

The Effect of Cognitive Behavioral Therapy on Sosial Anxiety Use Face Filters in Adolescents at Semarang Regency

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ABSTRACT

Social anxiety is a disorder in the form of fear accompanied by tension when interacting in social relationships that often occurs in adolescents and is motivated by insecurity. In this era using face filter applications is considered to be able to overcome social packaging problems, but it turns out that the use of these applications is only for the virtual world and in reality there are still even higher social anxiety problems due to concerns about being known to use face filters or cheat in the real world. To overcome social anxiety in adolescents, an intervention is needed that can change the perspective or perception. One intervention that can change negative mindsets is cognitive behavioral therapy. This study aims to determine the effect of the intervention on social anxiety in adolescents. This study hopes to add to the interventions that nurses can do in dealing with adolescents with social anxiety. The research method used is quasy experiment. Determining the sample with purposive sampling. Observation for each individual in applying the intervention was 21 days and anxiety scores were measured twice at pre and post. The results of $\alpha < 0.5$ which shows there is an effect of the intervention on reducing social anxiety, so this intervention can be applied.

INTRODUCTION

The number of Smart Phone users in Indonesia is increasing in percentage from year to year and the increase is very significant. Smart phones are now increasingly sophisticated and there are many applications or features of various kinds. One of the most widely used features is face filters. Many individuals feel happy to use this feature because it can be more beautiful and attractive and physiologically increase self-confidence. This confidence is to be displayed on social media that is owned and hopes for praise from friends in cyberspace. From a positive point of view, it does make confidence from displaying a profile that is the result of using this filter. But if you want to be more examined, there are negative impacts that cannot directly arise from the use of this filter.(Ramadhani, 2022).

The Negative Impact or further impact of using the filter is the concern if there are individuals in the real world or meeting in person will talk about the real physical differences with the appearance on social media. There is a mention of having done a lie. There is also the use of face filters for profiles or images on social media for the intention of attracting the attention of the opposite sex and some even continue to commit crimes. But for those who are limited to attracting the opposite sex on social media, there is a feeling of worry or anxiety about meeting in person because the person to be met is disappointed with the real physique. Many instances of individuals when making appointments in person provide characteristics and meeting points that are not true in order to know what the original person to meet is like. This naturally leads to social anxiety issues. This concern causes anxiety in the filter user.(Suyana, 2021). So that these individuals need an intervention to increase their self-confidence so that the anxiety they feel does not cause further mental health problems. One of them is Cognitive Behavioral Therapy intervention.(Rape & Himberg, 2017).

Anxiety itself is one of the nursing problems commonly referred to as anxiety. Anxiety here is a sense of worry or fear that has no clear cause, and has an influence on the achievement of maturity. Anxiety is also a nursing problem that greatly affects personality development. Anxiety is a great force in moving both normal behavior and deviant behavior, which can manifest in the form of statements, appearances, manifestations of defense against anxiety. (Sylvia, 2015)(Tim Pokja SDKI DPP PPNI, 2017).

Anxiety is an emotional disorder that is accompanied by behavioral disorders. Anxiety is a complicated problem and is the biggest mental health problem and if it does not get immediate treatment it will cause more severe mental health problems or even suicide. For this reason, individuals who experience anxiety require immediate and appropriate intervention. (Potter, A & Perry, 2015). Anxiety can occur due to insecurity in individuals due to physical appearance so that sometimes it is covered instantly with the use of filters to display on profiles on social media. due to the use of this filter requires a therapy to overcome anxiety.(Effendi et al., 2023)(Wulansari et al., 2018). One of the therapies that can be used to treat anxiety is cognitive behavioral therapy. Interventions that can be used to treat anxiety based on the literature are cognitive behavioral therapy (CBT).

CBT is a type of psychotherapy that aims to improve thought processes and behavior. This therapy invites individuals to meet face-to-face with a therapist to explore the causes of the condition being experienced. Then, the therapist will invite the individual to gradually change the wrong mindset and behavior. An example of wrong behavior or mindset is not accepting one's condition so as to limit social relationships with others and cover up with lies. One of them is like showing a beautiful and handsome face on a social media profile that is owned in order to attract the attention of others but is not confident in the actual physical appearance and if asked to display the original appearance will feel anxious. (Dhamayanti & Yudianto, 2019).

CBT techniques can help respondents realize that the mindset is wrong and needs to be changed. Not only changing the mindset, but also having new behaviors that are more useful to divert anxiety and stress factors. CBT can be given at all age stages that are still able to communicate and receive understanding. Children or adults can take part in CBT but at the age of 17-21 or the early adult or late adolescent stage, CBT can be done without full assistance with a therapist or after with a therapist can continue to try to analyze on their own (Robiyanto et al., 2019).

