

***The Effect of Social Media Use on Stress Levels and Emotional Well-Being  
among Twelfth-Grade Students at MAN Lumajang***

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**ABSTRACT**

*Social media is an internet-based application widely used by adolescents and has the potential to affect psychological conditions such as stress levels and emotional well-being. High social media use among twelfth-grade students may increase academic and emotional pressure. This study aimed to analyze the effect of social media use on stress levels and emotional well-being among twelfth-grade students at MAN Lumajang. This study used an observational analytic design with a cross-sectional approach. The population consisted of 246 students, with a sample of 69 respondents selected using stratified random sampling. The research instruments included a social media use questionnaire, the PSS-10, and the WHO-5 Well-Being Index. Data were analyzed using validity and reliability tests, univariate analysis, and ordinal logistic regression followed by multinomial logistic regression using SPSS. The results showed that most respondents had high social media use (56.5%), severe stress (98.6%), and low emotional well-being (73.9%). Social media use did not have a significant effect on stress ( $p = 0.925$ ) or emotional well-being ( $p = 0.948$ ), with Nagelkerke values of 1.5% and 1.1%. It can be concluded that social media use is not the main factor affecting stress and emotional well-being. Students are advised to use social media wisely, schools should improve mental health education, and future research should include other variables.*

**Keywords:** *Adolescents, Emotional Well-Being, Social Media, Stress Level*