

# Mapping Global Research Trends in Adolescent Social Media Addiction: Bibliometric Insights from Scopus Records (2000–2026)

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## ABSTRAK

Penelitian ini bertujuan untuk memetakan tren penelitian global mengenai kecanduan media sosial pada remaja melalui analisis bibliometrik terhadap publikasi yang terindeks di Scopus pada periode 2000 hingga 2026. Data dikumpulkan menggunakan strategi pencarian terstruktur dan dianalisis dengan perangkat lunak VOSviewer untuk mengidentifikasi pola publikasi, jaringan kolaborasi, serta perkembangan tematik. Hasil penelitian menunjukkan adanya peningkatan signifikan jumlah publikasi, terutama setelah tahun 2015, yang mencerminkan meningkatnya perhatian terhadap dampak media sosial terhadap perilaku dan kesehatan mental remaja. Analisis ko-okurensi kata kunci mengungkap bahwa penelitian didominasi oleh tema psikologi, kecanduan internet, kecemasan, serta faktor risiko perilaku, sementara penelitian terbaru menunjukkan pergeseran ke isu yang lebih spesifik seperti kecanduan smartphone dan gangguan kecanduan internet. Visualisasi overlay menunjukkan evolusi temporal dari kerangka kecanduan umum menuju studi yang lebih terfokus dan berorientasi klinis. Selain itu, analisis densitas menegaskan bahwa pusat penelitian berada pada pendekatan pengukuran psikologis dan metode empiris. Meskipun bidang ini telah berkembang pesat, beberapa area seperti cyberbullying, studi lintas budaya, dan dampak longitudinal masih memerlukan eksplorasi lebih lanjut. Penelitian ini memberikan gambaran komprehensif mengenai struktur intelektual dan arah penelitian masa depan dalam kajian kecanduan media sosial pada remaja di era digital.

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## ABSTRACT

This study aims to map the global research trends on adolescent social media addiction through a bibliometric analysis of publications indexed in Scopus from 2000 to 2026. Data were collected using a structured search strategy and analyzed using VOSviewer to identify publication patterns, collaboration networks, and thematic developments. The results indicate a significant increase in research output, particularly after 2015, reflecting the growing concern over the impact of social media on adolescent behavior and mental health. Keyword co-occurrence analysis reveals that the field is dominated by themes related to psychology, internet addiction, anxiety, and behavioral risk factors, while recent studies show a shift toward technology-specific issues such as smartphone addiction and internet addiction disorder. Overlay visualization highlights the temporal evolution of research, moving from general addiction frameworks to more focused and clinically oriented studies. Furthermore, density analysis confirms that core research hotspots are concentrated on psychological assessment and empirical measurement approaches. Despite the maturity of the field, several emerging areas, including cyberbullying, cross-cultural studies, and longitudinal impacts, remain

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underexplored. This study provides a comprehensive overview of the intellectual structure and future research directions in adolescent social media addiction, contributing to a deeper understanding of its development in the digital era.

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## 1. PENDAHULUAN

The rapid advancement of digital technology over the past two decades has significantly transformed the way individuals communicate, interact, and consume information. Social media platforms, in particular, have become deeply embedded in everyday life, especially among adolescents who are considered digital natives. These platforms provide opportunities for socialization, self-expression, and knowledge exchange; however, their excessive use has raised growing concerns among researchers and practitioners. Increasing evidence suggests that prolonged engagement with social media may lead to behavioral patterns resembling addiction, characterized by compulsive use, withdrawal symptoms, and negative consequences on daily functioning (Chemnad et al., 2023; Mujica et al., 2022).

Adolescence represents a critical developmental stage marked by emotional, cognitive, and social transitions. During this period, individuals are particularly vulnerable to external influences, including digital environments (Mastorci et al., 2024; Uktamovna, 2025). Studies have shown that problematic social media use among adolescents is associated with a wide range of adverse outcomes, such as anxiety, depression, loneliness, sleep disturbances, and reduced academic performance. These issues are often linked to both internal psychological factors (e.g., self-esteem, personality traits) and external social influences (e.g., peer pressure, family dynamics) (Bankole et al., 2021). The increasing prevalence of such problems highlights the urgency of understanding social media addiction within this demographic.

