

The Effect of Doomscrolling on Students' Concentration in Learning

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Abstract: *This study aims to analyze the effect of doomscrolling on students' learning concentration based on various previous studies. This research uses a qualitative method with a literature review approach. The data sources were obtained from scientific journals and books published between 2020 and 2026 related to doomscrolling, social media, digital distraction, and students' learning concentration. The data collection technique was carried out through documentation by exploring various literature sources from Google Scholar and SINTA. The results of the study indicate that doomscrolling has an effect on decreasing students' learning concentration. The high intensity of social media use causes students to become more easily distracted, experience cognitive fatigue, and have difficulty maintaining focus during the learning process. Therefore, it is necessary to control the use of digital media and increase awareness of using social media wisely so that the negative impacts of doomscrolling on students' learning concentration can be minimized .*

AbstraK : *Penelitian ini bertujuan untuk menganalisis pengaruh doomscrolling terhadap konsentrasi belajar siswa berdasarkan berbagai penelitian sebelumnya. Penelitian ini menggunakan metode kualitatif dengan pendekatan tinjauan pustaka. Sumber data diperoleh dari jurnal ilmiah dan buku yang diterbitkan pada tahun 2020–2026 dan berkaitan dengan doomscrolling, media sosial, gangguan digital, dan konsentrasi belajar siswa. Teknik pengumpulan data dilakukan melalui dokumentasi dengan mencari berbagai literatur dari Google Scholar dan SINTA. Hasil penelitian menunjukkan bahwa doomscrolling berdampak pada penurunan konsentrasi belajar siswa. Intensitas penggunaan media sosial yang tinggi membuat siswa lebih mudah teralihkan, mengalami kelelahan kognitif, dan kesulitan mempertahankan fokus dalam proses belajar. Oleh karena itu, perlu dilakukan pengendalian penggunaan media digital dan peningkatan kesadaran dalam menggunakan media sosial secara bijak untuk meminimalkan dampak negatif doomscrolling terhadap konsentrasi belajar siswa..*

Keywords: *Doomscrolling , Social Media, Learning Concentration, Students, Digital Distraction*

INTRODUCTION

Development technology information and communication in the digital era has bring change significant to pattern interactions , behavior , and activity academic students . Convenience internet access and increasing use of social media make student as very group near with current digital information . Social media like TikTok , Instagram, X, and YouTube do not only utilized as means communication and entertainment , but also developing become an informal learning medium that supports need academic students (Afifa et al., 2025). However , the intensity of high use of social media also gives rise to various problem psychological and academic , one of them is phenomenon doomscrolling is behavior access and scroll information negative in a way continuously through digital

media in long duration . Behavior This generally done in a way compulsive so that individual experience difficulty For stop scrolling activity though information consumed cause anxiety and discomfort psychological .

Phenomenon doomscrolling start get attention since COVID-19 pandemic because increasing consumption news negative related health , economy , and conditions social society (Satici et al., 2022). In development , doomscrolling No only related with consumption news global crisis , but also extends to exposure content negative on social media consumed in a way excessive by internet users , in particular students . Students is vulnerable groups experience doomscrolling Because own level high use of social media as well as is in phase marked development with various demands academic and social pressure academic , needs actualization self , as well as desire For always follow development information push student For Keep going connected with social media . Research Dinilhaq and Ardoni (2025) show that behavior doomscrolling in students influenced by desire know to information latest , fear left behind information (*fear of missing out*), as well as habit use of social media as mechanism escape from pressure academic conditions the cause student use up time in long duration For scrolling without clear goals .

Behavior doomscrolling potential cause various impact psychological and cognitive research Safaria and Saputra (2025) explain that doomscrolling own connection with difficulty regulations emotions and increasing level loneliness in students . Individuals who experience difficulty in manage emotion tend do doomscrolling in a way more intensive so that increase risk stress psychological and mental fatigue . Exposure information ongoing negative in a way continuously can cause decline capacity attention as well as disturbance in the processing process information . Conditions the in a way No direct can influence ability student in maintain concentration during the learning process .

