



COUNSELING ISLAMIC-BASED DIGITAL LITERACY TO OVERCOME OVERSHARING BEHAVIOR ON SOCIAL MEDIA

Hamzanwadi¹, Emha Zainul Mukminin²

^{1,2}STID Mustafa Ibrahim Al-Ishlahuddiny Kediri Lombok Barat
wadihamzan648@gmail.com^{1*}, emha.zainul@gmail.com²

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Abstrak

Perkembangan teknologi informasi dan komunikasi, khususnya media sosial, telah mempengaruhi pola interaksi sosial di masyarakat. Salah satu dampak negatif dari penggunaan media sosial adalah perilaku oversharing, yaitu kecenderungan individu untuk membagikan informasi pribadi secara berlebihan, yang dapat berisiko terhadap privasi, mental, dan hubungan sosial. Penelitian ini bertujuan untuk mengeksplorasi peran konseling Islam berbasis literasi digital dalam membantu individu mengatasi perilaku oversharing di media sosial. Literasi digital dalam konteks ini mencakup pemahaman tentang etika berbagi informasi, pengelolaan identitas digital, dan konsekuensi dari perilaku online. Pendekatan konseling Islam yang mengedepankan nilai-nilai moral dan etika Islam diharapkan dapat memberikan wawasan serta solusi praktis bagi individu dalam mengendalikan kecenderungan oversharing. Metode penelitian ini menggunakan pendekatan kualitatif dengan analisis literatur dan wawancara untuk menggali pemahaman dan pengalaman individu yang terlibat dalam perilaku oversharing. Hasil penelitian menunjukkan bahwa konseling Islam berbasis literasi digital dapat menjadi sarana efektif untuk meningkatkan kesadaran individu dalam menggunakan media sosial secara bijak dan bertanggung jawab, serta mengurangi dampak negatif dari oversharing.

Kata Kunci: Konseling Islam, Literasi Digital, Oversharing, Media Sosial

Abstract

The rapid advancement of information and communication technology, particularly social media, has significantly influenced societal interaction patterns. Among the negative outcomes of social media usage is oversharing behavior, characterized by excessive disclosure of personal information, which threatens privacy, mental health, and social relationships. This study examines the role of Islamic counseling integrated with digital literacy in addressing oversharing on social media. Digital literacy here involves understanding ethical information sharing, digital identity management, and the consequences of online actions. Islamic counseling, emphasizing moral and ethical values from Islamic teachings, aims to provide individuals with insights and practical strategies to regulate oversharing tendencies. A qualitative research approach was adopted, utilizing literature analysis and interviews to explore the perspectives of individuals engaging in such behavior. The findings suggest that Islamic counseling, supported by digital literacy education, is an effective approach to fostering responsible social

media use. This integration enhances awareness of privacy, self-respect, and ethical online behavior, mitigating the adverse effects of oversharing and promoting a balanced and conscious engagement with digital platforms.

Key Words: Islamic Counseling, Digital Literacy, Oversharing, social media

Introduction

The rapid advancement of information and communication technology (ICT) in recent decades has profoundly transformed modes of interaction and communication. Among these technological developments, the emergence of social media represents a pivotal phenomenon, enabling users to disseminate information rapidly and extensively. Social media has become an integral aspect of contemporary life, serving diverse purposes such as information exchange, the cultivation of social relationships, and entertainment. However, the widespread adoption of social media has also given rise to various challenges concerning user behavior, notably the issue of oversharing.

Oversharing refers to the practice of disclosing an excessive amount of personal information on social media platforms. This behavior often involves individuals sharing intimate details about their lives without fully considering the potential consequences or risks associated with such disclosures. Oversharing can compromise personal privacy and may negatively influence an individual's social and psychological well-being. Research has indicated that this behavior can lead to heightened levels of stress, anxiety, and diminished self-esteem. Furthermore, it can adversely affect interpersonal relationships, both in digital environments and in face-to-face interactions (Lee, 2020).

An effective strategy to address the issue of oversharing involves the integration of Islamic counseling principles with digital literacy. Islamic counseling adopts a holistic approach, emphasizing religious understanding grounded in the teachings of the Qur'an and Hadith, while incorporating spiritual values to address life challenges. Within this framework, Islamic counseling integrated with digital literacy encourages individuals to critically assess the role and impact of social media, guiding them toward engaging with digital platforms in a manner aligned with religious and ethical values. Digital literacy, in this context, equips individuals with the skills to discern and manage information more thoughtfully, fostering awareness of the potential risks associated with oversharing behavior.