In recent years, the global research community has shown a growing interest in examining social media addiction, particularly among adolescents. Bibliometric studies indicate a substantial increase in the number of publications addressing this topic, reflecting its rising importance in public health and psychological research. For instance, analyses of Scopus-indexed publications reveal a steady growth in scholarly output, with countries such as the United States and the United Kingdom leading in research productivity. Additionally, dominant research themes include mental health, well-being, behavioral addiction, and social relationships, demonstrating the multidisciplinary nature of the field (Magomedova & Fatima, 2025; Sweileh, 2024).

Despite the expanding body of literature, existing research tends to focus predominantly on cross-sectional designs and specific age groups, often overlooking longitudinal perspectives and broader developmental contexts. Many studies rely on quantitative methods to explore correlations between social media use and psychological outcomes, limiting the depth of understanding

regarding causal relationships. Furthermore, research has largely concentrated on popular platforms such as Facebook and Instagram, potentially neglecting emerging platforms and evolving usage patterns among adolescents. This indicates a gap in comprehensive and up-to-date analyses that capture the dynamic nature of social media engagement over time (Mitra & Paul, 2025; So et al., 2021).

Bibliometric analysis has emerged as a valuable methodological approach for mapping scientific knowledge, identifying research trends, and uncovering gaps in the literature. By systematically analyzing publication data from databases such as Scopus, researchers can gain insights into the intellectual structure, influential authors, collaboration networks, and thematic evolution of a particular field. In the context of adolescent social media addiction, bibliometric studies provide an opportunity to synthesize fragmented research findings and offer a comprehensive overview of global scholarly developments. Such analyses are essential for guiding future research directions and informing evidence-based interventions aimed at mitigating the negative impacts of social media use among adolescents.

Although the literature on adolescent social media addiction has grown significantly, there remains a lack of comprehensive and updated mapping of global research trends, particularly over an extended period such as 2000–2026. Existing studies often focus on limited timeframes or specific regions, resulting in an incomplete understanding of the evolution, distribution, and thematic structure of research in this field. Moreover, the dominance of cross-sectional methodologies and the concentration on certain platforms and populations have created gaps in knowledge regarding long-term patterns, interdisciplinary integration, and emerging research areas. Consequently, there is a need for a systematic bibliometric analysis that captures the global landscape of adolescent social media addiction research using a robust and widely recognized database such as Scopus. The objective of this study is to map and analyze global research trends in adolescent social media addiction using bibliometric techniques based on Scopus-indexed publications from 2000 to 2026.

## 2. METODE PENELITIAN

This study employed a quantitative bibliometric approach to systematically analyze global research trends related to adolescent social media addiction. Bibliometric analysis is widely used to evaluate the development, structure, and dissemination of scientific knowledge within a specific field. The data for this study were obtained from the Scopus database, which is recognized as one of the largest and most comprehensive sources of peer-reviewed literature. A structured search strategy was developed using relevant keywords such as “social media addiction,” “problematic social media use,” and “adolescents” or “teenagers.” The search was limited to publications published between 2000 and 2026 to capture the longitudinal evolution of research in this domain. Only documents classified as articles, reviews, and conference papers in English were included to ensure consistency and quality of the dataset.

Following data retrieval, a screening and refinement process was conducted to ensure the relevance and accuracy of the dataset. Duplicate records and unrelated studies were removed based on title, abstract, and keyword evaluation. The final dataset was then exported in compatible formats for bibliometric analysis. Descriptive analysis was first performed to identify publication trends over time, including annual growth rates, distribution of document types, and subject areas. Additionally, productivity analysis was carried out to determine the most influential countries, institutions,

authors, and journals contributing to the field. Citation metrics such as total citations, average citations per document, and h-index were also examined to assess the impact of publications.

