
EFFORTS OF GUIDANCE AND COUNSELING TEACHERS IN REDUCING TIKTOK ADDICTION IN JUNIOR HIGH SCHOOL STUDENTS

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Abstract

This study aims to find out the efforts made by counseling guidance teachers in reducing TikTok social media addiction in students at SMPN 2 Munte. It is a research with a descriptive qualitative approach, with data collection methods in the form of observation, interviews, and documentation, and analyzed using data triangulation techniques. Based on the research that has been carried out, the results of the efforts made by counseling teachers in reducing TikTok social media addiction in students are carrying out group guidance service activities with several scheduled meetings. Besides that, counseling guidance teachers provide information services related to the negative impact of using TikTok social media. The researcher concluded that TikTok social media can cause addiction in SMPN 2 Munte students, which hurts their mental and physical health. Therefore, there need to be teacher efforts to help reduce TikTok social media addiction in students through efforts such as education about the negative impact of TikTok addiction, developing positive activity programs, collaborating with parents, and making clear rules and disciplinary actions for students who violate the limits of TikTok use at school. With these efforts, it is hoped that students can reduce TikTok addiction and improve their mental and physical health through more beneficial positive activities.

Keywords

Addiction, Guidance and Counseling Teacher Efforts, TikTok



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INTRODUCTION

Social media is a communication tool, an information tool, as well as a promotion for all groups of society, both teenagers, as well as adults, and adults (Darmayanti, 2015). One of the social media that is in great demand in all circles today is TikTok social media (Yusuf, 2019). This social media is an application that originated in China, and now many have used it as a tool to imitate what has been seen in the media (Ngafifi, 2014). Students at SMPN 2 Munte are no exception, and where many students at SMPN 2 Munte use the TikTok application to express themselves, but sometimes exceed reasonable time limits. Where students who play TikTok do not know the time when playing this media and even forget the hours to study (Dwi Alike et al., 2022). Sometimes they do not do the homework assignments given by the teacher at school, making students lazy in learning and therefore making students' grades decrease (Risnawati et al., 2022).

TikTok is an application that can also see short videos with various expressions of each creator. Users of this application can also copy from other users' videos, such as making videos with two-finger shake music that many people also make (Vernanda & Muis, 2020), and the videos are also made by minors, namely students who do not really understand the meaning of the videos (Khairuni, 2016). The TikTok application is also very accessible to all groups, including students at SMPN 2 Munte, where these students when they play the TikTok application they tend to imitate what they see and immediately practice it without them knowing whether it is good or bad for them. For example, when there are videos with sexy clothes and dancing that are too exciting, sometimes even moving to action porn, where the videos in the TikTok application are seen by students at SMPN 2 Munte and tend to be imitated by those students who see them.

Based on interviews with several students who use the TikTok application at SMPN 2 Munte, there are those who want to become TikTokers, dancers, and celebrities to get satisfaction themselves. The amount of time students spend in cyberspace results in teenagers interacting less with other people in the real world (Agustina et al., 2022). Based on research conducted by Watie, it is said that the bad thing that usually happens is that some students also sway unnaturally or not according to their age, so as a result of social media addiction, there is competition between one another, for example, bragging about the items they own (Watie, 2016). Another study by Desy Anggraini also said that the adverse impact of TikTok social media addiction is that students who use TikTok social media have lower achievement motivation than students who do not. This shows that the more often students use TikTok, the lower their achievement motivation will be. Therefore,

it is important for schools and parents to monitor and limit students' use of social media (Anggraini et al., 2023).

This TikTok addiction, if it does not get serious attention, will lead to TikTok syndrome or a kind of coordination disorder that causes the sufferer to be unable to control his body movements, this happens due to playing TikTok too often (Ayar et al., 2017). Their bodies end up moving unconsciously like they are dancing. Based on the understanding of TikTok syndrome, where TikTok users who use it excessively can be said to have TikTok syndrome, as happened at SMPN 2 Munte, where there are students aged 13-15 years who have gone overboard in using the TikTok application, such for example creating TikTok content by wearing sexy clothes and making movements that are not natural for students aged 13-15 years, excessive use of the TikTok application that occurs at SMPN 2 Munte, according to the author, is included in addiction or called TikTok syndrome (Liang et al., 2022).