The evolution of social media has significantly transformed interpersonal communication in modern society. According to data released by Hootsuite in early 2024, over 4.7 billion individuals worldwide actively engage with social media platforms, representing nearly 60% of the global population. Platforms such as Facebook, Instagram, Twitter, TikTok, and others have become central to the exchange of information, social connectivity, and self-expression. These platforms have reshaped interaction dynamics, enabling individuals to share personal experiences, maintain communication with friends, and establish both social and professional networks (Hootsuite, 2024).

Despite its advantages, the rise of social media has brought about the phenomenon of oversharing, characterized by the disclosure of excessive personal or intimate information on digital platforms. This behavior is often driven by a desire for attention, validation, or as a means

of emotional release. However, many social media users fail to recognize the potential consequences of oversharing from psychological, social, and privacy perspectives. Research indicates that individuals engaging in oversharing are more prone to experiencing social anxiety, feelings of isolation, and an elevated risk of mental health issues such as depression (Fuchs & Sandoval, 2019). Furthermore, the long-term ramifications of oversharing can include reputational harm, strained social relationships, and vulnerability to exploitation or misuse of personal information (Tufekci, 2017). The concern is amplified by advancements in data collection technologies and algorithms employed by social media platforms, which use personal information for targeted advertising and content delivery. Consequently, oversharing not only affects individuals but also contributes to broader challenges related to data security and privacy.

In Islam, safeguarding personal honor and privacy is a fundamental value that every individual is encouraged to uphold. Islamic teachings emphasize the importance of preserving one's private matters and refraining from unnecessary disclosure of personal information. This principle extends beyond physical interactions to encompass behavior in the digital realm. The Qur'an highlights the significance of privacy and respect for others in Surah Al-Hujurat (49:12), where Allah states:

"O you who believe, avoid much [negative] assumption. Indeed, some assumption is sin. And do not spy or backbite each other." (Qur'an 49:12)

This verse underscores the need to maintain dignity and avoid actions that could harm others, whether in real life or online. In the context of social media, oversharing can lead individuals to breach these ethical principles by revealing private information that should remain confidential. Such behavior not only risks personal privacy but may also contribute to harm within broader social and spiritual contexts. Apart from that, Islam also teaches the importance of maintaining balance in life. In the context of social media, this means that individuals must be wise in sharing their personal information, without getting caught up in the drive to gain attention or recognition from others. In this case, Islamic counseling can guide individuals to understand the impact of oversharing behavior and how to maintain a balance between the need to share with the right to maintain privacy.

Islamic counseling grounded in digital literacy represents an integrated approach that combines Islamic counseling principles with the competencies required to navigate the digital landscape effectively. Digital literacy encompasses the ability to access, analyze, and utilize digital information in a thoughtful and ethical manner. Beyond technical proficiency, it also emphasizes an understanding of the ethical responsibilities inherent in digital engagement.

In the framework of Islamic counseling, digital literacy is employed to guide individuals in using social media wisely and responsibly. This approach emphasizes the importance of setting boundaries on shared information to avoid oversharing behavior. Digital literacy-based Islamic counseling integrates religious principles as a foundation for making informed decisions about online information sharing while equipping individuals with strategies to manage emotions and social pressures that often lead to oversharing. Through this method, individuals are empowered to align their digital presence with Islamic values and ethical standards.

Digital literacy-based Islamic counseling encompasses several key aspects aimed at addressing oversharing and promoting responsible social media use. One crucial aspect is privacy management, which emphasizes the importance of protecting personal privacy by teaching individuals how to control the type and amount of information shared online, thus preserving

dignity and security. Another aspect focuses on ethics in social media interaction, fostering respectful and ethical behavior, including safeguarding others' privacy and avoiding the dissemination of personal information without consent. Additionally, managing social needs plays a vital role by guiding individuals to fulfill their emotional and social needs, such as seeking validation or attention, through healthier, privacy-conscious approaches that prioritize self-respect. Lastly, this counseling highlights the importance of enhancing mental well-being, encouraging individuals to recognize that genuine happiness and balance are derived from meaningful relationships and offline connections rather than solely from social media validation. Together, these elements provide a comprehensive framework to align digital behavior with Islamic values and ethical principles while promoting overall well-being.

