

CHAPTER V CONCLUSION

A. Conclusion

In this study, the demographic characteristics description shows that most respondents are women, married, have a high school education, and have low incomes. In addition, most respondents use social media to communicate with their families, with as many as 4-6 social media accounts owned and Whatsapp as the most actively used social media. This study also illustrates that most respondents have a moderate intensity level of social media use with a level of depression which is included in the non-depressed category. This study show that there are a statistical relationship between the intensity of social media use and the level of depression in early adulthood, with a weak correlation strength.

B. Research Suggestion

1. Community

The public is encouraged to continue using social media within normal time limits (4 hours 17 minutes) to avoid the risk of social media use problems such as cyberbullying and mental health.

2. Institution

Educational institutions can add references regarding the intensity of social media use, level of depression, and the relationship between the two

3. Further research

Future researchers can do further research by examining other factors such as past experience or lifestyle that might influence the intensity of social media use and depression levels.