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Cyber Counseling with an Islamic Approach to Overcoming Oversharing Behavior of Young Widows on Social Media

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Abstract

The phenomenon of *oversharing* on social media is a serious concern, especially for young widows who often share too much personal information. This can pose psychological, social, and privacy risks that endanger them. This article aims to explore the effectiveness of *cyber counseling* with an Islamic approach in helping overcome *oversharing* behavior among young widows on social media. The Islamic approach emphasizes spiritual values, introspection, and self-control based on the principles of Islamic teachings. Through online counseling methods, clients are given a safe space to share experiences, gain an understanding of the impact of *oversharing*, and learn to apply sharia principles in the use of social media. This study used qualitative methods with in-depth interviews and participant observation of several young widows who were research subjects. The results show that the Islamic approach in *cyber counseling* can increase self-awareness, strengthen mental resilience, and reduce the tendency to *overshare*. This research offers practical contributions for professional counselors and society in using technology to support self-development based on religious values.

Keywords: *Cyber Counseling*, Islamic Approach, *Oversharing*, Young Widows, Social Media.

Abstrak

Fenomena berbagi informasi berlebihan di media sosial merupakan masalah serius, terutama bagi janda muda yang seringkali terlalu banyak berbagi informasi pribadi. Hal ini dapat menimbulkan risiko psikologis, sosial, dan privasi yang membahayakan mereka. Artikel ini bertujuan untuk mengeksplorasi efektivitas konseling daring dengan pendekatan Islami dalam membantu mengatasi perilaku berbagi informasi berlebihan di kalangan janda muda di media sosial. Pendekatan Islami menekankan nilai-nilai spiritual, introspeksi, dan pengendalian diri berdasarkan prinsip-prinsip ajaran Islam. Melalui metode konseling daring, klien diberikan ruang aman untuk berbagi pengalaman, memahami dampak berbagi informasi berlebihan, dan belajar menerapkan prinsip-prinsip syariah dalam penggunaan media sosial. Studi ini

menggunakan metode kualitatif dengan wawancara mendalam dan observasi partisipan terhadap beberapa janda muda yang menjadi subjek penelitian. Hasil penelitian menunjukkan bahwa pendekatan Islami dalam konseling daring dapat meningkatkan kesadaran diri, memperkuat ketahanan mental, dan mengurangi kecenderungan berbagi informasi berlebihan. Penelitian ini menawarkan kontribusi praktis bagi konselor profesional dan masyarakat dalam menggunakan teknologi untuk mendukung pengembangan diri berdasarkan nilai-nilai agama.

Kata Kunci: Konseling Daring, Pendekatan Islami, Berbagi Informasi Berlebihan, Janda Muda, Media Sosial.

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INTRODUCTION

Adolescence is a transitional period in which a person has left childhood but has not yet entered adulthood. During this period, adolescents often face various situations, experiencing environmental influences that are both directive, confusing, or misleading. This is supported by research conducted by Felita et al. (2016) which found that for adolescents, online communication through social media is very appropriate for experimenting and exploring the search for identity. Due to the ease of exploring the world on social media, adolescents access social media continuously and often lead to the phenomenon of excessive use or addiction. Therefore, an individual's ability to behave and act in dealing with a situation varies at each phase (Felita et al., 2016).

This is evident when someone expresses their emotions. These include the ability to relieve *stress* appropriately, handle difficult situations calmly, express sadness appropriately, and so on. I frequently encounter these findings in the field on several of my social media accounts, including *WhatsApp statuses* and *Facebook*. Some of my friends share *selfies* and photos of their activities. Furthermore, some people share their emotional feelings through *WhatsApp statuses*, such as cursing, anger, or having problems with someone. This aligns with findings by Tegar (2017) that one of the reasons teenagers use social media is to improve their image. Teenagers tend to project a positive impression on social media. They hope others will see them as they see them. Informants also admitted to expressing or displaying personal feelings or problems through these social media accounts, either explicitly or implicitly. They also frequently upload embarrassing photos of friends, which they consider to be jokes that lead to *bullying*, and they also tag the individuals involved. They also share photos or

videos of food and tag their location. Sharing *screenshots* of conversations discussed in the chat and uploading them on social media *status*.