Concentration Study is ability individual For centralize attention optimally towards activity learning use reach objective expected academic concentration . be one of aspect important in the learning process Because influential to ability understand material , complete tasks , as well as reach performance academic . However , in the current digital era this , ability concentration student tend experience decline consequence height digital distractions that come from from use of social media and smartphones. The presence notifications , short video content , and current information that is not limited cause attention student easy distracted when follow the learning process . Research Arina et al. (2025) show that smartphone usage excessive own connection with decline concentration Study students . Intensity high smartphone usage cause student more easy distracted and experiencing difficulty maintain focus in activity academic . Research Hafizah and Sahputra (2025) also found that use TikTok in a way excessive influential to concentration student in finish task end . Exposure content entertainment in a way

continuously cause attention student become more easy split so that effectiveness Study experience decline .

Wahyuni and Fadhilah (2021) explain that digital distractions during online learning causes student experience decline attention to the material being studied . Students who are too often access social media when Study tend experience difficulty understand material as well as need time longer in finish task academic . Research Puswati and Sari (2021) also showed that level dependence against smartphones or nomophobia has connection with low concentration Study students . Dependence against smartphones causes student pushed For Keep going checking social media so that attention towards the learning process become disturbed . Impact doomscrolling to ability focus student reinforced by research by Kadir and Baso (2026) which explains that doomscrolling can trigger condition *brain rot* , namely decline capacity thinking and attention consequence consumption digital content in a excessive . Students who do doomscrolling in intensity tall tend experience mental fatigue , difficulty centralize attention , and decline effectiveness learning . Condition the show that behavior consumption of digital media that is not controlled can influence quality academic student in a way significant .

Study on the influence of digital media on ability focus is also explained in various literature scientific . The use of digital media in excessive cause individual experience decline ability maintain attention in term long consequence exposure ongoing information in a way continuously (Hari, 2022). In addition that , the use of technology that is not controlled can trigger fatigue cognitive so that individual become more easy lost focus when do activity important , including learning (Mark, 2023). Excessive internet exposure can also change pattern Work brain become more easy distracted and reduce ability think in-depth (Carr , 2020). On the other hand others , the use of digital media is not controlled potential lower quality attention and productivity individual in activity academic .

Based on various research and theory said , can understood that doomscrolling is digital phenomenon that has potential influence concentration Study students . Intensity high social media use , exposure information negative in a way continuously , and digital distractions have the potential cause decline focus and effectiveness learning . Although Thus , the study about influence doomscrolling to concentration Study student Still relatively limited , especially in study based study literature that integrates various results study latest . Therefore that , research This important done use analyze influence doomscrolling to concentration Study student based on various source scientific so that can give greater understanding comprehensive about impact digital behavior towards the learning process in the modern era.

METHOD

Study This use method qualitative with approach study literature . Literature review is method research conducted with collect , review , and analyze various source relevant scientific with topic study For get comprehensive understanding (Irwansyah , 2024) . Data sources in study This in the form of secondary data obtained from journal scientific , proceedings , and books related doomscrolling , social media , digital distractions , and concentration Study students . Literature used limited to publication 2020–2026 to comply with development current digital phenomenon This . Data collection techniques were carried out through documentation with browse various literature via Google Scholar and SINTA . Data then analyzed use technique analysis content with identify , compare , and conclude results study relevant previous with focus research (Hariyati , 2020).

RESULTS AND DISCUSSION

After the search literature in a way systematically in journal databases scientific such as Google Scholar, authors find a number of relevant journals listed in the table following .

