

## Coping Health Information Fatigue in the Digital Era: Tabayyun Analysis Perspective

<sup>1</sup>Indri Rachmawati, <sup>2</sup>✉Tri Nur Aini Noviar, <sup>3</sup>Raditya Pratama Putra, <sup>4</sup>Yulianti

Fakultas Ilmu Komunikasi, Universitas Islam Bandung, Bandung, Indonesia

E-mail: <sup>1</sup>momszie@gmail.com, <sup>2</sup>✉trinil.trinov@gmail.com, <sup>3</sup>radityapratamaputra15@gmail.com,

<sup>4</sup>yulianti@unisba.ac.id

**Abstract.** *The Indonesian Government imposed social distancing to contain the spread of the novel coronavirus disease 2019. Enforcement of these regulations makes social media prevalent for seeking medical information after the pandemic. Experiencing overload information can make individuals feel fatigued while processing the information they receive, including health information amidst the COVID-19 pandemic. Tabayyun is an attempt to find out unclear information by checking information. This means that the tabayyun process involves checking and selecting information carefully. This article is a descriptive research report that tries to describe the attitude of tabayyun to Muslim families in receiving health information, especially in the digital era. Specifically, this research aims to give details of (1) The tabayyun attitude that must be developed in the digital era and (2) The behavior of Muslim families when doing tabayyun via social media. How individuals behave when receiving information needs to be developed to anticipate the overload caused by the rapid flow of health information. The findings showed that the attitude of tabayyun was crucial in receiving various health information. The habit of constantly checking the health information received needs to be trained and applied from an early age and in the family environment.*

**Keyword:** *digital age, health information, tabayyun, muslim family*

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### INTRODUCTION

Since China reported the coronavirus in Wuhan, Hubei Province, on December 2019 (Gralinski & Menachery, 2020; Qian & Jiang, 2022), from a single city to the entire country, COVID-19 has rapidly spread (Wu & McGoogan, 2020). On April 13, 2020, 200 countries and regions worldwide confirmed COVID-19 cases (Qian & Jiang, 2022). Millions of people were quickly infected and died, and Indonesia was no exception. The Indonesian government requires the public to limit interactions to break the chain of spread of the COVID-19 virus. The government has issued various policies to overcome this, restricting mobility and prohibiting visiting public facilities, closing schools and distance learning, and working from home (Prastyo et al., 2020). As a result, the

use of digital media and social media as media to support activities is increasing. During the lockdown situation, people are increasingly accessing social media. Sharing information about COVID-19, discussing and sharing stories about social distancing via WhatsApp, making YouTube videos, and much more (Saud et al., 2020).

Public enthusiasm for using the internet and social media is very high. Currently, social media is part of human primary needs. Based on data from the Indonesian Internet Service Providers Association (APJII), it is clear that in 2021-2022, internet penetration in Indonesia will reach 77.02%. This trend continues to increase year by year. In 2018, it was 64.8%, and in 2019-2020, it was 73.7% (Pahlevi, 2023). Social media is one of the primary sources for seeking

information about various current issues, including health problems. Does the ease of finding health information not affect people's feelings and thoughts?

When individuals receive information as a stimulus, their minds will organize it to create a specific pattern along with other pieces of knowledge they have previously encountered. However, if the stimulus does not align with existing information or presents inconsistencies, it can induce discomfort in the individual. According to Festinger (1957), uncomfortable conditions will motivate individuals to take steps to reduce the discomfort that occurs to them (West & Turner, 2017). Efforts to overcome this condition of inharmoniousness can be made effortlessly by the current advances in communication technology.

The rapid progress of communication and information technology (ICT) today has led society to significant changes in everyday life. Current technological innovations make it easier to convey data from one person to another (Uran et al., 2022). Advances in information technology make it easier for people to access information because the media functions as a platform for disseminating information (Latifa & Setiawan, 2019; Hernawati et al., 2022). Furthermore, interaction with digital media also occurs within the modern family. Media has a significant role in building family infrastructure (Katz, 2010). Media use has become a primary need for society. With existing ICT advances, various information from all over parts of the world can be easily accessed. Simply by entering a single keyword, all the necessary information can promptly appear. The developments of technology have a significant impact on the development of information and science (Raharjo et al., 2020). This development includes disseminating health information and the COVID-19

vaccine.

This condition shows that society and the media are two things that need each other. The media industry development is part of the community participation. How can media develop if it does not have a target? How can media exist if no one appreciates it? "Audiences are increasingly important to the media" (Rivers et al., 2012). Let's imagine, in the past, when there was no communication and information technology, how difficult it was for people to access news and how difficult it was for people to convey information to others. The presence of social media as a manifestation of the development of internet technology provides easy access for anyone to create an account and use social media for whatever activity they want (Arisanty & Wiradharma, 2022).

