter and evaluate the literature related to the main idea of discussion. A methodical exploration was performed by entering the keywords "social media", "duration of use", "impact", "student" and "learning motivation", we search for literature data from Google Scholars, Science Direct, Tylor and Francis Online, Google Chrome and Microsoft Edge, then the data were collected on Mendeley Desktop to be grouped from a systemic review (SLR) pattern. Our search was developed in accordance with the objectives if this research.

We listed selected 12 article, which were filtered through the following steps. The first step, article is filtered based on the title and keywords to eliminate irrelevant articles. The second stage, we read the articles that have been filtered in depth in the abstracts of these articles to filter out articles that are less relevant to the research objectives and the last is the articles analysis stage which leaves behind research that is considered most relevant to our research objectives and can be used for analysis at the end of this research.

RESULT AND DISCUSSION

Result

The results of the analysis of 12 article journals, proceedings papers and report related to main idea of this research that have been filtered and reviewed are presented in table 1.

Tabel 1. Journal Database

Authors	Journals	Findings
Sri Sukmawati, Isnaini Mahuda, Ernawati, Tubagus Bakhrul Alam, 2023 Eska Adhiyaka Sugiyanto, Rebekkah Malik, 2023	Jurnal Bayesian: Jurnal Ilmiah Statistika dan Ekonometrika Jurnal Keperawatan Tambusai	The intensity of social media use affects to GPA of students, where they get a GPA above 3.50% even though the intensity of social media use is 6 hours per day. There is no effect of the duration of social media use that affects achievement, but it has an impact on student learning motivation because there is less time to read lecture material because students spend too much time on social media.
Dini Tryastuti, Silvi Nuryadillah, 2022	REAL in Nursng Journal (RNJ)	There is a strong correlation between social media addiction and student learning motivation. The impact is a decrease in enthusiasm to learn and do assignments, lazy to reread lecture material so that they often study with a speeding system overnight and experience a decrease in learning achievement.
Vennas Amalla Binagdy, Octaverina Keevara Pritasari, Arita Puspitorini, Nia Kusstianti, 2022	E-Journal volume 11 nomor 2	The duration used to access social media with a duration of more than 6 hours, they access content related to the course as a learning field. The impact obtained is to increase student learning motivation through social media that are often accessed such as Instagram and TikTok.
Santi Sartika, 2020	Skripsi: IAIN Curup	The impact on student learning motivation is that many students like to learn using media Video Scribe because it is fun, makes more active, and learning is not monotonous.
Keisha Fathika Abayari, Melani Rahmalia Wibowo, 2023	Prosiding Seminar Nasional	Social media has an important role as one of the learning media that can increase student learning motivation.
Kolhar, Kazi, & Alameen, 2021	Saudi Journal of Biological Sciences	Social networking sites can make habitual behaviors can distract students from their academic work and lower their motivation to learning.

Authors	Journals	Findings
Selvi Karmila, Evawany Y. Aritonang, & Etti Sudaryati, 2020	Britain International of Humanties and Social Sciences (BIOHS) Journal	There is a significant relationships of duration to use Instagram and eating behavior of student.
Irawati, Kistan, & Basri, 2023	Jurnal Ilmiah Kesehatan Sandi Husada	Positif effect of the duration of social media use with insomnia of student. It can be negatif effect to the motivation learning of the students.
Gloria & Akbar, 2019	Jurnal Pendidikan Kedokteran Indonesia - The Indonesian Journal of Medical Education	The social media have a effect to the performance of academic students
Firamadhina & Krisnani, 2021	Social Work Jurnal	The platform of social media can be a form of informal education and digital activism and have relationship with the motivation learning.
Erliksson, Lindner, & Mörtberg, 2020	Scandinavian Journal of Psychology	Indicated that the longer use of social media can measured of obsessive- compulsive disorder, depression and generalized anxiety disorder.

From the table above, we can analyze that social media has a role in increasing learning motivation in students. The influence of social media itself on students can vary, it can have a positive impact and it can also have a negative impact. The influence of social media use is also related to the duration of social media use, the length or absence of students accessing social media. This duration affects learning motivation, the higher the intensity of the duration of accessing social media, the lower the student's learning motivation and vice versa, if the intensity of access is low, the learning motivation will be higher.

The positive impact obtained is that students are increasingly motivated by learning to use social media, learning becomes fun, attractive, and not monotonous. Social media can also be used to find a wider source of knowledge. The negative impact caused by excessive use of social media is that students are lazy to reread lecture materials, not enthusiastic in learning and doing assignments and students often study with the overnight speeding system due to excessive use of social media. The use of social media for a long duration or not necessarily has an influence on student learning motivation directly or indirectly.

Discussion

The ease of information, news, communication, and entertainment offered by social media can attract all groups including students. Access to social media use that is getting easier over time gives a tendency to be made a habit. Because it can disappear fatigue for a while, but if it is used excessively this will actually become a boomerang for students because it will cause many problems such as addiction to playing social media to be able to shirk responsibility, the emergence of a closed or open attitude because they

attach too much importance to other people's perspectives. Not only that, using social media excessively will also result in a decrease in the level of interaction with fellow humans offline (Laana & Sukri, 2022). While other influences such as decreased learning performance, damage to the sense of sight, and loss of motivation and interest in learning (Prawita, 2023). This can be proven by Indonesia's number one ranking as the country with the most active social users in Asia which beats various countries such as China, the Philippines, and Malaysia with a total of 15% or 38,191,873 internet users from a total citizen of 251,160,124 million inhabitants (Alpan et al., 2023). Normally the social media utilization can provide a good level if you step on one to three hours a day. However, the situation found in the field actually says something else. Based on research conducted by Sinaga1 & Aritonang (2023), Most students are classified as in the addiction phase because they surf and spend time around four hours a day on social media, indicating that the benefits offered by social media do not always have a positive impact, but can also have a negative impact, one of which is on the world of education.

Previous studies on the impact of social media can be categorized into three trends. First, social media and learning motivation (Rahmawati, Iqomh, & Hermanto, 2019; Tryastuti & Nurvadillah, 2022). Second, social media and duration of use (Pritandhari, 2018; Frafitasari, 2018). Third, the duration of social media use and learning motivation (Rahmawati et al., 2019; Binagdy, Pritasari, Pupitorini, & Kusstianti, 2022). The results of previous studies have not discussed specifically about the impact of the duration of social media use on student learning motivation. So this study aims to be able to elaborate references and to add references about the impact of social media on the level of student learning motivation. In connection with this, the problem in this paper can be formulated as follows: how the impact of the duration of social media use on student learning motivation.

CONCLUSION

From the results of the study above, this purpose of this study to determine the effect of the duration of social media on student learning motivation. The finding is that a duration utilize of social media was related to the scope of student motivation to study. The stronger or more often you use social media, make the weaker of motivation you have and vice versa. The advantage of students who access social media is students can find more sources of information for study materials, while the negative impact caused is lazy students to study and do assignments, not enthusiastic in lectures and do not have learning motivation. Thus, this study is important for students, lecturers, parents and the university to able to allocated management and regulation on social media use, especially in the intensity or duration of accessing social media. Our hope is that this data can be used as support and reinforcement in their research and can motivate to conduct follow-up research studies.

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CONFLICT OF INTEREST

Clearly explain whether there are any conflicts of interest related to the reported research.

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