



Social Media Usage Analysis the Impact of Cyberbullying Among Muslim Adolescents on the Spiritual Well-Being of the Al-Qur'an Approach

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Abstract: The increasingly widespread use of social media has raised a number of challenges, particularly related to the spread of false information, ethics in communication, and its negative impact on society. Al-Quran ethics into responsible use of social media. For Muslims to use social media in a positive and beneficial way by quoting verses from the Koran which emphasize the importance of honesty, politeness and social responsibility. These values are in facing current digital challenges, such as the rise of fake news and cyberbullying, the spread of inaccurate information or hoaxes on social media, communication ethics which are often ignored in interactions on digital platforms. The problem of this research examines the impact of digital media use on spiritual well-being from the perspective of the Koran, managing digital media use without sacrificing spiritual well-being. The aim of this research is to find solutions that are in line with religious teachings and have a positive impact on society as a whole. By encouraging the use of social media in the digital era, it has brought significant changes in people's daily lives, including its impact on mental well-being. Despite all its benefits, if used uncontrollably, digital media can cause problems such as disruption of worship, loss of valuable time, and a decline in the quality of spiritual relationships to maintain life balance and support mental well-being in the midst of rapid digital flows.

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INTRODUCTION

Evolution of Social Media and its Impact on Communication and Social Interaction: Evolution of Social Media: The history of the evolution of social media from simple platforms to complex global ecosystems. This includes the development of platforms such as Facebook, Twitter, Instagram and TikTok which have changed the way people communicate and interact. Accessibility and globalization is how social media enables instant communication and access to information around the world. The role of social media in bridging geographical and cultural distances and its impact on personal and professional lives. Changes in communication patterns analysis of how social media has changed the way people communicate, from face-to-face communication to online interaction. The role of social media in forming public opinion, disseminating information, and building social networks. The positive and negative impacts of social media have many benefits, including negative impacts such as addiction, invasion of privacy, and social pressure must also be

considered, such as facilitating communication and providing a platform for sharing knowledge (Ayu, 2021).

The impact of the digital revolution on everyday life, including its impact on personal spirituality: The digital revolution and the transformation of life: How the digital revolution changed almost every aspect of human life, including work and education.

change, entertainment and social interaction. Digital technologies such as the Internet, smartphones and social media have accelerated the flow of information and changed our daily lives. Global Connectivity and Accessibility: How digital technology enables instant access to spiritual information, religious sermons, and religious resources around the world. While this provides an excellent opportunity for individuals to deepen their religious knowledge, it also poses challenges in distilling valid and useful information. Positive and negative impacts on spirituality: The positive impacts of digital technology include making it easier to search for religious knowledge, attend lectures, and participate in online communities that discuss spirituality.

However, there are also negative influences that can disturb our peace of mind, such as deviation from traditional spiritual practices, excessive consumption of information, and dependence on technology (Kumala & Sukmawati, 2020). The mental distractions of our fast-paced, always-connected digital lives disrupt the peace and focus necessary for deep spiritual practice. In the midst of the rapid flow of digital information, it is difficult for individuals to find quiet time to worship and meditate.

How the use of digital media changes patterns of worship and spiritual interactions. Digitalization of digital media changes, for example the use of prayer applications, streaming religious lectures, and ways of worship. Spiritual interaction in the digital world changes the way people interact with religious people, religious communities and fellow believers through digital platforms. Although technology allows for a wide range of interactions, digital interactions may be less immersive than traditional face-to-face interactions. Life and spiritual balance Excessive use of digital media can disrupt the rhythm of daily life and lead to a decline in the quality of worship and spiritual reflection. Individuals may have difficulty finding a balance between digital life and spiritual practices that require stillness and concentration (Nada, 2021).

