

The life experiences of adolescent female students who use social media

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Abstract

Background: Social media is a place for students to follow trends. However, Islamic boarding schools limit students by prohibiting them from bringing cell phones; therefore, they are not influenced by the outside world, even online.

Purpose: The purpose of this study is to explore the experiences of female students as users of social media related to dormitory rules.

Methods: Using a qualitative research design with a phenomenological approach. The research was conducted by in-depth interviews with 8 female students at Madrasah Ulumul Qur'an Langsa aged 15-18 years. Interview transcripts were analyzed using the Colaizzi method.

Results: Six themes emerged from this study including: students bring cell phones to boarding schools because of the influence of friends and want to see updates, the use of social media as entertainment in their spare time, social media affects the way students follow fashion, the influence of the outside environment is more dominant on the behavior of students than the media in social media. The values instilled in the pesantren become a bulwark in the face of the outside world, and students want to make the best use of social media.

Conclusions: Female students want to make the best use of social media to atone for the violations committed. They also agree that the prohibition of bringing cell phones and access to social media in Islamic boarding schools is the right thing because it can cause negligence and jealousy in friends who do not carry cell phones.

Keywords: experience; students; social media; teenage girls

Introduction

The phenomenon is currently found that many students bring cell phones to pesantren and access social media. Access to social media conducted by students causes changes in behavior in students including those who have followed fashion on social media so that they often violate the rules by using a hijab under 130 cm.

Regarding the change in students' fashion, Wardhani (2017) argues that at this time the students who viewed that fashion is not just to cover the aurat but become part of the lifestyle. Whereas the students who should have been equipped with more religious knowledge than in public schools have different grades. The phenomenon that occurs is that students are only dressed neatly just because there are rules. When they come out, they will adopt the dress style they see.

This can happen because not all students can apply discipline, which is usually easier to do when it arises from self-awareness. Many things can affect the behavior of these students, including students who are still teenagers, carry out self-regulation and perform self-efficacy, are individuals who interact with their environment and make adjustments (Rasyid, 2020).

In order not to be judged as different or old-fashioned from their peers, students often use social media as a medium for self-actualization. They want to appear and show that students can also follow the fashion that is developing, even though the pesantren has clearly imposed a ban on the use of mobile phones and access to social media in the pesantren. According to Bukhori and Mutminiati (2018), Hamid (2019), and Pradana (2019) this rule

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is enforced because it can cause students to be negligent, tired because they forget to rest, do not participate in congregational prayers, find it difficult to concentrate and are lazy to participate in activities in the pesantren.

According to the ustadz and ustadzah, they also often see female students who behave differently when outside the pesantren, especially in terms of fashion. The ustadz said that the influence of friends outside was very large because students like to go with their friends so they are not considered old-fashioned, because it can make students feel inferior and embarrassed. From the parents' side, there is no further warning for their children. In line with that, the ustadzah also stated the same thing that parents had a part in the behavior of students like this because most students see the style of dress from their parents. There are even parents who forbid their children to wear headscarves or big clothes because they seem untidy.

Materials and Methods

Design

This study used a qualitative research design with a phenomenological approach. Data collection is done by using an in-depth interview technique which lasts about 30-60 minutes. The research procedure was carried out by implementing the Covid-19 prevention health protocol.

Participants and Setting

Participants were chosen with inclusion criteria of female students aged 12-17 years, bringing cell phones to pesantren and actively using social media. The study was conducted from May to June 2022 at the Ulumul Qur'an Madrasah (MUQ) Langsa.

Ethical Consideration

The study was approved by Health Commission Ethics from the Faculty of Medicine, Universitas Padjadjaran, Indonesia, with number 657/UN6.KEP/EC/2022. Before starting, the researchers explained the study to all participants, and then they were asked to sign the consent form manually.

Data Collection

During the Covid-19 pandemic period, regulations in and out of the pesantren environment were strictly regulated. Only interested people were allowed to enter pesantren such as ustadz and ustadzah, as well as employees or people who work in the pesantren. For this reason, before collecting data, the researcher submitted a research permit from the Secretary of the UNPAD Faculty of Nursing Study Program and the Ethics Permit from the Unpad Ethics Committee.

After the research and ethics permit were awarded, the researcher gave it directly to Mudir MUQ Langsa. Then the researcher coordinated with the head of care to be able to enter the dormitory and look for participants. After that, the researcher

immediately searched for participants who matched the research criteria. Previously the researcher had been vaccinated twice using the Sinovac vaccine and continued to comply with the health protocol using a mask, washing hands with soap and running water before entering the pesantren environment, and kept a distance during the research process.

