

Asosiasi Asesmen Pendidikan (AAP)

Address: Bumi Mutiara Serang, Cluster Symphony, Blok C2 No.18 Serang – Banten, 42122 – Indonesia.

☎ +62 85312898866; ✉ jurnal@aapbk.org



Journal of Counseling and Educational Research

ISSN 3063-9786 (Electronic)

Editor:  Rosada

Publication details, including author guidelines

URL: <https://journal.aapbk.org/index.php/jcerch/about/submissions#authorGuidelines>

The Relationship Between Social Media Addiction And Body Dysmorphic Disorder Adolescents: Implications in Guidance and Counseling

Diah Novitrah Pangestuti¹, Yuda Syahputra¹, Smita Biju Thomas², Chiman Mohammadi Nasab³

¹Department of Guidance and Counseling, Universitas Indraprasta PGRI, Jakarta, Indonesia.

²Srinivas University, Mangalore, India.

³University of Kurdistan, Sanandaj, Iran

Article History

Received : 21 June 2025

Revised : 16 August 2025

Accepted : 18 August 2025

How to cite this article (APA 6th)

Pangestuti, D. N., Syahputra, Y., Thomas, S. B., Nasab, C. M. (2025). The Relationship Between Social Media Addiction And Body Dysmorphic Disorder Adolescents: Implications in Guidance and Counseling. *Journal of Counseling and Educational Research*, 2(1), 14–26. DOI: 10.63203/jcerch.v2i1.193

The readers can link to article via <https://doi.org/10.63203/jcerch.v2i1.193>

Correspondence regarding this article should be addressed to:

Yuda Syahputra, Universitas Indraprasta PGRI, Jakarta, Indonesia, E-mail: yuda@konselor.org

SCROLL DOWN TO READ THIS ARTICLE



Asosiasi Asesmen Pendidikan (as Publisher) makes every effort to ensure the accuracy of all the information (the “Content”) contained in the publications. However, we make no representations or warranties whatsoever as to the accuracy, completeness, or suitability for any purpose of the Content. Any opinions and views expressed in this publication are the opinions and views of the authors, and are not the views of or endorsed by Asosiasi Asesmen Pendidikan. The accuracy of the Content should not be relied upon and should be independently verified with primary sources of information.



This work is licensed under a <https://creativecommons.org/licenses/by/4.0>

Copyright by Pangestuti, D. N., Syahputra, Y., Thomas, S. B., Nasab, C. M. (2025)

The authors whose names are listed in this manuscript declared that they have NO affiliations with or involvement in any organization or entity with any financial interest (such as honoraria; educational grants; participation in speakers' bureaus; membership, employment, consultancies, stock ownership, or other equity interest; and expert testimony or patent-licensing arrangements), or non-financial interest (such as personal or professional relationships, affiliations, knowledge or beliefs) in the subject matter or materials discussed in this manuscript. This statement is signed by all the authors to indicate agreement that the all information in this article is true and correct.

Original Article

The Relationship Between Social Media Addiction and Body Dysmorphic Disorder Adolescents: Implications in Guidance and Counseling

Diah Novitrah Pangestuti¹, Yuda Syahputra¹, Smita Biju Thomas², Chiman Mohammadi Nasab³

¹Universitas Indraprasta PGRI, Jakarta, Indonesia.

²Srinivas University, Mangalore, India.

³University of Kurdistan, Sanandaj, Iran

Abstract. The purpose of this study was to determine the relationship between social media addiction and body dysmorphic disorder in adolescents. The research method used was a quantitative approach. The population and sample in this study were adolescents aged 15–18 years in Tajurhalang, Bogor City. Data were collected using a questionnaire (Social Media Addiction Scale and Body Dysmorphic Disorder Scale) from a population of 310 people, selected using random sampling techniques and the Slovin formula, with a sample size of 225 people. Data were analyzed using SPSS software version 23. Hypothesis testing used the Pearson product-moment correlation. The results of the hypothesis test showed a significance level of $0.000 < 0,05$, thus rejecting H_0 and accepting H_a . The correlation coefficient value of $r = 0,589$ indicates that the relationship between the two variables is moderate. The study concluded that there is a relationship between social media addiction and body dysmorphic disorder. These findings are beneficial for schools in designing more effective counseling programs to address social media addiction, which can lead to tendencies toward body dysmorphic disorder.

Keywords: Social Media Addiction; Body Dysmorphic Disorder (BDD); Body Image

Corresponding author: Yuda Syahputra, E-mail: yuda@konselor.org, Jakarta, Indonesia.