Table 1. Study Results Literature

No	Researchers	Title	Research result
1.	Dinilhaq & Ardoni (2025)	Motif Perilaku Doomscrolling di Media Sosial pada Mahasiswa Program Studi Perpustakaan dan Ilmu Informasi Universitas Negeri Padang	Research result show that intrinsic and extrinsic motives influential to behavior doomscrolling student with level intensity doomscrolling is in the category Enough tall
2.	Safaria & Saputra (2025)	The Role of Loneliness as a Mediator Between Emotional Dysregulation and Doomscrolling in College Students	Study show that difficulty regulations emotions and feelings of loneliness own connection to behavior doomscrolling in students
3.	Afifa et al. (2025)	Media Sosial sebagai Ruang Belajar Informal: Peluang Edukasi dan Tantangan Doomscrolling	Study results show that doomscrolling can cause burden cognitive excess , decrease concentration learning , and reduce effectiveness learning student
4.	Kadir & Baso (2026)	Manifestasi Kecemasan dan Depresi dalam Perilaku Digital: Analisis Psikologis terhadap Siklus Doomscrolling pada Mahasiswa	Study show that doomscrolling trigger brain rot condition that cause decline capacity attention , increasing anxiety , as well as disturbance focus on students .
5.	Syakira , Ifdil , & Khairati (2025)	Analisis Doomscrolling pada Mahasiswa Berdasarkan Jenis Kelamin, Usia, dan Intensitas Penggunaan Media Sosial	Research result show that the more tall intensity use of social media , then the more high level doomscrolling student

6.	Najwa & Bilqisa (2025)	Dampak Doomscrolling terhadap Subjective Wellbeing Mahasiswa Kampus 3 Universitas Islam Negeri Maulana Malik Ibrahim Malang	Study find that doomscrolling influential negative on students' subjective well-being and improve pressure psychological
7.	Hafizah & Sahputra (2025)	The Effect of TikTok Use on Final Project Concentration in Islamic Guidance and Counseling Students	Use TikTok in a way excessive cause concentration student in finish task end experience decline
8.	Puswati & Sari (2021)	Hubungan Nomophobia dengan Konsentrasi Belajar pada Mahasiswa S1 Keperawatan STIKes Payung Negeri Pekanbaru	Study show that dependence related to smartphone with low concentration Study student
9.	Wahyuni & Fadhilah (2021)	Distraksi Digital dan Penurunan Perhatian Mahasiswa selama Pembelajaran Daring	Research result show that digital distractions cause student difficult focus and less than optimal in understand material learning
10.	Shunmugam & Vengadasalam (2025)	Doomscrolling and the Student Brain: A Comprehensive Review of Psychological, Academic, and Neurological Impacts	Doomscrolling impact on mental health , decline involvement academic , as well as lower performance Study student

Based on results study from various study previous behavior doomscrolling own influence to concentration Study students . Doomscrolling is behavior access and scroll information negative in a way continuously through social media in long duration . Behavior the cause student use up Lots time For consume digital information so that attention and focus to activity academic become disturbed . Phenomenon This the more increase along with height use of social media among students in the digital era. Students become vulnerable groups experience doomscrolling Because own intensity high use of social media in life everyday . Social media No only used as means communication and entertainment , but also become part from activity academic students . However , excessive use of social media can cause student more easy distracted during the learning process ongoing . Research Dinilhaq and Ardoni (2025) show that behavior doomscrolling in students influenced by desire know to information latest , fear left behind information (*fear of missing out*), as well as habit make social media as escape from pressure academic conditions the cause student use up time in long duration For scrolling without clear goals .

The height intensity use of social media cause attention student more easy distracted from activity study . Research Azzahra et al. (2026) showed that use of social media own influence to concentration time Study student Because attention student more Lots focused on digital activities compared to activity academic . Students who are too often using social media tend experience difficulty maintain focus in

term long time so effectiveness learning become decreased . Besides that , research Ardiyanti et al. (2025) showed that use TikTok in a way excessive impact to focus learning and productivity students . Short video content consumed in a way continuously make student used to accept information in a way short and fast so that ability focus deep to material learning become decreased . Students become more easy distracted and experiencing difficulty concentrate when follow lectures and moment finish task academic .

