

Strength-Based Counseling (SBC): A Key Approach to Strengthening Adolescent Resilience in the Face of Social Media Challenges

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Abstract: Social media has become an integral part of adolescents' lives, but it also brings negative impacts such as social pressure, depression, and anxiety. This study aims to evaluate the effectiveness of Strength-Based Counseling (SBC) in increasing adolescent resilience to social media pressure through the Systematic Literature Review (SLR) method. The data used came from 321 articles which were then filtered into 10 articles that met the inclusion criteria. this study identified that SBC is effective in helping adolescents manage emotional stress, reduce the negative impacts of social media, and improve mental health and psychological resilience. Strength-Based Counseling focuses on developing individual strengths, such as self-control, positive thinking skills, and emotional management, which have been shown to significantly increase resilience. These results indicate the potential of SBC as a relevant and applicable counseling approach in educational settings to support adolescent well-being in the digital era..

Keywords: Resilience, social media, Strength based counselingy

INTRODUCTION

Social media has become an important part of the daily lives of teenagers in the digital era. Based on data from Goodstats, in 2024, Indonesians spend an average of 3 hours and 11 minutes on social media every day. This duration is quite high compared to the global average time to use social media which is only 2 hours and 31 minutes. In Indonesia, the most frequently used social media is TikTok, followed by YouTube, WhatsApp, and Instagram. TikTok is the most popular with an average usage duration of 1 hour and 32 minutes per day (Mufrida, 2024).

Although social media has many benefits, its negative impacts are also very significant, such as cyberbullying, social pressure, and excessive self-comparison. This often has a negative impact on adolescent mental health (Firdausi, 2024). In addition, uncontrolled use of social media is correlated with an increased risk of depression, anxiety, and low self-esteem (Keles et al., 2020).

Resilience is one of the abilities that can help teenagers cope with the pressures of social media. Resilience is defined as an individual's ability to recover from stress, manage emotions effectively, and remain resilient in difficult situations (Karen Reivich, 2002). According to Siswanto, a psychologist from Gadjah Mada University, it is important for adolescents to have resilience or the ability to adapt so that they are not easily influenced by social pressures originating from social media (Administrator, 2018). These skills involve self-control, positive thinking skills, and healthy emotional management. Adolescents with high levels of resilience tend to be better able to manage negative emotions and find solutions in difficult situations (Bela et al., 2024).

Adolescent resilience is significantly related to the achievement of psychological well-being and improving the quality of mental health (Slade in Suranata et al., 2021). Adolescents with high levels of resilience tend to experience psychological disorders, such as depression and anxiety, at lower levels compared to students with low resilience. In addition, resilience is recognized as one of the non-cognitive factors that plays an important role in academic success and psychological development of students (Rosen in Suranata et al., 2021). Having strong

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resilience means that adolescents are able to face various challenges, including social and aesthetic pressures from social media, without experiencing significant emotional disturbances (Suswandi & Utomo, 2023). Adolescents can also ignore negative influences, such as cyberbullying or social comparison, and use social media for self-development, education, and creative expression.

Social media pressure has become an increasing global problem (Zubaedi et al., 2021). Research published in the journal JAMA Psychiatry shows that adolescents who spend more than three hours a day on social media are at high risk for mental health problems, especially those related to self-image (Fadli, 2023). The results of the study by Fitrialis et al. (2024) found that excessive use of social media can increase the risk of mental health problems, such as depression, anxiety, and decreased self-esteem. Adolescents who are exposed to negative content on social media are also more likely to engage in negative behaviors, such as crime, harassment, or violence. In addition, the World Health Organization (2024) highlights that problematic social media use has been linked to poor sleep and slower sleep times, which have the potential to affect adolescents' overall health and academic performance. Based on these data, counselors need to take action to help adolescents change potentially damaging social media habits, which have been shown to cause depression, bullying, anxiety, and poor academic performance. Counseling is relevant to addressing this problem. To help with this problem.

The strengths-based counseling model is an approach that can be applied to improve students' resilience and psychological well-being. This model is part of positive psychology that emphasizes individual strengths (Smith, 2006). This model does not focus on individual failures and weaknesses but rather is a psychotherapy and counseling approach that focuses on the individual's internal strengths and potential, (Psychology Today, 2022). The concepts in strength-based counseling are in accordance with the new paradigm in the provision of current guidance and counseling services (comprehensive & developmental counseling), which views students as individuals who have positive resources, potential, and competencies that can be developed to support the achievement of optimal self-development (Brewington & Kushner an Suranata et al., 2021). Strengths-Based Counseling (SBC) offers a more holistic approach by focusing on an individual's internal strengths and potential. Helps adolescents recognize and utilize their strengths to cope with stress in healthy ways and build the ability to thrive in the future.

