

Facets of TikTok Usage Among Adolescents: A Rapid Scoping Review

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Introduction

Short videos meet the demands of people's fast-paced lives. With the fastest information dissemination method, strong audio-visual stimulation, and convenient interactive functions, short videos have quickly become one of the most popular platforms today, with a huge user base (Wahid et al., 2023). Young people are also one of the main user groups of TikTok (Conte, 2025).

In today's society, teenagers' high acceptance and dependence on new social media may make the impact of social media on them far exceed our imagination. Therefore, it is crucial to study the influence of Douyin usage on teenagers. Understanding the impact of Douyin usage on teenagers also helps us consider whether social media should take on educational responsibilities and how to better improve the rules for internet usage. Andanda qui is velicia quasim rerumqu aessequi tectur, odicatem reri blaccusdae autaero voleniminus magnat.

Method

This study adopts the research method of scoping review, aiming to comprehensively and objectively integrate the existing empirical evidence on the results or impacts of teenagers' use of TikTok.

This review sets the age range from 12 to 19 years old, covering the entire adolescence.

The core of this article is the use of social media, especially TikTok.

The search keywords are set as: TikTok, teenagers, minors, values, adolescents, young people, children, social media, teenagers, short videos, mental health, social comparison, body image, cyberbullying, values, comparison.

We will retrieve research articles from the following databases: Web of Science, PubMed, PsycINFO, ERIC and CNKI.

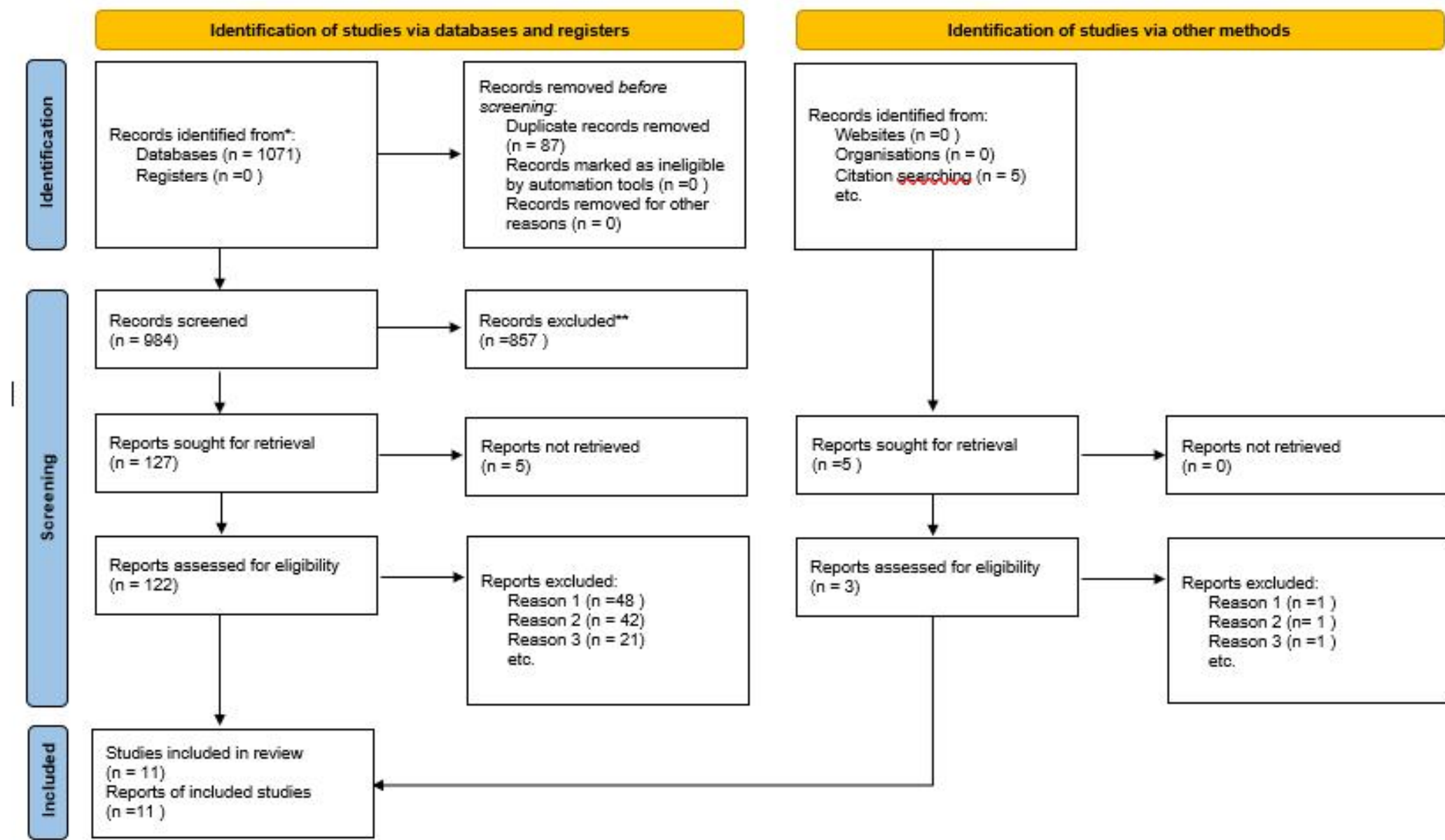


Figure 1: Prisma Diagram

Result

1. The mental health of teenagers
 - Negative impacts
 - Positive impact
 - TikTok can serve as a platform for mental health communication
2. Physical health and risky behaviors
 - "Ideal Body Shape"
 - The potential for misleading health information
3. Learning and development
 - The impact on attention:
 - Informal learning
4. Changes in consumer behavior

Conclusion

Social media has become an indispensable part of the social life of contemporary young people, and its influence is beyond doubt. However, this influence is a double-edged sword. On the one hand, users can relieve stress, learn new knowledge and skills by watching videos, and make friends with like-minded people through this platform. On the other hand, due to algorithmic recommendations, they may fall into the cocoon of negative content. Although algorithmic recommendations can amplify personal choices, adolescence is a period of rapid development in all aspects but also immaturity.

During this period, their cognitive and discriminatory abilities are relatively weak. Relying solely on personal awareness and technological innovation is not enough to mitigate potential risks. The attention, intervention and guidance of society, schools, families and platforms are needed. Paying attention to the daily psychological state of teenagers, understanding more comprehensively the impact of Douyin on them, and how to better intervene and guide them in using Douyin, is a direction for future research.

TikTok