Based on an interview with one of the teachers at SMPN 2 Munte, Mrs. Lina said "There are students who are very fond of watching TikTok. As a teacher, I am worried that there are many videos that are not useful for students. The impact of TikTok for these students is that they are less social with the world around them and disturb their sleep time because they are too cool with their world". Based on this explanation, the rise of the TikTok application in the world of students today makes students forget about the world around them and disturbs sleep time, resulting in lazy learning

The addiction to using TikTok requires serious handling so as not to interfere with the development of students in the future. Handling this TikTok addiction can be provided with a service in guidance and counseling activities (Zaputri, 2021). Activities that continue to use the TikTok application will be provided with various services by the guidance and counseling teacher (Hull & Parnes, 2021).

Efforts of guidance and counseling teachers to overcome cyberbullying students are to provide individual counseling services by providing guidance or understanding three times, giving cyberbullying points, giving a 3-day suspension, calling parents, and by providing additional activities. For students who are victims of cyberbullying, they are also given guidance or understanding and motivation 2 to 3 times, given additional activities or included students in sports in the field so that students do not feel traumatized, want to get along with others or with their friends, and do not end up becoming depressed (Ariyanti et al., 2022) and Muhammad Qodri that

the impact of TikTok social media is not always negative, but there are also positive things that exist. If used properly it will have a positive impact and vice versa. It all depends on how we use it. With TikTok Social Media needs to be used with good goals such as following the movements that are liked on TikTok and good to imitate, it will train memory, train mentally to appear in public and train children's creativity (Qadri, 2022). Furthermore, Novi Cithia Damayanti explained, peace counseling services as a new strategy by counselors to reduce students' Tik Tok application social media addiction behavior. Peace counseling can be one of the counselor's new strategies to assist students in fostering a peaceful mindset, to reduce the behavior of social media addiction to the Tik Tok application. The concept of peace counseling can be reversed in a group setting through group counseling services so that peace of mind can suppress students' desire to behave without addiction to the Tik Tok application of social media (Aprilia et al., 2020). In line with the explanation above, Wardah, etc. explain that the efforts of guidance and counseling teachers in reducing the use of TikTok social media in students of SMP Negeri 23 Banjarmasin are by providing information services, classical services, and individual counseling services can reduce addiction to playing TikTok students (Akbar, 2020).

This explanation distinguishes previous researchers from the authors of this study who explore the efforts of counseling guidance teachers on students addicted to TikTok social media at SMP Negeri 2 Munte. Seeing the lack of social interaction of students in the classroom as well as outside the school environment.

METHOD

This research is descriptive qualitative research. The purpose of this study was to determine how the counseling teacher's efforts in reducing TikTok social media addiction in students at SMPN 2 minutes. The object of this research focuses on the efforts of counseling teachers in reducing TikTok social media addiction in students at SMPN 2 Munte. The informants in this study were the principal, counseling guidance teacher, and students. Data collection techniques are obtained through interviews, observation, and documentation. Interviews were conducted directly with counseling teachers, school principals, and class VIII students at SMPN 2 Munte. Observation is done by observing the efforts made by counseling guidance teachers in reducing addiction to TikTok social media in students and documentation by collecting documents in the form of student violation book records. The data analysis is: a. Data reduction: Identifying important themes related to the

efforts of counseling teachers, factors that influence TikTok addiction, and students' opinions about the efforts that have been made; b. Data presentation: Displaying the results of data analysis in the form of tables and narratives that are clear and easy to understand in this case, the results of the analysis can be presented using tables; c. Conclusion: Drawing conclusions from the results of data analysis based on several different data sources, such as observations, interviews, and questionnaires. Conclusions must pay attention to the validity and reliability of the data and include recommendations or suggestions for improving the effectiveness of counseling teachers' efforts to reduce TikTok addiction in students at SMPN 2 Munte (Habsy, 2017).

