



Efforts of Islamic Religious Education Teachers in Preventing the Negative Impact of the TikTok Application on Students

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Abstracts

The use of social media, especially TikTok, has become a significant phenomenon among today's teenagers. Although this platform provides a space for creativity and expression, its impact on student behavior and learning is a serious concern in the educational environment. The negative impacts of TikTok application use among teenagers, including students of Junior High School 1 Buton Tengah, can be traced through several main factors such as gadget addiction, unhealthy lifestyle, and negative influence on mindset. This study aims to explore the efforts of Islamic Religious Education (PAI) teachers in preventing the negative impacts of TikTok use at Junior High School 1 Buton Tengah. Descriptive qualitative methods were used to identify strategies implemented by PAI teachers in directing students to use social media wisely. The findings show that the efforts of PAI teachers are very important in providing moral education and integrating religious values in facing the challenges of social media.

Keywords: *Tiktok, Islamic Religious Education, Negative Impacts*



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1. Introduction

In this digital era, the use of social media has become an integral part of adolescent life. One of the most popular applications among adolescents is TikTok, a social media platform that allows users to create and share short videos with various effects and music. Although TikTok provides entertainment and a space for creative expression, its impact on adolescent behavior and learning is a serious concern, especially in the school environment (Kis et al., 2024). The literature states that the use of social media, including TikTok, can have both positive and negative impacts on adolescents. The use of social media can have positive effects if used wisely, such as improving communication skills and broadening horizons. However, uncontrolled use can lead to addiction, sleep disorders, and decreased academic performance (Ilahin, 2022). In the context of Islamic education, it is important for educators to guide students in the positive and productive use of technology, in line with Islamic values (Marlia et al., 2023).

Islamic Religious Education (PAI) teachers have an important role in providing students with an understanding of ethics and religious values that are relevant to technological developments, including the use of applications such as TikTok (Egidiah et al, 2023). One of the main efforts made by Islamic Religious Education teachers is to provide education on how to wisely use social media (Bakistuta, & Abduh, 2023) (Nurkamila, 2024) (Ghozali et al, 2022). Through classroom learning, teachers convey religious teachings that prioritize noble morals, remind students of the importance of

maintaining behavior and avoiding inappropriate content on platforms such as TikTok. Teachers also invite students to always filter the information and entertainment they consume, so as not to fall into negative things that can damage morality (Nauvaldi, 2023). In addition, Islamic Religious Education teachers play a role in forming students' critical awareness of the negative impacts of TikTok which can affect their lifestyle, mindset, and behavior (Utomo & Amin, 2023). Teachers teach about the boundaries of interacting online, including maintaining privacy, avoiding slander, and not spreading content that conflicts with religious teachings (Muvid et al, 2023). Through group discussions or practical activities in class, students are invited to reflect on relevant religious values in the use of social media, so that they are able to filter content based on strong faith and morals (Mohammad et al, 2022).

In an effort to prevent the negative impacts of the TikTok application, Islamic Religious Education teachers also encourage students to use social media for more positive and productive purposes (Rahim & Sulaiman, 2022). Teachers provide examples of how the application can be used to spread da'wah, share knowledge, or motivate others in goodness. Thus, students can see social media not only as a means of entertainment, but also as a means to contribute to spreading good messages according to Islamic teachings (Yuanda, 2022) (Intalia et al, 2023). Teachers also often give students challenges or creative assignments to create educational and useful content (Akbar, 2020). The efforts of Islamic Religious Education teachers do not stop in the school environment, but also involve collaboration with parents of students (Tammardiyah et al, 2023). Teachers communicate with parents about the importance of home supervision regarding the use of applications such as TikTok, as well as providing advice on how to guide their children in controlling the time and type of content consumed (Misman et al, 2021). With the synergy between teachers, parents, and students, efforts to prevent the negative impacts of TikTok can be more effective, so that students are able to use social media in a wiser and more responsible way (Rochmah, 2022).

Based on the results of observations conducted by researchers at State Junior High School 1 Buton Tengah, many students spend significant time using TikTok during their free time, which often has a negative impact on their concentration and motivation to learn. Teachers often report that some students focus more on trends and challenges on TikTok than on their schoolwork, leading to a decline in academic achievement. This phenomenon occurs not only at State Junior High School 1 Buton Tengah but also in various other schools, where students are trapped in less useful activities and are often exposed to content that is not appropriate for their age. This application can trigger inappropriate behavior and can even lead them to the risk of inappropriate content and other negative social impacts. Therefore, the role of teachers is very important in guiding students so that they are able to protect themselves from the negative impacts of social media that emerge as a result of the development of the times. The many negative effects that arise in society, especially among students, have caused the development of technology through social media to be very worrying. This form of deviation requires serious efforts to overcome, one of which is through Islamic Religious Education (Budiyanti et al., 2022).

