The elevating popularity of the TikTok application was still undeniably increasing every day, with over 4.8 billion users across the globe, and around 48.8 million were youths and students. This study centered on and investigated the influences of the circulating videos, graphics, and information posted on the lifestyle of the students. And how the pros and cons of their use relate to their coping strategies in the context of TikTok's obstructive effects. The researchers used a qualitative descriptive research strategy to gather the required data and conducted an online interview with a semi-structured questionnaire to the students from Grade 12 HAS students enrolled in LORMA Colleges until they reached the saturation point. Along with the data gathering and interpretation, the students encountered positive and negative influences on their lifestyles. TikTok was regarded as a learning platform, boosting self-happiness and promoting self-improvement due to the numerous videos that contain positive vibes, words of encouragement, humor, and hacks for studying. However, the students also increased their money consumption, uproductivity and faced disturbing content because of the inappropriate videos and countless advertisements. Hence, given the cons of TikTok usage recognized, the students also developed different coping mechanisms to adjust and counter the intrusive power of the said platform. In light of TikTok's influences on the student's lifestyle, this study is highly relevant and purposeful because it discusses and addresses the existing problems faced by the student TikTok users.

Keywords: TikTok, Lifestyle, Students, Pros and Cons