



Tiktok App Use on Children's Mental Health: An Overview of Educational Psychology

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ABSTRACT

This study aims to explore the impact of the use of the TikTok application on the mental health of children in RA Mubarakah through a qualitative descriptive approach. The TikTok application, as a popular social media platform, offers a variety of content that can affect children's psychological development. This research method involves in-depth interviews with parents, teachers, and children as well as observations to collect data about their interactions with the app. The results of the study show that the use of TikTok has both positive and negative impacts. On the one hand, children stated that this app provides entertainment and boosts creativity through various challenges and interesting content. However, on the other hand, there are concerns about social pressure, social comparisons, and the negative impact on children's self-esteem due to exposure to unrealistic content. In conclusion, the TikTok app can be a beneficial tool for children if used wisely. The existence of the Tiktok application in Indonesia has a positive and negative impact, namely getting domestic and foreign information quickly, but it has a negative impact, namely children can reach and even watch continuously, which results in children's growth and development not being optimal, and children do not have to socialize with the environment. Collaboration between parents, educators, and children is needed to create a healthy digital environment, so that the positive impact can be maximized and the negative impact is minimized. This research provides important insights for the development of education and psychology policies to support children's mental health in the digital era.

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1. INTRODUCTION

The use of social media apps, especially TikTok, has jumped significantly among early childhood. TikTok, as a short video-based platform, offers a variety of interesting and entertaining content, so it has managed to attract the attention of many young users (Krisnanda, 2025). However, this phenomenon also raises concerns, especially regarding the impact it may have on children's mental and social development (Walid & Susilawati, 2025). On the one hand, this app can stimulate children's creativity through content creation and uploading, as well as facilitate social interaction in the form of comments and challenges (Sunanih et al., 2025). On the other hand, children who are exposed to content that is not always educational or positive can experience adverse consequences, such as low self-esteem, anxiety, and behavioral problems (Yektiningsih et al., 2025). The influence of social pressure, comparisons with peers, and exposure to certain beauty standards and lifestyles are factors that can affect a child's mental health. Therefore, it is important to conduct in-depth research on the impact of TikTok use among early childhood, including how their interaction with the app can affect psychological and everyday behavioral aspects (Salma & Najibah, 2025). A comprehensive approach involves the views of parents, educators, and psychologists, to be able to understand more clearly the dynamics that occur. This is crucial to create effective supervision and education strategies, to ensure that the use of technology can support children's positive development, rather than disrupting their mental well-being (Ruliandari et al., 2025). Thus, this research will contribute to the literature on the influence of social media on children and provide recommendations for stakeholders in creating a safe and healthy digital environment (Riscka, 2025).

The World Health Organization (WHO) 2017, reported that there are 5% to 25% of school-age children experiencing emotional development impairments with a total population of 23,979,000 children. Children who have difficulty controlling emotions amount to $\pm 11\%$ to 15%, anxiety barriers amount to $\pm 9\%$ and behavioral barriers amount to 9% to 15%. Based on Basic Health Research (Riskesdas) in 2018, the overall number of child development at the age of 4-6 years in Indonesia reached 88.3% with the overall number of social-emotional development reaching 69.9%, physical development reaching 97.8%, and the development of writing and reading skills reaching 64.6%.

The use of the TikTok app among children and teenagers, especially in the age range of 4 to 15 years, has become a phenomenon that has attracted the attention of many circles, including parents, educators, and researchers (Wisri et al., 2025). TikTok, with its creative and diverse short video content, offers a platform for children to express themselves, interact with peers, and access a wide range of information. However, this phenomenon also raises serious concerns regarding its impact on the mental health of young users (Saidah & Muthmainnah, 2025). Children who actively use TikTok can be affected by a variety of factors, such as the demand to gain popularity through the number of "likes" and followers, which can potentially cause stress and anxiety (Abdullah et al., 2025). In addition, they are also often exposed to content that may not be appropriate for their age, which can affect their perspective on themselves and the world around them (Silva & Christ, 2025).