CBT is one of the non-pharmacological therapies that is very easy to be done by individuals personally with the assistance of a therapist. The initial stage carried out by the therapist is to ask the respondent to tell what they feel honestly. At the beginning of this, the therapist also said that he would maintain the confidentiality of what the respondent conveyed and would not give judgment on what was told. The next step is for the therapist to analyze the root of the problem based on the initial story and complaints from the respondent and will continue by breaking down the root points of the problem and determining the goals to be achieved. Then move on to stage two.

Stage 2 is a stage that contains the therapist's actions in the form of asking the respondent to tell the thoughts and feelings felt but specific to one event and realize the thoughts felt. After the respondent realizes it, the respondent records the thoughts that have been felt. After stage 2, then proceed to stage 3. In stage 3, the respondent helps manage the thoughts that are seen as negative followed by parsing and realizing by trying to overcome the problem with positive ones and comparing if with a different problem situation. During stage three, the therapist not only listens and analyzes verbal answers but also pays attention to the physical, emotional and psychological responses in the form of nonverbal during the discussion. (Ji et al., 2024).

In the last stage, the therapist helps reshape the previously wrong or negative mindset experienced by together with the respondent assessing the mindset and then assessing the existence of the wrong mindset so far and where the error lies and then discussing a positive mindset and the respondent helps to gradually secure a positive mindset. In addition, at the final stage, the therapist helps control the respondent's negative thoughts when problems arise.

CBT has advantages over other nonpharmacological therapies in overcoming anxiety and this is the consideration for the application of CBT therapy to be tested in overcoming social anxiety. The advantage of CBT is the

focus of intervention on behavioral patterns accompanied by shaping behavior related to problems, thought patterns and behavior. Another advantage of CBT is that it is a combination of several therapies and can focus on one problem. CBT is open so that the relationship with the therapist becomes good through discussion activities. The goals in CBT are specific and the advice given by the therapist depends on the respondent's response. CBT does not take much time and the average meeting between the respondent and the therapist from the beginning until a positive solution is found is 10-12 meetings.

The phenomenology that researchers see is the increasing number of social media users, which is one of the applications in smart phones today and besides that, the profile used looks attractive and good because it uses additional applications in the form of face filters. Various reasons for users to use face filters from just to make it good, but there are also those who say because they do not believe in their original appearance and are worried about not being accepted in the world of social media and further increasing the number of friends on social media owned. For these users there is still a concern that if they meet in person they will be mocked if the real appearance with the filter is different, such as many cases that are in the news today.

The contribution of the results of this study is that there are interventions that can be used to overcome especially social anxiety experienced by users of filter applications so that they are more confident both when using facial filters and not by changing cognitive perceptions.

The purpose of this study is to identify interventions that can be used to reduce social anxiety due to insecurity that has been temporarily covered by the use of facial filters. So that the research question "What is the effect of providing cognitive behavioral therapy on social anxiety experienced by adolescents due to the use of facial filters?"

LITERATURE REVIEW

Social anxiety is a common condition that can be faced by all individuals, which if left untreated has a negative impact on interpersonal functioning and aspects of social cognition, so it requires maintenance and how to overcome it. Although when viewed directly there is no direct relationship between social anxiety and social cognition (Alvi et al., 2022). Social anxiety can become a social phobia. Social anxiety is based on the experience of anxiety and social situations or evaluative situations. Individuals who experience social phobia will understand and process events related to social relationships. The evaluation potential of a solution or perspective and how it is processed and this is very closely dependent on the level of social anxiety from mild to high. Bias or distortion during the delivery of social information processing or during the evaluation of heightened anxiety. The factors that cause social anxiety and its implications are very important to discuss until treatment (Rape & Himberg, 2017).

The domains of social cognition and assessment of interpersonal functioning need to be applied to social relationships. Social cognitive skills can overcome social anxiety because they inform and enhance cognitive behavioral

actions. The role of moderation is closely related to the occurrence of social anxiety (Alvi et al., 2022). The results of this study show some results, namely on the relationship between social anxiety and social cognitive processes and processes are at a low level. On the recognition of emotion and division of affection and the tendency of negative relationship on social cognitive process is at high level. The conclusion of the research results is that there is a special effect between a significant negative relationship when using a positive stimulus with social anxiety. (Alvi et al., 2022).

Some theories suggest a close relationship between social anxiety and problematic social media use. But there are other empirical findings that are inconsistent, and conflicting hypotheses about social anxiety. A systematic review and research-based meta-analysis showed an association between social anxiety and problematic social media use. Meta-analysis using the CMA tool showed a correlation between the use of social media applications and social anxiety due to the factors of measurement instrument, gender, year of activity and platform type. But the factors that most influence social anxiety towards the use of applications are age and modernization in a society. (Wu et al., 2024). The results showed the effectiveness of CBT, especially in children and adolescents. In children and / or adolescents who experience anxiety, CBT is strongly supported to be given or carried out. What has not been done is a systematic effort to summarize and analyze the impact of variables quantitatively between problems and interventions on therapy outcomes. The duration of CBT in children and adolescents greatly affects the results. Many factors affect the effectiveness of CBT on how to overcome social anxiety in children and adolescents which is highly dependent on the number of sessions. the effectiveness of CBT intervention and its durability for SAD in children and adolescents is the conclusion of this study so that it can be applied in treatment. (Scaini et al., 2016).