Data Analysis

Data analysis in the study used the Colaizzi method. There were seven steps taken, namely: In the first stage the researcher conducted a transcript of the results of the interview, then the results were read repeatedly to obtain the essence of the participant experience. In the second stage, the researcher reviewed each transcript and extracted important statements directly related to the phenomenon of the experience of female santri social media users. In the third stage, the researcher formulated the meaning of each important statement, put them into a table and sorted according to formulated meaning. In the fourth stage, the researcher regulated the meaning formulated into the theme group. In the fifth stage, the researcher integrated the results of the study into a complete description. For the sixth stage, the researcher formulated a complete description of the experiences of adolescent students of social media users as a statement of strict identification. In the last stage, the researcher referred to the findings so far as the final step of the validation (Polit & Beck, 2012).

Trustworthiness

To obtain reliable research results, data were validated with several criteria, namely credibility, dependability, confirmability and transferability. The techniques used to build credibility are Prolonged Engagement, Persistent Observation, Peer-Debriefing, Member Checking and Reflective Journaling (Connelly, 2016). The dependent test is carried out by audit by the supervisor of the research process series. If the researcher has a track record of research, then the dependability will not be doubted (Mekarisce, 2020). To get confirmation, the results of the study were prepared in full and tested in the forum, in this case the thesis session in front of the examiner and supervisor lecturer to get input and approval from the findings. Finally, transferability is obtained by making a clear finding description so that readers can understand the research result correctly (Sarwendah et al., 2022).

Results

We found five themes consisting of (1) students bring cell phones to boarding schools because of the influence of friends and want to see updates; (2) the use of social media as entertainment in their spare time; (3) social media affects the way students follow fashion; (4) the influence of the outside environment is more dominant on the behavior of students than the media in social media; (5) the values instilled in

the pesantren become a bulwark in the face of the outside world; and (6) students want to make the best use of social media.

Theme 1: Students bring cell phones to boarding schools because of the influence of friends and want to see updates

Based on the results of the transcript, most participants said that they brought cell phones to the pesantren because they saw friends and felt bored, jealous and isolated if they did not bring cell phones to the pesantren, as in the following statement:

"... look at friends also bring a cell phones, like jealousy. For example, a room is carrying, this person plays. So lazy, sometimes there are no friends, this person is busy with it" (P5.2).

"... sometimes we want to bring a cellphone even though it is prohibited because friends on playing cell phones, cool with their cell phones. We don't want it, so it's bored, I want to bring it too" (P8.26).

Other participants argue that cell phones make them more updated. Here's their statement:

"...it's important because nowadays everything is online,... information is from social media. If you have a stroke,...we lack knowledge" (P1.17).

"... more updates... able to communicate... find a lot of posts on Instagram..." (P3.10)

Theme 2: the use of social media as entertainment in their spare time.

All participants said that the reasons for students accessing social media were because of boredom during boarding school.

"Happy because yes there is a lot of entertainment too ... if for example again stress because of the school exam, if I play social media it feels like that ..." (P2.3).

"Yes, like which. Alright, just force it. Although it is prohibited to be silent. Because sometimes it is also in a pesantren, tired of learning. So it's like playing like that" (P5.3).

"Because in pesantren like a lot of free time. Because of the stubbornness, keep playing ..." (P6.7).

Using social media is also felt to be able to raise the mood of students. In accordance with the statement of participant 4 below:

"Sometimes, for example, I'm not in a mood like that, for example using social media at Islamic boarding schools, see what can lift my mood, from not being in a mood, to being in a mood." (P4.2).

Theme 3: social media affects the way students follow fashion

Social media provides all the things you want to find and enjoy by all groups, including in terms of fashion. In this case, some participants agreed that social media was able to change the fashion style of students, as follows:

"Social media changes fashion as possible. From what we don't know anything, for example, Ohh that is good, we change from fashion." (P8.13).

"... the impact of social media is more familiar with fashion now." (P4.13).

Santri who still maintain the style of dressing in the pesantren when they go out sometimes feel insecure when meeting friends outside because they feel less fashionable. This was expressed by participant 3 as follows:

"... it feels like wearing a long headscarf isn't cool, it's not fashionable. so I don't feel confident in terms of things like, for example, looking at fashionable people, why don't we just look like this." (P3.17).

Theme 4: the influence of the outside environment is more dominant on the behavior of students than in the social media

At present, students' cell phones can access anything including social media. It is not uncommon that things that are seen and heard from social media are very able to influence the behavior of students. But all participants, as in the following explanations:

"More effect on the real environment. If our online environment is like this, what are you following other people." (P6.16).

"The environment that most influences behavior." (P8.17).

In addition to environmental influences, changes in behavior displayed by students are also due to social media and parenting styles. The following is participant 2's statement:

"From social media, from shows, from the upbringing of parents from a young age, maybe that will have an effect. What are our clothes, what are our behaviors?" (P2.23).