Social comparisons that occur as a result of seeing the glamorous lives of peers or influencers can lower self-confidence and cause feelings of dissatisfaction. Research shows that excessive social media use can contribute to the risk of depression, anxiety, and even sleep disturbances, which is a growing concern among parents and mental health professionals (Putrantiwi et al., 2025). Therefore, it is important to conduct further studies that explore the profound impact of TikTok use on the mental health of children and adolescents, as well as find solutions to mitigate risks while harnessing the positive potential of the platform (Ujma & Dewi, 2025). By understanding more deeply the link between TikTok use and mental health, it is hoped that useful guidance for parents, educators, and

policymakers can be produced in creating a safer digital environment and supporting children's emotional development (Aritonang et al., 2025).

In today's digital era, the TikTok app has become one of the most popular social media platforms among children and teens, providing a space to share creativity through short videos (Hudzaifah et al., 2025). From the point of view of educational psychology, this phenomenon can be seen as a complex interaction between children's cognitive, social, and emotional development (Mawardah & Lestari, 2025). The use of TikTok offers opportunities for children to explore their identities, interact with peers, and develop essential communication skills. However, behind the creative benefits, there are significant challenges that need to be looked out for (R. D. Rahmawati, 2025). Children who are exposed to inappropriate content, or who are under pressure to gain recognition through likes and followers, may face a negative impact on their psychological development (Rofi et al., 2025). Stress, anxiety, and identity disorders can arise when they compare themselves to the standards set by other users on the platform (Aditya & Nugrhanta, 2025).

In an educational context, understanding how children use TikTok is essential in designing an approach that can integrate learning with their digital experience (Ramdani et al., 2025). The importance of creating a safe and supportive learning environment where children can develop critical skills, media literacy, and social skills becomes more relevant, given the high use of technology in their daily lives (Suhartinah & Budiarti, 2024). It can be concluded that while TikTok can be a beneficial tool for learning and self-expression, a comprehensive approach to educational psychology is needed to address the various risks that may arise, so that children can live their digital experiences in a healthy and constructive way (Surya et al., 2024). Thus, further research on the use of TikTok in the context of education and psychology can provide valuable insights into creating more effective strategies in children's learning and character development (Asmara et al., 2025).

2. METHODS

Qualitative descriptive research methods are used to understand the impact of the use of the TikTok application on children's mental health, especially in RA Mubarakah. This research will involve collecting data from various sources, such as in-depth interviews with children, parents, and teachers, as well as direct observation during teaching and learning activities. The interview was directed to explore children's subjective experiences in using TikTok, how the app affects their feelings, and the social interactions that occur in that context. In addition, researchers will record changes in children's behavior and attitudes towards themselves and the surrounding environment, both positive and negative, after being exposed to content on TikTok. Researchers conducted research at RA Mubarakah by visiting schools by conducting direct observation and then conducting interviews with school principals, teachers, and even several parents to corroborate the data collected. In addition, doing documentation and then recording interviews with related parties strengthens the research results that will be obtained during RA Mubarakah. Triangulation is carried out by reducing data in RA Mubarakah regarding the Tiktok application in early childhood that needs parental assistance, and even better for early childhood children not to know the application.

Observations in the classroom were also carried out to understand how the influence of this application was seen in the learning process and social dynamics among students. The collected data will be analyzed thematically, looking for patterns and categories related to the impact of TikTok use, and relating them to concepts in educational psychology. With this approach, the study aims to provide a comprehensive picture of how TikTok as a social media platform not only serves as a means of entertainment, but can also significantly affect children's mental health. The results of this study are expected to provide useful recommendations for teachers and parents in managing the use

of digital media, so that children can enjoy the benefits of technology while maintaining their mental health.