METHODS

Qualitative approach: This research uses a qualitative approach to explore the experiences and perceptions of Muslim adolescents who are victims of cyberbullying and its impact on their psychological well-being. This approach allows researchers to gain a deep understanding of the phenomena they study. This research's Al-Quran approach also integrates the Al-Quran approach, namely analysis of Al-Quran verses related to the concepts of patience, honesty, self-care, and social ethics, to assess the impact of cyberbullying and provide psychological support and provide solutions. Suggestions. In-depth interview data collection method: Data will be collected through in-depth interviews with Muslim teenagers who have experienced cyberbullying. These interviews focused on their experiences, how they responded to cyberbullying, and the impact it had on their mental well-being. Textual Analysis of the Al-Quran: To understand the Islamic view on cyberbullying, self-defense, and its impact on individual spirituality, a textual analysis of relevant verses of the Al-Quran was carried out. Case Study: Analyzing specific cases of cyberbullying among Muslim youth to identify patterns, causal factors, and impact on psychological well-being. Data analysis techniques thematic analysis data obtained from interviews was analyzed using thematic analysis to identify major themes such as forms of cyberbullying, emotional impacts, and ways to overcome them.

Content analysis of Al-Quran verses understands how Islamic teachings can be used as a framework to overcome the negative impact of cyberbullying in relation to issues of ethics, patience, and self-defense Triangulation: Triangulation techniques are used to increase the validity of results by combining data from interviews, text analysis, and studies case. Research sample of Muslim teenagers who are victims of cyberbullying: This sample consists of Muslim teenagers aged

13 to 19 years who have experienced cyberbullying on social media platforms. The sample will be selected using a purposive sampling technique to ensure that participants have relevant experience.

Religious Experts and Consultants: Additional interviews were conducted with Muslim religious experts and consultants who are experienced in dealing with cyberbullying incidents among Muslim youth to refine the analysis. **Validity and Reliability of Membership Verification:** Data validity is tested through a membership verification process that confirms the results of interviews with participants to ensure the accuracy and reliability of the information. **Audit Trail:** researchers maintain a clear and detailed audit trail that documents every step of the research process, from data collection to analysis, to ensure transparency and reliability of research results. protected.

RESULTS AND DISCUSSION

Ethical Challenges Arising From

Irresponsible Use of Social Media dissemination of misinformation definition of information and mechanisms for its dissemination information is the dissemination of false or misleading information with the aim of deceiving or causing confusion. Social media makes it easier to spread fake news through share and retweet features, thereby increasing the reach of misinformation. The impact of false news on society. Fake news can cause public panic, for example during a pandemic or natural disaster, where false information spreads faster than true information.

This misinformation can lead to distrust of legitimate sources, divide society, and increase real social and political polarization the spread of false rumors false rumors that cause real harm. Physical attacks based on judgments based on or inaccurate information on social media (SYARIF, 2023).

Efforts to Overcome Fake News the Role of Social Media Platforms

The Government, and society in preventing the spread of fake news, including the importance of information verification, digital literacy education, and the use of fact-checking tools. Cyberbullying ethical challenges in social media use require serious attention from all stakeholders, including users, policymakers, and technology companies. Facing these challenges wisely and in accordance with ethical principles, especially those taught in religions such as Islam, is essential to ensure that social media can become a useful tool and support social and spiritual well-being. Privacy breach cases Examples of cases where user data has been misused, such as the Cambridge Analytica scandal, and the impact of these breaches on individual users and society at large. Steps to Protect privacy ways to improve data privacy and security, such as the use of stricter privacy settings, increased awareness about the risks of sharing personal information, and encouragement for social media companies to increase transparency in data management.

Steps to protect privacy ways to improve data privacy and security, such as the use of stricter privacy settings, increased awareness about the risks of sharing personal information, and encouragement for social media companies to increase transparency in data management. Privacy issues in social media Users are often unaware of the extent to which their personal data is collected and used by social media platforms for advertising or data analysis purposes. Data breaches and identity theft are also real risks. The impact of privacy violations can cause personal harm, such as identity theft, account hacking, or the use of personal data to manipulate user behavior or opinions. Privacy breach cases are examples of cases where user data has been misused, such as, and the impact of such breaches on individual users and society at large. Ethical Challenges Arising from irresponsible use of social media dissemination of information definition of information and mechanisms for dissemination information is the dissemination of false or misleading information with the aim of deceiving or causing confusion.