FINDINGS AND DISCUSSION

Findings

Student Factors Using TikTok Social Media

The following is a table of interview results with the principal school, counseling guidance teacher, and students SMPN 2 Munte about the factors of students using TikTok social media:

Table 1. Factors of Students Using TikTok Social Media.

No	Factors of Using TikTok	Explanation
1.	Social demands	Students feel pressured to use TikTok because their friends also use it and they are afraid of being out of date or left behind.
2.	Hobbies and fun	Some students use TikTok because they feel happy with the content displayed and find entertainment in using social media.
3.	Lack of parental supervision	Students who have parents who pay less attention or supervise their use of social media tend to use TikTok more freely and experience addiction.
4.	Lack of engaging activities	Students who feel bored or don't have many activities outside of school tend to spend their time using TikTok as entertainment.
5.	No understanding of the negative impact of overuse	Some students may not be aware of the dangers and negative impacts of excessive TikTok use on their health and life balance.

From the explanation in Table 1, it provides an overview of the factors that encourage students to use TikTok social media, obtained from an interview with a counseling guidance teacher at SMPN 2 Munte explaining that students use the TikTok social media application based on curiosity, want to get entertainment, want to be famous and want to get additional income from using the TikTok social media application. In addition, students use the TikTok social media application because they have a lot of free time after returning from school. Students take advantage of this free time to entertain themselves by using the TikTok social media application.

In line with the explanation given to the principal of SMPN 2 Munte, explaining that the factors that influence students to use the TikTok social media application are because there are many interesting, funny videos and they say that using the TikTok social media application lacks interesting activities. Some students may not realize the dangers and negative impacts of excessive TikTok use on their health and life balance. Students who use the application are generally children who do not have additional activities after school. They choose to play the TikTok application instead of going to the fields with their parents.

This is the explanation of the principal and counseling teacher above regarding the factors that encourage students to use TikTok social media. The first factor is social demands, where students feel pressured to use TikTok because their friends also use it and they are afraid of being out of date or left behind. The second factor is hobby and pleasure, where some students use TikTok because they feel happy with the content displayed and find entertainment from using social media. The third factor is the lack of parental supervision, where students who have parents who pay less attention or supervise their use of social media tend to use TikTok more freely and experience addiction. The fourth factor is the lack of interesting activities, where students who feel bored or do not have many activities outside of school tend to spend their time using TikTok as entertainment. The fifth factor is the absence of understanding about the negative impact of excessive use, where some students may not realize the dangers and negative impact of excessive TikTok use on their health and life balance.

Based on the interview data, the researcher can then conclude that the most dominant factor that encourages students to want to use TikTok social media is the lack of interesting activities on the other hand, some students may not realize the dangers and negative impacts of excessive TikTok use on their health and balance of life.

The explanation above is reinforced by Nikodemus explaining that in 2018 the number of TikTok application users beat popular applications such as Youtube, WhatsApp, Facebook, and Instagram. The majority of TikTok application users in Indonesia itself are millennial children, school age, commonly known as Generation Z. The explanation above can be concluded that, generally, TikTok application users are school-age children. The tendency to use the application is due to the large amount of free time of school-age children (Nikodemus, 2022).

Time and Place Students Use TikTok

The following is a sample table of the results of interviews, observations, and documentation regarding the time and place students use TikTok social media:

Table 2. Time and Place Students se TikTok

No	Time	Place
1.	06.00-07.00 WIB	Bedroom
2.	09.00-11.00 WIB	Classroom
3.	13.00-14.00 WIB	School cafeteria and after school
4.	16.00-17.00 WIB	Home
5.	20.00-21.00 WIB	Bedroom

From Table 2, the results of interviews, observations, and documentation conducted with the counseling teacher at SMPN 2 Munte explain that students play TikTok when they are at home, in public places such as the school canteen, and places when they are with their friends. The development of the technological world is not an obstacle, instead, technological progress is an opportunity that can be utilized to make a change for the better.

