

# Adolescents' Self-Concept: an Examination of Social Media Addiction

**Ratri Windasari**

Puskesmas Tanjunganom Kabupaten Nganjuk

\*Email: [ratriwindasari@gmail.com](mailto:ratriwindasari@gmail.com)

## ABSTRACT

Social media use can have both positive and negative consequences. The negative impact: Research indicates that obsessive social media use can have an impact on one's self-perception, particularly in adolescent smartphone users. Analyzing how social media addiction affects adolescents' self-concept was the aim of this study. This study employed a cross-sectional methodology and a correlation analysis strategy. The study's population consisted of 34 teenagers who were suspected of having a social media addiction. This study employed a basic random sample technique, a questionnaire sheet as the instrument, and Spearman's rank for statistical testing. Each variable's findings were acquired.

**Keywords:** Adolescents, Self-Concept, Social Media Addiction

## BACKGROUND

Social media use can have both positive and negative consequences. The negative impact: Research indicates that obsessive social media use can have an impact on one's self-perception, particularly in adolescent smartphone users (Van Rooij & Schoenmakers in Eijnden, Lemmens, & Valkenburg, 2016). Given that more and more people use social media every year, particularly teens, social media addiction is receiving more and more attention (Rosyadi, 2019). Internet addiction can be defined as excessive usage of social media that leads to negative conduct, according to Kuss & Griffiths (in Griffiths & Szabo, 2014). Many people now consider the internet to be essential to their daily lives. Because they may access the internet from anywhere at any time, internet users are encourage.

## METHODS

People between the ages of 15 and 19 make up the largest percentage of internet users, accounting for 91% of all users (APJII, 2019). Teenagers utilize the internet at the highest rate, according to these statistics. Since teens have not yet attained adult status and are no longer considered children, adolescence might be considered a transitional stage. Adolescence, which includes all changes made in anticipation of becoming an adult, is the time between childhood and adulthood (Gunarsa & Gunarsa, 2012).

According to a preliminary study of teenagers in Kepanjen Kidul Village on February 9, 2022, 100% of the teens surveyed reported using social media since they were 12. Using social media, they claimed.

## RESULTS

### Social Media Addiction

**Table 1.** Frequency distribution based on respondents based on adolescent social media addiction with a total of 34 respondents.

### Social Media Addiction

	Frequency	%
Tall	10	(23.5)
Currently	16	(47.1)
Low	8	(29.4)
Amount	34	(100.0)

(Source: Primary Research Data 2022)

Based on table 4.3, it can be seen that the majority of respondents with Social Media Addiction are in the moderate category with a value of (47.1%) of 16 respondents.

### Self Concept

**Table 2.** Frequency distribution based on Respondents Based on Adolescent Self-Concept with a total of 34 respondents.

### Self Concept

	Frequency	%
Negative Self Concept	21	(61.8)
Positive Self Concept	13	(38.2)
Amount	34	(100.0)

(Source: Primary Research Data 2022)

Based on table 4.4, it can be seen that the majority of respondents experienced Negative Self-Concept (61.8%) as many as 21 respondents.

### Statistical Test Results

**Table 3.** Analysis Results Adolescent Self-Concept Reviewed from Social Media Addiction with a total of 34 respondents.

	Spearman Rank	
	Social Media Addiction	Self Concept
Coefficient	1,000	0.486
Sig. (2-tailed)	-	0.004
N	34	34

(Source: Primary Research Data 2022)

Based on the data analysis results utilizing the Spearman's Rank test, it can be inferred that  $H_0$  is rejected and  $H_1$  is accepted since  $p$  value = 0.004 with  $\alpha = 0.05$  and  $p < \alpha$ . This indicates a connection between the self-concept of adolescents and their addiction to social media. Given the correlation coefficient value of  $r = 0.486$ , it can be said that there is a substantial positive association between the degree of social media addiction and the negative self-concept that is experienced.

## DISCUSSION

### Social Media Addiction among Adolescents

According to the research, 34 respondents have social media addiction, with 18 of them falling into the moderate group, accounting for 52.9% of the total. According to the results found online, respondents spend more time on social media in order to see important notifications, which leads them to break family rules. They open social media first and frequently neglect their schoolwork because they are eager to access it and view it as an escape from the real world, which makes them unhappy when they aren't using it.

Respondents prefer friendship even when they are unaware of whether they are hungry or thirsty.

### **Self-Concept of Adolescents**

It is evident from the research that 34 respondents' self-concepts fell primarily into the negative self-concept group, with 21 individuals (61.8%) falling into this category. According to online research, respondents struggle to regulate and maintain their emotions, occasionally make poor decisions, and never feel regret for them. This is because they lack the skills that other people possess, which causes their parents to feel ashamed of them, which makes them easily discouraged when they encounter difficulties.

According to Helmi (1999), a self-concept is a self-scheme that encompasses academic, psychological, and bodily elements. The way a person views and feels about themselves is known as their self-concept. Physical attributes, personal traits, and self-motivation are all connected to one's self-perception.

### **Analyzing the Relationship Between Social Media Addiction and Self-Concept of Adolescents**

The study's findings show that there is a positive correlation between social media addiction and self-concept, with a p value of 0.004 and a coefficient value of 0.486, showing a significant direction of the association.

According to the study's findings, teens who are addicted to social media do so because they spend more time on it in order to see important notifications, which causes them to break family rules. They open social media first and frequently neglect their schoolwork, they are constantly searching for internet connections everywhere, and they are very excited about using social media because they see it as a way to escape from the real world.