Methods

The research titled "*Islamic Counseling Based on Digital Literacy in Overcoming Oversharing Behavior on Social Media*" employs a qualitative approach using case studies. Data collection methods include in-depth interviews, observations, and document analysis to explore the use of social media and the application of Islamic counseling principles. Interviews will involve individuals exhibiting oversharing behavior and counselors specializing in Islamic counseling and digital literacy. The research analyzes the phenomenon of oversharing through both a psychological framework and an Islamic ethical perspective, particularly concerning the responsible sharing of information in public domains. Digital literacy is incorporated as a core component of the intervention, aimed at equipping individuals with strategies to manage oversharing behavior effectively. Thematic analysis will be utilized to examine participants' understanding, experiences, and behavioral changes following digital literacy-based counseling interventions. The study references key literature on Islamic counseling (Taufiq, 2018), oversharing behavior (Bergman et al., 2019), and digital literacy theory (Palfrey & Gasser, 2010) to provide a robust theoretical foundation.

Results And Discussion

Islamic Counseling

Islamic counseling is a holistic approach to providing guidance and support to individuals facing challenges in life, grounded in the principles of Islamic teachings. Its primary objective is to assist individuals in achieving inner well-being, enhancing their overall quality of life, and finding solutions that align with Islamic values. This approach addresses various dimensions of human existence, including spiritual, emotional, and social aspects, emphasizing harmony with religious teachings while fostering personal growth and resilience (Muzaki & Saputra, 2019).

Islamic counseling is characterized by several key elements that distinguish it as a comprehensive and spiritually grounded approach:

1. It is based on the Qur'an and Hadith, deriving its principles and guidance from these primary sources of Islamic teachings to offer solutions to clients' issues rooted in divine wisdom.
2. This approach incorporates spiritual dimensions, going beyond psychological or social challenges to foster a stronger relationship with Allah (taqwa) and encourage improved worship practices in daily life.

3. It adopts a holistic perspective, recognizing individuals as multifaceted beings by addressing their physical, mental, social, and spiritual aspects, aiming for balanced and comprehensive solutions.
4. Islamic counseling is grounded in Islamic ethics and morality, emphasizing values such as honesty, compassion, patience, and trust to ensure that guidance aligns with moral and ethical teachings.
5. The counselor acts as a guide and facilitator, helping clients discover solutions while deepening their understanding of Islamic teachings relevant to their challenges.
6. It adopts both preventive and curative approaches, seeking not only to resolve existing issues but also to prevent future problems by promoting a lifestyle consistent with Islamic principles.

Ultimately, the aim of Islamic counseling is to help individuals return to their *fitrah* (natural state) as intended by Allah, equipping them to face life's challenges with confidence and inner peace derived from Islamic teachings.

Digital Literacy for Netizens

The primary challenge in contemporary society is navigating the pervasive influence of the internet and digital media. While these technologies offer significant benefits, they also present opportunities for a range of issues. A deficiency in digital literacy, including the ability to effectively utilize hardware and software, often results in the suboptimal use of digital media. Furthermore, a weak digital culture may lead to violations of individuals' digital rights. Inadequate digital ethics can contribute to the proliferation of negative content, creating a hostile digital environment. Similarly, fragile digital security systems increase the risk of personal data breaches and instances of digital fraud (Adikara et al., 2021). In the digital era, individuals hold personal rights to share aspects of their lives in cyberspace. These privacy rights encompass three essential dimensions. Firstly, individuals are entitled to the enjoyment of their private lives, free from external interference. Secondly, they have the right to communicate without being subjected to surveillance or espionage. Lastly, individuals must maintain the ability to monitor and control access to their personal information by others (Adikara et al., 2021).

Sharing content in cyberspace often brings a sense of gratification to netizens, as it reflects their personal right to transform aspects of their private lives into material suitable for public consumption. However, the phenomenon of oversharing on social media presents significant risks that require careful consideration. Addressing these risks underscores the critical importance of digital literacy. Digital literacy serves as a cornerstone of modern education, fostering the development of scientific reasoning and expanding intellectual horizons. This aligns with the fundamental purpose of education, which is to cultivate lifelong learners and nurture a genuine appreciation for knowledge. In the context of the contemporary digital landscape, literacy functions as a key measure of one's ability to access and process information effectively. Moreover, it is widely recognized that literacy proficiency plays a crucial role in shaping modern standards of achievement and success (Dewayani & Retnaningdyah, 2017).