This work is licensed under a CC-BY

Introduction

Humans will continue to experience development and growth throughout their lives. One of the phases that humans will experience is adolescence. According to Hurlock (2003), adolescence is defined as a period of transition or change, a period in which individuals experience physical and psychological changes from childhood to adulthood. One of the developmental tasks of adolescents is to accept their physical condition and use it effectively. However, social and cultural standards can influence how adolescents perceive their bodies. The inability to accept one's body shape according to these standards can lead to body image distortion and increase the risk of body dysmorphic disorder (Salsabilla & Maryatmi, 2023).

Body Dysmorphic Disorder (BDD) is a condition characterized by excessive preoccupation with perceived physical flaws, which can lead to impaired social functioning, anxiety, and low self-esteem (Ramdani, 2021; Annisyah & Susilarini, 2022). The prevalence of BDD worldwide, according to data from the International OCD Foundation and several journals, is 1.7–2.9% of the population, or approximately 1 in every 50 people. Other studies indicate that the prevalence of BDD in some countries is around 0.7–2.4%. Based on existing research, the prevalence of

BDD is higher compared to other mental disorders such as obsessive-compulsive disorder (OCD), schizophrenia, and anorexia nervosa. BDD is also reported to occur across a wide age range from 5 to 80 years, with a higher prevalence among women (Song & Mahaputra, 2022).

Symptoms of BDD include feeling ashamed of one's appearance, negative self-evaluation, excessive focus on appearance evaluation, avoidance of social activities, concealing physical flaws, and repeated physical examinations (Prakoso et al., 2020). BDD in adolescents can lead to negative body image, reduced self-esteem, hindered self-development, and cause anxiety and discomfort (Ramdani, 2021; Sesva et al., 2022). The causes of BDD include biological factors (changes in neuroanatomical structure, visual dysfunction, genetic predisposition), psychological factors (childhood experiences, personal characteristics, learning theories), and social factors (gender roles, culture, mass media influence; Nurlita & Lisiswanti, 2016). Mass media, including social media, can strongly influence individual perceptions through visual and audiovisual content. Excessive exposure can trigger dependence or addiction to social media.

Social media addiction is a psychological disorder that occurs when individuals spend excessive amounts of time accessing social media due to curiosity, lack of self-control, and minimal productive activities (Lestari et al., 2020). This condition is characterized by compulsive use of social media, which has negative impacts on physical and psychological health, social relationships, academic performance, and work (Krisnadi & Adhandayani, 2022; Faisyah et al., 2025). Adolescents with excessive social media use have been shown to experience mental health issues and may develop depression, stress, anxiety, and feelings of loneliness (Septiana, 2021).

Aprilia's (2020) research shows that 51,4% of adolescents experience low levels of social media addiction and 48,6% experience high levels. Gunawan et al. (2020) found that internet/social media addiction is most prevalent among adolescents (73%), compared to children (0,16%), adults (23%), and the elderly (3,94%). Data from the Indonesian Internet Service Providers Association (APJII) in 2024 shows that internet users in Indonesia reached 221.56 million (78,19% of the population), with the majority of social media users coming from Generation Z (34,40%), followed by Millennials (30,62%) and Gen X (18,98%). Today's adolescents are part of Generation Z, which is the highest user group of social media.

Excessive exposure to social media can encourage unhealthy social comparisons and unrealistic beauty standards. This contributes to low body image and an increased risk of BDD in adolescents (Safitri et al., 2025). Research by Anggrahini et al. (2020) also confirms that the intensity of Instagram use significantly influences the onset of BDD, while research by Song & Mahaputra (2019) found an increase in the prevalence of BDD as social media use increases and body image satisfaction decreases.

The study provides empirical evidence of the relationship between social media use and psychological disorders such as anxiety, depression, loneliness, and body image disorders (Charmaraman et al., 2021). The study by Pamalingan & Kristinawati (2023) also indicates that self-esteem significantly influences the tendency toward BDD among female college students who use TikTok and Instagram. However, research directly examining the relationship between social media addiction and BDD remains limited, particularly among adolescents in Indonesia. From a theoretical perspective, most previous studies have focused on the impact of social media on body image in general or other psychological factors, without specifically addressing BDD. Therefore, this study is important to conduct in the Tajurhalang area of Bogor, given the scarcity of local research, and is expected to provide empirical contributions while enriching the theoretical foundation.

Based on the above explanation, the researcher wants to conduct research on the Relationship Between Social Media Addiction and BDD in Adolescents and Its Implications in Guidance and Counseling Services to determine the extent of the relationship between the two variables and its implications in guidance and counseling services. It is hoped that this study will not only contribute to the development of psychology and counseling science but also serve as a basis for consideration in designing counseling and guidance services such as information

services, group counseling, or individual counseling related to digital literacy and fostering a positive body image.

Method

This study uses a quantitative method with a correlational approach. Correlational research is research that aims to determine the degree of relationship between two or more variables without making changes, additions, or manipulations to existing data (Arikunto, 2013). In this study, the form of correlation used is Pearson Product Moment correlation, which aims to measure the relationship between the level of social media addiction and body dysmorphic disorder (BDD) in adolescents in Tajurhalang, Bogor.