Social media makes it easier to spread fake news through share and retweet features, thereby increasing the reach of misinformation. The impact of false news on society. Fake news can cause public panic, for example during a pandemic or natural disaster, where false information spreads faster than true information. This misinformation can lead to distrust of legitimate sources, divide society, and increase social and political polarization. Real examples of the spread of false rumors,

false rumors that cause real harm, include physical attacks based on judgments based on inaccurate information on social media (Anisah et al., 2024).

In the Al-Quran Surah Al-Hujurat verse 11:

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَسْخَرُ قَوْمٌ مِّن قَوْمٍ عَسَىٰ أَن يَكُونُوا خَيْرًا مِّنْهُمْ وَلَا نِسَاءٌ مِّن نِّسَاءٍ عَسَىٰ أَن يَكُنَّ خَيْرًا مِّنْهُنَّ وَلَا تَلْمِزُوا أَنفُسَكُمْ وَلَا تَنَابَزُوا بِالْأَلْقَابِ بِغْسِ الْأَسْمَاءِ الْفُسُوقُ بَعْدَ الْإِيمَانِ وَمَن لَّمْ يَتُبْ فَأُولَٰئِكَ هُمُ الظَّالِمُونَ

Meaning: *O you who believe, let not a people make fun of another people (because) perhaps they (who are made fun of) are better than those (who make fun of) and neither should women (make fun of) make fun of other women (because) the woman (who is being made fun of) may be better than the woman (who is making fun of). Don't criticize each other or call each other with bad names. The worst calling is (calling) wicked after believing. Whoever does not repent, those are the wrongdoers.*

And surah Al-Hujurat verse 6:

يَا أَيُّهَا الَّذِينَ آمَنُوا إِن جَاءَكُمْ فَاسِقٌ بِنَبَأٍ فَتَبَيَّنُوا أَن تُصِيبُوا قَوْمًا بِجَهَالَةٍ فَتُصْحِحُوا عَلَىٰ مَا فَعَلْتُمْ نُدْمِينَ ﴿٦﴾

Meaning: *O you who believe, if a wicked person comes to you with important news, then research the truth so that you do not harm a people because of it (your) ignorance which results in you regretting your actions.*

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "مَنْ آمَنَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيُكَلِّمْ خَيْرًا أَوْ لِيَصْمُتْ، وَمَنْ آمَنَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلَا يُؤْذِ جَارَهُ، وَمَنْ آمَنَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيُكَلِّمْ ضَيْفَهُ

Meaning: *From Abu Hurairah radhiyallahu 'anhu he said, Rasulullah shallallahu 'alaihi wa sallam said: "Whoever believes in Allah subhanahu wa ta'ala and the last day, he should speak good things or (if he cannot) he should be silent. Whoever believes in Allah and the Last Day, let him not harm his neighbor. Whoever believes in Allah and the Last Day should honor his guests." (HR. Bukhari and Muslim)*

Efforts to address fake news The role of social media platforms, government, and society in preventing the spread of fake news, including the importance of information verification, digital literacy education, and the use of fact-checking tools Cyber bullying Ethical challenges arising from irresponsible use of social media Dissemination of information definition and the mechanism for disseminating information is the dissemination of false or misleading information with the aim of deceiving or causing confusion. Social media makes it easier to spread fake news through share and retweet features, thereby increasing the reach of misinformation.

The impact of false news on society. Fake news can cause public panic, for example during a pandemic or natural disaster, where false information spreads faster than true information. This misinformation can lead to distrust of legitimate sources, divide society, and increase social and political polarization. Spreading false rumors that cause real harm. Physical attacks based on judgments based on inaccurate information or information on social media. Efforts to overcome fake news The role of social media platforms, government and society in preventing the spread of fake news, including the importance of information verification, digital literacy education and the use of fact-checking tools (Uldafira & Rochmaniah, 2023).

