

EDUCATION FOR REDUCING SOCIAL ANXIETY IN ADOLESCENT SOCIAL MEDIA USERS WITH BOOKLET MEDIA

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SUMMARY

Background: *The use of social media by adolescents is very important in this current era of globalization, considering that the number of active social media users in Indonesia is growing by 21.4 million in the year of 2022 at this time. The higher use of social media will cause negative impacts, one of them is the increase in social anxiety. If it is not immediately resolved, adolescent social media users who experience social anxiety can affect individual relationships in every area of life, such as relationships with family, school, work, and even life satisfaction. If this anxiety continues to be left unchecked, it will lead to more serious problems, such as low academic achievement, difficulties and isolation from social relationships, drug use, alcoholism, and suicide.* **Methods:** *The output method used is in the form of a booklet containing the social anxiety, the impact of social media, and education on the way to reduce social anxiety in adolescents.* **Result:** *The final project work is a booklet media with the title "Tips to Overcome the Social Anxiety Due to Social Media".* **Conclusion:** *Booklets can be used with the aim of increasing the knowledge about efforts to reduce social anxiety in adolescent social media users.*

Keywords: *Social Anxiety, Adolescents, Social Media, Booklet*