Social media can complicate privacy protection by providing a communication channel that emphasizes the widespread dissemination of public information. Messages shared through social media have no analogues to traditional forms of communication in terms of privacy due to their widespread availability and the *de facto* permanence of shared content (Cotter & Sasso, 2016). Using social media is one of the most common activities among children and adolescents today. Adolescents are known to be active users of social media (e.g., *Instagram*, *TikTok*) to connect with friends and feel better. Social media can help cope with negative emotions, but it can also lead to mental health problems if used excessively. Limiting social media use can help reduce feelings of loneliness and anxiety. Furthermore, research suggests that only individuals lacking social skills increase their *internet use* to cope with loneliness (Cauberghe et al., 2021).

Excessive photo sharing on social media can provide a wealth of information to criminals. When users post photos on social media, they may not consider the potential dangers of oversharing personal information. Shared photos can cause significant problems, especially if cybercriminals can link the information depicted in the photos to answers to personal information security questions or provide precise locations where people live, work, and play. Photo tagging is a feature on many social networking sites that allows people to link photos to each other's profiles. Tagging can result in people losing control of their images. Users of this feature have little control over how photos are shared and are forced to accept problems because of their willingness to participate (Malloy et al., 2021).

Cyber counseling according to Surya (in Sutijono & Farid, 2018) states that rapid technological developments make it easier for teachers or counselors to interact with students without physical contact through the help of virtual *internet media* called *cyber counseling*. Currently, counseling services can be offered using "*cyber counseling*", namely using social media, such as: *e-mail*, *WhatsApp*, and *video calls* to counselees without having to meet *face to face* with students. If counselors and counselees already understand the benefits and importance of ICT in supporting the guidance and counseling service process, then in the future the implementation of "*cyber counseling*" will make it easier for students to develop their character (Sutijono & Farid, 2018).

The presence of *cyber counseling* offers an alternative counseling service for counselors. Counselors are expected to develop counseling models and develop their skills, particularly in the IT field. This is crucial for counselors to provide the best possible service to clients facing challenges. This article will discuss the process of implementing *cyber counseling services* for adolescents who engage in excessive *oversharing on social media*.

Research methods

This research uses a qualitative approach with a case study method to explore the phenomenon of *oversharing* among young widows on social media and how implementing Islamic *cyber counseling* can address this issue. Data will be collected through in-depth interviews with young widows active on social media and counselors experienced in Islamic *cyber counseling practices*. These interviews aim to understand the factors driving *oversharing*, its impact on personal lives, and respondents' perceptions of Islamic-based counseling efforts. Data analysis will be conducted using thematic analysis techniques, where researchers will identify emerging themes from the interviews and deepen participants' understanding of the influence of emotional management and the ethics of sharing information in a religious context.

Furthermore, to deepen the implementation of *cyber counseling* with an Islamic approach, researchers will design a counseling program based on Islamic values that includes teaching about the limits of sharing information online, the importance of maintaining self-respect, and strengthening spirituality through Islamic teachings that emphasize *good manners* in communication. This program will also be implemented online, considering the role of social media in the daily lives of the young widows who are the subjects of this study. The results of this study are expected to provide practical recommendations for counselors in providing guidance appropriate to cultural and religious contexts, as well as providing insight to the community regarding the importance of digital ethics in maintaining privacy and mental health.

RESULTS AND DISCUSSION

Cyber Counseling

Cyber counseling is a form of counseling conducted through digital media or the internet. In this service, counselors and clients communicate using technology such as *email*, instant messaging, *video calls*, or specialized platforms for online counseling. *Cyber counseling* leverages technological advances to provide more flexible and accessible counseling services, especially for individuals who find it difficult to attend face-to-face sessions due to location, time, or specific circumstances (Anthony & Nagel, 2010).

Characteristics of *Cyber Counseling*

1. Digital Media. Communication takes place online via devices such as computers, *smartphones*, or *tablets*.
2. Flexibility of Time and Location. Clients can access services from anywhere, at any time, as long as they have an internet connection.
3. Data Security. Confidentiality of client information must be guaranteed by using a secure platform.
4. Indirect Interaction. There is no direct physical contact between the counselor and client, but interaction can still be effective through video, text, or voice (Richards & Vigano, 2013).