Social pressure on social media users often feel they have to conform to unrealistic social standards propagated by social media, such as appearance, lifestyle, and success. This can lead to low self-esteem and anxiety. Mental health impacts research shows that excessive use of social media can lead to a variety of mental health problems, including anxiety, depression, and self-image problems. Features like likes and comments can also increase feelings of anxiety and complacency. Social pressure in real life Individuals face significant social pressure on social media which has a serious impact on their mental health. Approaches to reducing social stress education about healthy social media use, the importance of digital detox, and encouragement to set more realistic and personalized standards of happiness and success.

Forms of Cyberbullying Through Digital Media Platforms

Cyberbullying is a form of bullying that occurs via digital platforms , where the perpetrator uses social media to intimidate, intimidate, or humiliate their victims. These forms include spreading

rumors, verbal harassment, public humiliation, and spreading content that is detrimental to the victim. Impact on Victims: Cyberbullying can have a serious impact on the mental health of victims, especially teenagers (Azzahra & Viena, 2024).

The impacts include anxiety, depression, social isolation, and in extreme cases, suicidal thoughts. Social media attacks are often more detrimental because they can occur and expose victims to ongoing psychological violence in public. Real cases of cyberbullying: There are many cases where cyberbullying can cause serious physical and psychological damage. This incident highlights the serious dangers of cyberbullying and how a lack of prevention and intervention can have tragic consequences. Prevention and response measures: Parents, schools, and social media platforms play an important role in preventing and responding to cyberbullying. This includes education about responsible use of social media, strict guidelines to protect users, and support for victims of cyberbullying through advice and psychological support.

Hate speech, hate speech, the definition of hate speech is communication that demeans or attacks individuals or groups based on characteristics such as race, religion, ethnicity, gender, sexual orientation, etc. Hate speech spreads quickly on social media and can dangerously shape public opinion (Siswandari et al., 2021). Impact of Hate Speech Hate speech can cause conflict between groups, trigger violence, and strengthen discriminatory attitudes in society. Additionally, hate speech can undermine social cohesion, create a dangerous environment for minority groups, and exacerbate social inequalities. Examples of hate speech incidents: Social media companies must be more transparent in managing user data. Definition and Forms of Cyberbullying is a form of bullying that occurs via digital platforms, where the perpetrator uses social media to intimidate, intimidate or humiliate the victim.

These forms include spreading rumors, verbal harassment, public humiliation, and spreading content that is detrimental to the victim. Impact on Victims: Cyberbullying can have a serious impact on the mental health of victims, especially teenagers. The impacts include anxiety, depression, social isolation, and in extreme cases, suicidal thoughts. Social media attacks are often more detrimental because they can occur 24/7 and expose victims to ongoing psychological violence in public. Real cases of cyberbullying There are many cases where cyberbullying can cause serious physical and psychological damage (Hana & Suwarti, 2020). Victims of cyberbullying and ultimately commit suicide. This incident highlights the serious dangers of cyberbullying and how a lack of prevention and intervention can have tragic consequences.

Prevention and response measures: Parents, schools, and social media platforms play an important role in preventing and responding to cyberbullying. This includes education about responsible use of social media, strict guidelines to protect users, and support for victims of cyberbullying through advice and psychological support. Hate Speech: Hate Speech Definition: Hate speech is communication that demeans or attacks individuals or groups based on characteristics such as race, religion, ethnicity, gender, sexual orientation, etc.

