



The Effect of TikTok Use on Final Project Concentration in Islamic Guidance and Counseling Students of the 2021 Class

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Abstract

This study aims to determine the effect of Tiktok usage on the concentration of completing final assignments among students of Islamic Guidance and Counseling Class of 2021, Faculty of Da'wah and Communication, State Islamic University of North Sumatra. The research method used was descriptive quantitative with an incidental sampling technique. The participants of this study were 53 students. The data were analyzed using simple linear regression with SPSS version 21. The findings indicate that Tiktok usage has a positive and significant impact on students' concentration in completing their final projects. The coefficient of determination (R^2) of 0.581 indicates that 58.1% of the concentration variable can be explained by the Tiktok usage variable, with a strong correlation ($R = 0.762$). However, the impact greatly depends on usage patterns. When used in a controlled manner and directed toward educational or motivational content, Tiktok can serve as a supporting medium in completing final assignments. Conversely, excessive use without self-control tends to cause distractions and procrastination. Therefore, digital awareness and self-control are important factors for students to use Tiktok wisely in their academic process.

Keywords: Tiktok, Concentration, Final Assignment, Students

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1. Introduction

Students are individuals who are in higher education and hold educational responsibilities. According to Hudi et al. (2022), one of the main responsibilities for students, especially graduation requirements, is the preparation of a final project. A final project is a scientific work that is a major requirement for obtaining a bachelor's degree, compiled based on a systematic and objective scientific research process (Sulandari et al. 2020). In its preparation, students are required to be able to think critically, independently, and focus on the predetermined research objectives. Mutaqin explains in his research (Elvinawanty 2020) that a thesis is a scientific work by students in the form of a research report. To obtain a bachelor's degree, students are required to complete their final project with various

efforts and sacrifices (Ananda and Purwanto 2021). Students are also required to work independently in producing scientific work (Megawati and Damayanti 2022). However, in reality, completing the final assignment is often a challenge for students. Final-year students feel a lack of focus and concentration (Sipayung et al. 2025).

Concentration is an important cognitive aspect that greatly affects the quality and effectiveness of learning. Concentration is the ability to focus fully on an object or task for a certain period of time (Hita, Pranata, and Efendi 2021). In the context of writing a final paper, concentration is crucial because this process requires deep thinking, logic, and continuous focus. Distractions to concentration, such as excessive use of social media, can have a negative impact on students' academic

achievement. Concentration greatly influences learning success; if it is difficult to concentrate, learning will not be optimal (Masturoh et al. 2023). This condition can be influenced by various factors, one of which is the high level of distraction from the digital environment, especially social media.

One of the most popular social media platforms among students is TikTok (Andreana et al. 2022). TikTok is a short video-based application that offers users the opportunity to create, watch, and share short content. Interesting features such as visual effects, filters, music, and recommendation algorithms make TikTok highly addictive and easily accessible (Rahardaya and Irwansyah 2021). TikTok is not just a platform for creativity and entertainment, but also serves as a source of information or news and the latest updates (Mahris and Umam 2023). TikTok is a social media platform that is often used as a means to spend free time because of its attractive and easily accessible features (Saputra, Dhuatu, and Giyanto 2020).

TikTok users are able to express themselves through various forms of content, ranging from entertainment, educational information, to personal opinions (Mahmudah and Purnamasari 2023). On the one hand, TikTok provides a creative and entertaining space that can reduce stress. However, on the other hand, ease of access and the fast-paced and repetitive nature of the content can trigger addiction and interfere with concentration in productive activities, including academic activities. Many students also experience difficulties in managing their study time because of TikTok. Continuous notifications can disrupt the learning process and make it difficult for students to maintain focus for long periods of time (Ardiyanti et al. 2025). Time that should be allocated for studying or writing a thesis can be wasted on continuously watching TikTok content. In fact, without realizing it, students can spend hours staring at the screen without any meaningful productivity. This is a serious problem,

especially for final-year students who are in the critical phase of completing their studies.

Based on the theory of self-regulation, in English it means self-control or the ability to regulate oneself. This concept is rooted in the social cognition theory proposed by Albert Bandura in a journal (Lasmanawati 2021) that a person can regulate their own learning by learning to observe, assess, and respond to themselves. The theory of self-regulation is a person's skill to control themselves, in their ability to regulate themselves in the learning process (Rahayuningtyas and Murti 2025). Self-regulation is important because it helps individuals regulate their thoughts, maintain motivation, and act actively in an activity. According to Zimmerman, self-regulation is a conscious effort to control thoughts, emotions, and behavior in order to achieve a goal (Ahmad 2023).

Several previous studies have shown mixed results regarding the impact of social media on learning concentration. According to Afdalifah (2022), the intensity of TikTok use has a significant effect on the habit of procrastinating academic tasks, which is an indication of low concentration and time management. Conversely, the findings of Safni et al. (2022) indicate that TikTok usage does not significantly affect concentration on completing final assignments. The findings indicate that the more positive the use of gadgets, the greater the learning achievement, and the higher the self-regulated learning, the higher the learning achievement. The differences in these research findings indicate that the impact of TikTok on students' concentration levels remains a subject of debate and requires further study with different approaches and populations.

