Relationship Between Self Esteem And Facebook Addiction In Adolescents In Kupang City

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Abstract: Facebook is a social networking website where users can join communities such as cities, workplaces, schools, and regions to connect and interact with others. Facebook is useful for adding friends, sending messages, and updating personal profiles so others can see about themselves. Excessive use of Facebook can cause Facebook addiction. This research is quantitative research, with the method used is correlational. The sampling technique uses Convenience Sampling with a total sample of 409 subjects. Subjects in this study were teenagers who played Facebook in the past year with an age range of 13-22 years. Data analysis using Sperman Rank test. The results of Sperman's correlation between Facebook addiction and self-esteem point to -.0.242 then there is a significant relationship between the research variables. The higher the Facebook addiction, the lower self-esteem of teenagers in Kupang or the lower the Facebook addiction, the higher self-esteem in adolescents in the city of Kupang.
Keywords: Self-Esteem, Facebook, Facebook Addiction, Teenagers

Abstrak: *Facebook* merupakan website jaringan sosial dimana para pengguna dapat bergabung dalam komunitas seperti kota, kerja, sekolah, dan daerah untuk melakukan koneksi dan berinteraksi dengan orang lain. Penggunaan facebook yang berlebihan dapat menyebabkan kecanduan facebook. Remaja yang mengisi waktu luang dengan bermain facebook, berpeluang untuk mengalami kecanduan. Penelitian ini bertujuan untuk mengetahui hubungan antara harga diri dengan kecanduan facebook pada remaja. Penelitian ini adalah penelitian kuantitatif, dengan metode yang digunakan adalah korelasional. Teknik pengambilan sampel menggunakan *Convenience Sampling* dengan jumlah sampel dalam penelitian sebanyak 409 subyek. Subjek dalam penelitian ini adalah remaja yang bermain facebook dalam satu tahun terakhir dengan rentang usia 13-22 tahun. Analisis data menggunakan uji *Rank Sperman.* Hasil korelasi Sperman antara kecanduan facebook dan harga diri menunjuk sebesar -.0.242, maka terdapat hubungan yang signifikan antara variabel penelitian. Semakin tinggi kecanduan facebook semakin rendah harga diri remaja di Kota Kupang atau semakin rendah kecanduan facebook semakin tinggi harga diri pada remaja di Kota Kupang.

Kata Kunci   :Harga Diri, Facebook, Kecanduan Facebook, Remaja

Introduction

Facebook is a social networking website where users can join communities such as cities, work, schools, and regions to connect and interact with other people. Facebook is useful for adding friends, sending messages, and updating personal profiles so that others can see about themselves (Nengsih, 2018).

Facebook is a site that is simple and easy to use and has an addictive effect. The addictive effect is caused by two main things, firstly because of the pleasure of making friends and getting attention from others and secondly because of the pleasure of being a person who is known and known to exist. This will make it easier for someone to become addicted to social networking on the internet if someone has a great need for attention, self-esteem, and recognition of one's existence (Hendroyono, 2009).

Research on Facebook addiction has been widely conducted in adolescents. Research by Kuss and Griffiths (2011) on online social networking and addiction states that adolescents who are addicted to Facebook will experience several symptoms such as importance (thinking about playing Facebook all day), tolerance (increasing time to play on Facebook), atmosphere modification Hearts (playing Facebook to escape problems), relapses (tend to play Facebook again after a long period of time not playing), withdrawal (feeling bad if you don't play Facebook), problems (fighting with other people over playing Facebook). These six characteristics of Facebook addiction are the criteria to determine whether someone is addicted to Facebook or not. Users who get four of the six criteria are an indication of users who are addicted to Facebook. Facebook addiction studies show that using Facebook can turn ordinary habits into extreme ones (Vashishtha, et al. 2017).

Research by Griffiths (2000) states that individuals who use the internet for coping purposes and neutralize relationships with other people, such as loss of social support in real life, low self-esteem, and other physical deficiencies. Griffiths stated that all research subjects showed the use of the internet such as Facebook as the main tool for making social contacts and making the internet an alternative to written-based reality where users are able to immerse themselves by accepting personal and social identities to make individuals feel better because they feel that they are receiving psychological rewards high (Yuliati, 2014).