CBT has been shown to be effective in treating anxiety disorders, also known as SAD. However, there are confounding factors that must be considered, such as the presence of depression, generalized anxiety, quality of life and self-esteem. And the effectiveness of CBT has not been shown to persist in individuals after 1 year from the time of administration. CBT has many benefits for addressing SAD and individuals with co-occurring symptoms may benefit from treatment that focuses on the individual's SAD. (Kindred et al., 2022).

METHODOLOGY

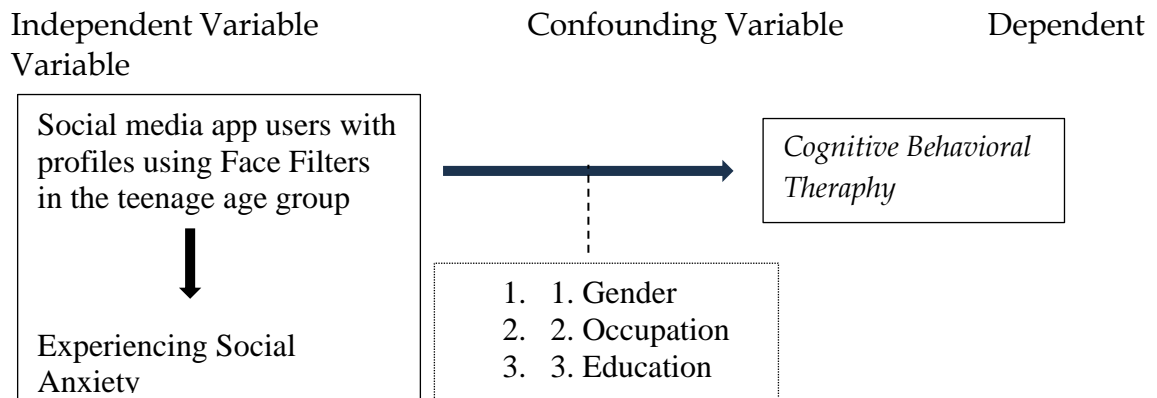


Figure 1. Conceptual Framework

The research design used in this study is a quasi-experiment in which the researcher makes several observations to the subject to be studied, especially before treatment and at the end, namely after completion of treatment. Assessment or observation at the beginning is called a pretest which aims to ensure that respondents fit the criteria and stability of the respondent group. The final assessment or posttest is carried out to determine the results after treatment or intervention. The design used is a one-group pretest-posttest design. The population in this study were all adolescents who used the face filter application as a profile in their social media application and experienced anxiety after the pretest assessment. The sample in this study was determined by purposive sample according to the inclusion and exclusion criteria within the specified time period.

RESULTS AND DISCUSSION

The results of the study began with the results of social anxiety scores experienced by adolescents using the Social Anxiety Scale for Adolescence (SAS-A) questionnaire and social anxiety scores after the intervention. The questionnaire used is standardized and has been tested for reliability and validity. The SAS-A score assessment consists of 5 categories after all 30 statement items with each statement item consisting of 5 categories, namely very suitable score 1, suitable score 2, less suitable score 3, not suitable score 4 and very unsuitable score 5. The 5 categories are no social anxiety final score 30-45, mild social anxiety final score 46-60, moderate social anxiety final score 61-100, severe social anxiety final score 101-130 and very severe social anxiety or panic with a final score of 131-150. Below are the pretest and posttest scores of the intervention on 72 respondents.

Table 1. SAS-A Pretest and Posttest Tables for 72 Respondents with Social Anxiety Disorder Using Face Filters

Nilai SAS-A pretest (pre-intervention)	Frequency	Percentage (%)
No social anxiety	0	0
Mild social anxiety	7	9.7

Social anxiety disorder	65	90.3
Severe social anxiety	0	0
Social anxiety is very severe	0	0
total	72	100
Nilai SAS-A posttest (post intervensi)	Frequency	Percentage
No social anxiety	0	0
Mild social anxiety	22	30.6
Social anxiety disorder	50	69.4
Severe social anxiety	0	0
Social anxiety is very severe	0	0
total	72	100

From table 1. it can be seen that in the pretest and post test there were 3 whose frequency was 0, this is because ethical research for severe and very severe social anxiety is not included in the inclusion criteria because it has to get further medical treatment and for no anxiety because those who do not experience anxiety are not included in the criteria for respondents. In the post test, the level of no social anxiety still remained at a frequency of 0 because the process of changing from feelings of anxiety to no anxiety did not occur completely. But from the table above, it can be seen that there is a significant change in mild social anxiety, which initially only 9.7% increased to 30.6% after the intervention, and in moderate anxiety, which initially 90.3% decreased in percentage to 69.4% after the provision of cognitive behavioral therapy intervention. So that at first glance there is a positive effect of providing intervention on the level of social anxiety.