To gain an initial understanding of this phenomenon, the author conducted a preliminary survey of 38 active students in the 2021 Islamic Counseling Study Program. The preliminary survey results showed that 27 students (71%) stated that using

TikTok had a negative impact on their concentration in completing their final assignments. Meanwhile, 11 other students (29%) felt that using TikTok did not interfere with their concentration. In fact, there were respondents who admitted to using TikTok for more than five hours a day. This data indicates a tendency that excessive use of TikTok can affect students' concentration on their studies, especially in completing their final assignments. Based on the above explanation, the author is interested in conducting a study entitled: "The Effect of TikTok Use on Final Project Concentration in Islamic Guidance and Counseling Students of the 2021 Class"

2. Research Method

The research method applied in this study is a descriptive quantitative approach. This study measures the value of one or more variables independently, using a research method based on numbers and analyzed statistically (Sugiyono 2023). The data or information obtained will be organized in a structured manner and then analyzed based on a theoretical study of the effect of TikTok use on the concentration of final project completion among 2021 Islamic Counseling Guidance students. This study was conducted at the Islamic Counseling Guidance Study Program, Faculty of Da'wah and Communication, UIN North Sumatra, located at Jl. William Iskandar, Medan Estate. The subjects of the study were undergraduate students majoring in Islamic Counseling from the class of 2021 who used TikTok. The sample was determined using a non-probability sampling method with an incidental technique. Data were collected using a closed questionnaire containing 18 statements, which were distributed to students from the class of 2021 from June to July 2025 to measure their perceptions of the research topic.

The research instruments consisted of two main questionnaires using scales. This study used a Likert scale ranging from 1 to 5, covering five response

categories: Strongly Disagree (SD), Disagree (D), Neutral (N), Agree (A), and Strongly Agree (SA). The data were analyzed through validity, reliability, normality, and simple linear regression tests, and hypothesis testing was performed using SPSS version 21. Data collection was conducted online using Google Forms. The questionnaires in this study were compiled based on the indicators of the research variables, which were then designed in the form of a survey.

3. Result and Discussion

The data from the questionnaire were analyzed starting with a normality test.

3.1 Normality Test

Tabel 1. Normality Test

One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		53
Normal Parameters ^{a,b}	Mean	0
	Std. Deviation	439.054.378
Most Extreme Differences	Absolute	0.135
	Positive	0.098
	Negative	-0.135
Kolmogorov-Smirnov Z		0.98
Asymp. Sig. (2-tailed)		0.292

a. Test distribution is Normal.
 b. Calculated from data.

Results of the One-Sample Kolmogorov-Smirnov Test using the Asymp. approach. The Asymp.sig. (2-tailed) value is 0.292, which is higher than the significance level of 0.05. If the significance value is < 0.05, there is a significant difference and the data is declared to be non-normally distributed. Conversely, if the significance value is ≥ 0.05, no difference is detected and the data is declared to be normally distributed. In this study, the Asymp. Sig value obtained is 0.292 (> 0.05), so the data is declared to be normally distributed.

3.2 Simple Linear Regression Test

Tabel 2. Simple Linear Regression Test

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.	Collinearity Statistics	
	B	Std. Error	Beta			Tolerance	VIF
(Constant)	2.240	3.535		.634	.529		
Penggunaan Tiktok	.893	.106	.762	8.406	.000	1.000	1.000

a. Dependent Variable: Konsentrasi Penyelesaian Tugas Akhir

In a simple linear regression test $Y=a+bX$, $Y= 2.240 + 0.893 X$. The regression equation above can be explained as follows:

The value of $a= 2.240$ means that if TikTok usage (X) does not change or is zero, then the initial concentration of students in completing their final assignments is 2.240. This is the baseline value before the influence of TikTok is taken into account.

The value of $b = 0.893$ means that every increase in TikTok usage will increase student concentration in completing final assignments by 0.893. So, the more often students use TikTok, the more their concentration in completing final assignments will increase, even though the increase is small.

3.3 T Test

Tabel 3. T Test

Coefficients ^a						
Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.	
	B	Std. Error	Beta			
(Constant)	2.240	3.535		.634	.529	
Penggunaan Tiktok	.893	.106	.762	8.406	.000	

a. Dependent Variable: Konsentrasi Penyelesaian Tugas Akhir

The t-test result for the variable of TikTok usage obtained a t-value of 8.406 with a significance of 0.000. Because the t-value (8.406) is higher than the t-table (1.675) at a significance level of 5% (0.05), H_a is accepted. Therefore, the TikTok usage variable has a positive and significant effect on the concentration of final project completion.