The use of the TikTok application among ninth grade students at State Junior High School 1 Buton Tengah has raised several concerns, especially regarding the negative impact on students' behavior and morals. Many students are influenced by content that

is not in accordance with religious values, such as videos promoting a hedonistic lifestyle, inappropriate language, or vulgar dances. Although the application has positive potential, the reality shows that most students tend to use TikTok as a means of entertainment without strong moral control or guidance. This problem is a challenge for Islamic Religious Education (PAI) teachers who are responsible for instilling religious and ethical values among students. Prevention efforts made by teachers are often not in line with the strong influence of social media that increasingly dominates students' lives outside of school. The gap that occurs in the efforts of Islamic Religious Education teachers at State Junior High School 1 Buton Tengah is the lack of synergy between moral education at school and supervision and guidance at home. PAI teachers have tried to provide education about the dangers and negative impacts of social media, but this influence is often reduced when students are outside the school environment, where they are free to access TikTok without parental supervision. In addition, the limited time for religious learning in schools makes it difficult for teachers to monitor students' developments related to social media use. This gap further strengthens the influence of negative TikTok content on students, because the religious education received in schools has not been able to keep up with the frequency and intensity of students' interactions with the application in their daily lives.

There needs to be closer collaboration between Islamic Religious Education teachers, parents, and schools in monitoring and guiding the use of the TikTok application by grade IX students at State Junior High School 1 Buton Tengah. Islamic Religious Education teachers can hold digital coaching programs where students are taught about the ethics of using social media in accordance with religious teachings, while parents need to be actively involved in supervising their children's online activities at home. Schools can also introduce policies or workshops related to digital literacy and its impact on student morals. In addition, teachers can direct students to use TikTok productively by creating positive content that is educational and in accordance with Islamic values, so that the application is used for more beneficial purposes.

The purpose of this study was to identify efforts made by Islamic Religious Education (PAI) teachers in preventing the negative impacts of TikTok application use among students at State Junior High School 1 Buton Tengah. This study will explore the strategies and approaches applied by Islamic Religious Education teachers in educating and guiding students to be able to use technology wisely and understand the possible impacts of using the application. Thus, it is expected to provide insight into effective ways to integrate the use of social media with learning based on Islamic values.

2. Research methods

The methodology used in this study is qualitative descriptive (Satria et al, 2023). This approach was chosen because it aims to understand in-depth social phenomena through research subjects in this case teachers and students, regarding the negative impacts of the TikTok application and the efforts made to prevent it (Multazam et al, 2023). The qualitative approach allows researchers to explore the experiences, attitudes, and perceptions of teachers in a broader and deeper context (Ghani et al, 2022). This research was conducted at State Junior High School 1 Buton Tengah, related to the sample in this study, namely; 2 Islamic religious education teachers and a Principal were selected as samples in this study to provide information about the Efforts of Islamic Religious Education Teachers in Preventing the Negative Impacts of

the TikTok Application in Class IX of State Junior High School 1 Buton Tengah and describe what happened.

The data collection procedure in this study was carried out through the Interview, observation and documentation methods (Ardiansyah et al., 2023). The interview method was used to explore teachers' views and strategies in guiding students, as well as to deepen their understanding of the challenges faced in dealing with the negative influence of social media. Observations were conducted to directly observe how the interaction between teachers and students related to the use of TikTok in the school environment, including how teachers provide advice or direction in everyday situations. Meanwhile, the documentation method involves collecting supporting materials, such as learning programs, modules, or school policies related to the use of social media, in order to obtain further data that supports the analysis. Through a combination of these three methods, the study is expected to provide a comprehensive picture of the role of Islamic Religious Education (PAI) teachers in dealing with the negative impacts of TikTok among students.

Regarding the data analysis technique in this study using data reduction, which is a simplification of the data that has been collected, then data presentation, namely presenting data that has been previously reduced, and verification or drawing conclusions from the data that has been obtained related to the problems in this study (Prasetio, 2023). The data analysis technique used includes three main stages: data reduction, data presentation, and verification or drawing conclusions. Data reduction is carried out by simplifying and selecting relevant data related to the efforts of Islamic Religious Education (PAI) teachers in preventing the negative impacts of the TikTok application among students. The data that has been reduced is then presented systematically to make it easier to understand and analyze. The final stage is verification, where conclusions are drawn based on the data that has been analyzed to answer the research problem, namely how the PAI teacher's strategy minimizes the negative influence of TikTok on student behavior. Through this process, the research results provide in-depth insight into the role of PAI teachers in guiding students in facing the challenges of using social media.