### 3. HASIL DAN PEMBAHASAN

Tabel 1. Dokumen yang Paling Sering Dikutip

Citations	Authors and year	Title	Source
6628	(Vos et al., 2017)	Global, regional, and national incidence, prevalence, and years lived with disability for 328 diseases and injuries for 195 countries, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016	Lancet, 390(10100), pp. 1211–1259
1904	(Wakefield et al., 2010)	Use of mass media campaigns to change health behavior	Lancet, 376(9748), pp. 1261–1271
1745	(Granic et al., 2014)	The benefits of playing video games	American Psychologist, 69(1), pp. 66–78
1419	(Andreassen et al., 2016)	The relationship between addictive use of social media and video games and symptoms of psychiatric disorders: A large-scale cross-sectional study	Psychology of Addictive Behaviors, 30(2), pp. 252–262
1191	(Keles et al., 2020)	A systematic review: the influence of social media on depression, anxiety and psychological distress in adolescents	International Journal of Adolescence and Youth, 25(1), pp. 79–93
966	(Andreassen et al., 2017)	The relationship between addictive use of social media, narcissism, and self-esteem: Findings from a large national survey	Addictive Behaviors, 64, pp. 287–293
962	(Kuss & Griffiths, 2017)	Social networking sites and addiction: Ten lessons learned	International Journal of Environmental Research and Public Health, 14(3), 311
785	(Torous et al., 2021)	The growing field of digital psychiatry: current evidence and the future of apps, social media, chatbots, and virtual reality	World Psychiatry, 20(3), pp. 318–335
762	(Guessoum et al., 2020)	Adolescent psychiatric disorders during the COVID-19 pandemic and lockdown	Psychiatry Research, 291, 113264
714	(Bányai et al., 2017)	Problematic social media use: Results from a large-scale nationally representative adolescent sample	PLoS One, 12(1), e0169839

Source: Scopus, 2026

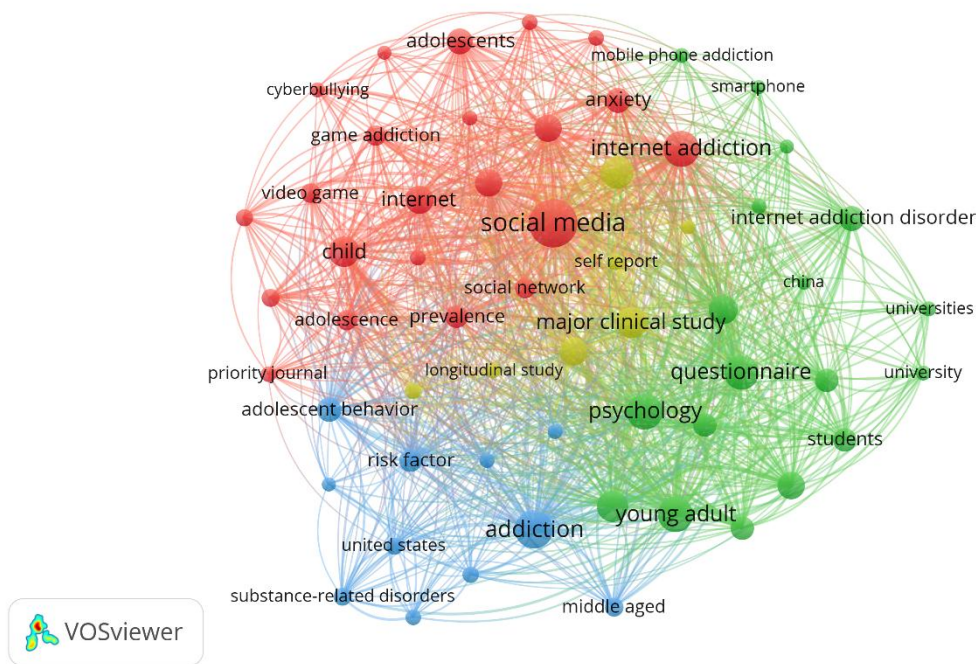


Figure 1. Network Visualization

Source: Data Analysis

Figure 1 reveals the intellectual structure and thematic evolution of research on adolescent social media addiction. The network is organized into distinct color-coded clusters, each representing a major research theme. The size of nodes (e.g., social media, internet addiction, addiction) indicates high-frequency keywords, while the dense interconnections suggest that this field is highly interdisciplinary, with strong overlaps between psychological, behavioral, and technological perspectives. The red cluster appears to center on core behavioral and psychological dimensions of social media use among adolescents. Keywords such as social media, internet, anxiety, adolescents, and cyberbullying dominate this cluster, indicating that much of the literature focuses on the emotional and behavioral consequences of excessive use. The presence of terms like game addiction and video game suggests that early research often treated social media addiction within the broader context of internet and gaming behaviors, highlighting a foundational phase where distinctions between digital addictions were still emerging.