SBC has several advantages in increasing adolescent resilience. According to Smith (2006), resilience is a core element in the strengths-based counseling model, filling the gap in previous integration with counseling techniques and models. This perspective makes resilience and strengths to create more meaningful and effective counseling. SBC focuses on empowering individuals through the development of positive thinking skills, social skills, and emotional management. Research by Darbani & Parsakia (2023) found that Strength-Based Counseling significantly increased resilience in adolescents aged 14 to 17 years over ten 90-minute sessions. In addition, strength-based therapy is known to provide a personalized counseling experience tailored to the specific needs of clients, which is very relevant in overcoming challenges (Yuen et al., 2020).

Based on the previous explanation, SBC has been shown to be effective in increasing adolescent resilience in general. Therefore, this study focuses on exploring Strength-Based Counseling in increasing adolescent resilience to social media pressure. This study is expected to provide significant contributions to adolescent mental health strategies in the digital era.

METHOD

This article uses the Systematic Literature Review (SLR) method. Systematic Literature Review is a research methodology used to collect and evaluate relevant studies related to a particular topic (Triandini et al., 2022). Based on the guidelines for writing scientific papers for systematic literature reviews from BPJIID (2024), there are seven stages in compiling SLR, including: determining research questions, literature searches, study selection, assessing study quality, data extraction, data synthesis and analysis, and reporting results.

The first stage is the formulation of research questions, how SBC can help adolescents manage emotional distress and reduce the negative impacts of social media. The focus of this study is to explore SBC in adolescents in the context of social media, as well as how to improve their emotional and psychological well-being. Furthermore, inclusion and exclusion criteria are determined. Articles that meet the inclusion criteria are those that discuss SBC in adolescents in the context of social media stress, published in the last 10 years, and use experimental or quasi-experimental designs involving the measurement of adolescent resilience. Articles that do not focus on adolescents, do not discuss SBC interventions, or are not published in peer-reviewed scientific journals are excluded from the selection process.

Literature searches were conducted through several academic databases, such as Google Scholar, ResearchGate, and PubMed, with the keywords "adolescent resilience," "social media pressure," and "strength-based counseling." From this search, 321 relevant articles were found, which were then filtered until 10 articles met the inclusion criteria.

The selection and screening process of articles was carried out based on abstracts, research objectives, methodology, and results that were relevant to the topic of this study. Only articles that directly discussed SBC interventions in adolescents in the context of social media pressure were selected for further analysis. Data from the selected articles were analyzed by identifying key findings regarding the effectiveness of SBC in improving adolescent resilience. These findings were then classified based on relevant variables.

The selected findings were synthesized to provide a comprehensive picture of the effectiveness of SBC in improving adolescent resilience. The researchers analyzed whether the results obtained in various studies showed agreement or differences regarding the application of SBC to adolescents facing social media pressure. Evaluation of study quality was conducted by assessing the methodology of each article, including the research design, sample size, data collection techniques, and analysis used, to ensure that only studies with valid and reliable methodology were included in the analysis. Based on the synthesis of findings, conclusions regarding the effectiveness of SBC in improving adolescent resilience to social media pressure can be drawn.

RESULTS AND DISCUSSION

Results

Based on the articles selected as relevant literature sources for this research, they are presented in the table below.

Researcher (year of publication)	Title	Results
(Cahya, 2023)	Dampak Media Sosial Terhadap Kesejahteraan Psikologis Remaja: Tinjauan Pengaruh Penggunaan Media Sosial Pada Kecemasan Dan Depresi Remaja	The results of the study indicate that excessive use of social media, exposure to cyberbullying, and frequent social comparisons on social media may contribute to increased anxiety and depression in adolescents.
(Lingga & Sukabumi, 2023)	Pengaruh Media Sosial Terhadap Kesehatan Mental Siswa Pada Salah Satu SMAN di Kota Bandung	The results of the study found that the influence of social media has a positive and significant effect on mental health, excessive social media causes anxiety, stress, depression and loneliness in adolescents. This study resulted in 53% of adolescents identified as having mental health or in the moderate category.
(Darbani & Parsakia, 2023)	Investigating the effectiveness of strength-based counseling on adolescent resilience	<i>Results showed Strength-Based Counseling significantly increased resilience in adolescents aged 14 to 17 years over ten 90-minute sessions.</i>
(Rachmaniar et al., 2023)	Strength-based Counseling untuk Mengembangkan Academic Hardiness Mahasiswa Bimbingan dan Konselingsaat Pandemi Covid-19	The results of the study indicate that strength-based counseling is effective in increasing students' academic hardiness. The results of this study indicate that students' academic hardiness has increased after counseling services with a strength-based counseling approach were carried out.
(Suranata et al., 2021)	Pengaruh model Strength-based Counseling dalam LMS Schoology untuk meningkatkan kesehatan mental dan kesejahteraan psikologis siswa	Based on the results of this study, there are significant differences in well-being, resilience, and HPLP between students who take online strength-based counseling (SBC) through the Schoology LMS and students who take the self-help counseling method with printed module guidance. These results