3. Results and Discussion

3.1 Results

Research on the efforts of Islamic Religious Education teachers in preventing the negative impacts of the Tiktok application for grade IX students at State Junior High School 1 Buton Tengah found that 1) how the efforts of Islamic Religious Education teachers as motivators in preventing the negative impacts of social media use for grade IX students at State Junior High School 1 Buton Tengah; 2) factors that cause students to have negative impacts of the Tiktok application.

PAI Teachers' Efforts as Motivators in Preventing the Negative Impacts of Students' Use of Social Media

This study examines the efforts of Islamic Religious Education (PAI) teachers as motivators in preventing the negative impacts of social media use on grade IX students at Junior High School 1 Buton Tengah. Based on the results of interviews and observations, PAI teachers play an important role in providing students with an understanding of religious values that are relevant to social media ethics. Teachers

provide learning materials that emphasize the importance of maintaining morals, avoiding negative content, and using social media wisely. In addition, PAI teachers also act as role models and facilitators in creating a conducive learning environment to discuss various issues related to the use of social media. Motivational efforts made by PAI teachers include providing direct advice, strengthening spiritual values through learning, and personal approaches to students who show signs of excessive social media use. PAI teachers also work with parents and schools to monitor student activities outside the classroom, especially in terms of social media use. With the active role of PAI teachers as motivators, students are more aware of the negative impacts that can arise from uncontrolled social media use, and they are encouraged to use this platform positively and productively.

The results of an interview conducted by the researcher with an Islamic Religious Education teacher at State Junior High School 1 Buton Tengah named Mr. Sugianto, S.Ag, he said:

"As an Islamic Religious Education teacher, I play an active role in educating students about the negative impacts of social media, especially TikTok, by integrating the ethics of using social media into religious learning. I teach Islamic moral values that emphasize the importance of maintaining manners in cyberspace and take a personal approach to understanding the problems faced by students related to social media, providing relevant advice, and motivating them to use social media wisely and productively."

The interview above explains that the Islamic Religious Education (PAI) Teacher at State Junior High School 1 Buton Tengah has an important role as a guide and motivator in shaping students' character in the digital era. With a personal approach, teachers can understand the problems faced by students related to the use of social media, provide relevant advice, and motivate them to use social media wisely and productively. Islamic Religious Education teachers can also instill Islamic values through concrete examples and open dialogue, helping students understand the negative impacts of excessive or unhealthy use of social media, and encouraging them to use technology as a means of self-development and increasing knowledge. Islamic moral values strongly emphasize the importance of maintaining manners, including in cyberspace. In using social media, students must be taught to always respect others, maintain politeness in interactions, and avoid negative content that can damage morals. This is in line with Islamic teachings that prioritize noble morals in every aspect of life, including in the digital environment. This understanding must be instilled in students so that they are not only technically skilled in using technology, but also have moral responsibility in every online activity.

Then the researcher also interviewed another Islamic Religious Education Teacher named Mrs. Fina, S.Pd SMPN 1 Buton Tengah, she said:

"The role of Islamic Religious Education teachers is very important in helping students overcome the negative impacts of social media by utilizing extracurricular activities and informal learning to discuss issues related to the use of social media. Teachers strive to create a learning environment that supports positive student expression and avoids negative trends. Through guidance and counseling, students are given practical guidance to manage the time of using social media so as not to interfere with learning, while instilling religious and moral values for wiser use of technology."

Based on the results of interviews with two Islamic Religious Education Teachers at Junior High School 1 Buton Tengah, as Islamic Religious Education (PAI) teachers, the role played is very important in providing education about the negative impacts of social media, such as TikTok, by integrating Islamic moral and ethical values in learning. Islamic Religious Education teachers actively utilize extracurricular activities and informal learning to discuss issues related to social media and encourage students to express themselves positively and stay away from negative trends. Through guidance and counseling, students are given practical advice and motivation to use social media wisely and productively, as well as maintain good manners in cyberspace so that technology can be used more responsibly and does not interfere with learning activities.

The statement from the Islamic Religious Education Teacher above was confirmed by the statement of the Principal of Junior High School 1 Buton Tengah named Mrs. Halia, S.Pd, as follows:

"The Islamic Religious Education teachers at our school have taken an important initiative in overcoming the challenges of students' use of social media. They not only provide formal education in the classroom, but also actively guide students outside the classroom regarding the risks of unwise use of social media. These teachers also involve parents in related discussions, so that these prevention efforts are holistic. I believe their approach is very effective in motivating students to use social media responsibly and support positive character development."