The green cluster reflects a more clinical and empirical research orientation, emphasizing measurement and structured investigation. Terms such as questionnaire, psychology, clinical study, students, and internet addiction disorder suggest that this body of work is focused on assessment tools, diagnostic criteria, and population-based studies. The inclusion of geographic indicators like China and institutional terms such as university points to strong academic contributions and possibly regional research concentrations, especially in countries with high publication output in this domain.

The blue cluster is associated with addiction frameworks and risk-related perspectives, linking social media addiction to broader health and behavioral risks. Keywords like addiction, risk factor, substance-related disorders, and adolescent behavior indicate that researchers often conceptualize social media addiction within established addiction theories. This cluster suggests an effort to align digital addiction with traditional models of dependency, exploring comorbidities and underlying risk mechanisms across different age groups, including young adult and middle aged

populations. The yellow cluster, positioned near the center, represents methodological and epidemiological themes, including prevalence, longitudinal study, self-report, and major clinical study. Its central location indicates that these concepts act as bridges across all clusters, supporting the empirical backbone of the field.

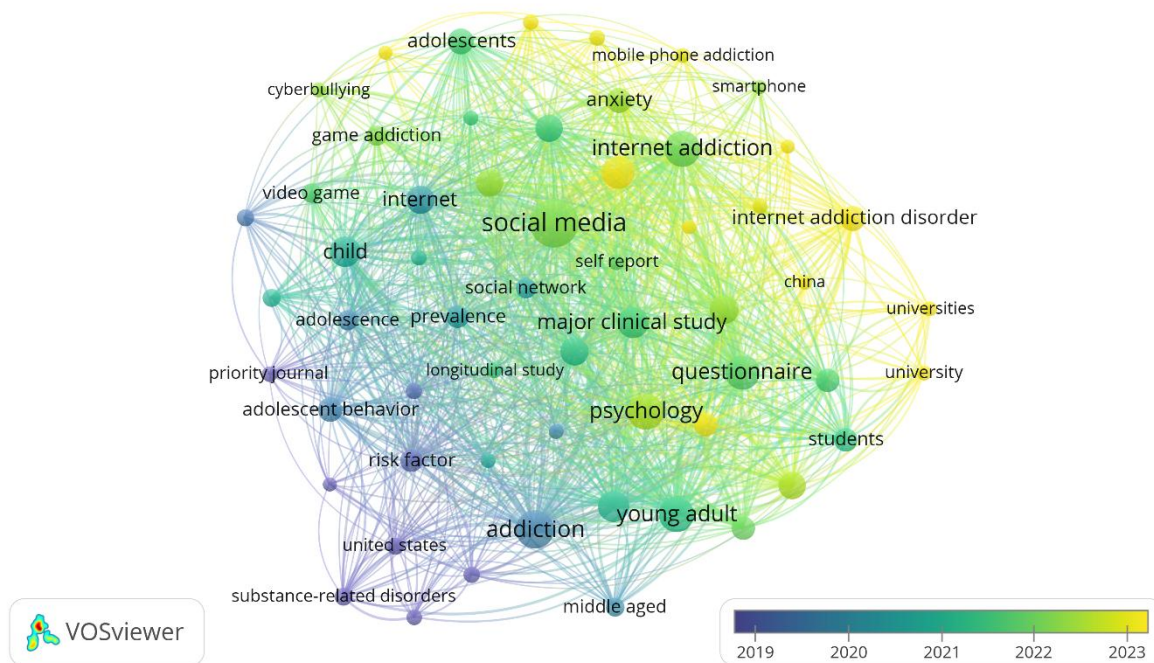


Figure 2. Overlay Visualization

Source: Data Analysis

Figure 2 illustrates the temporal evolution of research themes in adolescent social media addiction from 2019 to 2023, as indicated by the color gradient (blue = earlier studies, yellow = more recent). Early research (blue tones) is concentrated around foundational concepts such as addiction, substance-related disorders, risk factor, and adolescent behavior. This suggests that initial studies framed social media addiction