Participants

Ethical clearance for this study was granted by the Educational Assessment Association, an official professional organization in Serang City, Indonesia, with approval number 00169/EC/AAP/III/2024. This ethical clearance ensures that all research procedures adhere to the strictest ethical criteria, protecting the rights and welfare of participants. Potential participants were provided with comprehensive information about the nature and purpose of the study prior to their involvement. Participants also gave their full informed consent to participate.

The population is a generalization area consisting of objects or subjects that have certain qualities and characteristics determined by researchers to be studied and then conclusions are drawn (Sugiyono, 2019). The population in this study consisted of 310 adolescents. All respondents were adolescents aged 15-18 years in Tajurhalang District, Bogor City.

Instrument

Research data were collected through a questionnaire using a Likert scale consisting of two scales: the Social Media Addiction Scale developed by Al-Menayes (2015) and the Body Dysmorphic Disorder Questionnaire developed by Phillips (2009). The social media addiction instrument assesses three aspects: Social Consequences, Time Displacement, and Compulsive Feelings with 30 items. Meanwhile, the body dysmorphic disorder instrument assesses two aspects: Preoccupation and Distress, with 23 items. Each item in this scale has one type of statement, namely only supporting statements with four response options: Always, Often, Rarely, Never.

The validity test results for the social media addiction instrument showed that out of 33 statements, 30 were deemed valid because the correlation coefficient (r -calculated) was greater than the r -table value (0,252 at $N = 61$, $df = 59$, $\alpha = 0,05$). Three items were invalid because the significance value was $> 0,05$. The item with the highest validity was "I find it difficult to resist opening social media while engaging in physical activity" (r -calculated = 0,726). The validity test results for the body dysmorphic disorder instrument showed that 23 items of the body dysmorphic disorder questionnaire were valid because they had a correlation coefficient (r -calculated) $> r$ -table (0,252 at $N = 61$, $df = 59$, $\alpha = 0,05$) and a significance level $< 0,05$. The item with the highest validity was "I am frustrated because I cannot change the parts of my body that I consider imperfect" (r -calculated = 0,776). The reliability test for the social media addiction instrument showed a Cronbach's Alpha value of 0,925, and for the body dysmorphic disorder instrument, it was 0,933. Both results fall into the category of high reliability.

Procedures

The materials and equipment used by researchers in conducting the study were smartphones. Data collection was carried out online by distributing questionnaires via Google Forms. The

questionnaires were completed independently, with an average time of 15–20 minutes. The independent variable is social media addiction, and the dependent variable is body dysmorphic disorder. This study aims to examine the relationship between social media addiction and body dysmorphic disorder among adolescents.

Design or Data Analysis

The data analysis technique used in this study was Karl Pearson's Product Moment Correlation technique with the help of IBM SPSS Statistics 23. Before performing Pearson product-moment correlation analysis, normality tests were first conducted using Kolmogorov-Smirnov and linearity tests. This correlation technique was chosen because it is suitable for measuring the linear relationship between two interval or ratio variables, in this case social media addiction as the independent variable and body dysmorphic disorder as the dependent variable. This method also allows researchers to obtain correlation coefficient values that can indicate the direction (positive or negative) and strength of the relationship between variables quantitatively.

Results and Discussions

The results of the variable (X) study are Social Media Addiction with a minimum value of 30, a maximum value of 111, a standard deviation of 17,178, and an average of 70,36. Meanwhile, the results for the variable (Y) Body Dysmorphic Disorder yielded a minimum value of 23, a maximum value of 85, a standard deviation of 16,459, and an average of 53,14.

Table 1. Frequency Distribution and Percentage of Social Media Addiction (X) Based on Category (n=225)

Interval Score	Category	Frequency	Percentage
≥ 103	Very High	26	11,56 %
85-102	High	48	21,33 %
67-84	Moderate	82	36,44 %
49-66	Low	47	20,89 %
≤ 48	Very Low	22	9,87 %
Total		225	100

Based on the results of the Social Media Addiction (X) description table above, it can be seen that out of the total 225 respondents tested, the number of adolescents addicted to social media is very low, at 22 people or approximately 9,87%, a low level of 47 individuals or approximately 20,89%, a moderate level of 82 individuals or approximately 36,44%, a high level of 48 individuals or approximately 21,33%, and a very high level of 26 individuals or approximately 11,56%. The table above indicates that the overall tendency toward social media addiction among adolescents generally falls into the moderate category.