Hate speech spreads quickly on social media and can dangerously shape public opinion (Wirmando et al., 2021). Impact of Hate Speech: Hate speech can cause conflict between groups, trigger violence, and strengthen discriminatory attitudes in society. Additionally, hate speech can undermine social cohesion, create a dangerous environment for minority groups, and exacerbate social inequalities. Examples of hate speech incidents: Social media companies must be more transparent in managing user data. Collection and use of personal data: Users are often unaware of the extent to which their personal data is collected by social media platforms.

This data is often used for targeted advertising and data analysis purposes without explicit knowledge or consent. This poses significant risks to user privacy, including possible data breaches and identity theft. Impact of a data breach: A data breach can cause serious personal harm. Identity Theft: Personal information such as name, address, telephone number and financial information can be misused by irresponsible parties for criminal purposes. Account Hacking The collected information can be used to hack user accounts, gain unauthorized access to personal information, and even take over accounts.

Behavioral Manipulation or what is collected can be used to manipulate user behavior and opinions, as happened in the Cambridge Analytica scandal, where user data was used to influence political and electoral processes (Fazry & Apsari, 2021).

Data Breach Cases: One of the most famous data breach cases is the Cambridge Analytica scandal. In this incident, the personal data of millions of Facebook users was misused without permission to influence election results in various countries. This scandal highlights the enormous impact data breaches can have on individuals and society as a whole, especially in the context of democracy and freedom of expression (Yulieta et al., 2021). **Steps to protect your privacy:** To protect your privacy in the digital era, social media users should take the following steps. **Managing Privacy Settings:** Users should actively manage their social media platform privacy settings to limit third party access. **Awareness:** Education about the risks of sharing personal information online is essential.

Users must understand the potential risks of the information they share on digital platforms. **Promoting transparency:** There is an urgent need to encourage social media companies to be more transparent about how they manage user data. This includes providing clear and easy to understand information about how your data is collected and used. Digital ethical education that is in line with Islamic teachings needs to be improved both at home and at school. Strong spiritual support, such as strengthening faith and recognizing God's presence in all aspects of life, can be a source of strength for Muslim youth to overcome challenges such as cyberbullying. **Practical Recommendations:** Muslim youth are encouraged to strengthen their relationship with the Koran and its teachings, including in responding to cyberbullying. Remembering Islamic values will help maintain their mental and spiritual health. It is important for parents and educators to pay close attention to the emotional and psychological impact of cyberbullying and ensure that young people receive appropriate emotional and psychological support.

Social impact Cyberbullying is a social problem that can damage social cohesion and create a dangerous environment, especially for Muslim teenagers. Therefore, raising awareness, educating, and preventing these harmful practices requires a broad community effort. Collaboration between Muslim communities, educational institutions, and social media platforms is essential to create a digital environment that is safer and in line with Islamic values. In conclusion, although cyberbullying has a significant negative impact on the mental well-being of Muslim adolescents, an approach based on the teachings of the Koran provides strong guidelines for overcoming and preventing these impacts.

CONCLUSIONS

Conclusion of the analysis of the use of social media on the impact of Cyberbullying on the mental well-being of Muslim teenagers through the Al-Quran approach. The negative impact of Cyberbullying on the mental well-being of Muslim teenagers: Cyberbullying significantly affects the mental well-being of the younger generation of Muslims. In the case of cyberbullying, this can lead to low self-esteem, anxiety, depression, and social isolation. This disrupts our relationship with God, ourselves, and others, and reduces the quality of worship and peace of mind that believers should have. The relationship between the teachings of the Koran and handling cyberbullying: The teachings of the Koran provide clear guidelines in dealing with defamation, litigation and injustice, including in the form of cyberbullying. Values such as patience, forgiveness, and maintaining the honor of oneself and others are principles that help Muslim teenagers overcome the negative impacts of cyberbullying. The Koran also urges Muslims not to do anything that harms others, either directly or spreading hatred on social media. This is important to prevent and reduce the occurrence of cyberbullying. The importance of a comprehensive approach in addressing bullying: Protecting young Muslims from the impact of cyberbullying requires a comprehensive approach that includes families, schools, communities and social media platforms.

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