The nature of technological progress is a supporting tool to facilitate one's work. The development of an increasingly advanced era, the more advanced the development of humans who want modern times. The advancement of globalization is generally followed by teenagers and the younger generation today. Because the younger generation wants many changes that must occur in their life span. The progress of globalization should still be limited by a wise attitude by users or users of these advances.

This social media playing activity should be limited by students, students must be able to condition the time to play social media, not disturbing friends at school, because, basically school is a place where someone gains knowledge and a place to prepare for the future.

Efforts of Guidance and Counseling Teachers to Reduce TikTok Addiction

The following is a table of interview results about the efforts made by counseling guidance teachers in reducing TikTok addiction in students:

Table 3. Efforts of guidance and counseling teachers to reduce TikTok addiction

No.	Efforts made by Guidance and Counseling Teachers	Description
1.	Organize counseling on the negative impact of TikTok addiction	The counseling teacher explained about the dangers of TikTok addiction and its impact on student's health and life balance.

2. Provide alternative activities that are more useful	Guidance and Counseling teachers provide alternative activities that are more useful such as sports, reading books, or developing positive hobbies.
3. Invite students to discuss and share experiences	Guidance and Counseling teachers invite students to discuss and share experiences about TikTok addiction and find solutions together to overcome these problems.
4. Provide individual or group counseling	Guidance and Counseling teachers provide individual or group counseling to help students overcome TikTok addiction and improve their life balance.
5. Involving parents in TikTok addiction reduction efforts	Guidance and Counseling teachers work with parents to provide understanding and support in efforts to reduce TikTok addiction.

Based on the explanation in Table 3, the Guidance and counseling teacher explains that the efforts made by the counseling guidance teacher to reduce TikTok social media addiction at SMPN 2 Munte are to provide group guidance services for grades VII, VII, and IX Before carrying out group guidance and counseling activities, the counseling teacher has submitted a guidance schedule before starting the lesson to the students who will take part in the group guidance activities.

In line with the explanation above, the counseling guidance teacher explained that the efforts made to reduce TikTok social media addiction apart from carrying out group guidance activities, the counseling teacher also provides information services to students who take part in activities or students who are included as TikTok social media addicts.

In this information service activity, the counseling teacher prepares material about the dangers of TikTok addiction and its impact on student's health and life balance. After participating in information service activities which were carried out for three meetings, changes were seen in students. This is evidenced by the results of the home visits we made and we asked about the student's development to his parents. Based on the description above, it can be concluded that the efforts made by the counseling teacher at SMPN 2 Munte are very good. BK teachers provide various efforts to be able to minimize or reduce addictive behavior on TikTok social media.

The above is reinforced by Corey's opinion in (Rahmayani et al., 2021) which states that helping clients realize their strengths or potential is the main function of a counselor. From this, it can be concluded that the counseling guidance teacher's effort is to assist students in solving or overcoming students' problems from various problem areas that arise or problems that occur to students so that students can solve the problems they face.

The Obstacles of Guidance and Counseling Teachers in Reducing Tiktok Social Media Addiction.