Theme 5: the values instilled in the pesantren become a bulwark in the face of the outside world

In some aspects, it turns out that even though they committed violations in the pesantren, when they came out they indirectly still hold the values taught in the pesantren. Here are some of the participants who support:

"For example in terms of dress, also in terms of manners maybe sis. Then like the relationship with the opposite sex is also our more controlled. Or for example like here even if we are not 'Bata' (naughty), or many times violated the rules, so it is not as bad as that is because here the teachings of the religion are tighter. We have a little bit of influence even though we are stubborn." (P3.27).

"... if for example wearing pants like that, that's the shirt like for example above the knee. Not above, not short. Still know the limits ..." (P4.22).

Participants said that the students were more awake both from talking, socializing and clothing. This was expressed by several participants as follows:

"... It's not good to hang out outside... the students are more awake like that, because it's like that in a boarding school, you can't go out. If you go outside, you don't really get along with guys. After

all, I'm not in the same class as boys." (P5.18).

Theme 6: students want to make the best use of social media.

Based on the results of the interview, the students hope that social media will not have a bad impact on themselves, as per the following participants' statements:

"The hope is to be able to protect yourself from the influence of not whether social media or the environment ... does not close yourself ... utilize for positive values." (P3.26).

"The hope is not to be too carried away with the social media ... hopefully which can be different from what should be followed by the same ..." (P4.31).

Participant 7 instead hoped to be useful for others by posting productive content:

"The hope with social media is getting higher. It could be one that creates productive content... can provide benefits to other people through social media..." (P7.16).

Discussion

Sumaidah (2013) stated that students often commit violations in pesantren because students are adolescents who are growing up and in the search for identity. But violations committed will usually result in various kinds of problems that hamper the teaching and learning process.

All participants in this study were chosen because they brought cell phones into the pesantren environment. According to Rahmadhantie (2022), cell phones are used because adolescents do not want to be considered lacking slang, lack of knowledge of the outside world, and gapek (tacky). Though the use of cell phones for students can cause many problems because students can only access cell phones during rest time, students often sleep late until midnight to use cell phones. Royant-Parola et al. (2018) said that the use of cell phones is proven to worsen sleep quality because the mobile screen delays sleep onset, melatonin secretion and stimulates the building system. Interaction with social media can also worsen the situation.

Behavior committed by students violating the rules can be caused by several things. Among these are not being very familiar with the benefits of the implementation of the rules, too accustomed to living freely, and also because of the characteristics of teenagers who do not like to be regulated (Suriana, 2016). All participants stated that they had several reasons why they brought cell phones to the pesantren. The main factor is because of friends. Seeing friends carrying cell phones causes feelings of jealousy, feeling isolated and also bored because of the large amount of free time in the pesantren. This supports the results of the research by Sumaidah (2013) that one of the factors of santri is doing things that are not good because they are influenced by friends and follow-up factors. Ibrahim et al. (2019) also explained that around 51.5% of

respondents stated that peers have an important role in the lives of adolescents.

Rohmah (2022) argues that students also state that activities in the pesantren are boring, so they are looking for entertainment through social media. The use of cell phones is used only for entertainment (Mahfudhoh & Fatimah, 2019). Suryani et al. (2021) found that adolescent girls use the internet and access social media because they feel bored and are in a bad mood. Boredom after learning makes them not know what things can be done, so they end up playing the internet continuously.

Teenagers are currently too obsessed with social media, which will eventually have an impact on their behavior, one of which is that they tend to follow the development of fashion (Rosli et al., 2019). Based on the results of the study, participants said that social media affects the style of santri dressing. This is in accordance with Triananda et al. (2021) who said that social media today is very often used to show excessive self-existence because social media posts are benchmarked for students to display their lifestyles, both in terms of dress and others. For teenagers, fashion is a way to show their existence. They also compete to always be updated with trends or even become a trendsetter (Tyaswara et al., 2017).

Aliyah and Sutoyo (2016) state that students are strongly influenced by the environment and relationships between friends. This is caused by the life of the students who are always together with peers and far from parents, so that they have a very close relationship to peers. This causes the influence of friendly behavior patterns, such as attitudes, conversation, interests, appearance, and behavior, to be stronger than the influence of the family.

Under the influence of globalization, student behavior is currently changing. As a result, the behavior they show is often not in accordance with the values invested from the pesantren (Mundiri & Nawiro, 2019). Wardo (2017) states that the rules set by the pesantren can shape the character of students based on religion and being increasingly directed. The problem of juvenile delinquency can be reduced and controlled by the pesantren by instilling character through the rules that are enforced. Based on Widara's (2021) findings, the regulations applied in the pesantren have a significant influence on the discipline of students.

Conclusions

This study concludes that although students bring cell phones to the pesantren to access social media, adolescent female students wish to make the best use of social media to make up for violations committed. The role of the mental health nurse is also needed to provide health promotion regarding the use of technology so that students can use social media wisely.

Declaration of Interest

The authors declare no conflict of interest.

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