

Student Preferences Watching Youtube and Its Implications for Wellbeing Counseling

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Abstract. Youtube content watched by students sometimes causes ill-being, making students feel guilty and unhappy. The study of wellbeing counseling explains that feeling unhappy will reduce dopamine in the brain, which will affect physically and psychologically. This study reveals student preferences in watching YouTube and its implications for wellbeing counseling. This type of research is quantitative, mainly quantitative descriptive. The research respondents were Guidance and Counseling students of IAIN Batusangkar for the 2020-2021 academic year in the sixth semester of 45 people. The data collection instrument is a student preference questionnaire in watching youtube. Data analysis uses quantitative analysis, especially percentages. The study results stated that all students had managed YouTube for 1 to 2 hours a day. The content that students often watch is music and infotainment. The content that makes students become wellbeing. Research data can be used to conduct wellbeing counseling in cases of ill-being, namely anxiety, sadness, and even depression.

Keywords: Preference Watching Youtube; Wellbeing counseling

1 Introduction

Online learning during the COVID-19 pandemic is troubling for some students. Various problems occur when learning online. Students do not have mobile phones or money to buy internet data packages. This condition hurts the students concerned. Ideally, online learning positively affects learning because students can access various videos to support academic achievement. [1] The positive effect of using the internet is finding essential information for academic progress. [2] revealed the results of his research on 150 students, it was found that most students use the internet to find information about academics. These results suggest that one of the advantages of using the internet is finding meaningful and valuable information for academic progress. [3] revealed that students use youtube to find tutorials and essential information. On the other hand, the danger of excessive internet use is that students can get addicted to the internet. [4] revealed that excessive internet use will lead to internet addiction, and to overcome this, remembrance relaxation treatment can be given. [5] The average Indonesian uses social media for 8 hours 51 minutes a day. [6] told that the order of social media often used by students is YouTube, WhatsApp, Facebook, and Instagram.

[6] Understanding student preferences in watching films is why and how students choose the films to be watched [2] revealed that some vloggers express themselves too freely and tend to be negative in using words, such as harsh words and swearing. This phenomenon also occurs in students. There is some negative content that is often circulated on YouTube. Based on data

presented by the Ministry of Communication and Informatics in front of a working meeting with Commission I of the DPR, Tuesday (28/11), in the January-October 2017 period, there were 51,456 harmful contents on the internet based on public complaints. Pornographic content is in the top spot with 16,902 blocks, followed by SARA/Hate with 15,818 contents. Then there are 7,633 hoaxes, 4,319 gambling, 2,457 online fraud, 2,457 radicalism/terrorism. The least is content that violates socio-cultural values as much as 134, content that facilitates access to harmful content as much as 54, and violence/child pornography as much as 36.

2 Method

The research uses a quantitative approach, mainly quantitative descriptive. [7] For quantitative descriptive data analysis, it begins by entering data into raw data. They are then analyzed based on the objectives and research questions. Usually, the data is analyzed in a percentage, which is then described in a table or graph. The research population of the sixth-semester students of the Guidance and Counseling Department of IAIN Batusangkar for the 2020-2021 Academic Year is 90 people, of which 45 people are the sample. The data collection instrument is a student preference questionnaire in watching YouTube. Analysis of the data using quantitative research that uses the percentage formula.

3 Result and Discussion

The results of the analysis of questionnaires distributed to students of the Guidance and Counseling Department of IAIN Batusangkar Semester VI, research data shows that 100% of students answered that they watched YouTube. In general, it can be concluded that there are no students who have never watched YouTube. The answer allows the respondent to answer the following question or statement. The percentage of respondents' answers about watching YouTube can be seen in Figure 1 below.



Fig. 1. Statements of students watching youtube

Furthermore, it was also investigated about the duration of time for students to watch YouTube in a day. The research data can be seen in Table 1.

Table 1. Duration of students watching youtube

| No | Time of watching youtube in a day | % |
|----|-----------------------------------|------|
| 1 | 1 to 2 hours | 82,6 |
| 2 | 3 to 4 hours | 8,7 |
| 3 | 5 to 6 hours | 1 |
| 4 | More than 6 hours | 3 |

In Table 1 above, it can be seen that most students watch YouTube for 1 to 2 hours a day, which is 82.6%. Only 3% of students watch more than 6 hours a day. Based on the results of these studies, it can be concluded that students can control the desire to watch YouTube for a long time. The results of further research are data about how respondents feel if they don't watch YouTube in a day. Respondents' answers are in Table 2 below.

Table 2. Students' feelings if they don't watch YouTube in a day

| No | The sentiment if you don't watch youtube in a day | Percentage of answers |
|----|---|-----------------------|
| 1. | Feeling something is missing | 2.11 |
| 2. | Normal/no problem | 97,99 |

In Table 2 above, it can be seen that, in general, students are not too dependent on watching YouTube in their daily lives. Only 2.11% of students feel that something is missing if they don't watch YouTube in a day. Furthermore, it is also investigated about the reasons students watch YouTube. The data is described in Table 3 below.