The following is a table of interview results regarding the obstacles of counseling teachers in reducing TikTok social media addiction:

Table 4. Obstacles for Guidance and Counseling Teachers in Reducing Tiktok Social Media Addiction

No	Obstacles	Solution
1	Difficult to change students' habits	Guidance and counseling teachers need to set a good example and be consistent in using social media.
2	Lack of support from parents	Guidance and counseling teachers need to communicate intensively with parents and provide education.
3	Limited time for mentoring	Guidance and counseling teachers need to plan their time well and prioritize mentoring.
4	Limited resources and facilities	Counseling teachers need to make maximum use of available resources and facilities.
5	Limited technological knowledge	Counseling teachers need to continue to learn and improve their knowledge of technology and social media

Based on Table 4, the interview results show the obstacles faced by Guidance and Counseling teachers in reducing TikTok social media addiction in SMPN 2 Munte students. Each obstacle is accompanied by solutions that may be done by counseling teachers to overcome these problems. The first obstacle is the difficulty of changing the habits of students who are used to using TikTok social media every day. The solution is to set a good example and be consistent in using social media. BK teachers can show healthy ways to use social media and build good habits for students.

The second obstacle is the lack of support from parents in reducing TikTok social media addiction in students. The solution is that counseling teachers need to communicate intensively with parents and provide education about the dangers of social media addiction. Guidance and Counseling teachers can also hold regular meetings with parents to discuss the problem.

The third obstacle is the limited time to provide assistance to students. The solution is that BK teachers need to plan their time well and prioritize student assistance in reducing TikTok social media addiction. Guidance and Counseling teachers can also ask for help from colleagues or other staff to assist in providing assistance to students.

The fourth obstacle is the limited resources and facilities available. The solution is that guidance and counseling teachers need to make maximum use of available resources and facilities, such as classrooms or computer laboratories, to assist students. Guidance and Counseling teachers can also apply to the school or government to get more resources and facilities.

The fifth obstacle is the limited knowledge of technology and social media among guidance and counseling teachers. The solution is that Guidance and Counseling Teachers need to continue to learn and improve their knowledge of technology and social media. Guidance and Counseling teachers can attend training or courses to improve their skills and knowledge in reducing TikTok social media addiction in students.

Discussion

Student Factors Using TikTok

Based on the explanation above, it can be understood that Tik Tok social media is a medium that displays various videos with various music genres, including pop music, Islamic music, disco music, and dangdut. This tik tok social media can make students become addicted to playing it so they reduce their study time at home.

The dominant reason for students who still use social media is that they also say that this social media keeps them entertained with the many videos of various kinds. As for some students who no longer use it, they say that social media makes them forget about study time. And there are still many who still use TikTok social media.

So that this tik tok social media becomes one of their diversions for the boredom they feel. From the results of pre-research conducted by researchers, a result was obtained stating that the use of tik tok social media could affect the learning achievement of these students.

The findings of this study support the findings of previous research on the factors of students using TikTok media, including the following: Mizda Bella Silvia's research (2022) entitled *The Phenomenon of Using the TikTok Application as an Event for Self-Existence in SMPN 4 Langgam Students*. The results of this study indicate that the phenomenon is grouped into two motives, namely in order to motives (future actions). The first is as a medium for sharing information on activities carried out which aims to add friends, the second is using the TikTok application as a means of seeking public sympathy for self-existence, and the third is the TikTok application as a means of increasing self-confidence. While Because motives (actions that refer to the past when he did it), the first is the reason that only the virtual world is not the real world (Silvia, 2022).

Mega Watis's research, entitled *Overview of Narcissistic Behavior of Adolescent Social Media Users "TikTok" in Class 2 Students of SMP N 1 Batusangkar* results of the study explains that class 2 students of SMP N 1 Batusangkar who are researchers have a description of narcissistic

behavior in using TikTok social media. This can be seen from the characteristics displayed by students based on the theory put forward by Sigmund Freud (WATIS, 2021).

Time and Place Students Use TikTok Social Media

Based on data analysis TikTok is a social media platform that allows users to create, share and watch short videos with a duration of 15 to 60 seconds. As is the case with other social media platforms, the time and place students use TikTok may vary depending on their individual preferences and social environment.

In general, SMPN 2 Munte students use TikTok when they have free time and are looking for entertainment or filling their free time. This can happen at times such as after school, on weekends, or even during breaks at school. In addition, students can also use TikTok as a tool to upload and share their own videos, including dances or lip-syncs with their friends.