If the media needs society, then vice versa. It turns out that people find it very difficult to escape from any media. The reason is that mass media, both conventional and those that have changed in this digital era, can meet various community needs. As well as the social media presence. Every civilization, from the most primitive to the most complex, Harold Lasswell has defined three systems of communication that operate an empath function, there are: care supportive environment; association various compose society so they can adapt themselves to change environment, as well diversion inheritance social. Wilbur Schramm uses a simpler term, communication system, as a guard, forum, and teacher. He and many experts add function keepfour: source of entertainment (Rivers et al., 2012).

As technology advances, it has become easier for everyone to access social media, so some news organizations are attempting to utilize it as a news source (Uran et al., 2022). Like two sides of a coin, profits will coexist with losses.

Likewise, the convenience obtained with the presence of ICT is also accompanied by impacts that may be less beneficial for individuals. Information that was originally present to satisfy an individual's curiosity about something has now turned into a weapon that weakens the individual's mental condition. This condition is what Oppenheim calls information fatigue syndrome, a condition that occurs when individuals feel burdened by excessive amounts of information, which sometimes may or may not be related to themselves (Edmunds & Morris, 2000; Bawden & Robinson, 2020). The rapid flow of information through internet media, especially social media, causes individuals who are exposed to information to become confused. The reason is that the ease of accessing information impacts the amount of information received. At a certain point, this condition will cause the individual to become tired and lose focus on his priorities. Including information about health issues and vaccines during the COVID-19 pandemic.

Several studies emphasize the need for caution, highlighting that not all information presented on digital media is accurate. There continues to be a substantial display of false information and hoaxes. Hoaxes are information deliberately disseminated through social media or other media (Rubin et al., 2015). Internationally, they can be categorized into three groups. First, misinformation refers to fake news spread by individuals unaware of the information's hoax status. Second, disinformation is fake news shared deliberately to cover up the real reality. Third is malinformation which is news that is spread to cause damage (Safitri et al., 2021). Rahadi, in his research, revealed that 46 out of 122 respondents shared information on social media without double-checking the veracity of the information received (Rahadi, 2017). This large amount

of social media use also impacts the increasing spread of fake news on social media (Nurrahmi & Syam, 2020). Hoaxes can be presented in the form of news, opinions, or data, images, and photos. Many hoaxes circulate through social media, whether in networks such as Facebook, Twitter, Instagram, and YouTube or in the form of platforms such as WhatsApp, Line, and BBM (Safitri et al., 2021). The information conveyed is deliberately misleading to obtain certain benefits.

This condition requires the public to be more active in seeking information about what is happening according to the conditions of each individual. The spread of fake news and information about COVID-19 during the pandemic has created panic for some people, particularly among individuals lacking sufficient media literacy skills (Supriadi et al., 2020). According to Yudhaswara and Hidayat, selective behavior in selecting COVID-19 information in the mass media can ensure the type of information needs sought, the intensity of accessing information and checking information from other sources related to COVID-19 (Kusumalestari et al., 2021). People should have critical and analytical thinking when accessing various information from the media in this digital era. The maturity of thinking and managing emotions in responding to various information is necessary.

For individuals, not all information received is good, correct, and useful. Therefore, humans always have to filter information so as not to fall into things they should not (Pardianto, 2017). The ability to filter information is very important to develop in every individual, as is the case with the Islamic religion, which teaches people to perform *tabayyun* when receiving information. Islam sees that *tabayyun* needs to be applied in various aspects of life, both in personal

and social life. Instilling good values and habits can start in the family environment (Noviar et al., 2021) because the family is the first place and small organization where children can learn and develop as social creatures (Oei in Noviar et al., 2021). According to Barnadib (1987), basic education obtained in a family environment can be used as a provision for further education (Jalaluddin, 2018; Noviar et al., 2021). Applying the tabayyun principle in the communication process teaches individuals to prevent misunderstandings. Apart from that, this principle can also be used to solve problems. Individuals are trained to exercise critical and discerning judgment when responding to diverse perspectives, including the vast amount of circulating health information

Individuals who experience health information fatigue and perceiving a mismatch are encouraged to seek and create balance. Individuals will carry out tabayyun on the health information obtained. The extent of tabayyun carried out will inevitably differ among individuals, influenced by the level of discomfort they experience. This condition is in Festinger's opinion that "the level of dissonance will determine the actions that will be taken and the cognition that the individual may use to reduce dissonance" (West & Turner, 2017). Based on the background above, it is interesting to focus this study on tabayyun analysis as a form of effort to filter health information on social media for Muslim families, specifically (1) Tabayyun attitudes that must be developed in the digital era, (2) Behavior in Muslim families when doing tabayyun via social media. The rapid dissemination of information and news today requires us to habituate a tabayyun attitude in everyday life. Tabayyun has a crucial function in dealing with increasingly complex information dissemination in the

digital era. The lack of understanding and awareness of news sources is a source that triggers the development of hoaxes (Tsaniyah & Juliana, 2019; Prastyo et al., 2020)

## METHOD

This research uses quantitative methods with a descriptive study approach because this research aims to describe or provide an overview of the tabayyun attitude of Muslim families in received health information, especially in the digital era. This research was conducted to describe the reality without explaining the relationship between variables. Researchers merely try to make systematic, factual, and accurate descriptions of the facts and characteristics of certain populations or objects (Kriyantono, 2020).