Self-esteem is a form of determinant that is important for the psychological well-being of individuals in identifying themselves (Rosenberg, 1965). High self-esteem in individuals shows the extent to which the individual accepts his own state as a valuable person, on the other hand, individuals with low self-esteem see themselves as unworthy or unworthy (Rosenberg, Schooler, & Schoenbach, 1989). Leary (1999) explains self-esteem as a whole of the sense of worth that is owned by individuals to assess their attitudes and abilities. Individuals who have low levels of self-esteem tend to feel anxious, depressed, lonely, hostile, shy, and jealous compared to individuals who have high levels of self-esteem (Mulyana & Afrian, 2017).

Bianchi and Phillips (2005, quoted from Mulyana, 2017) explained that low self-esteem affects the problem of using social media in a person. Individuals with high self-esteem prefer to communicate directly (face to face) while individuals with low self-esteem prefer to communicate via SMS, email, or other social media Time spent on social media, number of phone calls made, and the number of messages sent influences someone to experience Facebook addiction (Robert, Yaya & Maholis, 2014).

The author found that the 5 adolescents accessed Facebook with an average length of time used, namely 2-7 hours/day or even more. According to OS, a teenager said that he accessed Facebook because he wanted to make new friends, deal with stress, feel bored, or fill empty time. According to NM, he has a reason to

use Facebook because he feels lonely, wants to be known by other people, seeks attention from other people's friends on Facebook.

Another reason given by a teenager, LB is that he feels comfortable when accessing Facebook, creates good relationships with other people without having to interact directly because via Facebook he can also communicate directly, get praise from others when they post photos or status on Facebook.

In addition, according to the subject with the initials LN, he said that he would feel like marking his posts. This is what makes him happy to open Facebook every day. Meanwhile, according to the subject of JF, the reason for accessing Facebook is because he gets new friends and gets positive rewards from friends who are on Facebook, and feels that he is known by other people, because he is known by others, so he thinks that he means something to other people.s very happy if the post is liked or commented on by other people or friends on Facebook, by giving emotions like super, wow and like, I feel that I am very valuable, especially when a friend asks for it.

The explanation regarding the phenomenon of adolescents who play Facebook can be explained by various causes, but the authors are more interested in seeing how if playing Facebook is associated with one's self-esteem, this is considered because self-esteem is a factor that is directly related to one's self and must be fulfilled, otherwise it will be. resulting in serious problems such as feeling insecure, hopeless, and depressed. Therefore, Facebook is a solution to meet one's needs to increase self-esteem.

Based on the description above, the authors are interested in examining the relationship between self-esteem and Facebook addiction in adolescents in Kupang City.

Based on the theoretical study, the hypotheses in this study are: There is a relationship between self-esteem and Facebook addiction among adolescents in Kupang City.

Method

This study uses quantitative research with a correlational research design. The population in this study were all adolescents in Kupang City aged 13-22 years who used Facebook in the last 1 year. There are 122,047 teenagers in Kupang City (City in Figures). Based on estimated data from facebook, there are 140,000 Facebook users in Kupang City with an age range of 13 to 22 years (www.facebook.com). The sampling process used the Slovin formula with a standard error of 5% in order to obtain the final result of 409 participants. The sampling technique in this study used convenience sampling, namely sampling based on the availability of the subject and the ease of obtaining and being able to provide the information needed (Sarwono, 2012).