The concept of digital literacy was first put forward by Paul Gilster in 1997 in a book entitled *Digital Literacy*. Gilster defines it simply as 'literacy in the digital age', or the ability to understand and use information through various digital sources. In its development, digital literacy or precisely digital literacies is defined as 'practices of communicating, relating, thinking and 'being' associated with digital media.', social and political. The term 'practices' was chosen because this concept includes all ways to actively utilize literacy, including the meaning-making activities that underlie it (Kurnia, N., & Astuti, S. I. (2017). Digital literacy basically does not only involve technical abilities,

but also involves skills and knowledge about information that is more complex in nature, so someone who has a high level of digital literacy can be said to have been able to master the four main dimensions of digital literacy as expressed by Bawden, so that they are able to search, evaluate, create and communicate information using digital technology effectively and efficiently (Nurjanah, E., Rusmana, A., & Yanto, A. (2017).

Digital literacy enables netizens to critically evaluate the information they encounter, determining what is appropriate to consume, share, or upload on social media. Aubrey Fisher categorizes information into three types, each crucial to understanding its role in communication. The first type defines information as facts or data, representing the raw material obtained during communication. The more data or facts an individual gathers, the greater their informational resources. The second type considers information as the meaning derived from data. Data only acquires informational value when it is interpreted and made meaningful by an individual. The quality of this information depends on how it is processed through sensory input and shaped by knowledge, experience, emotions, and moral reasoning. By mastering these distinctions, digital literacy equips individuals with the skills to engage responsibly and meaningfully in the digital space.

Information can also be understood as a measure of uncertainty, specifically as the reduction of uncertainty through the elimination of multiple alternatives. In this context, information plays a critical role in addressing situations characterized by ambiguity. The more uncertain a situation is, the greater the number of potential alternatives that arise. Information serves to narrow these alternatives, thereby reducing uncertainty and facilitating informed decision-making (Wiryanto, 2004).

Simson Garfunkel (2004) classifies personal information into five categories: personal information, private information, personally identifiable information, anonymized information, and aggregate information. *Personal information* refers to data directly related to an individual, such as their name, date of birth, place of residence, and family details. *Private information* pertains to data that is not commonly known and may be legally protected, including academic transcripts or bank records. *Personally identifiable information* encompasses information that reflects an individual's habits, preferences, hobbies, and other personal traits. *Anonymized information* refers to data that has been altered in such a way that it no longer directly identifies an individual. *Aggregate information* combines individual data points to produce statistical insights (Fikri, 2003).

Digital literacy for netizens also influences the development of social intelligence. Anderson identifies three dimensions of social intelligence: *social sensitivity*, the ability to perceive and interpret the reactions and behavior changes in others; *social insight*, which involves finding effective solutions to social problems and interactions; and *social communication*, which includes mastering communication skills and the ability to listen and respond effectively. The ability to speak and write clearly is also a key component (Laurentius et al.). This social intelligence is crucial in today's digital age, where social media has become a vast platform for communication and interaction.

Privacy is not a fixed right but rather a dynamic one, evolving in response to societal changes, particularly in the realm of technology. As human civilization advances, especially with technological progress, the concept of privacy also adapts. Westin further categorizes privacy into four distinct types: solitude, intimacy, anonymity, and reserve. *Solitude* refers to the right of an individual to be alone, free from external disturbances such as noise, unpleasant odors, or disruptive vibrations. *Intimacy* denotes the right to maintain deeply personal relationships with close individuals, such as family members, spouses, or colleagues, without interference from external parties. *Anonymity* is the right to remain unidentified and to ensure that one's movements are not

tracked or followed. Finally, *reserve* involves an individual's right to regulate the boundary between personal and public interests, allowing them to choose whether to distance themselves from the public sphere (Dewi, 2009).

For individuals exhibiting oversharing behavior, it is important to recognize the potential consequences. The more one shares online, the more likely others will probe into the details of their personal lives, leading to questions about what is uploaded or discussed within their social circles. This often results in the intrusion of privacy and can foster an environment ripe for bullying, particularly within the uploader's social community.

Digital literacy extends beyond simply understanding how to navigate social media platforms effectively; it also encompasses a comprehensive understanding of legal obligations and the potential legal consequences of online behavior. As articulated in the statement, "An adequate law must not only view the law as a set of rules and principles that regulate human life in society but must also include the institutions and processes necessary to realize the law in reality." This highlights the necessity of integrating legal frameworks into the practice of digital literacy. For instance, Article 27 of the Regulation of the Minister of Communication and Information of the Republic of Indonesia Number 20 of 2016, concerning the Protection of Personal Data in Electronic Systems, outlines the legal responsibilities of netizens. It stipulates that users are obligated to maintain the confidentiality of any personal data they acquire, use it only for legitimate purposes, protect it from misuse, and take responsibility for the personal data they control, whether individually or within organizational contexts, if any misuse occurs.