The population in this research are families who are members of POMG (Parents, Students and Teachers Association) and actively participate in every activity organized by POMG M.I Manbaul Huda. It is because M.I Manbaul Huda is a madrasa school that has a general learning curriculum, under the Department of Religion and the Education Service. Apart from that, this school routinely carries out parenting activities at least once a semester as a form of education for parents. The total population of this study was 115 families. Based on the Slovin formula, 53 families can drawn to be a sample.

This research uses a non-probability sampling design with a purposive sampling technique. The reason is because researchers feel that members of the population do not necessarily have the same opportunity to become a sample (Kriyantono, 2020). Apart from that, the selection of the sampling technique was also based on considerations of describing the tabayyun attitude of parents regarding the receipt of health information in a

Muslim family environment in the city of Bandung.

To obtain primary data, in January–May 2022, researchers distributed questionnaires to 53 sample people. Research respondents have been selected based on certain criteria created by the researcher based on the research objectives. The sample selection criteria are (1) Having and using social media, (2) Parents who have implemented the tabayyun concept in processing health information, characterized by not only sharing received information but also reading, checking, and looking for supporting information related to the obtained health information

Apart from that, researchers also conducted interviews with several informants regarding the importance of tabayyun in the current digital era as secondary data so that the descriptive analysis presented was clear. The selection of supporting informants was carried out purposively with the criteria of (1) actively using social media, and (2) acting as a parent, either father or mother. The reason for determining this criterion is that the research subject can provide a comprehensive picture regarding the data requested and related to the problems raised. The stipulation of research subjects, as supporting informants was carried out in July 2022, after primary data was collected. The data taken is the period for implementing the second phase of the COVID-19 vaccine for children. Interviews were conducted with three informants, as explained in Table 1.

After obtaining the research, the data analysis technique that the researcher used was to describe the results of the questionnaire data processing in the form of a single table or pie chart, An explanation of the research stages carried out is outlined in Figure 1.

## RESULTS AND DISCUSSION

The presence of the Industrial Revolution 4.0 has changed human lifestyles and behavior, including how individuals interact and process the various information they receive. The several dynamics of life are experiencing changes, such as changes in technology that appear spontaneously in digital form and how the data presented is used (Hakim, 2019). Nowadays, people tend to access various content from digital media, including health information and the COVID-19 vaccine from social media. Because social media can carry out health promotions and interventions. Not only that, its ability to reach a wide target also makes social media have its appeal (Leonita & Jalinus, 2018).

Based on questionnaire data distributed to 53 respondents in the city of Bandung, 48 people or around 90.6% stated that they obtained health information from social media, and the rest varied, either from search engines or online news portals, the order of social media ownership from highest to lowest is Facebook, Instagram, broadcast message, YouTube, TikTok, and Twitter, as illustrated in Figure 2.

TABLE 1. Supporting Informant Data

No.	Name	Background
Sho	Master degree , Parents (Father), Muslim, Principal, Active on Social Media	
Yen	Bachelor degree, Parents (Mother), Muslim, Broadcaster, Active on Social Media	
Sel	Bachelor degree, Parents (Mother), Muslim, Koran Teacher, Active on Social Media	