Table 2. Frequency Distribution and Percentage of Body Dysmorphic Disorder (Y) Based on Category (n=225)

Interval Score	Category	Frequency	Percentage
≥ 80	Very High	19	8,44 %
66-79	High	45	20 %
52-65	Moderate	70	31,11 %
38-51	Low	51	22,66 %
≤ 37	Very Low	40	17,77 %
Total		225	100

Based on the results of the Body Dysmorphic Disorder (Y) description table above, it can be seen that out of the total 225 respondents tested, the number of adolescents with a very low tendency toward body dysmorphic disorder was 40 people or approximately 17,77%, a low tendency was 51 people or approximately 22,66%, moderate level 70 people or about 31,11%, high level 45 people or about 20%, and very high level 19 people or about 8,44%. The table above shows that the overall tendency for body dysmorphic disorder among adolescents is generally in the moderate category.

Table 3. Normality Test

Variable	Asymp.sig	Description
Social Media Addiction	0,200	Normal
Body Dysmorphic Disorder	0,200	Normal

Based on the results above, it is known that the significance value for social media addiction (X) is 0,200 and body dysmorphic disorder (Y) is 0,200, meaning that the significance value for social media addiction and body dysmorphic disorder $> 0,05$ in accordance with the decision-making in the One-sample Kolmogorov-Smirnov Test. Therefore, it can be concluded that the data is normally distributed, thus fulfilling the normality requirement.

Table 4. Linearity Test

Variable	F	Sig. (linearity)	Sig. (Devation from Linearity)	Description
XY	76.403	0,000	0,467	Linear

Based on the above test results, it can be seen that the Sig. (linearity) value is 0,000, which means it is less than 0,05, and the Sig. (Deviation from Linearity) value is 0,467, which means it is greater than 0,05. Therefore, it can be concluded that there is a linear relationship between social media addiction and body dysmorphic disorder. Decision criteria in Pearson's Product Moment Correlation Test: If the significance value (Sig.) $< 0,05$, then the null hypothesis (H_0) is rejected or there is a significant relationship between variables, and if the significance value (Sig.) $> 0,05$, then the null hypothesis (H_0) is accepted or there is no significant relationship between variables. Based on the results of the test between social media addiction and body dysmorphic disorder in adolescents, it can be seen that the significance result is: 0,000. The hypothesis test results show that $0,000 < 0,05$, so the null hypothesis (H_0) is rejected and the alternative hypothesis (H_a) is accepted. Therefore, it can be concluded that the variable (X) of social media addiction has a relationship with the variable (Y) of body dysmorphic disorder among adolescents in Tajurhalang, Bogor.

Table 5. Results of Pearson's product-moment correlation test

Social Media Addiction	Pearson Correlation	1	0,589
	Sig. (2-Tailed)		0,000
	N	225	225
Body Dysmorphic Disorder	Pearson Correlation	0,589	1
	Sig. (2-Tailed)	0,000	
	N	225	225

The correlation coefficient obtained is $r = 0,589$. However, since this study uses a correlational design, the results only indicate an associative relationship, not a causal relationship. Thus, these findings suggest that social media addiction and body dysmorphic disorder are interrelated, without indicating a direct cause-and-effect relationship.

The correlation coefficient value of 0,589 indicates that the relationship between the two variables is moderate. Correlation $r = 0,589$ When squared, the coefficient of determination is $r^2 = 0,347$ or equivalent to 34,7%. Thus, 34,7% of the variation in BDD can be explained by social media addiction. The remaining 65,3% is influenced by other factors outside the scope of this study, such as self-esteem, perfectionism, social pressure, or other psychological factors.

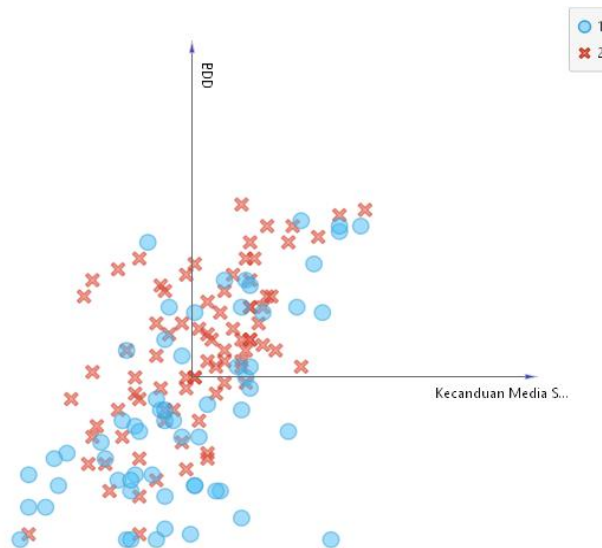


Image 1. Social Media Addiction – Body Dysmorphic Disorder Based on Gender

The blue color (circle) indicates male respondents (code 1), while the red color (cross) indicates female respondents (code 2). When examining the distribution of points by gender, both males and females are distributed relatively evenly across the entire score range. However, the female group appears more dominant at higher scores, particularly in the upper-right area of the graph, which indicates high levels of social media addiction and BDD. From the graph, it can be concluded that women tend to experience higher levels of social media addiction and BDD compared to men. This may occur due to social norms that encourage women to place greater emphasis on physical appearance.