within broader addiction and behavioral science paradigms, borrowing heavily from traditional models of dependency and risk analysis. As the field evolved (green tones), research began to shift toward psychological, clinical, and measurement-oriented approaches. Keywords like psychology, questionnaire, major clinical study, young adult, and social media became more prominent, indicating a growing emphasis on empirical validation and population-based studies. This phase reflects the maturation of the field, where researchers moved beyond conceptual discussions toward systematic investigation using standardized instruments and clinical frameworks.

In the most recent period (yellow tones), the focus transitions to more specific, technology-driven, and context-sensitive topics, including internet addiction disorder, smartphone, mobile phone addiction, anxiety, and China. This indicates a refinement of the research scope, with increased attention to platform-specific behaviors, mental health outcomes, and regional research dominance. The prominence of these newer keywords suggests that current studies are increasingly concerned with the nuanced impacts of mobile and social media technologies on adolescent well-being, as well as the global expansion of research contributions.

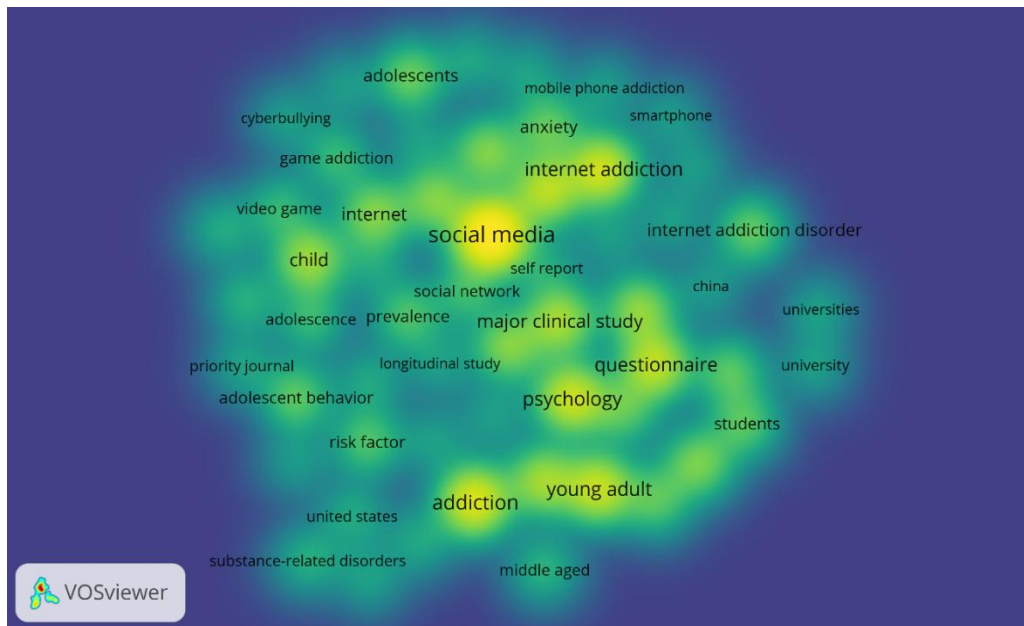


Figure 3. Density Visualization

Source: Data Analysis

Figure 3 highlights the most intensively studied and frequently occurring themes in the literature on adolescent social media addiction. The brightest (yellow) areas represent the highest concentration of keywords, indicating core research hotspots. Central terms such as social media, internet addiction, psychology, questionnaire, and major clinical study dominate the map, suggesting that the field is strongly anchored in psychological inquiry and empirical measurement approaches. These themes form the backbone of the literature, reflecting a consistent emphasis on understanding behavioral patterns through structured assessment tools.