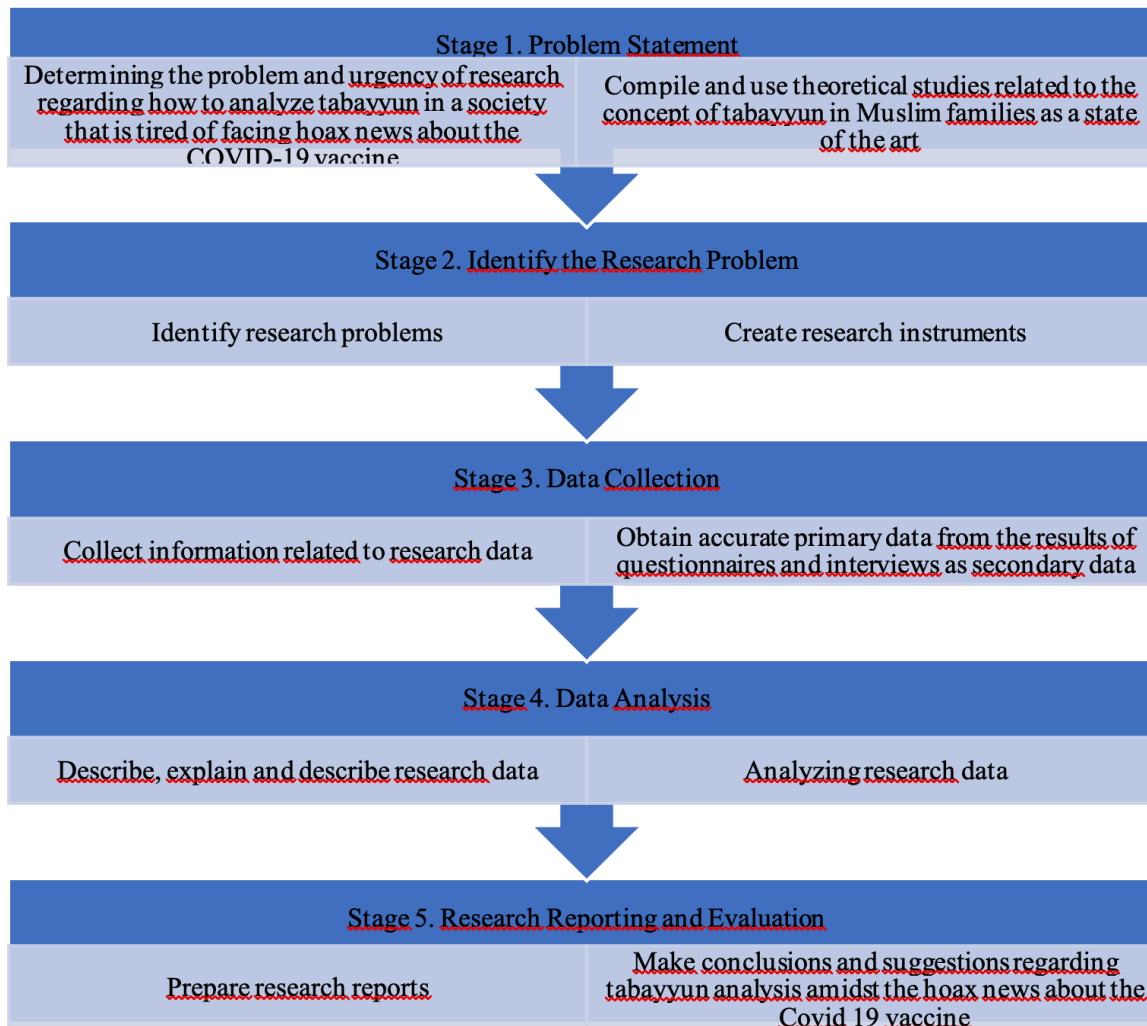


FIGURE 1. Research Flow Chart

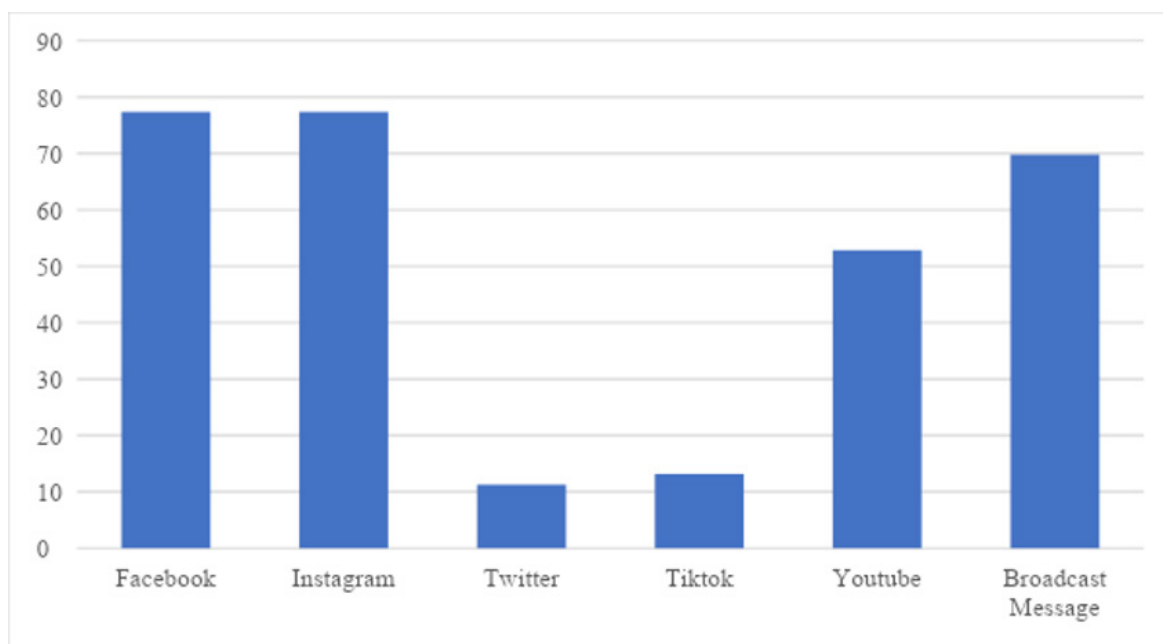


FIGURE 2. Respond to Social Media Ownership

Considering the high appeal that social media has. Social media consumption would be wiser if accompanied by strong media literacy skills. Individuals must be able to criticise in accessing and processing any health information they obtain. The number of social media users has increased during the COVID-19 pandemic, adding to the list of problems. Facts have emerged that social media must be responsible for the massive spread of hoaxes about COVID-19 (Mohammed et al., 2022; Hidayanto & Nurhaliza, 2022). Then how should we respond to it?