Table 3. Reasons for watching youtube (Can choose more than one answer)

| No | Reasons to watch youtube | Percentage |
|----|---|------------|
| 1 | Variety of viewing options | 59 |
| 2 | Can choose national and foreign music shows | 09 |
| 3 | There is audio and visual | 34 |
| 4 | Content-based videos, so you can choose | 22 |
| 5 | The news analysis is clear and transparent | 66 |
| 6 | Unlimited time | 88 |
| 7 | The tutorial shown is applicable | 55 |
| 8 | Entertainment is global | 88 |

In Table 3 above, it can be seen that the main reason for students to watch youtube is unlimited time (88%). Students can watch when they want and when they have time to watch YouTube, for example, after finishing college or making college assignments. Some shows on youtube make students ill-being, namely feeling angry or sad. In Table 4 below, the content of impressions that cause ill-being.

Table 4. Impressions that cause ill-being (May More Than One Answer)

| No | Youtube content that causes ill-being | Percentage |
|----|---------------------------------------|------------|
| 1 | Violence | 88 |
| 2 | Pornography | 95 |

| | | |
|----|-------------------------|----|
| 3 | Horror | 51 |
| 4 | Harsh words and insults | 86 |
| 5 | Sara | 77 |
| 6. | News of War | 73 |

In Table 4 above, it can be seen that pornographic content makes students ill-being. The range creates feelings of guilt and sometimes disgust. Furthermore, it is also examined about YouTube content that makes students wellbeing. The content that drives students' wellbeing is in Table 5 below.

Table 5. Impressions that makeup Wellbeing (More Than One Answer May Be)

| No | Youtube content that causes Well Being | Percentage |
|----|--|------------|
| 1 | Infotainment | 88 |
| 2 | Music | 93 |
| 3 | Cooking and food review | 77 |
| 4 | Totorial planting flowers | 86 |
| 5 | Sport | 77 |
| 6 | Makeup tutorial | 88 |
| 7 | House design | 51 |
| 8 | Traveling and reviewing tourist destinations | 93 |
| 9 | Reviews of clothes and bags | 51 |

In Table 5 above, it can be seen that the shows that make students wellbeing are music and traveling content, which are chosen by 93% of students. On the other hand, the range of clothing and bag reviews and home designs were only selected by 51% of students. Based on this data, a wellbeing counseling model can be developed to increase students' positive emotions.

Based on the findings from Table 1 above, it can be concluded that all students watch YouTube in their daily lives. Some of these spectacles cause ill-being, and some cause wellbeing. It is recommended not to watch the phenomenon that causes illbeing because it will cause negative emotions. It shows that our wellbeing is fun for students, can be used as therapy so that life feels more beautiful. [8] revealed that vlog content on YouTube that pleases students and is positive will form positive behavior. One of the fun YouTube content for students in entertainment films. [9] found in his research that students need to watch entertainment films through the Netflix web series. Other YouTube content that causes wellbeing is information that is interesting and can add insight. The COVID-19 pandemic has forced everyone to stay at home, including students. This condition encourages students to look for various information from YouTube. [10] YouTube plays a significant role in finding different information during the covid 19 pandemic. People can access multiple information from home through YouTube because various exciting and complete information is available.

Watching youtube is expected to improve student wellbeing. The study of wellbeing in counseling is a new paradigm that can improve human resources. There are several theories related to wellbeing counseling, one of which is existential wellbeing. [11] existential wellbeing is a study of various fields of science, namely physical, social, personal and spiritual. The focus of wellbeing counseling is to increase your full potential in life and increase awareness and resources. Many factors affect student wellbeing, one of which is perception. [12] Perception affects the level of wellbeing and will give birth to good and pleasant behavior. The counselor's challenge is to change students' perceptions to be positive to increase their level of wellbeing.

[13] There are 6 study areas for wellbeing counseling, namely emotional, intellectual, physical, social, spiritual, and work. A counselor must assess the wellbeing of clients, including students. After the assessment has been carried out, a realistic program is made according to the client's condition. Wellness is the core of professional counseling activities.

[14] Counseling is a therapeutic relationship between counselor and client whose primary goal is to improve wellbeing to change the future creatively. [15] Wellbeing starts from positive thought to give birth to adaptive behavior.

4 Conclusion

YouTube content watched by students ideally causes wellbeing for students. Wellbeing is meant in this study is to feel happy and satisfied. So that they are more motivated in learning and can increase new enthusiasm. Sometimes students watch YouTube content that causes illbeing, thus making students feel guilty and unhappy. All students have managed YouTube for 1 to 2 hours a day. It means that there are no students who don't watch youtube. Content that causes student wellbeing can be used as a reference for therapy in the counseling process. The content that students often manage is music and infotainment, and traveling. The content that makes students become wellbeing. Research data can be used to conduct wellbeing counseling in cases of ill-being, namely anxiety, sadness, and even depression. The steps for wellbeing therapy are welcoming clients with empathy, relaxing by listening to vitae music with eyes closed, doing imaginary techniques with content traveling to the beach or tourist destinations preferred by clients. The next step is exploring the client's problems, looking for solutions, and reflecting.

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