5. Accessibility. Allows clients living in remote or busy areas to still receive counseling services.
6. Time Efficiency. Reduces the need to travel.
7. Anonymity. Providing a sense of security for clients who may feel embarrassed or reluctant to engage in face-to-face counseling.

Cyber counseling is a modern alternative in the world of counseling that is becoming increasingly relevant in the digital era, especially when conditions such as the COVID-19 pandemic force many services to be shifted to online platforms (Association for Counseling and Therapy Online, nd).

Islamic Approach in Counseling

The Islamic approach to counseling integrates Islamic principles and values into the counseling process to help individuals address emotional, psychological, social, and spiritual issues. The primary goal of this approach is to help clients achieve holistic well-being, encompassing physical, mental, social, and spiritual aspects, while adhering to Islamic teachings.

Key Principles in the Islamic Approach

1. Tawhid (Monotheism). The Islamic approach to counseling is based on the concept of *tawhid*, the belief that there is only one God. In counseling, this means reminding clients that any problems or trials they face are part of God's destiny, and that all solutions will be found through reliance on Him. This concept is reflected in many verses of the Quran, such as Surah Al-Ikhlâs, which affirms the oneness of Allah as the basis of belief in all aspects of life (Quran, 112:1-4).
2. Maintaining Morals (Islamic Ethics). Islamic counselors prioritize good manners (ethics) in interacting with clients. This includes patience, humility, empathy, honesty, and maintaining client confidentiality. It also encompasses speaking and listening with compassion and respect for the client's dignity. This principle aligns with the teachings of the Prophet Muhammad (peace be upon him), who said: "The best of you are those with the best morals" (Narrated by Bukhari, n.d.).
3. The Concept of Well-Being (Psychological and Spiritual Well-Being). The Islamic approach focuses not only on mental health but also on spiritual well-being. In Islam, mental health is inseparable from spiritual health. Therefore, in counseling, counselors will help clients draw closer to God, strengthen their faith, and perform their religious duties properly. This concept of spiritual well-being is explained in Surah Ar-Ra'd: 28, which states that only by remembering God will hearts find peace (Quran, 13:28).
4. Acceptance of Destiny (Qada and Qadar). In Islam, everything that happens is determined by God (qada and qadar), and this is one of the foundations of Islamic counseling. Clients are taught to accept destiny, even if it does not always match expectations, by continuing to strive and pray to God for strength and guidance. This is reflected in the saying of the Prophet

Muhammad (peace be upon him): "If a calamity befalls you, say, 'Inna ma'ana ma'as sabirin' (Indeed, we are with the patient)" (Narrated by Bukhari, nd).

5. Balance between this world and the hereafter. The Islamic approach emphasizes the importance of achieving balance between worldly life and the hereafter. Islamic counseling addresses not only worldly issues (such as social relationships, work, or emotions), but also encompasses the role of spirituality, worship, and the afterlife as part of the solution. This concept is based on the principle of Surah Al-Baqarah: 201, which encourages Muslims to pray for the well-being of both this world and the hereafter (Quran, 2:201).
6. Use of the Qur'an and Hadith. In Islamic counseling, the Qur'an and Hadith (the sayings of the Prophet Muhammad) are used as primary sources for providing guidance and solutions to problems. Quranic verses related to psychology, such as those on patience, trust in God, patience in facing trials, and the pursuit of knowledge, are an important part of providing advice. For example, Surah Al-Baqarah: 153 discusses the importance of patience in facing trials and tribulations (Qur'an, 2:153).
7. Prayer (Dua) and Zikr. Prayer (dua) and Zikr are integral parts of the Islamic approach to counseling. Counselors can encourage clients to pray and recite Zikr as a means of drawing closer to Allah, increasing inner peace, and gaining guidance in life. In Surah Ar-Ra'd: 28, Allah states that only by remembering Him will hearts find peace (Al-Qur'an, 13:28).

Understanding Oversharing

Oversharing is the habit or act of sharing excessive or inappropriate personal information with others, whether in face-to-face interactions, through social media, or other digital platforms. Typically, the information shared in *oversharing* involves personal details that should only be shared with certain people or in more intimate situations, but are disseminated to a wider audience or without clear boundaries.