**Tabayyun Attitude in the Digital Era**

*Tabayyun* is a crucial value for Muslim communities to practice communicating in the digital era. When people understand the concept of *tabayyun*, they will automatically make a selection when processing information. They are willing to look for reliable references regarding the health information they receive, such as newspapers with high credibility, or figures who are competent in their fields. Including, when re-disseminating the information received. Individuals will not immediately spread information to others or their communities, but will first filter whether the information

is suitable for dissemination or not. The reason is because *tabayyun* lies in quality checking information or being selective in receiving news (Noor, 2018; Prastyo et al., 2020). The research results shown by respondents when they received important information were not reshared immediately. The response “read first” was the highest percentage, scoring 67.9%. This was followed by the response “check first” at 24.5%, the third response, with a gain of 7.5%, was “look for supporting information”. As explained in Figure 3.

The data shows that respondents realize that the *tabayyun* concept is significant to practice in social life in the digital era. Especially, when living in a period of ease of obtaining information accompanied by a level of factuality, it is still in doubt. Information easily moves from one conversation to another on social media and, in a short time, has spread to various regions and even countries (Hidayanto & Nurhaliza, 2022). By the concept of *tabayyun*, they will try to analyze first whether the information conveyed benefits or only harms other people. The foundation administrator at one of the elementary schools based on Islamic values in the city of Bandung points out:

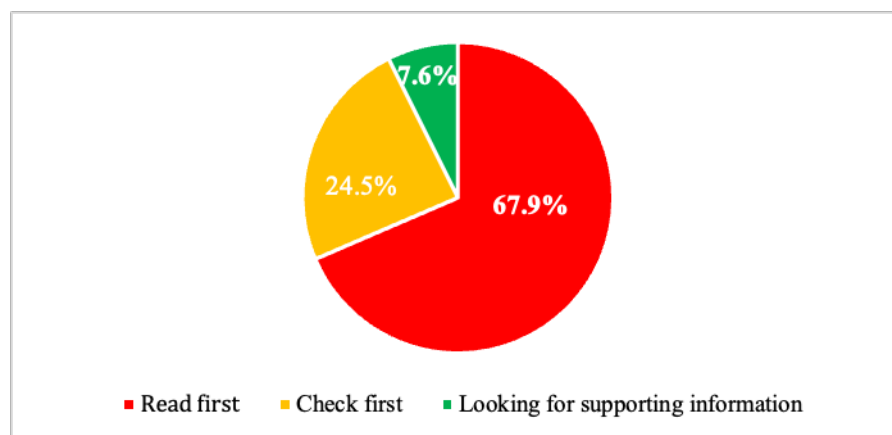


FIGURE 3. Response Behavior When Receiving Information  
 Source: Results of Research Data Processing January – May 2022

*“For me, it is important to do tabayyun before re-sharing the information, because I am worried that it will be wrong, and it will end up being slander.”* (Sho, Informant, January 10<sup>th</sup> 2022)

According to him, disseminating information must be based on things that have a value of truth. He tries to provide information about things that are real or have a basis and does not corner any particular party. This statement is also aligned with the opinion of Yen, a housewife who cares about the accuracy of information.

*“For me, tabayyun is very important because finding out the truth is still important. Who will know if the information is a hoax”* (Yen, Informant, July 8<sup>th</sup> 2022).

That social life is never free from issues, gossip, and even things that can be used to pit people against each other, and it cannot be avoided. Some individuals who want to take advantage of unfavorable conditions also increasingly damage the situation. Includes disseminating health information that may not be validated. This behavior is certainly an addiction that goes unnoticed by individuals in social life.

*HOAXes and myths are spreading nowadays, so if you get information, do not immediately panic because the truth is not necessarily accurate. It is like when we go to one doctor for treatment, do not immediately accept the doctor’s advice wholeheartedly. We seek a second opinion from another doctor or one who is related to us so that the information is conveyed sincerely by the person concerned. There are no other motives. Understandably today... Oh, we have to cross-check the information from experts again, because the truth is pretty good today.* (Sel, Informant, July 9<sup>th</sup>

2022).