		indicate that SBC with the online method carried out through the Schoology LMS media is an effective intervention method to help students improve their lifestyle and healthy behavior, increase resilience, and well-being.
(Saripah & Utami, 2023)	Penerapan Strength Based Counseling Untuk Mengembangkan Resiliensi Remaja	From the results of the literature study, Strength-based counseling can be used to improve adolescent resilience. The stages of counseling include building rapport or a good relationship between the counselor and the client, identifying strengths, conducting problem assessments, motivating and encouraging hope, formulating solutions, building strengths and competencies, empowering, changing, developing resilience, and evaluation and termination.
(Suranata et al., 2017)	Enhancing Students' Resilience: Comparing The Effect of Cognitive-Behavior And Strengths-Based Counseling	The study results showed that cognitive-behavioral counseling and strength-based counseling were effective in increasing the resilience of junior high school students.
(Yuen et al., 2020)	Accentuate the Positive: Strengths-Based Therapy for Adolescents	Results showed increased adolescent and parent satisfaction and decreased use of hospital-level care with implementation of strengths-based therapy modalities.
(Xie, 2013)	Strengths-Based Approach for Mental Health Recovery	This study explains that a strengths-based approach shifts the focus from the deficits of people with mental illness and focuses on the strengths and resources of the client. Identifying and utilizing the strengths that clients have can put them on the path to recovery and nursing with an emphasis on a person-centered and caring approach is in a position to support a strengths-based approach.
(Rashid & McGrath, 2020)	Strengths-based actions to enhance wellbeing in the time of COVID-19	Studies suggest that by using strengths, individuals can increase our psychological immunity through pragmatic actions to improve our daily well-being.

Discussion

Based on the data presented in the table, the discussion of strength-based counseling to increase resilience to social media pressure is divided into 3 parts:

1. Resilience: Its Importance in Dealing with Social Media Pressure

Resilience is an individual's ability to bounce back from difficulties and challenges in an adaptive and positive way. According to Reivich (2002), resilience involves healthy emotional management, positive thinking, and the ability to find solutions in stressful situations. In the context of social media, resilience plays an important role in helping adolescents deal with various pressures that arise, such as cyberbullying, social comparison, and unrealistic expectations.

Research by Suranata et al. (2021) shows that resilience can be improved through strength-based counseling methods. This study demonstrated significant differences in the psychological well-being and resilience of students who participated in strength-based counseling compared to other methods. In addition, Rashid and McGrath (2020) emphasized that the use of individual strengths can increase psychological immunity, which can help adolescents deal with pressure from social media more effectively. In everyday life, social media is often a place for teenagers to seek validation and recognition. However, excessive exposure can lead to feelings of dissatisfaction with oneself and lower self-esteem. Lingga and Sukabumi (2023) reported that 53% of teenagers with high intensity of social

media use have moderate mental health, which includes anxiety, stress, and depression. Therefore, resilience is an important ability to reduce these negative impacts and help teenagers stay focused on the positive aspects of social media.

2. The Influence of Social Media on Adolescent Psychological Well-being

Social media provides access to information and opportunities for social interaction. However, the impact is not always positive. Cahya's (2023) research found that excessive use of social media can trigger anxiety and depression in teenagers. Social comparisons often occur on social media, such as seeing other people's ideal lives, causing teenagers to feel inferior or not good enough. In addition, cyberbullying that is widespread on social media worsens the psychological condition of teenagers.

In a study by Lingga and Sukabumi (2023), it was found that social media contributes to increased anxiety, stress, and loneliness among teenagers. These results are in line with WHO findings (2020), highlighting that excessive use of social media affects sleep quality, physical health, and academic performance of adolescents. Thus, pressure from social media affects not only psychological aspects but also physical and social aspects of adolescents.

To overcome this problem, it is important for adolescents to have good psychological defense mechanisms. Xie (2013) suggests a strength-based approach to harness individual potential in improving mental health. Focusing on strengths allows adolescents to see positive aspects in themselves, so they can be more confident and not easily influenced by external pressures from social media.