The data collection technique using a scale, , with a Likert scale type. Scale data collection tools are disseminated and collected via Google Form. The scale used in this study consists of two measuring instruments, namely the Bergen Facebook Addiction Scale (BFAS) by Andreassen, et al (2012) which consists of six aspects and 18 items, whereas the Rosenberg Self Esteem Scale (RSES) by Rosenberg (1965) which consists of two aspects and 10 items. Data processing in this study is using a computer including editing, coding, entry, and cleaning. Before doing the research, an instrument test was conducted in the form of a validity test and a reliability test. Furthermore, a hypothesis test was carried out using the Sperman Rank correlation test. The results of the reliability scale of facebook addiction with a Cronbach alfa value 0f 0.932. while the reliability value of the self-esteem scale with a Cronbach alfa value of 0.744. examples of items used in research on the BAFS scale such as using Facebook to reduce feelings of guilt, anxiety, helplessness and depression, while on the RSES scale examples of items such as: I feel that I am a valuable person.

Result

Data from statistical calculations that explain the participant descriptions based on categorization, namely:

1. Categorization of data

a. Facebook Addiction Categorization

The categorization used to determine whether someone is addicted to Facebook or not is based on the diagnostic criteria made by Bergen, based on the DSM IV. The data categorization of Facebook addiction is done monotonically, namely, there are 6 items that represent each aspect, the subject must get a score of 3 and above on these 6 items so that they are categorized as having Facebook addiction. Facebook addiction data are as follows:

Tabel 1.

Facebook Addiction Behavior Score Categorization

Category	Frequency	Percentage
Not addicted to Facebook	319	78%
Facebook addiction	90	22,%
Total	409	100%

Based on table 1, data shows that there were 90 participants who experienced Facebook addiction, while 319 participants did not experience Facebook addiction.

b. self-esteem categorization

The categorization of the data used in this study was the ordinal level categorization. This categorization is used to place individuals into groups whose positions are tiered according to a continuum based on the attributes being measured (Azwar, 2012). The continuum used is from low to high. Research subjects will be categorized into 3 categories, namely Low, Medium, and High as follows:

Table 2.

Self-Esteem Categorization

Category	Frequency	Percentage
Low	1	0.2%
Moderate	75	18.3%
High	333	81.4%
Total	409	100%

From table 2. above, it can be seen that the category of self-esteem among adolescents in Kupang City which is in the low category is 1 person (0.2%), the medium category is 75 people (18.3%), and the high category is 333 people (81.4%).

Based on the table above, it can be concluded that the self-esteem of teenagers in Kupang City is mostly in the high category.

2. The Sperman Correlation

Tabel 3.
Sperman Correlation

		Facebook addiction
Self esteem	Correlation Coefficient	-.242[**]
	Sig. (2-tailed)	.000
	N	409

The analysis used in this study used Sperman analysis and the results obtained that the hypothesis in this study proved that there was a significant relationship between the variable self-esteem and Facebook addiction. The correlation coefficient is negative, the correlation is inversely proportional. The higher the addiction to Facebook, the lower the self-esteem of adolescents in Kupang City or the lower the addiction to Facebook the higher the self-esteem of adolescents in Kupang City. Thus, the hypothesis test in this study proves that adolescents in Kupang City have a significant relationship between self-esteem and Facebook addiction.

Discussion

Based on the results of the Sperman test analysis, it can be concluded that there is a significant relationship between the variable self-esteem and Facebook addiction. The results of statistical calculations show that self-esteem in adolescents in Kupang City is high with a percentage of 82.1% with 336 participants, and Facebook addiction in teenagers in Kupang City is in the low category with a percentage of 22% with 90 participants. person. This research is like the research conducted by Benyamin & Catherine about the Influence of exposure to Facebook on self-esteem. The results show that there is a positive relationship between

Facebook and self-esteem, but the level of self-esteem is higher than the use of Facebook.