Therefore, believers are strictly prohibited from backbiting and spreading slander because it can have an impact on dividing the community. Islam likens this condition to eating the flesh of one’s own brother’s carcass, as in the word of Allah SWT in Surah Al Hujurat verse 12, which means:

*“O you who believe, stay away from most prejudices (suspicions), because some of the prejudices are sins. And do not look for bad things in people, and do not gossip about each other. Is there anyone among you who likes to eat the flesh of his dead brother? Then, of course, you feel disgusted with him. And fear Allah. Indeed, Allah is the Most Accepting of Repentance, the Most Merciful.”*

### **Tabayyun as an Effort to Filter Health Information in Muslim Families**

Parents, as the leaders of the families, need to check the truth of all health information they receive. As in the case, the context of administering the COVID-19 vaccine. Parents will feel confident after cross-checking the data, that can be obtained from the surrounding environment.

The research data shows that parents voluntarily allow the COVID-19 vaccine for their children if (1) they have asked their friends, (2) they read the information about the COVID-19 vaccine carefully. It shows that validating the health information obtained is important to avoid information that is not necessarily true. It is crucial to seek a second opinion from parents on things they do not understand or raise doubts.

Decisions in taking health steps and actions for children certainly need to be made carefully, one of which is by seeking accurate information. Research findings show that before parents allow



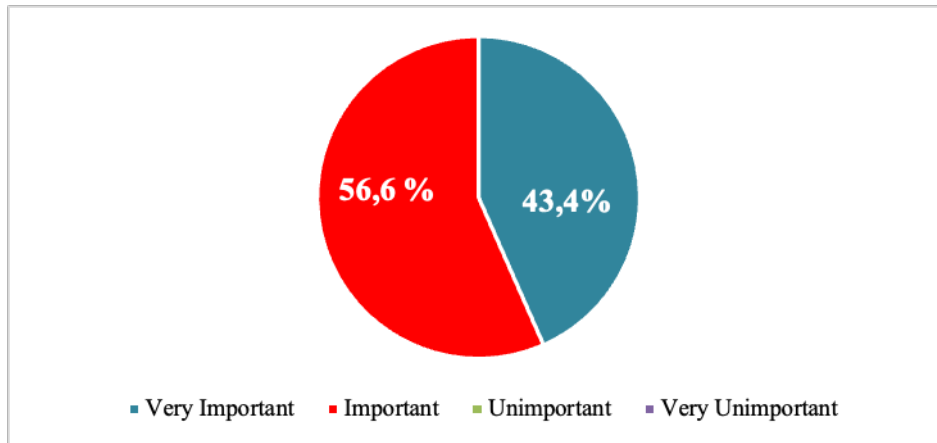


FIGURE 4. Information Seeking Before Authorizing the COVID-19 Vaccine

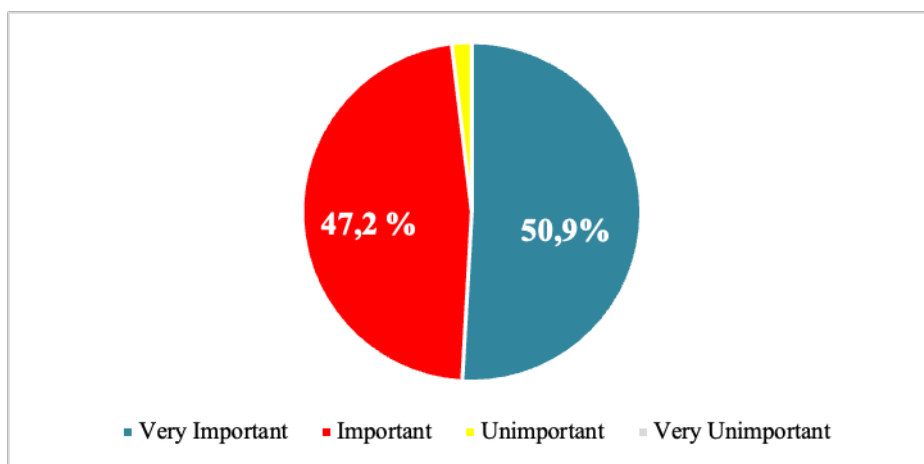


FIGURE 5. Seeking for Accurate Reference Sources Regarding the COVID-19 Vaccine

their children to be vaccinated, 56.6% of parents feel it is “important” to search for information. The remaining 43.4% of parents said it was “very important” to seek information before deciding to vaccinate their child against COVID-19. As outlined in Figure 4.

This decision was also reinforced by the attitude of respondents, who stated that finding accurate reference sources regarding the COVID-19 vaccine was “very important” and “important”. Only about 2% of 53 replies said it was not important. This condition is seen in Figure 5.

Validating information is one form of manifestation of the tabayyun concept. The process carried out by the respondents was certainly not carried out

haphazardly. From the 53 respondents who filled out the questionnaire, data was obtained that (1) they would read all the information until it was finished, (2) find out as much information as possible to convince themselves of the information needed, and (3) regularly re-check it. Furthermore, respondents also developed or looked for supporting information on health information from various media. As depicted in table 2.