With respect to places, students can use TikTok anywhere, as long as they have internet access and a mobile device or computer that allows them to access this platform. Some common places where students can use TikTok include at home, at school, and other public places that have free Wi-Fi or internet access.

However, it is important to remember that TikTok users conducted by students must still respect the rules and social norms that exist in their environment. TikTok should not interfere with students' learning activities or disrupt the order and safety of the environment in which they are located. Therefore, TikTok users by students must always act responsibly and follow the rules that apply in their environment.

The findings of this study support the findings of previous research on the Time and Place of students using TikTok social media including the following: Fadhlizha Izzati Rinanda Firamadhina and Hetty Krisnani's research entitled Generation Z Behavior Towards Using TikTok Social Media: TikTok as a medium for education and activism. These results explain that social media has become common in everyday life, even some people cannot live without it. One of the most downloaded apps in 2020 now is TikTok and they are changing the game on social media with 15-60 minute videos. No wonder it has had a huge impact on various sectors of the world. However, can TikTok operate in the education sector? In this article, the author will analyze Generation Z's behavior towards TikTok used as a medium for education and activism. The intervention method used in this article is a literature study. The results found that TikTok can be used as a form of informal education and digital activism. Informal education, it was found that learning models and

policies are needed that can influence activities. In conclusion, the use of social media in the education sector is beneficial, but further research and models are needed for its application in activities (Izzati et al., 2020).

Andriyana, et.al. research, TikTok on colloquial language variations among Indonesian teenagers (ethnolinguistic study) The results of this study explain the colloquial language variations found in TikTok social media: Onomatopoeia, Pronominal, and Sentences affect teenagers including junior high school students (Andriyana et al., 2021).

Efforts of Guidance and Counseling Teachers to Reduce Tiktok Social Media Addiction

Based on the analysis of the findings above, reflects several efforts made by a counseling teacher at SMPN 2 Munte to help students overcome TikTok addiction, as follows:

1. Conduct counseling about the negative impact of TikTok addiction This effort can help students understand the dangers of TikTok addiction and its impact on their health and life balance. With a good understanding of the dangers of TikTok addition, students will find it easier to reduce their use of the application and choose more useful activities.
2. Providing alternative activities This effort can help students to divert their attention from excessive TikTok use to more useful and positive activities. By providing alternative activities that are interesting and fun, students will be more interested in developing positive hobbies or activities.
3. Invite students to discuss and share experiences This effort can help students to feel more comfortable and open in talking about their addiction. By discussing and sharing experiences, students can find solutions together and get support from classmates.
4. Provide individual or group counseling This effort can help students who experience TikTok addiction individually or in groups to get more focused help and support. Through counseling, students can identify factors that trigger TikTok addiction and learn strategies to overcome the addiction.
5. Involving parents in TikTok addiction reduction efforts This effort can help students to gain support and understanding from their parents in overcoming TikTok addiction. By involving parents, students can get additional support and resources to help them reduce their TikTok use.

Overall, the findings suggest that a counseling teacher at SMP Negeri 2 Munthe should use a variety of different strategies and approaches in helping students overcome TikTok addiction.

Efforts made should involve students, parents, and the surrounding environment to create more comprehensive support in overcoming addiction.

The findings of this study support the findings of previous research on the efforts of guidance and counseling teachers to reduce TikTok social media addiction including the following: Akbar, Adjie's research entitled *Efforts of Guidance and Counseling Teachers in Reducing the Use of TikTok Social Media in Students of SMP Negeri 23 Banjarmasin*. The results of the study explain the efforts of the Guidance and Counseling teacher in reducing the use of TikTok social media in students by providing information services, group guidance services classical services, individual counseling services, and cooperation with parents of students as supervisors at home. Rahim and Sulaiman's research entitled *Efforts of PAI Teachers in Overcoming the Negative Effects of Social Media on Student Behavior at the Junior High School Level*, the results of the study explained that social media commonly used by seventh-grade students at Padang State University Laboratory Development Junior High School are WhatsApp, Instagram, TikTok, and YouTube. The widespread use of social media has a negative impact on student behavior, including impolite language, bullying, forgetting time, and a decreased social sense. With Dhuha prayer activities, one day one verse, and reading Al-Quran, Islamic Education Teachers at UNP Laboratory Development Junior High School try to overcome the negative impact of social media on students (Sulaiman & Rahim, 2022).