3. Cognitive-Behavioral Counseling (CBC) to Increase Resilience to Social Media Pressure

In resilience theory, there are several basic principles of strength-based counseling, including the following (Ramadhoni and Kalsum, 2018; Smith, 2006 in Saripah & Utami, 2023). (1) Humans have the ability to determine the truth for their own views, (2) Humans develop strengths through the interaction of internal and external factors. These strengths serve as drivers to meet basic psychological needs, (3) Every individual has the potential to develop strengths and to experience growth and change. (4) The level of individual strengths can vary, from low to high, (5) Strengths are the end result of a dialectical process involving individual struggles in facing the challenges and difficulties of everyday life, (6) Human strengths serve as protection against mental disorders. By building flexible strengths, individuals become more aware that they have internal resources that allow them to overcome or minimize the obstacles they face, (7) Adolescents will be more motivated to change when parents and teachers focus more on their strengths and potentials, rather than on their shortcomings, weaknesses, (8) Encouragement is the main source of positive efforts provided by teachers, parents, and counselors. This encouragement has a significant impact on changing adolescent behavior, (9) In strength-based education, teachers intentionally and consciously give appreciation to students' efforts and struggles in facing academic challenges and behavioral problems in the classroom, and (10) Counselors realize that individuals can be stimulated to change their dysfunctional behaviors in the hope that the changes will bring desired results and benefit their lives.

These principles acknowledge that strength levels vary between individuals, influenced by contextual factors such as upbringing, social interactions, and role models. Strengths are not static but evolve through a dialectical process where individuals confront daily challenges. This process allows them to develop resilience, which serves as a protective mechanism against mental health issues. Adolescents, in particular, benefit from environments where parents, teachers, and counselors focus on their strengths and potential rather than their weaknesses. By intentionally encouraging and appreciating their efforts, educators and counselors create a positive feedback loop that motivates adolescents to improve and adapt.

Building on these ideas, The Cognitive-Based Counseling (CBC) approach has been shown to be one of the effective methods in increasing resilience in adolescents. According to Suranata et al. (2017), CBC helps junior high school students to change negative mindsets into positive ones, which directly contributes to increasing their ability to face challenges. In the context of social media, CBC provides a strategic approach to help adolescents understand that the social comparisons they often make do not always reflect the real reality.

CBC also teaches important emotional management skills in dealing with pressures such as cyberbullying and high social expectations. Through this method, adolescents are trained to recognize negative thoughts that arise, evaluate their validity, and replace them with more adaptive mindsets. This helps them manage stress more effectively, including stress that comes from intense social media exposure (Darbani & Parsakia, 2023). Thus, CBC not only increases resilience but also provides sustainable coping skills. In addition to CBC, the Strength-Based Counseling (SBC) approach has emerged as an innovative and effective alternative in increasing adolescent

resilience. Based on research by Saripah and Utami (2023.), SBC focuses on identifying and developing individual strengths to face life's challenges. This approach involves important stages, such as building a good relationship between counselor and counselee, comprehensive problem assessment, and empowering individual strengths. To develop adolescent resilience, a strengths-based counseling process can be carried out through the following steps; (1) Building good relationships: Counselors build trust and comfort with clients as the basis for effective counseling, (2) Identifying strengths: Counselors help clients see themselves as survivors, focusing on physical, psychological, social, and other strengths, (3) Problem assessment: Counselors explore clients' perceptions of the problems they face so that the solutions provided are appropriate, (4) Cultivating motivation: Counselors provide positive encouragement that strengthens clients' hopes for finding solutions, (5) Framing solutions: Using exception techniques to find practical solutions and help clients plan actions. (6) Developing strengths and skills: Counselors help clients build self-confidence, social skills, and commitment to overcome challenges, (7) Empowering: The process of recognizing and developing the client's competence, helping them understand the context of the problem and the solutions that have been tried, (8) Changing: The counselor helps the client change the meaning of life and see the positive aspects of difficulties through reframing, (9) Developing resilience: The counselor trains coping and problem-solving skills, and builds positive mindsets, (10) Evaluation and termination: Measuring the progress of counseling and determining whether the goals have been achieved and whether counseling needs to be continued (Smith, 2006).

This process allows adolescents to feel more confident and able to cope with life's pressures, including pressure from social media. Further research by Suranata et al. (2021) shows that the implementation of SBC online through the Learning Management System (LMS) Schoology platform provides significant results in improving student resilience and well-being. This technology-based approach not only expands the reach of counseling services but also allows adolescents to access the support they need in a flexible and accessible way. The combination of CBC and SBC offers a promising opportunity to support adolescents in facing the challenges of the digital era.

CONCLUSIONS

Resilience is very important to help adolescents cope with the pressures of social media. By developing resilience, adolescents can be better able to deal with the negative influences of social media, such as social comparison and cyberbullying, without experiencing significant emotional disturbances. Strength-Based Counseling has been shown to be an effective approach in increasing adolescent resilience to social media pressures. This approach provides opportunities for adolescents to recognize their strengths and use them to manage the stress and challenges they face, so they can thrive more healthily in the digital age.

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