3.4 Discussion

Based on the results of data analysis, the use of TikTok has a positive and significant impact on students' concentration in completing their final assignments. The t-test value shows a result of 8.406 with a significance level of 0.000, meaning that this value far exceeds the t-table of 1.675 and is significant at the 5% level. The simple regression equation $Y = 2.240 + 0.893X$ shows that every increase in TikTok usage will have an impact on increasing students' concentration scores in completing their final assignments by 0.893. The coefficient of determination (R^2) with a value of 0.581 shows that 58.1% of the variation in concentration in completing final assignments can be explained by the use of TikTok, while the rest is controlled by other elements outside the scope of this study. The correlation value (R) of 0.762 also confirms that the relationship between these two variables is strong. These findings show that TikTok usage by students does not have a negative impact, but can have a positive impact depending on how it is used.

This phenomenon can be explained by Zimmerman's self-regulation theory in the study (Keo et al. 2023), which explains that individuals have the ability to regulate their behavior, attention, and emotions in order to achieve certain goals. Findings (Gutji et al. 2021) show that appropriate use of gadgets and good self-regulated learning encourage higher learning achievement. Students who use TikTok wisely, such as by managing their time and choosing beneficial content, are consistent with the research by Tambunan et al. (2025), which states that they have good self-control. These students do not view TikTok as a distraction, but rather as a tool to boost their motivation to learn through motivational content from educational creators and to maintain their mental health while completing their final assignments, which is in line with the results of the study (Budiman 2024). Research findings (Cahyani 2024) reveal that using TikTok for

educational content can make learning more enjoyable and foster a sense of connection with others who are also struggling to complete their assignments. A new finding emerged regarding stress levels during the completion of final assignments/theses: viewing lighthearted and inspirational content on TikTok can motivate students to complete their final assignments and then exercise self-control to manage their emotions and calm themselves to refocus on their studies.

However, the positive impact of using TikTok greatly depends on how it is used. If used excessively, without control, and only for entertainment, TikTok can actually interfere with the completion of final assignments. The findings of Aini et al. (2023) show that if the use of TikTok social media is at a sufficiently high level, their concentration in learning will increase, while the findings of Azizah & Anshori (2025) show that students who open TikTok too often without time limits tend to lose focus, become lazy, and procrastinate. This research is in line with the Cognitive Load Theory presented by Sweller in his research (Syaqif Ahmad 2025), which explains that too much unimportant information can overload the mind and disrupt concentration. In the process of writing a thesis, focus and perseverance are needed, and the habit of spontaneously opening TikTok can hinder the flow of thinking that is required.

The questionnaire results in this study prove that students have different perceptions regarding the use of TikTok. Most feel disturbed when working on their thesis because TikTok content makes it difficult for them to focus. However, there are also those who feel helped because they watch educational and motivational content that is beneficial, as based on the results of this study on item X9, "I gain more knowledge and insight when viewing TikTok social media," which shows that TikTok truly has a positive impact, such as watching content on the @ayahamanah dakwah Ustadz Hanan Attaki account to motivate students (Saputri et al. 2025),

then content creators who focus on topics related to college life and final project design with the TikTok account @buiramira (Remeng and Claretta 2023) and the TikTok account @ginanjarrahmawan. This means that TikTok's impact can be positive or negative depending on how students use it. In item Y9, I have tried to manage my time so that I am not hindered in working on my thesis. In this item, many agree to try to control themselves in using TikTok. Therefore, self-control is very important.

Students who can manage their time and resist the urge to constantly open TikTok will find it easier to stay focused and complete their final assignments. From these findings, it can be concluded that TikTok is not the only factor that helps or hinders the completion of final assignments, but it can have different effects depending on how it is used. Students need to be aware of how to use technology properly, know how to manage their time, and choose content that is beneficial. As future counselors and educators, Islamic Counseling students should set an example in using social media wisely, not just for entertainment, but also to support learning. The campus is also expected to help students manage social media wisely and professionally, for example through digital literacy training and self-management techniques.

4. Conclusion

This study indicates that the use of TikTok has a positive and significant effect on students' concentration in completing their final assignments. The analysis results show that 58.1% of students' concentration is influenced by the use of TikTok, with a strong correlation ($R = 0.762$). This means that the use of TikTok can increase or decrease concentration depending on how it is used. TikTok can be beneficial if used purposefully and for a reasonable amount of time, especially if students access educational or motivational content. Conversely, excessive and uncontrolled use of TikTok tends to cause distraction, laziness, and procrastination. The questionnaire results

also show that students have different perceptions. Most feel disturbed, but some feel helped. Therefore, self-control is very important so that social media such as TikTok does not become an obstacle but rather supports academic productivity.

Future researchers are advised to increase the number of respondents from various departments or universities so that the research results are more comprehensive and represent a wider range of students. Future researchers are also advised to use mixed methods and add other variables such as duration of study, time management, or student stress levels to see whether these factors also affect concentration in completing final assignments.

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 A portrait of a young woman with dark hair, wearing a white hijab and a white top, set against a solid red background.	<p>Luthvi Hafizah    </p> <p>Mahasiswi Universitas Islam Negeri Sumatera Utara. Lahir di Pangkatan pada tanggal 19 Januari 2003. Sedang menempuh pendidikan Sarjana program studi Bimbingan Penyuluhan Islam di Universitas Islam Negeri Sumatera Utara. Hubungi email luthvi0102212029@uincu.ac.id</p>
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