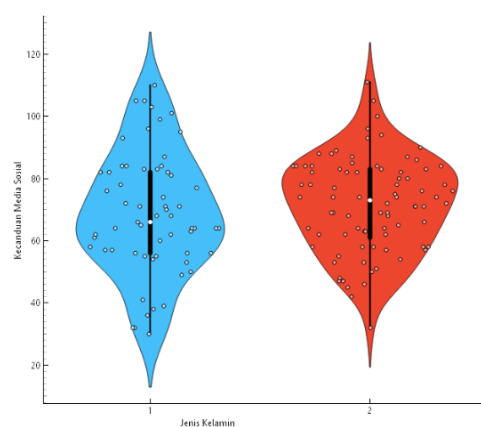


Image 2. Social Media Addiction Score Based on Gender

The image above is a violin plot that illustrates the relationship between gender and social media addiction levels. On the X-axis, the number 1 (blue) represents males and the number 2 (red) represents females. The Y-axis shows social media addiction scores ranging from 0 to 100. The figure shows that both men and women have varying levels of social media addiction, but it is evident that the median level of social media addiction among women is slightly higher than that of men. The data distribution among women is also more concentrated at higher addiction levels, around 70–90, while among men, the distribution is more even, with greater variation at both lower and higher values.

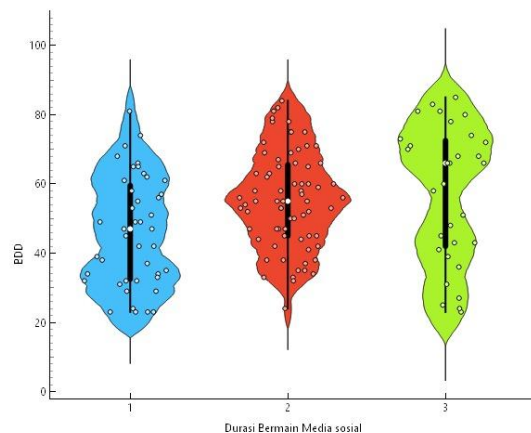


Image 3. Body Dysmorphic Disorder Scores Based on Social Media Usage Duration Categories

The figure above is a violin plot depicting the distribution of Body Dysmorphic Disorder (BDD) scores based on social media usage duration categories. The X-axis shows three duration groups: 1 = duration < 3 hours, 2 = 3–6 hours, 3 = >6 hours. The Y-axis shows BDD scores ranging from 0 to 100. The results of the violin plot analysis indicate that social media usage duration is positively associated with BDD severity. Adolescents who spend >6 hours per day on social media have a higher median BDD score and a wider range of values compared to the group with <3 hours of usage. Further analysis using t-tests based on gender or social media usage duration could provide a more detailed understanding of group differences.

This study aims to determine the relationship between social media addiction and body dysmorphic disorder in adolescents in Tajurhalang, Bogor. The results of the analysis of the data collected and studied, based on the data obtained, show that social media addiction has a significant relationship with body dysmorphic disorder in adolescents. This finding is supported by the results of hypothesis testing using Pearson's correlation test, with a significance level of $0.000 < 0.05$ and a correlation coefficient of 0.589. This indicates that the higher the level of social media addiction, the greater the tendency for adolescents to experience dissatisfaction with their physical appearance and body image disorders.

The results of this study are consistent with previous studies confirming a strong association between social media use and body dysmorphic disorder (BDD). Shelke & Kolekar (2023) found a significant positive correlation between social media addiction and BDD in individuals aged 18–26 years, suggesting that the intensity of social media use may be a risk factor for body image disorders. In line with this, Buali et al. (2024) reported that increased social media use is associated with BDD, although the strength of the relationship may vary depending on usage patterns. Gupta et al. (2023) reinforced these findings through a study in Saudi Arabia, which showed a BDD prevalence of 24.4% among respondents, with the highest rate among Instagram and Snapchat users spending 4–7 hours per day (29%) compared to those spending less than one hour per day (19%). The study also revealed that individuals with BDD have a significantly

higher tendency to undergo cosmetic surgery, underscoring that social media not only influences body perception but also drives actual actions to alter appearance.

Research conducted by Safitri et al. (2025) also highlights the role of social media in reinforcing unhealthy social comparisons and shaping unrealistic beauty standards, which can lead to a decline in body image and self-esteem, thereby increasing the risk of BDD among adolescents. Gupta et al. (2023) also state that pressure from social media can trigger BDD tendencies through self-focused perfectionist behavior. This finding is supported by Sulistyono et al. (2022), who found that most participants felt dissatisfied with their weight or certain body parts that are often portrayed as ideal on social media. This phenomenon can be explained through social comparison theory, where individuals tend to compare themselves to idealized representations in the media, leading to body dissatisfaction.