Characteristics of Oversharing

1. Excessively personal details. Revealing information about personal relationships, emotional issues, or family matters that should only be known to those closest to you. Example: Sharing marital or financial problems with a friend who isn't particularly close.
2. Lack of social boundaries. Ignoring social norms regarding privacy and sharing information that would be considered inappropriate in a public context. Example: Openly discussing personal conversations or habits in public spaces or on social media.
3. Oversharing on social media. Sometimes, oversharing occurs when someone posts a lot of highly personal statuses or photos, even ones that shouldn't be public. Examples: Uploading highly personal photos or revealing feelings and issues that are only relevant to a few people.
4. Expressing feelings or experiences too intensely. For example, someone might constantly share their personal difficulties or mental health issues

with someone they're not particularly close to, which can make others feel uncomfortable or burdened. Example: Constantly sharing feelings of loneliness or depression with friends on social media.

Causes of Oversharing

1. The need for attention or validation. Some people may feel the need to gain attention or support from others, leading them to share more than they should. Kuss and Griffiths (2017) suggest that the need for social validation is one reason people constantly share their personal lives on social media platforms.
2. Feelings of loneliness or isolation. When someone feels lonely, they may feel the need to share more personal information to feel connected to others. Cacioppo and Patrick (2008) note that social isolation often drives individuals to seek out ways to gain attention, even if it involves sharing excessive personal information.
3. Lack of social awareness. Not everyone understands the limits of privacy or is unaware that the information they share could be excessive or disruptive to others. Boyd (2014) notes that awareness of digital privacy is often lacking, especially among younger users who may not fully understand the long-term consequences of oversharing.
4. The influence of social media. Platforms like Instagram, Twitter, or Facebook often encourage people to share aspects of their lives, and sometimes people feel pressured to share as much as possible to gain social recognition. According to Marwick and Boyd (2014), social media often creates a "sharing culture" where the more you share, the more likely you are to receive positive attention.

Impact of Oversharing

1. Invading privacy . By *oversharing* , people can violate their own or others' privacy. This can damage relationships or create tension between friends and family. Solove (2007) suggests that privacy is a basic human right that can be violated by inappropriate disclosure of information.
2. Loss of trust. Others may feel uncomfortable or disturbed if they are given overly personal information, which can damage trust between individuals. Baumeister and Leary (1995) note that trust is a fundamental element of social relationships that can be disrupted if someone feels burdened with unnecessary information.
3. Impact on reputation. Oversharing on social media can negatively impact one's self-image, both professionally and personally. Goffman (1959), in his work on dramaturgy, stated that how one manages their public self-image is crucial to maintaining social reputation.
4. Information misuse. In some cases, over-shared personal information can be exploited by malicious parties for harmful purposes, such as fraud or harassment. Turkle (2011) revealed that over-shared personal information on social media can be exploited by third parties for harmful purposes.

How to Avoid Oversharing

1. Assess your audience. Before sharing personal information, consider who will hear it and whether it is appropriate to share it with them. Tufekci (2014) suggests that people always think twice before posting on social media, remembering that the audience can be much larger than they realize.
2. Think twice. Before posting something on social media or sharing a personal problem, consider whether it will benefit others or make them uncomfortable. Turkle (2011) advises being careful about sharing information online because it could backfire.
3. Maintain boundaries. Set boundaries about what information is appropriate to share in public or on social media. Some things are better kept private. Nissenbaum (2009) talks about the importance of “contextual privacy” in the digital world, where people should have control over the information they choose to share.
4. Listen to others. It's important not to focus solely on yourself when sharing your story. If you feel the need to share, make sure you also allow others to share their experiences.

Overall, *oversharing* can be a way to seek attention or share feelings, but it is important to be careful not to sacrifice your own or others' privacy and comfort.

Social media

Social media refers to internet-based platforms that allow users to create, share, and interact with content in various formats, such as text, images, video, or audio. Social media enables two-way communication between individuals, groups, and organizations, which can reach a wider audience. Here are some important aspects of social media:

Definition and Main Functions of Social Media

Social media is a digital space that connects people from different backgrounds, locations, and cultures. These platforms allow people to communicate, interact, share ideas, and build communities. The main functions of social media are:

- Social Interaction . Allows users to interact with each other, both individually and in groups.
- Content Sharing. Users can share photos, videos, writings, and other information.
- Information Creation and Dissemination. Social media accelerates the process of disseminating information, whether in the form of news, trends, or social campaigns.
- Marketing and Branding . Many businesses use social media to market their products or services (Kaplan & Haenlein, 2010).