Adolescent self-concept reviewed from social media addiction was positively correlated with strongly Self-Concept Review from Social Media Addiction the study concluded that the association was strong since the majority of respondents 21, or 61.8% had a poor self-concept, which contributed to the relationship's strength. Consequently, it can be said that the more addicted teenagers are to social media, the more negative their self-concept is, and the less addicted teenagers are to social media, the lower their negative self-concept is. This study contradicts other research that shown the degree of reliance among faculty members.

## **CONCLUSION**

Based on the research results, it can be concluded that the majority of respondents have a moderate level of social media addiction (47.1%), and most of them have a negative self-concept (61.8%). Additionally, there is an influence of adolescent self-concept as reviewed from social media addiction in Kepanjen Kidul Village.

As for suggestions, this research is expected to provide teenagers with an understanding of self-concept and the impact of social media addiction, encourage positive activities such as competitions and the formation of Karang Taruna groups. Moreover, education on how to overcome negative self-concept due to social media addiction should be provided. The results of this study can also serve as a reference for educational institutions and as a basis for further research by adding additional variables for more comprehensive findings.

## **REFERENCES**

- Al Khatib, SA (2012). Exploring the relationship among loneliness, self-esteem, self-efficacy and gender in United Arab Emirates college students. *Europe's Journal of Psychology*, (8), 159-181.
- Al-Menayes, J. (2015). Psychometric Properties and Validation of the Arabic Social Media Addiction Scale. *Hindawi Publishing Corporation Journal of Addiction*. 6. 1-6.

- Andreassen, C.S. (2016). The Relationship between addictive use of social media and video games and symptoms of psychiatric disorders: A large-scale cross-sectional study. *Psychology of Addictive Behaviors*. 30(2), 252-262.
- Azizan, H. (2016). The influence of self-confidence on social media dependence on students at SMK Negeri 1 Bantul. *Journal of Guidance and Counseling*. 6(5), 1-10.
- Bányai, F., Zsila, Á., Király, O., Maraz, A., Elekes, Z., Griffiths, M.D., & Demetrovics, Z. (2017). Problematic social media use: Results from a large scale nationally representative adolescent sample. *PLoS One*, 12(1), e0169839.
- Grau, S., Kleiser, S., & Bright, L. (2019). Exploring social media addiction among student millennials. *Emerald Insight*. 1-28.
- Haand, R., & Shuwang, Z. (2020). The relationship between social media addiction and depression: A quantitative study among university students in Khost, Afghanistan. *International Journal of Adolescence and Youth*. 25(1), 780-786.
- Hapsari, A., & Ariana, AD (2015). The relationship between loneliness and internet addiction tendencies in adolescents. *Journal of Clinical and Mental Health*, 164- 171.
- Hidayati, DS (2015). Self-compassion and loneliness. *Scientific Journal of Applied Psychology*. 3(1), 154-164.
- Hidayati, DS (2018). Family functioning and loneliness in adolescents with single parents. *Scientific Journal of Applied Psychology*. 6(1), 54-62.
- Hou, Y., Xiong, D., Jiang, T., Song, L., & Wang, Q. (2019). Social media addiction: Its impact, mediation, and intervention. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*. 13(1).
- Jaremka, L.M., Fagundes, C.P., Glaser, R., Bennett J.M., Malarkev, W.B., & Kiecolt Glaser, J.K. (2012). Loneliness predicts pain, depression, and fatigue: understanding the role of immune dysregulation. *Psychoneuroendocrinology*, 1-8.
- Kasin, S., Fein, S., & Markus, H.R. (2014). *Social Psychology*. Boston: Wadsworth-Cengage Learning.
- Kircaburun, K. (2016), "Self-esteem, daily internet use and social media addiction as predictors of depression among Turkish adolescents", *Journal of Education and Practice*, 7(24), 64-72.
- Kirik, A.M., Arslan, A., Cetinkaya, A., & Gul, M. (2015). A quantitative research on the level of social media addiction among young people in Turkey. *International Journal of Science Culture and Sport (IntJSCS)*. 3(3), 108-122.
- Kuss, D. J., & Griffith, M. D. (2011). Online social networking and addiction: A review of the psychological literature. *International Journal of Environmental Research and Public Health*. 8, 3528-3552.
- Kuss, D., & Griffiths, M. (2012). Internet gaming addiction: a systematic review of empirical research. *International Journal of Mental Health Addiction*. 10, 278-296.
- Longstreet, P., & Brooks, S. (2017). Life satisfaction: A key to managing internet & social media addiction. *Technology in Society*. 50, 73-77.
- Myers, D. G. (2010). *Social psychology* (10th ed.). New York, NY: Mc Graw Hill.
- Ronka, A.R., Taanila, A., Koironen, M., Sunnari, V., & Rautio, A. (2013). Associations of deliberate self-harm with loneliness, self-rated health and life satisfaction in adolescence: Northern Finland birth cohort 1986 study. *International Journal of Circumpolar Health*, 72, 1-7.
- Sahin, C. (2018). Social media addiction scale-standard form: Reliability and validity study. *TOJET: The Turkish Online Journal of Educational Technology*. 17(1), 169-182.
- Sari, IP, & Listyandini, RA (2015). The relationship between resilience and loneliness in single young adults. *Proceedings of PESAT (Psychology, Economics, Literature, Architecture & Civil Engineering)*. 6, 45-51.

- Subagio, AW, & Hidayati, F. (2017). The relationship between loneliness and smartphone addiction in students of SMA Negeri 2 Bekasi. *Empathy Journal*. 6(1), 27-33.
- Young, K. (2015). The evolution of internet addiction. In C. Montag, & M. Reuter, *Internet Addiction: Neuroscientific Approaches and Therapeutical Interventions* (3-20). Heidelberg: Springer.