These findings also support research results indicating that the duration of social media use is associated with body dysmorphic disorder. In line with the study conducted by Jazba et al. (2025), which states that young women who spend more than 5 hours on social media have higher body dysmorphia scores and social media use compared to groups with lower usage durations. In line with Anggrahini et al. (2020), adolescents who are active on social media are 15% more likely to experience BDD due to exposure to beauty content that sets ideal appearance standards. Additionally, research by Pamalingan & Kristinawati (2023) shows that self-esteem significantly influences the tendency toward BDD among female college students who use TikTok and Instagram, with an effective contribution of 61.9% and a negative direction of influence, meaning that the lower the self-esteem, the higher the tendency toward BDD.

These findings also indicate that women tend to experience higher levels of social media addiction and BDD than men. This is consistent with research conducted by Zafar et al. (2025), which states that women who are more frequently exposed to beauty content on social media will experience social pressure related to appearance, causing them to have problems related to BDD. This phenomenon can be explained through the perspective of Hawes et al. (2020), who state that the duration and type of social media activities, particularly those featuring content focused on appearance, can trigger excessive social comparison. This mechanism contributes to the formation of unrealistic beauty standards, thereby increasing the risk of BDD in individuals, regardless of their gender.

The results of this study also indicate that both men and women have varying levels of social media addiction, with women having higher levels of social media addiction than men. These findings differ from those of Syahputra et al. (2022), who reported that male students had higher social media addiction scores ($M = 53$) than female students ($M = 49.9$). However, another study by Syahputra et al. (2019) showed that male and female college students tend to be similar in their daily internet use. These differing results may be attributed to several factors, such as social demographics, social media usage, measurement instruments, and the data collection period, which can all influence the outcomes. From the above discussion, it can be concluded that gender does not influence the level of social media addiction, meaning that both males and females can experience social media addiction depending on their usage patterns and social-cultural context.

The results of this study not only confirm the relationship between social media addiction and BDD tendencies, but also open up a new understanding that adolescence is the most vulnerable phase because it is a stage of identity formation. In this context, social media is not merely a space for entertainment but a platform for self-comparison, which can lead to body image distortion. Therefore, further research should delve deeper into the moderating role of psychosocial development factors in adolescents, such as self-esteem, emotional regulation, and peer support, which can either strengthen or weaken the relationship between social media addiction and BDD. Based on these findings, school counseling services can develop media literacy-based interventions to enhance adolescents' ability to manage the psychological impacts of social media and educate them about more realistic standards of beauty.

This study is limited to adolescents in a specific region, so the results cannot be generalized to the adolescent population at large. In addition, the use of self-report instruments has the potential to introduce subjective bias. This study is also correlational in nature, so it only explains the relationship between variables without showing a direct cause-and-effect relationship.

Implications

The implications of this finding indicate that there is a relationship between social media addiction and body dysmorphic disorder. This means that the higher the level of social media addiction, the higher the tendency for adolescents to experience body dysmorphic disorder. Therefore, efforts are needed to improve self-control among adolescents in their use of social media, which can trigger psychological disorders such as body dysmorphic disorder. Thus, this study is expected to serve as a basis for schools, parents, and the community to pay more attention to the intensity of social media use among adolescents and its impact on mental health, which can lead to body image disorders. Schools, particularly guidance and counseling teachers (BK), can enhance preventive services by designing educational and promotional programs on the negative effects of social media on mental health. These programs can be implemented through classroom guidance, seminars, or workshops discussing strategies for wise social media use, the importance of self-acceptance, and how to build a healthy body image. Additionally, they can be implemented in group counseling services focused on the topic of building a positive body image in the digital age.

Conclusions

The results of the data analysis show that the level of social media addiction among adolescents in Tajurhalang, Bogor is 31,11%, while the level of body dysmorphic disorder (BDD) is 10.00%. Furthermore, the Pearson correlation test yielded a significance value of 0,000 ($< 0,05$), indicating a significant association between social media addiction and body dysmorphic disorder. The correlation coefficient of 0,589 suggests that the relationship between the two variables falls into the moderate category. These findings support the theory that excessive social media use can lead to psychological disorders, including body dysmorphic disorder. Therefore, the role of guidance and counseling is crucial in addressing and preventing social media addiction and body dysmorphic disorder among adolescents through classical guidance services, seminars, or workshops that discuss strategies for wise social media use, the importance of self-acceptance, and how to build a healthy body image.