3. FINDINGS AND DISCUSSION

The results of the study on the impact of using the TikTok application on children in RA Mubarakah show a complex mix of positive and negative effects on the physical and psychological aspects of children. Physically, the habit of watching TikTok for a long time has resulted in some children experiencing health problems, such as visual impairment due to excessive screen exposure, as well as complaints of neck and back pain due to unergonomic sitting positions when using the device. In addition, some children report reduced interest in physical activity, such as playing outside or participating in sports activities, which could potentially reduce their physical fitness. On the other hand, from the psychological aspect, research reveals that TikTok can have a diverse impact. Entertaining and educational content can increase children's creativity and provide them with a place to express themselves. However, negative impacts are also seen, such as increased anxiety and self-satisfaction due to comparisons with influencers or peers who appear more attractive. Some children report feeling afraid of missing out or not following trends, which leads to psychological distress. In addition, reduced social interaction due to too much focus on digital content makes it difficult for some children to establish healthy interpersonal relationships. The study concluded that the use of TikTok among children in RA Mubarakah needs to be managed wisely, given its complex impact on physical and mental health. Recommendations for parents and teachers include monitoring balanced screen time, providing direction for positive content, and encouraging children to stay physically active and interact with real social environments.

The results of a study on the review of psychological education in RA Mubarakah related to the impact of children who have become familiar with social media, including TikTok, show that interaction with these platforms has significant implications for their psychological development. In the context of identity development, TikTok gives children the opportunity to express themselves through content creation, helping them explore different aspects of their personality and interests. However, it should be noted that exposure to various unrealistic beauty and lifestyle standards can lead to feelings of low self-esteem, anxiety, and body image disorders. In addition, it is not uncommon for children to feel pressured to gain popularity through the number of "likes" or followers, which can result in prolonged emotional stress. From the perspective of psychology education, it is important to examine the way children learn from interactions on social media.

Children often imitate the behaviors they see, which can encourage positive behaviors or conversely, negative behaviors such as cyberbullying. Social influence on platforms like TikTok can also reinforce peer norms, which may not always align with the educational values that parents or educators want to instill. This research suggests the need for a holistic approach to education, in which parents and educators are actively involved in guiding children in using social media wisely. A curriculum plan that includes media education can help children understand the consequences of their interactions in the digital world, so they can become critical and responsible users. In addition, the establishment of a supportive environment, where children feel safe to share their experiences related to social media use, can improve their mental and emotional health. As such, the role of educators and parents is crucial in equipping children with the necessary skills to navigate the world of social media in a healthy and constructive way.

The use of apps such as TikTok, YouTube, and various other social media platforms has a significant impact on children's brains, especially in the context of their cognitive and emotional development. First of all, excessive exposure to digital content can interfere with children's in RA Mubarakah attention and concentration functions. When children are constantly switching from one

video to another, they may have difficulty maintaining focus on tasks that require longer concentration, such as studying or reading. Additionally, algorithms designed to capture users' attention can cause children to get caught up in cycles of unhealthy content, such as violence or bad behavior, which can shape their understanding of social norms and acceptable behaviors. Not only that, but social media also often presents unrealistic standards of beauty and success, which can negatively impact a child's confidence and body image.

Research in RA Mubarakah shows that children who spend more time on social media are more susceptible to mental health issues such as anxiety and depression. Social interactions that should occur in person are often replaced by digital communication, which can limit a child's ability to develop healthy social skills. In addition, lack of sleep time due to excessive use of gadgets is also a problem, where blue light from screens can interfere with children's sleep patterns, causing them to lack focus at school. Therefore, while apps like TikTok and YouTube offer entertainment and education, it's important for parents and educators to limit usage time and keep an eye on the types of content that children access. This is important so that the negative impact on their brain development and mental health can be minimized, as well as to encourage the positive aspects of technology without sacrificing the child's overall well-being.

Tiktok Application on Child Growth and Development

The use of the TikTok application during the golden age of children, which lasts between the ages of 0 and 5 years, has a complex and diverse impact. On the one hand, TikTok can offer opportunities for children to explore their creativity through content creation, learning about different cultures, and interacting with different forms of artistic expression (Af'idah, 2024). However, on the other hand, excessive exposure to digital content can interfere with the development of social and emotional skills. Children at this age are particularly sensitive to environmental influences, and exposure to content that is often inappropriate or too fast can affect the way they see the world and interact with others (Mardianti & Saridewi, 2024). Additionally, the use of TikTok can reduce the time that would otherwise be spent on physical play and in-person interaction, which is an important part of their healthy development (Amriani, 2024). Another problem that arises is related to the duration of use, where children tend to get stuck in a prolonged viewing cycle, potentially disrupting their sleep and focus patterns (Wulandari et al., 2024). Therefore, it is important for parents and educators to implement time limits and supervise the content accessed by children so that these negative impacts can be minimized and children can still benefit from a balanced and educational experience in this digital era. (Estinengtyas & Fakhruddin, 2024)