Based on the distribution of data from the pre and post intervention SAS-A research results, a normality test was carried out which showed that all respondents were declared valid. The next step is a normality test which concludes that the data is not normally distributed. So then use the Wilcoxon signed ranks test to determine the effect of the intervention on anxiety.

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respondents were declared valid. The next step is a normality test which concludes that the data is not normally distributed. So then use the Wilcoxon signed ranks test to determine the effect of the intervention on anxiety.

Social anxiety is one of the problems associated with social interaction relationships. Social anxiety can be seen from the emergence of feelings of fear or anxiety at the time of going and interacting with others. This social anxiety is closely related to the fear of being judged negatively by others and fear of being evaluated by others in a study showing that individuals who use social media are very influential on the incidence of social anxiety which is more than 11 percent compared to those who do not use social media. The conclusion of the study also contains the higher the use of both frequency and intensity, the higher the social anxiety experienced by its users. (Febriyanti, 2022).

Currently, there is a phenomenon about FoMo (Fear of Missing out). FoMo is a feeling that arises in the form of fear and anxiety if you miss an interesting moment that is currently trending conversation in the social world, so that you endeavor in every way to be involved in the trending moment. (Carolina & Mahestu, 2020). Fomo towards this situation can be characterized by trying to find ways to get involved and know about the phenomenon that is currently the main topic. Fomo individuals will always monitor social media in various situations, conditions and all the time and sometimes ignore real life. (Sutanto et al., 2020).

This real life is neglected, especially in the fulfillment of self-concept. The self-concept that exists in this virtual self-image is what happens to social media users who use filter applications. This virtual appearance is far from the actual body image. Self-image is an image of self-acceptance of the physical form that is owned, both the shape or perspective of the body shape that is owned to a sense of gratitude and pride. Self-image is closely related to mindset. (Potter, A & Perry, 2015). A negative mindset towards self-image leads to social anxiety. A negative mindset towards self-image leads to social anxiety. (Febriyanti, 2022).

A study with the title of the phenomenon of using augmented reality Instagram filters among Bandung teenagers was conducted to find out what the motives of teenagers in using face filters especially for social media owned by one of them is Instagram. The results of research with qualitative methodology are known because face filters are a new innovation in the world of photography and this is the most favorite of teenagers. The use of face filters is motivated by curiosity. Research by Alfred Schutz. Another result of this study is that teenagers who use face filters eventually experience addiction to continue using. Respondents felt an increase in self-confidence and mood after using face filters. (Ramadhani, 2022).

CONCLUSIONS AND RECOMMENDATIONS

Social anxiety is one of the mental health problems that can occur in adolescent users of facial filter applications for social media. Social anxiety that can be given nursing interventions are those at mild to moderate levels of anxiety and for severe and very severe ones ethically must be referred to medical services for further treatment. Of the 72 respondents who experienced social anxiety, after

receiving Cognitive Behavioral therapy there was a change in the form of a decrease in anxiety levels and questionnaire scores. And after the analysis test shows that the intervention provided can reduce the level of social anxiety experienced by adolescents due to the use of facial filter applications on social media.

The recommendation given is that however changing positive mindsets and behaviors must always be done and sustainable, so that the therapy carried out must always be carried out.

FURTHER STUDY

Further research obtained after this study is the specific development of a social anxiety assessment questionnaire related to friends in the social media world, not social anxiety in real life today or about factors that affect the social anxiety of adolescent users of face filter applications on social media applications
Limitations.

The limitations experienced by researchers can basically be overcome with solid teamwork and intense communication among the team as well as guidance from various parties. In addition, the enthusiasm of the research team made the research well completed according to the planning time line. The limitations that were experienced in the early stages were the search for respondents who had to find information related to the use of facial filters in the application on the social media used, then assessing the existence of anxiety to be used as a population and selecting a sample. Ensuring the use of this face filter to cover anxiety due to lack of self-confidence which has an impact on social anxiety or just to follow trends. After meeting the initial criteria, assess the presence of social anxiety in this population group and sometimes do not meet the inclusion criteria as a sample so it takes a long time to get the required number of samples.
further research suggestions.

Create a new questionnaire that is more specific about social anxiety in which there are also statements related to self-concept that are more specific to self-image and relationships with new people who have only interacted in cyberspace which will then meet in the real world.

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