This study uses a correlational design, so it cannot prove a causal relationship between social media addiction and BDD. It is hoped that future research will link other variables such as anxiety, sleep disorders, loneliness, self-esteem, and other factors that influence social media addiction and body dysmorphic disorder, as well as expand the scope of respondents, both in terms of number and region, to provide a broader picture. This study did not perform difference analyses such as t-tests or ANOVAs based on gender or duration of social media use. Such further analyses could potentially provide a more detailed picture of which groups are more vulnerable to BDD.

References

- Al-Menayes, J. (2015a). Dimensions of social media addiction among university students in Kuwait, *Psychology and Behavioral Sciences*, 4, (1), 23–28, doi: 10.11648/j.pbs.20150401.14
- Al-Menayes, J. (2015b). Psychometric Properties and Validation of the Arabic Social Media Addiction Scale. *Journal of Addiction* <http://dx.doi.org/10.1155/2015/291743>.
- Amrizon, N. A., Ifdil, I., Syahputra, Y., Fadli, R. P., & Zola, N. (2022). *Pengembangan dan validasi instrumen body dysmorphic disorder mahasiswa*. 10(3), 572–578.
- Anggrahini, Y. T., Saputri, R. Y., & Safitri, U. (2020). Pengaruh Intensitas Penggunaan Instagram Terhadap Timbulnya Sindrom Body Dismorphic Disorder di Kalangan Remaja Putri. In *Proceedings National Conference PKM Center* (Vol. 1, Issue 1, pp. 326–330).
- Aprilia, R., Sriati, A., & Hendrawati, S. (2020). Tingkat Kecanduan Media Sosial pada Remaja. *Journal of Nursing Care*, 3(1), 41–53. <https://doi.org/10.24198/jnc.v3i1.26928>
- Asosiasi Penyelenggara Jasa Internet Indonesia (APJII). (t.t.). Survei Internet APJII. Retrieved 29 December 2024, from <https://survei.apjii.or.id/>
- Ateq, K., Alhajji, M., & Alhuseini, N. (2024). The association between use of social media and the development of body dysmorphic disorder and attitudes toward cosmetic surgeries: a national survey. *Frontiers in Public Health*, 12. <https://doi.org/10.3389/fpubh.2024.1324092>
- Buali, F., Ahmed, J., & Jahrami, H. (2024). Exploring the effects of social media on body dysmorphic disorder among citizens of Bahrain: a cross-sectional study. *BMC Psychology*, 12(1), 614. <https://doi.org/10.1186/s40359-024-02101-0>
- Charmaraman, L., Richer, A. M., Liu, C., Lynch, A. D., & Moreno, M. A. (2021). Early adolescent social media-related body dissatisfaction: Associations with depressive symptoms, social anxiety, peers, and celebrities. *Journal of Developmental & Behavioral Pediatrics*, 42(5), 401–407. <https://doi.org/10.1097/DBP.0000000000000911>
- Enander, J., Ivanov, V. Z., Mataix-Cols, D., Kuja-Halkola, R., Ljótsson, B., Lundström, S., Pérez-Vigil, A., Monzani, B., Lichtenstein, P., & Rück, C. (2018). Prevalence and heritability of body dysmorphic symptoms in adolescents and young adults: A population-based nationwide twin study. *Psychological Medicine*, 48(16), 2740–2747. <https://doi.org/10.1017/S0033291718000375>
- Faisyah, N. S., Syahputra, Y., Mulyadi, M., & Rahmat, C. P. (2025). The Silent Erosion: Investigating Body Shaming's Influence on Student Self-Esteem and Its Counseling Implications at SMA PGRI Depok. *Jurnal Keilmuan Pendidikan Dasar*, 1(1), 13–22.
- Ganeswari, A. A. I. G., & Wilani, N. M. A. (2019). Hubungan antara citra tubuh dengan kecenderungan body dysmorphic disorder (BDD) pada remaja akhir laki-laki di Denpasar. *Jurnal Psikologi Udayana*, 6(1), 65–75. <https://doi.org/10.24843/JPU.2019.v06.i01.p07>
- Gunawan, R., Aulia, S., Supeno, H., Wijanarko, A., Uwiringiyimana, J. P., & Mahayana, D. (2021). Adiksi Media Sosial dan Gadget bagi Pengguna Internet di Indonesia. *Techno-Socio Ekonomika*, 14(1), 1–14. <https://doi.org/10.32897/techno.2021.14.1.544>
- Gupta, M., Jassi, A., & Krebs, G. (2023). The association between social media use and body dysmorphic symptoms in young people. *Frontiers in Psychology*, 14(August). <https://doi.org/10.3389/fpsyg.2023.1231801>
- Hawes, T., Zimmer-Gembeck, M. J., & Campbell, S. M. (2020). Unique associations of social media use and online appearance preoccupation with depression, anxiety, and appearance rejection sensitivity. *Body image*, 33, 66–76. <https://doi.org/10.1016/j.bodyim.2020.02.010>
- Hurlock, E. B. (2003). Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan (Edisi 5). Erlangga.