Table 2 shows that respondents understand it is important to filter all the information they receive. The incorrect health information received has an impact on the safety of family members. In line with Sel’s opinion, a housewife and a Koran teacher stated:

TABLE 2. Filtering Efforts for Health Information Seeking

No.	Information	Very Important	Important	Unimportant	Very Unimportant
	Get used to it and read all the information COVID-19 vaccine until completion.	47,2 %	52,8%	-	-
	Information search as much as possible to be sure you will truly be informed about the COVID-19 vaccine.	34%	66%	-	-
	Do double-check regarding inform COVID-19 vaccine required.	35,8%	62,3%	-	-
	Do development search inform supportive COVID-19 vaccine from various media.	35,8%	58,5 %	5,7%	

*“We need to be tabayyun when we receive health information, The most important thing is to find out the validity of the information because this concerns family health. Yes, for example, if we receive information about health via social media, we should digest it first and dig up more information than the information presented. Of course, look for it on sites that are competent in their field, for example, the Alodokter application, etc. Apart from that, I also found out from the experiences of friends who are medical people, as well as from friends’ experiences in the field. We can’t just do it carelessly. I didn’t immediately believe it either. If there are many similarities, it can be used as a reference too. But don’t share it directly with other people. Only if the information we receive is true, for example, according to the new expert, I will share it with*

*other people. (Sel, Informant, July 9<sup>th</sup> 2022).*

Parents who truly understand the essence of the tabayyun concept will not carelessly receive health information from social media. They will digest and find out more about the information because tabayyun is seeking clarity about something until the situation is correct and clear. That way parents will be more careful in selecting the information we receive. Being selective in choosing media and information channels is a preventive measure to avoid fake news (Christin et al., 2021). Apart from that, we will not rush to conclusions because this may have a long-term impact on the health of our family members. Parents and the family environment are the best places to communicate and instill health values in members, especially children (Noviar et al., 2021).

At this stage, parents are developing their role as captains and demonstrating information behavior as social media

users. Parents can identify their need for information, use various methods to find the information they need, use that information, or even transfer it to others (Wilson, 1999). The reason is that information behavior is the totality of human behavior related to sources and channels of information, including active and passive information seeking, as well as information users (Wilson, 2000). Apart from that, communication and teaching patterns in the family will influence thinking patterns and the application of norms in social life (Yulianti et al., 2022).

Looking from the perspective of this model, parents are carrying out three constructs, namely information needs, information search, processing, and use of information, where these information needs originate from psychological, cognitive, and affective needs (Wilson, 1999; Wilson, 2000). According to this model, two variables bridge the occurrence of information-seeking activities, namely activating mechanisms, which include self-efficacy, and intervening variables, which include psychological, demographic, role-related interpersonal, and characteristics of information sources (Wilson, 1999; Wilson, 2000; Nurrahmi & Syam, 2020). In this study, these two variables influenced parents to tabayyun regarding COVID-19 vaccine information.

Anxiety and stress due to a lack of appropriate information as a result of too many health hoaxes circulating are a form of positive and negative rewards for information seekers. The belief that parents are information seekers is an activating mechanism that triggers people to engage in tabayyun as a form of information-seeking activity. Not only that, psychological conditions, the surrounding environment, friendships, and the character of parents also determine success in carrying out the tabayyun process or information-seeking behavior.

This process is also influenced by each individual's level of dissonance. First, the level of importance, which means how significant the problem faced influences the level of dissonance felt. Second, the dissonance ratio is the number of dissonant cognitions compared to the number of consonant cognitions. Third, Rationality is used to explain why inconsistencies arise (West & Turner, 2017). This is in line with Wilson's opinion that "human behavior is timeless from the universe that lives it" (Meilinda et al., 2018).

Wilson found four types of information seeking, namely (1) passive attention, namely when someone gets information when they do not intend to look for information. (2) Passive search, which is a condition when someone finds other information that happens to be relevant to him when someone is looking for certain information. (3) Active search, namely people who are actively looking for information. (4) Ongoing search, namely the process of deepening one's perspective, ideas, and values which is a continuation of the process carried out by active searchers (Wilson, 1999).

By practicing the concept of tabayyun, parents are carrying out a type of active search and ongoing search. Conditions that describe parents searching for information to find out the truth of information. According to (Gunara, 2009; Noor, 2018; Prastyo et al., 2020) tabayyun is an activity to clarify, cross-check, and analyze problems carefully. In receiving information, every Muslim needs to apply the concept of tabayyun by looking for the root of the problem and being wise in responding to various views from other parties. This needs to be done to avoid hatred and misunderstanding.

To manifest tabayyun in receiving information, about COVID-19 vaccine is important. The mass media consumption patterns in the digital era have changed along with media developments.