Based on the results of the interview with the Principal, Islamic Religious Education (PAI) teachers at the school play a proactive and integral role in overcoming the negative impacts of social media use among students of Junior High School 1 Buton Tengah. Islamic Religious Education teachers at Junior High School 1 Buton Tengah play a key role in involving parents in discussions regarding students' use of social media. With this holistic approach, they not only provide direct guidance to students but also encourage active participation of parents in forming good attitudes and habits in the use of technology. Through regular meetings or communication with parents, Islamic Religious Education teachers can explain the importance of moral and ethical values that must be applied in cyberspace, as well as how parents can support the implementation of these values at home. This approach that involves parents reinforces the messages delivered in schools, ensuring that prevention and character building efforts do not stop in the classroom environment but are also reinforced in the home environment. Islamic Religious Education teachers integrate discussions about social media use into learning programs and extracurricular activities, providing practical guidance to students and parents to manage social media usage time wisely. Thus, Islamic Religious Education teachers at State Junior High School 1 Buton Tengah contribute significantly to motivating students to use social media responsibly and support positive character development, with full support from parents.

Factors that cause students to experience the negative impact of the TikTok application

The factors that cause students to have negative impacts of the TikTok application among teenagers are currently quite worrying, as well as for students at State Junior High School 1 Buton Tengah. There are several negative effects of TikTok use on teenagers:

Gadget Addiction

Excessive use of TikTok can cause gadget addiction in teenagers, including students at State Junior High School 1 Buton Tengah. This application often presents interesting and refreshing content continuously, making it difficult for users, especially teenagers, to stop watching. This gadget addiction leads to longer screen time and neglects other more important activities. Hours of watching TikTok videos can interfere with the study time of students at State Junior High School 1 Buton Tengah. When they focus too much on entertainment content, their concentration on the subject matter can be disturbed. This has the potential to cause a decline in academic performance and reduce the time they should use to complete schoolwork and study. In addition, TikTok addiction can also affect the sleep patterns and physical health of students at State Junior High School 1 Buton Tengah. Time spent in front of the screen can cause sleep disorders, which negatively impact their sleep quality. Lack of sleep and healthy physical activity can contribute to health issues such as obesity and mental health disorders, which affect students' overall well-being.

TikTok addiction can also impact students' social skills at State Junior High School 1 Buton Tengah. When teens spend too much time online, they may have less face-to-face interaction with their peers. Limited social interactions can reduce their ability to build interpersonal relationships and communicate well in a school setting. Additionally, excessive TikTok use can interfere with students' engagement in extracurricular activities and other hobbies. Students who watch too many videos on TikTok may miss out on opportunities to participate in sports, arts, or clubs that can enrich their school experience. This can limit the development of additional skills and interests outside of academics. It is important for parents and educators at State Junior High School 1 Buton Tengah to take proactive steps to address TikTok addiction. Education about healthy social media use and closer monitoring can help students better manage their screen time. Engaging students in discussions about the negative impacts of excessive social media use can motivate them to use technology more wisely and in a balanced way.

Unhealthy Lifestyle

Uncontrolled TikTok content can have a significant impact on adolescents' mindsets. For students at State Junior High School 1 Buton Tengah, easy access and frequent use of the application can lead to the absorption of information that is not entirely accurate or realistic. Students are often exposed to images and videos that show glamorous or idealized lifestyles that seem easily achievable. The lack of understanding that not everything shown on TikTok is a reflection of reality can exacerbate the problem. Students at State Junior High School 1 Buton Tengah may perceive the content they see as a true representation of life, when in fact it is often the result of deliberate editing or creation for entertainment or promotional purposes. When students see impressive images or videos of a certain lifestyle or achievement, they may develop unrealistic expectations about their own lives. This can lead to feelings of frustration or dissatisfaction when the reality they face does not match the images they see on TikTok.

These unrealistic expectations can have a negative impact on students' mental health. At State Junior High School 1 Buton Tengah, students may feel pressured to meet standards that are impossible for them to achieve, which can lead to stress, anxiety, or

even depression. Feeling like they are not “good enough” compared to what they see on social media can be a heavy burden. It is important for education at State Junior High School 1 Buton Tengah to address this issue by raising awareness about social media and its impacts. Through educational and mentoring programs, students can be equipped with the skills to critically assess content and understand that not everything shown on TikTok reflects reality. This includes discussing how social media can affect their perception of life. Addressing negative impacts requires a collaborative effort between schools, parents, and the community. Schools like State Junior High School 1 Buton Tengah can work with parents to monitor students’ social media use and hold discussion sessions on how to use social media wisely. With a coordinated approach, students can be better prepared to deal with the pressures of social media and develop a healthier outlook on themselves and their lives.