In response to the growing need for digital literacy, the Ministry of Communication and Information has officially launched the National Digital Literacy Program. This initiative is part of the broader effort to accelerate national digital transformation, particularly in the development of digital human resources (HR). The program involves over 110 institutions and various community groups, aiming to equip citizens with the skills necessary to navigate the digital landscape responsibly. Without adequate media literacy, individuals risk being misled by inaccurate or misleading information. Therefore, fostering media literacy is essential, particularly in educational contexts, as it helps individuals critically evaluate the information they encounter online (Fatmawati, N. I., 2019).

Oversharing Behavior

Oversharing is the behavior of sharing personal or emotional information excessively or without appropriate limits, often involving topics that are very personal, sensitive, or too detailed to others. This can occur in a variety of contexts, both in face-to-face conversations and on social media, where individuals tend to reveal more than is perhaps necessary or appropriate to the social situation at hand (Cunningham, C., & Miller, D. (2020).

1. Characteristics of Oversharing:

- a. **Excessive Detail:** Individuals who engage in oversharing often disclose overly detailed or personal information, such as issues related to personal relationships, emotional struggles, or private matters that would typically remain confidential.
- b. **Inappropriate Social Context:** Oversharing occurs when individuals share sensitive information in situations or with people where such details are not suitable. This can include revealing personal anecdotes to strangers or in formal, professional settings where privacy is expected.

- c. **Discomfort for Others:** For those receiving the shared information, oversharing can induce discomfort. The audience may feel uneasy or disturbed by the content, especially when the shared information seems inappropriate or intrusive.
- d. **Social Media Platforms:** Oversharing is particularly prevalent in the digital context, especially on social media platforms like Facebook, Instagram, Twitter, or TikTok. Users often share personal updates, photos, or stories that expose more of their private lives than is deemed necessary or appropriate, sometimes with unintended consequences for both the individual and their social network.

2. Factors Contributing to Oversharing:

- a. **Desire for Connection:** Some individuals believe that by revealing more about themselves, they can foster stronger connections or gain acceptance from others.
- b. **Lack of Social Awareness:** Oversharing often stems from an inability to recognize boundaries when sharing personal information or an unawareness of the potential consequences of sharing sensitive details in unsuitable settings.
- c. **Influence of social media:** The digital age has amplified the culture of oversharing, where individuals feel compelled to share their lives openly, often driven by the perceived norms of constant online visibility (Marwick, A. E., & Boyd, D., 2014).

3. Impact of Oversharing:

- a. **Reputation Damage:** Excessive sharing of personal information can harm an individual's reputation, affecting both their personal relationships and professional opportunities.
- b. **Misuse of Information:** The information shared may be exploited by malicious individuals or leveraged by others to manipulate or harm the individual.
- c. **Social Discomfort:** Oversharing can create unease among those receiving the information, who may find themselves exposed to details they were neither prepared for nor interested in knowing (Morrison, C., & Beery, S., 2019).

Strategies to Overcome Oversharing

Oversharing involves sharing excessive or overly personal information, which can sometimes create discomfort for others. Here are some steps to help manage this behavior:

1. Identify the Root Causes

- a. **Need for Attention:** Recognize if the urge to overshare stems from a desire for validation or recognition. Acknowledging this can be the first step toward change.
- b. **Excessive Openness:** Some individuals may feel compelled to share everything without understanding social boundaries.
- c. **Lack of Social Awareness:** Being unaware of the impact of shared details on others can contribute to oversharing tendencies (Piven, J., 2011).

1. Establish Personal Boundaries

- a. **Assess Share-Worthiness:** Reflect on whether the information is appropriate or relevant to share in a given situation.
- b. **Filter Information:** Pause to consider if sharing a particular detail is necessary or if the audience is prepared to hear it.

2. Be Attentive to Reactions

- a. **Read Social Cues:** Notice signs of discomfort, such as disinterest or awkward body language, as signals to adjust the conversation.