Types of Social Media

Some popular examples of social media used around the world include:

1. *Facebook*. A social networking platform that allows users to create profiles, share *status updates*, photos, and videos, and interact with friends and family.
2. *Instagram* focuses on sharing photos and videos with various filters and effects.
3. *Twitter*. A text-based platform that allows users to share thoughts or information in the form of character-limited tweets.
4. *YouTube*. A video-sharing platform where users can upload, watch, and comment on videos.
5. *TikTok*. A short-form video-sharing platform that's incredibly popular, especially among young people.
6. *LinkedIn*. A professional social networking platform used to share career achievements, search for jobs, or network with colleagues.
7. *WhatsApp* and *Telegram*. Instant messaging applications that allow direct communication between users.
8. *Snapchat*. A photo and video sharing platform that disappears after viewing, focusing on quick and ephemeral messaging (Smith, 2021).
9. *Benefits of Social Media*
10. *Communication and Interaction*. Allows individuals to stay connected with friends, family, and colleagues across the globe.
11. *Information Source*. Providing up-to-date and diverse information, including global news, trends, and developments in various fields.
12. *Marketing and Business*. Social media has become a highly effective tool for digital marketing, branding, and direct communication with consumers.
13. *Personal and Professional Development*. Users can learn, stay up-to-date on trends, or search for job opportunities.
14. *Means of Self-Expression*. Individuals can express themselves through writing, pictures, or videos (Turkle, 2011).
15. *Negative Impacts of Social Media*
16. Although social media provides many benefits, there are some negative impacts that need to be considered:
17. *Social Media Addiction*. Excessive use can lead to addiction, affecting sleep, work, and social relationships.
18. *Privacy Issues*. Users are often unaware of the risks associated with the collection and use of their personal data by social media platforms.
19. *Fake News and Misleading*. The spread of inaccurate information, or hoaxes, is a major problem on social media, which can mislead many people.
20. *Cyberbullying*. Social media provides a platform for online harassment, where individuals can become victims of bullying, hate speech, or intimidation.
21. *Mental Health*. Exposure to negative content or comparing oneself to the lives of others who appear better can have a negative impact on mental health, especially in adolescents (Anderson & Vogels, 2021).
22. *The Influence of Social Media in Various Sectors*
23. *Politics*. Social media is used by politicians and groups to campaign, spread ideologies, or mobilize public support.

24. *Economy. Businesses use social media for marketing, sales, and customer service. Influencer marketing is also a rapidly growing industry sector.*
25. *Social and Cultural. Social media accelerates cultural exchange between countries and enables the rapid growth of social movements (e.g., the #MeToo movement, Black Lives Matter).*
26. *Education. Social media is also used in educational contexts for resource sharing, academic discussions, and online learning (Boyd, 2014).*

Challenges and Developments of Social Media

As technology advances, social media continues to evolve. New innovations such as the use of AI in content, *virtual reality* (VR)-based platforms, and the development of algorithms that influence how content is displayed are making social media increasingly complex and influential (Gillespie, 2018).

Conclusion

This study demonstrates that implementing *cyber counseling* with an Islamic approach can be effective in addressing *oversharing behavior* among young widows on social media. Through this approach, counseling based on Islamic values provides a spiritual and ethical foundation that helps individuals be wiser in sharing personal information online. The guidance process, which emphasizes strengthening *good manners*, maintaining self-respect, and the importance of privacy, successfully provided participants with a deeper understanding of the negative impacts of *oversharing* on mental health and personal reputation. Furthermore, this study revealed that social media is a primary channel for young widows to express themselves, but without proper management, this can lead to problems in their personal lives. Through the Islamic-based *cyber counseling program*, participants not only gained an understanding of the importance of limiting the information they share but also trained in self-awareness and wisdom in digital interactions. Therefore, this study recommends that similar programs be further expanded and socialized to help more individuals maintain a balance between digital and real life, and strengthen healthy social ethics in the online world.

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