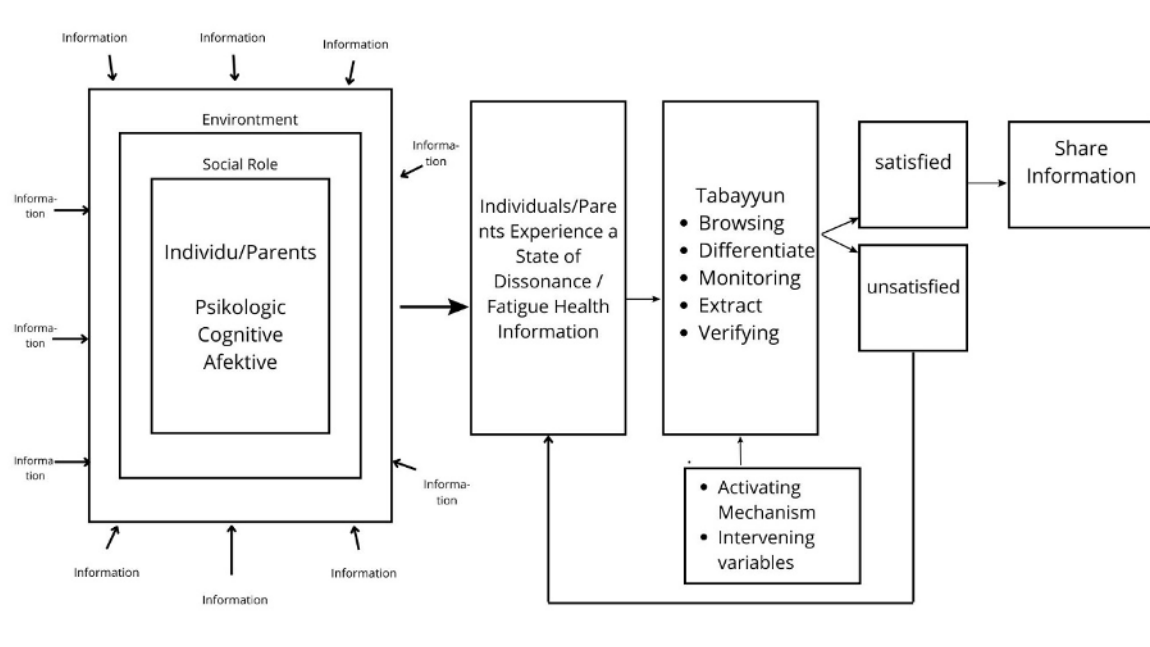


FIGURE 6. Tabayyun Analysis in Fatigue Health Information Models

Development implies that the ability to media literacy is crucial. That way, societies will not be confused when digesting every piece of information and get benefits from the information presented by new media (Rianto, 2016).

Furthermore, having adequate media literacy skills will be very helpful in overcoming the gap in access to information. This condition shows that the better the media literacy skills at all levels of society, especially in the current digital era, the more organized the information circulating in the media will be. The reason is, according to the National Leadership Conference on Media Education, media literacy is defined as the ability to access, analyze, evaluate, and communicate messages in various forms. The ability and ethics that people have regarding the use of mass media will help in sorting out what information is good and what is not (Iriantara, 2017). The reason why each individual will be more careful about what information is suitable for dissemination or not.

Media skills include operations and evaluations that are informative in nature and the use of media as a creative means.

As stated (Iriantara, 2017), practical media for literate people is an opportunity for them to carry out creative expressions such as works of art.

The demand for media literacy is not only limited to a person's ability to gain knowledge in the media but also to the ability to see the impacts that can arise from media use and how to anticipate them. According to Livingstone (2004) in (Tamburaka, 2013) four components of media literacy need to be understood by the public, including, access, analysis, evaluation, and content creation. Various developing problems encourage thinking about the importance of the ability to access, analyze, evaluate, and communicate the content of media messages. Knowing how to access, sort, and choose programs/content that are useful and suit their needs is their aim (Sari & Prasetya, 2022). According to Livingstone's understanding, for parents to obtain the correct and needed information, they need to understand and be able to analyze all the information they receive. Additionally, parents must have access to multiple sources of accurate information to validate the information

received. Parents are also required to have the ability to package messages so that they become accurate information.

## CONCLUSION

In the digital era, the presence of social media and a flood of information is unavoidable. It is necessary to be aware that the heavy flow of health information received via social media can make individuals fatigued and unable to focus on the information they need. Therefore, the tabayyun attitude must be developed starting with oneself and the family environment, such as (1) reading first, (2) checking first, and (3) looking for supporting information related to the health information received.

This habit must be internalized in daily behavior. It is because a media literacy culture will produce individuals who are critical of the content presented by the media. The ease of accessing health information via social media must be accompanied by the ability to analyze credible sources of information and argue based on data and facts. The reason is because every content presented on social media requires analysis of accuracy and benefits according to each individual's needs. Evaluation is also needed to be implemented for media-literate people. The aim is to be able to sort out which media have positive value and which content is suitable for consumption, including health information. It is because tabayyun is an effort to seek clarity about something.

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