- Jazba, Y., Sikandar, A., Hussain, I., & Zehra, S. (2025). Impact of Use of Social Media on Perceived Body Dysmorphia Among Young Females. *Review Journal of Neurological & Medical Sciences Review*, 3(1), 258-266.
- Krisnadi, B., & Adhandayani, A. (2022). Kecanduan media sosial pada dewasa awal: Apakah dampak dari kesepian? *JCA of Psychology*, 3(1), 47–55. <https://jca.esaunggul.ac.id/index.php/jpsy/article/view/187>
- Lestari, Y. M., Dewi, S. Y., & Chairani, A. (2020). Hubungan alexithymia dengan kecanduan media sosial pada remaja di Jakarta Selatan. *SCRIPTA SCORE Scientific Medical Journal*, 1(2), 9-9.
- Nurlita, D., & lisiswanti, R. (2016). Body Dysmorphic Disorder. *Jurnal Majority*, 5(5) , 80-85.
- Pamalingan, G., & Kristinawati, W. (2023). Pengaruh Harga Diri Terhadap Kecenderungan Body Dysmorphic Disorder Pada Mahasiswi UKSW Pengguna TikTok atau Instagram. *Jurnal Pendidikan Dan Konseling*, 5(1), 2349–2363.
- Perrotta, G. (2020). The concept of altered perception in “body dysmorphic disorder”: the subtle border between the abuse of selfies in social networks and cosmetic surgery, between socially accepted dysfunctionality and the pathological condition. *Journal of Neurology, Neurological Science and Disorders*, 6(1), 001-007.
- Phillips, K. A. (2009). *Understanding body dysmorphic disorder: An essential guide*. New York: Oxford University Press.
- Ramdani, Z. (2021). Metode Systematic Literature Review untuk Identifikasi Body dysmorphic disorder pada Remaja. *Journal of Psychological Perspective*, 3(2), 53–58. <https://doi.org/10.47679/jopp.32952021>
- Safitri, N. A., & Pratitis, N. T. (2025). The Relationship between Body Image and Self-Esteem with the Tendency of Body Dysmorphic Disorder (BDD) Among Adolescents Using Social Media. *Journal of Scientific Research, Education, and Technology (JSRET)*, 4(1), 656-664.
- Septiana, N. Z. (2021). Dampak penggunaan media sosial terhadap kesehatan mental dan kesejahteraan sosial remaja dimasa pandemi covid-19. *Nusantara of Research: Jurnal Hasil-Hasil Penelitian Universitas Nusantara PGRI Kediri*, 8(1), 1-13. <https://doi.org/10.29407/nor.v8i1.15632>
- Sesva, M., Syahputra, Y., & Erwinda, L. (2022). Predicting Social Media Addiction in Adolescent with Narcistic Variables: Predicting Social Media Addiction in Adolescent with Narcistic Variables. *Journal of Learning and ...*, 2(2), 13–20. <https://doi.org/10.46637/jlis.v2i2.19>
- Shelke, S. S., & Kolekar, R. (2023). Social Media Addiction And Body Dysmorphic Disorder Among Young. 8(3), 726–733.
- Salsabilla, S. S., & Maryatmi, A. S. (2023). Hubungan antara self esteem dan self acceptance dengan kecenderungan body dysmorphic disorder pada remaja putri di SMA BPS&K 1 Jakarta. *Psikologi Kreatif Inovatif*, 3(1), 11-21.
- Song, A., & Mahaputra, M. (2022). Body Dysmorphic Disorder di Layanan Estetik: Prevalensi, Problematika, dan Deteksi Dini. *Jurnal Kedokteran Meditek*, 28(1), 97–106. <https://doi.org/10.36452/jkdoktmeditek.v28i1.2236>
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Syahputra, Y., Prayitno, P., Syahniar, S., & Hariyani, H. (2019). Rasch stacking analysis of student internet addiction based on gender. *Jurnal Konseling Dan Pendidikan*, 7(1), 35-41. <https://doi.org/10.29210/129300>
- Syahputra, Y., Ifdil, I., Hafni, M., Solihatun, S., Oktara, T. W., & Erwinda, L. (2022). Narcissism and social media addiction: gender, social demographics, and social media use. *COUNS-EDU: The International Journal of Counseling and Education*, 7(2), 69-79. <https://doi.org/10.23916/0020220736310>
- Yunalia, E. M., Samudera, W. S., & Fatehah, N. (2023). Gender dan resiko kecenderungan body dysmorphic disorder pada remaja akhir.

Zafar, Z., Khan, M. K., Hayat, U., Idrees, S., Khan, Z. K., & Chaudhary, S. (2025). Impact of Social Media and Body Dysmorphic Disorder. *Bulletin of Business and Economics* (BBE), 14(2), 6-10.