- b. Consider Context: Adapt your sharing to the environment and the relationship, keeping conversations light in formal or unfamiliar settings (Chartrand & Bargh, 1999; Hargie, O., 2011).
3. Cultivate Self-Awareness
 - a. Practice Impulse Control: Recognize moments when the urge to overshare arises and actively practice restraint (Baumeister & Vohs, 2007).
 - b. Mindfulness: Engaging in mindfulness can help you remain present and deliberate about what you share (Kabat-Zinn, J., 2005).
4. Redirect Conversations

Shift focus by asking questions or steering discussions toward more general topics, which provides time to reconsider personal revelations (Goffman, E., 1959)
5. Evaluate Sharing Objectives
 - a. Purpose of Sharing: Determine if the information will benefit the conversation or others in a meaningful way.
 - b. Potential Consequences: Assess if sharing could negatively affect your reputation or relationships (Cialdini, R. B., 2009; Rosen, C., 2013).
6. Seek Professional Guidance

If oversharing is a persistent issue or tied to emotional struggles, consult a therapist or counselor for support in addressing the behavior and learning coping techniques (Neff, K. D., 2011).

Social Media

Social media encompasses internet-based platforms designed to enable individuals, groups, and organizations to engage in virtual interactions, content sharing, and participation in digital networks. These platforms facilitate the dissemination of information in various formats, including text, images, videos, and audio, and support direct communication through private messages, comments, and discussion forums. Functioning as a dynamic, bidirectional communication channel, social media fosters community building, the rapid distribution of information, and broad social interaction.

Prominent examples of social media platforms include Facebook, Instagram, Twitter, TikTok, YouTube, and LinkedIn. Social media plays a pivotal role in numerous spheres of life, influencing personal communication, business marketing strategies, educational initiatives, and social and political movements (Kuss & Griffiths, 2017).

Kaplan and Haenlein (2010) define social media as internet-based applications that empower users to engage in virtual communities and create, modify, and share content. These platforms are also classified as communication tools that facilitate social interaction through user-generated content, further emphasizing their integrative and participatory nature.

Conclusion

Oversharing behavior refers to the tendency of individuals to disclose excessive personal information on social media platforms, often beyond what is necessary or appropriate. Such behavior can lead to privacy concerns, adverse psychological effects, and negative social repercussions. Addressing this issue highlights the significance of counseling, particularly

counseling grounded in Islamic principles, to provide guidance that aids individuals in regulating their online behavior. Islamic teachings emphasize the preservation of personal dignity (self-respect and respect for others) and caution against actions that could harm one's own or others' reputation, such as the unnecessary exposure of private matters.

Digital literacy, defined as the ability to utilize information technology and social media judiciously and responsibly, plays a critical role in mitigating the negative impacts of oversharing. By fostering awareness of the consequences of excessive information disclosure on social media, digital literacy equips individuals with the knowledge and skills necessary to safeguard their privacy and maintain ethical online communication practices. This includes an emphasis on responsible information sharing and the importance of maintaining confidentiality in digital spaces.

The integration of Islamic counseling with digital literacy offers a holistic approach to addressing oversharing behavior. This method combines the moral framework of Islamic teachings, which advocate for the protection of personal honor and discretion, with the practical competencies of digital literacy. Through this integrated approach, individuals are provided with both the ethical foundation to appreciate the value of privacy and the technical knowledge to engage with social media in a healthy and productive manner.

In conclusion, the synergy between Islamic counseling and digital literacy presents a compelling strategy for addressing oversharing tendencies. By blending religious moral values with digital competencies, this approach enables individuals to navigate social media more responsibly, uphold their dignity, and cultivate a balanced and respectful digital presence.

Recommendations

Integrating digital literacy education with Islamic values within counseling programs is essential to fostering awareness of the adverse effects of oversharing on social media. This integration emphasizes not only the technical skills needed for responsible social media use but also the moral and ethical principles rooted in Islamic teachings, such as the preservation of privacy and self-respect. By combining these elements, individuals can develop a deeper understanding of the implications of their online behavior and make more informed choices about the information they share.

In addition to counseling programs, educational campaigns on social media play a vital role in disseminating knowledge about the risks associated with oversharing. These campaigns can serve as a platform to promote awareness, highlight the importance of digital ethics, and offer practical guidance for responsible online communication. Furthermore, the active involvement of families in guiding and modeling appropriate social media behavior is crucial. Families provide a foundational support system that can instill values of prudence, respect, and accountability in digital interactions. By adopting this multifaceted approach, individuals are better equipped to navigate the complexities of cyberspace while aligning their behavior with Islamic principles. Such initiatives not only encourage the responsible use of social media but also reinforce the significance of privacy and dignity, fostering a culture of wisdom and respect in the digital age.

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