The map also reveals a secondary layer of interconnected topics (green areas), including anxiety, adolescents, young adult, addiction, and students. These keywords indicate that research is heavily focused on specific populations—particularly adolescents and young adults—and their mental health outcomes. The prominence of anxiety and addiction underscores the growing concern about the psychological consequences of excessive social media use, while terms like students and universities suggest that many studies are conducted within educational settings, making them key contexts for data collection and intervention. In contrast, the outer (blue) regions represent less dense and more specialized or emerging topics, such as substance-related disorders, risk factor, cyberbullying, and game addiction. Although less central, these themes indicate important extensions of the research field, linking social media addiction to broader behavioral risks and digital environments.

### Pembahasan

The findings of this bibliometric analysis demonstrate that research on adolescent social media addiction has evolved into a highly interdisciplinary and rapidly expanding field, integrating perspectives from psychology, behavioral science, and digital technology studies. The strong centrality of keywords such as social media, internet addiction, and psychology confirms that the field is primarily anchored in understanding the behavioral and mental health implications of digital engagement. This aligns with broader theoretical frameworks that conceptualize social media addiction as a form of behavioral addiction, sharing characteristics with traditional dependencies

such as compulsive use, withdrawal, and loss of control. The dense interconnections across clusters further indicate that scholars increasingly approach this phenomenon as a complex, multifaceted issue rather than a single-dimensional problem.

The cluster analysis reveals that early research was largely rooted in generalized internet addiction frameworks, where social media use was not yet clearly distinguished from other forms of digital behavior such as gaming or general internet use. Over time, however, the field has shifted toward a more specialized understanding of social media addiction, particularly among adolescents. This transition reflects the growing ubiquity of social networking platforms and their unique affordances, such as continuous social interaction, algorithm-driven content, and validation mechanisms (e.g., likes and comments). Consequently, recent studies have moved beyond broad categorizations and begun to examine platform-specific behaviors and their psychological consequences in more depth.

Another important insight from the analysis is the increasing emphasis on empirical measurement and methodological rigor. The prominence of terms such as questionnaire, self-report, and major clinical study indicates that researchers are prioritizing standardized instruments and large-scale data collection to validate findings. This methodological maturation suggests that the field is transitioning from exploratory research toward more robust, evidence-based approaches. However, it also raises concerns regarding the reliance on self-reported data, which may introduce biases and limit the accuracy of conclusions. Future studies could benefit from incorporating mixed-method approaches, including behavioral tracking and experimental designs, to enhance validity.

The overlay visualization highlights a clear shift toward mental health-focused and technology-specific themes in recent years, particularly anxiety, smartphone use, and internet addiction disorder. This suggests that contemporary research is increasingly concerned with the psychological impacts of mobile and social media technologies on adolescent well-being. The emergence of geographically linked terms such as China also indicates a diversification of research contributions, reflecting the global relevance of this issue. At the same time, it points to potential regional research concentrations that may influence the generalizability of findings, emphasizing the need for more cross-cultural comparative studies.

The density visualization underscores both the strength and limitations of the current research landscape. While core topics such as psychological assessment and addiction frameworks are well-established and extensively studied, peripheral themes like cyberbullying, risk factors, and substance-related disorders remain less developed. This suggests opportunities for future research to explore the broader social, environmental, and longitudinal dimensions of social media addiction. In particular, integrating perspectives from sociology, education, and public health could provide a more holistic understanding of the phenomenon.

#### **4. KESIMPULAN**

This bibliometric study reveals that research on adolescent social media addiction has developed into a dynamic and increasingly specialized field, characterized by strong foundations in psychological and behavioral frameworks and a growing emphasis on empirical and clinical approaches. The evolution of the literature shows a clear shift from general internet addiction studies toward more nuanced, technology-specific, and mental health-oriented investigations, particularly focusing on anxiety, smartphone use, and adolescent well-being. While the field demonstrates robust development in core areas such as measurement and psychological assessment, opportunities

remain to expand research into broader social, cultural, and longitudinal dimensions. These findings highlight both the maturity and future potential of the field, underscoring the importance of interdisciplinary collaboration and methodological innovation in advancing a comprehensive understanding of adolescent social media addiction.

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