Viewing short videos too often on platforms like Instagram, TikTok, and YouTube can have a bad impact on children's mental health. First of all, constant exposure to content can create negative social comparisons (Nainggolan & Mashudi, 2024). Children who see videos of other people's seemingly perfect lives can feel dissatisfied with themselves, triggering low self-esteem and self-confidence. Additionally, attention-grabbing videos often offer unrealistic portrayals of happiness, success, and beauty, encouraging children to internalize standards that are difficult to achieve (I. Y. Rahmawati & Rusdiani, 2024). Dependence on this content can also lead to anxiety and depression, especially if the child feels isolated or does not have a social life that matches what they see in the video. Furthermore, the effects of algorithms designed to maintain the user's attention can leave the child stuck in a cycle of excessive content consumption, causing attention and concentration problems (Gustiana, 2025). The inability to focus on more rewarding activities such as studying or interacting directly with peers can interfere with their social and emotional development (Hamdani, 2025). Finally, excessive viewing habits can also interfere with sleep patterns, as children may feel compelled to continue watching videos until late at night, which can affect their mood and overall well-being (Ananta, 2025). Therefore, it is important for parents to monitor and limit the use of social

media, as well as encourage children to engage in healthier and more interactive activities, in order to keep their mental health well maintained and developing (Palintan et al., 2024).

To minimize the use of the TikTok application in children, parents and teachers need to apply a combinatorial and collaborative approach. First, it is important to explain to children about the negative effects of excessive gadget use, including the risk of exposure to inappropriate content and lack of real social interaction (Hasbur, 2024). Having an open discussion where children can express their views will help them feel heard and valued. Parents can also set clear time for gadgets and recommend alternative activities that are more productive, such as sports, reading, or creative hobbies. In schools, teachers can deliver digital education that emphasizes a critical attitude towards social media and the information consumed (Widyastuti & Muwa, 2025). Psychological reviews show that children who spend too much time on gadgets, including apps like TikTok, can experience anxiety, depression, and concentration problems. Adaptation to social interaction can also be hampered because they are more used to communicating digitally (Anwar & Mulya, 2025). By providing supervision, creating a supportive environment, and motivating children to engage in positive activities, parents and teachers can work together to reduce children's dependence on apps like TikTok and support healthy psychological development. A compassionate and understanding approach will help children feel more comfortable and motivated to shift their focus from gadgets to more real and rewarding experiences.

4. CONCLUSION

The use of the TikTok app among children, especially in RA Mubarakah, has a significant impact on their mental health, which can be reviewed from the perspective of educational psychology. On the one hand, TikTok provides space for creative expression and social interaction, which can improve a child's confidence and communication skills. However, on the other hand, exposure to inappropriate content and the pressure to get attention through "likes" and negative comments can lead to anxiety, depression, and self-dissatisfaction. Research shows that children who use TikTok frequently tend to be more exposed to adverse social comparisons, where they compare themselves to other users who seem to be more loved or successful. This can interfere with the development of their identity, resulting in feelings of inferiority and inferiority. The Tiktok application has a negative impact on children, namely suboptimal growth and development, parents provide gadgets so that children are not fussy but like giving poison. Early childhood needs to be well stimulated, not given gadgets and watch without being accompanied by parents without time to play with children. In addition, children addicted to gadgets will have an impact on the psychology and mental health of children which must be stimulated during the golden age by parents at home and then teachers at school so that the stimulation provided is balanced. Additionally, excessive use can interfere with real-world learning and interaction time, resulting in difficulties in building healthy social relationships. Therefore, it is important for parents and educators at RA Mubarakah to keep an eye on the use of these social media applications and provide proper education on their impact, including critical thinking skills in the face of the content they see. In order to support children's mental health, collaboration between schools and parents is essential to create a positive and safe environment, where children can learn to use technology wisely while maintaining a balance between the digital world and real life.

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