Negative Influence on Mindset

The use of TikTok in Junior High School 1 Buton Tengah by students is increasingly widespread. However, uncontrolled TikTok content and a lack of understanding of reality can affect the mindset of teenagers in this school. Many students spend hours browsing videos that often show glamorous lifestyles, excessive happiness, or seemingly extraordinary achievements. These contents often do not reflect the reality of everyday life and only show the positive or polished side. This can lead to unrealistic expectations among students in Junior High School 1 Buton Tengah. They may start comparing their lives to these idealized images, which can lead to dissatisfaction and stress. A lack of understanding of the difference between reality and social media appearances can have a negative impact on students’ mental health. When students feel that they do not meet the standards set by social media, they may experience feelings of low self-esteem or anxiety. This is a serious challenge that needs to be addressed by educators and parents in Junior High School 1 Buton Tengah.

Educational programs on media literacy can help students understand that content on TikTok does not always reflect reality and that real life has its own challenges and beauties that are not always visible on the phone screen. In addition, parents also need to be involved in discussions about social media use. They can help students be more critical of the content they consume and teach them about the importance of maintaining a balance between the real world and the virtual world. With support from their families, students at SMP Negeri 1 Buton Tengah can be wiser in dealing with expectations triggered by social media. Overall, increasing understanding and awareness of the realities of social media among students at SMP Negeri 1 Buton Tengah is very important. With the right approach, both from the school and the family, students can learn to use social media more wisely and avoid the negative impacts that may arise from unrealistic expectations.

3.2 Discussion

In an effort to prevent the negative impacts of social media use, Islamic Religious Education (PAI) teachers at Junior High School 1 Buton Tengah play a crucial role as motivators and mentors for grade IX students. PAI teachers focus on educating moral and ethical values that guide students to use social media wisely and responsibly. Through learning based on religious teachings, teachers help students understand the limits of social media use, as well as the negative impacts that can arise from inappropriate online behavior. By instilling awareness of the long-term consequences

of their actions, PAI teachers strive to shape better and more socially aware student characters. In addition, PAI teachers are also involved in creating a school environment that supports open communication between students, parents, and the school regarding the use of social media. By holding regular meetings and workshops for parents, PAI teachers ensure that parents can play an active role in supervising and guiding their children in the use of social media. This approach not only strengthens the synergy between schools and families, but also provides the necessary support for students in facing the challenges of the digital world. In this way, Islamic Religious Education teachers function not only as teachers, but also as proactive facilitators in addressing problems that arise from the use of social media.

The phenomenon of gadget addiction among adolescents, especially the use of the TikTok application, is one of the main factors that triggers negative impacts on students, including at State Junior High School 1 Buton Tengah. Excessive use of TikTok can cause students to spend significant time in front of the screen, reducing their time for other productive activities such as studying or exercising. This addiction not only interferes with the learning process but can also cause disorders in students' mental health, including stress and anxiety, due to social comparisons that often occur on social media. An unhealthy lifestyle also contributes to the negative impacts of TikTok use among adolescents. Often, students who spend too much time on social media tend to ignore a balanced diet and lack sleep, which can affect their physical health. In addition, the habit of sitting too long while using gadgets can cause posture problems and other physical disorders. The impact of this unhealthy lifestyle is further exacerbated by irregular eating patterns and lack of physical activity that can interfere with the physical and mental development of adolescents.

4. Conclusion

This study shows that Islamic Religious Education (PAI) teachers at Junior High School 1 Buton Tengah have a crucial role in dealing with the negative impacts of TikTok on students, such as decreased motivation to learn and exposure to inappropriate content. Negative influences on mindset are also a significant issue that needs to be watched out for. TikTok often displays content that is not in accordance with positive values and can affect the way teenagers think and behave. Students can be influenced by unhealthy trends or challenges, as well as exposure to content that encourages risky behavior. These influences can change students' mindsets and form attitudes that are not in accordance with the educational and moral values expected by the school and family environment. Therefore, it is important to identify and address these factors so that the negative impacts of TikTok use can be minimized and students can live a healthier digital life. PAI teachers strive to guide students and involve parents, despite facing challenges such as lack of supervision and adequate support. It is recommended to improve educational programs and educational campaigns to encourage more responsible use of social media, as well as strengthen students' character in the digital era.

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