
Used betta fish multicolor as therapy for reducing addictive social media use in the covid-19 outbreak

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Abstract

During the COVID-19 pandemic, people used social media to communicate and entertain themselves. Yet, excessive social media use can cause anxiety and sadness. Hence, fresh social media addiction therapies are crucial. We suggest treating social media addiction with colorful Betta fish. This fish's brilliant colors and interesting behavior reduce stress and anxiety and promote well-being. Betta fish are low-maintenance pets that may be kept in a small tank at home or at work. Interacting with animals helps improve mental health. So, the "betta fish" treatment may be a low-cost and accessible way to improve mental health and minimize social media addiction amid the COVID-19 pandemic. This intervention's efficacy and best practices need further stud.

Keywords: Betta fish, social media addiction, Covid-19 outbreak, animal-assisted therapy, mental health

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Dear Editor

The pandemic caused by the COVID-19 virus has caused many people all over the world to modify their ways of life and their day-to-day routines, particularly in Indonesia. Several employment and other activities, including education, that were once carried out offline and have since been relocated to online platforms in order to minimize crowds and to keep people at home. This policy was introduced by the government in March 2020 and calls for people to work from home (Ifdil et al., 2020). Because of this condition, some people experience feelings of boredom and even stress (Chen, 2020), because they are unable to maintain the same level of social relations outside the home as they would normally. As a result, many people look for different ways to pass the time, and one of those ways is by using social media.

Social media allows people to keep in touch despite physical and social restrictions, but the Covid-19 pandemic increases the risk of using social media, namely addiction, because people have more time online than before the pandemic (Paschke et al., 2021; Zhao & Zhou, 2021). The results also show that Covid-19 stress is positively related to the addictive tendency of social media (Zhao & Zhou, 2021). Social media addiction has many negative effects including reduced productivity, unhealthy social relationships and reduced life satisfaction (Brailovskaia & Margraf, 2020). Social media addiction can become an additional problem during the Covid-19 pandemic, so that this problem does not develop, a solution is needed to overcome this problem. Betta fish multicolor as therapy can reduce social media addiction.

Multicolor is a label used to describe betta fish that have three or more colors (Shivley et al., 2021). Betta fish multicolor as therapy is a treatment that uses the beauty and bright colors of Betta Fish Multicolor. This therapy is done by placing large amounts of beta fish multicolor into a large enough tank. Previously,

the tank was designed in such a way as to make it more comfortable to look at, namely by adding aquatic plants, providing water filters and lighting from LED lights. Our experimental results show that a well-designed tank has more positive effects than using a plain tank.

After that, you will receive a betta fish in multiple colors along with a tank that has been thoughtfully designed. When watched, the beauty of the varied colors of the multicolor betta fish mixed with the beauty of the tank produces a calming impression and comfort. Also, the betta fish, due to their small size, give a relaxing effect when viewed swimming around in the aquarium.

Betta fish multicolor therapy can have a relaxing effect and reduce stress, diverting the mind from wanting to use social media. Because addiction recovery is about changing habit patterns (Lewis, 2017). So that Betta fish multicolor therapy can be an alternative treatment to reduce social media addiction because of the stress of Covid-19. We also suggest that future researchers be able to further investigate this betta fish multicolor therapy.

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