Research result Hafizah and Sahputra (2025) also showed that use TikTok in a way excessive cause concentration student in finish task end experience decline . Students more often postpone work academic Because attention they distracted by social media scrolling activities . Research Wahyuni and Fadhilah (2021) also participated explain that digital distractions during learning cause student experience decline attention to the material being studied . Students who are too often open social media moment Study tend experience difficulty understand material and need time longer in finish task . Phenomenon decline concentration Study consequence the use of social media is also reinforced by research Puswati and Sari (2021) on nomophobia. Research the show that students who have level dependence tall towards smartphones tends to experience disturbance concentration learning . Dependence towards smartphones makes student feel pushed For Keep going inspect notifications and social media so that attention towards the learning process become disturbed . Besides influence ability focus learning , doomscrolling also has an impact to condition psychological students . Research Safaria and Saputra (2025) show that doomscrolling related with difficulty regulations emotions and increased feelings of loneliness in students . Exposure information negative in a way continuously cause student experience stress psychological , anxiety , and mental fatigue . Conditions the impact on the decline capacity attention so that student more difficult maintain concentration during the learning process ongoing .

Kadir and Baso's research (2026) explains that doomscrolling can trigger condition *brain rot* , namely decline ability thinking and attention consequence consumption digital content in a excessive . Students who are too often do doomscrolling tend experience mental fatigue , easy distracted , and experiencing decline effectiveness learning . This show that behavior consumption of digital media that is not controlled can influence ability cognitive student in a way significant . Research Nariswari (2024) also explains that consumption content short on social media cause individual become more easy lost focus and lack used to do thinking in-depth . Students who spend time hours for access social media tend experience decline Power concentration consequence used to receive information stimulus in a way fast and repetitive . Condition the cause student more difficult maintain attention in activity academics who need focus high . Besides that , Iman's research (2026) shows that smartphone distraction is one of the factors that cause decline concentration Study students in the digital era. Smartphones are not only

used For need academic , but also becoming means main in access digital entertainment and social media . As a result , students more often pushed open social media applications during the learning process ongoing so that attention they become easy split .

Phenomenon the in line with theory that explains that use of digital media excessive can influence ability attention individual . Day (2022) explains that flood digital information causes individual experience decline ability maintain attention in term long Because brain Keep going receive stimulus in a fast and repetitive . Besides that , Mark (2023) stated that use technology in a way excessive can cause fatigue cognitive so that individual become more easy lost focus when do activity important . Carr (2020) also explains that the internet and digital media are changing pattern Work brain man become more easy distracted and difficult do thinking deep . Meanwhile that , Newport (2019) emphasized that use of digital media that is not controlled can lower quality attention and productivity individual . Theories the strengthen results study previously that doomscrolling and social media use in a way excessive own influence to concentration Study student .

Social media can also give benefit if used in a way wise in activity academic . Research Setiani et al. (2024) showed that social media can utilized as means learning independent student Because make it easier access to information and materials learning . However , the use of social media that is not controlled still potential cause distraction and reduce effectiveness Study students . Based on results various study said , can understood that doomscrolling and social media use in a way excessive own influence to concentration Study students . Intensity high social media use , exposure information negative in a way continuously , and digital distractions cause student experience decline focus , mental fatigue , and distraction attention during the learning process . Therefore that , is necessary ability control self as well as management use of digital media so that students capable minimize impact negative doomscrolling to activity academic and maintain quality concentration learning in the digital age.

CONCLUSION

Based on the results of the literature review, it can be concluded that doomscrolling behavior has an impact on decreasing student learning concentration. High intensity of social media use, accompanied by the habit of continuously accessing negative information, makes students more susceptible to digital distraction, cognitive fatigue, and difficulty maintaining focus in the learning process. These conditions have an impact on decreased learning effectiveness, impaired ability to understand material, and low student academic productivity. In addition to impacting academic aspects, doomscrolling behavior is also related to students' psychological conditions, such as increased anxiety, stress, and mental fatigue due to excessive exposure to digital information. Although social media can be used as a learning tool and access to information, uncontrolled use has the potential to negatively impact the quality of students'

attention and concentration in learning. Therefore, self-control skills and wise management of digital media use are needed so that students can maintain a balance between digital activities and academic activities in the modern era.

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