Obstacles for Guidance and Counseling Teachers in Reducing TikTok Social Media Addiction

Analyzing the findings above, some of the obstacles that may be faced by counseling teachers in reducing TikTok social media addiction at SMP Negeri 2 Munte are as follows:

1. Challenges in reaching students: Counseling teachers may have difficulties in reaching out to students with TikTok social media addiction. Some students may feel uncomfortable talking to the counseling teacher about their problems or may not realize that they have an addiction.
2. Not having enough time: Counseling teachers may be busy with other tasks and do not have enough time to talk individually with each student who is experiencing TikTok social media addiction. This may limit their ability to provide needed help to students.
3. Lack of support from the school environment: TikTok social media addiction may be a common problem in schools and may not be taken seriously by everyone. Without support from the principal and other teachers, counseling teachers may find it difficult to promote awareness of the issue and motivate students to change their behavior.

4. Lack of support from parents: Parents may not realize that their child has TikTok social media addiction or may feel that it is not a serious problem. Without support from parents, counseling teachers' efforts to help students overcome TikTok social media addiction may become difficult.
5. Lack of adequate resources: Counseling teachers may need additional resources such as books or brochures that can be used to help students understand the dangers of TikTok social media addiction and how to overcome the addiction. Without adequate resources, counseling teachers' efforts may be less effective.

In overcoming these obstacles, counseling teachers at SMPN 2 Munte may need to collaborate with staff and resources available in the school, such as school administrators, classroom teachers, parents, and therapists to help students overcome TikTok social media addiction. In addition, counseling teachers may need to attend training and seminars related to TikTok's social media addiction issues to provide more effective assistance to students.

The findings of this study support the findings of previous research on the obstacles of counseling guidance teachers in reducing TikTok social media addiction including the following: Cici Karini Salam's research entitled *The Role of Information Services on Changes in Social Behavior Due to the Use of Social Media Tik-Tok Students of SMP Negeri 4 Kota Langsa* The results of the findings of this study explain two findings, namely: a. Counseling guidance teachers play an important role in carrying out guidance and counseling services at school, one of which is providing information services. The counseling guidance teacher provides services in the form of information to students of SMP Negeri 4 Kota Langsa about understanding the consequences of using TikTok social media on behavioral changes that occur at SMP Negeri 4 Kota Langsa; b. Changes in Social Behavior of SMP Negeri 4 Kota Langsa Students due to the use of TikTok social media are classified as varied. Changes occur significantly. Because some students experience changes in their social behavior at school (Salam, 2022). Aulia Nurul Rosyidah and Ismeirita's research entitled *Analysis of the use of social media in shaping the character of students (case study at SMPN 20 BEKASI)* The results of the study explained that teenagers have facilities that support them in using social media so that they can feel the impact and benefits of social media, both positive and negative. The role of schools and families is very influential in the formation of adolescent character. Even so, self-control carried out by students must also be improved so that they can manage their social media to be useful for their development (Rosyidah & Ismeirita, 2023).

CONCLUSION

TikTok social media has become a trend among SMP Negeri 2 Munte students can lead to addiction that negatively affects their mental and physical health. BK teachers can play an important role in helping reduce TikTok addiction in students through efforts such as education about the negative impact of TikTok addiction, developing positive activity programs, collaborating with parents, and making clear rules and disciplinary actions for students who violate the limits of TikTok use at school and students' homes. With these efforts, students are expected to reduce their TikTok addiction and improve their mental and physical health through more beneficial positive activities

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