Adolescent self-esteem in Kupang City is in the high category indicating that the subject has good self-acceptance of himself and is able to respect and respect himself, meaning that the subject is able to perceive his own situation compared to others. Because high self-esteem will be active and can express themselves well, that is if someone is able to express himself in the environment. Individuals with high self-esteem believe in their own perceptions and reactions, meaning that when there is a perception of something new, the individual really believes in the reaction he will do so that the individual is not fixated on himself or only thinks about his own difficulties. But they have self-confidence, which is not based on fantasy because they have high abilities, abilities, and qualities. Individuals with high self-esteem are not affected by other people's judgments about their personality because they are younger to adapt to a pleasant atmosphere so that their anxiety levels are low and have balanced self-resistance (Coopersmith, 1967). The purpose of this study is also to determine the level of Facebook addiction and the level of self-esteem in adolescents in Kupang City. The level of Facebook addiction is in the low category, which means that adolescents in Kupang City are able to control themselves and be able to express themselves well. Based on the results of the above analysis, it is known that of the 409 adolescents in Kupang City who are addicted as many as 90 participants (20%) and those who are not addicted are 319 participants (80%). From this percentage, it can be seen that teenagers in Kupang City are mostly not addicted to Facebook and are in the low category and have a low level of addiction

From the research results, this research is supported by theories such as the lobus of control theory. The lobe of control theory says that if an individual has an internal lobe of control, then that individual has the belief that whatever is in his life is under his control so that many teenagers do not experience Facebook addiction. However, in this study, there were also some adolescents who experienced signs of addiction. This can be done by using the motivation synthesis theory proposed by

West (2013), which emphasizes that someone can determine the motivation to do something because of an existing need, one of which is that people can play Facebook to meet the need to express themselves. is a time when someone wants to be accompanied and connected with other people.

Based on the results of the hypothesis using the Sperman correlation test between the self-esteem variable and the Facebook addiction variable of -0.242 with a significance value of 0.000. the significance value obtained was 0.000 <- 0.242. Based on the results of this study, it is known that the relationship between self-esteem and Facebook addiction has a significant relationship but has a negative number coefficient, which means it is inversely proportional. Based on the results of this study, the higher the addiction to Facebook the lower the self-esteem, or the lower the addiction to Facebook the higher one's self-esteem. The results of this study are supported by a low score for Facebook addiction and high self-esteem. This means if a person has a high level of self-esteem, the lower the level of addiction. Conversely, if someone has a low level of self-esteem, the higher the level of Facebook addiction.

This research is in accordance with the research conducted by Ahmed, Hossain, and Rana (2016) on Facebook addiction, self-esteem, and life statistics of Bangladeshi young people. This study shows a relationship between Facebook addiction, self-esteem, and life satisfaction. Regression analysis shows that Facebook use, Facebook addiction, and self-esteem are positively correlated with life satisfaction. Meanwhile, the correlation analysis shows that the relationship between Facebook addiction and self-esteem has a negative but significant correlation, which means that the lower the addiction to Facebook the higher the self-esteem, on the contrary, the higher the addiction to Facebook, the lower the self-esteem.

Based on the results of the study, the researcher found that this study was not much different from previous studies, but there were some differences with previous studies. This is because this study involved adolescents with an age range

of 13-22 years and different locations. The results showed that adolescents who most experienced Facebook addiction and had high levels of self-esteem were at the age of 19-22 years. This is different from previous studies that only examined adolescents as a whole. In addition, what disseminates this research is the level of high and positive self-esteem, while the level of Facebook addiction is low and negative.

This research is inseparable from all the existing limitations. Limitations found in this study were that the researcher did not discuss any other factors that influence the intensity of using Facebook, the researcher only discussed factors that were in accordance with the research objectives.

Conclusion

Based on the results of the research previously described, it can be concluded that there is a significant relationship between self-esteem and addiction to Facebook, with an inverse correlation coefficient, the higher the addiction to Facebook the lower the self-esteem or the lower the Facebook addiction, the higher self-esteem in adolescents in Kupang City. Based on the results of this study, this research provides a contribution that needs to be developed in the field of psychology, namely social psychology and developmental psychology. In social psychology what needs to be discussed are the characteristics of self-esteem, the factors that affect self-esteem and how to deal with problems related to one's self-esteem, while in developmental psychology it is expected to pay attention to the stages in a person's development both physically, cognitively and socioemotional.

Suggestion

The suggestion that can be suggested from this research is that teenagers are expected to try to reduce their habit of playing Facebook because it can have a negative impact both physically, cognitively and socially. Teenagers are expected to be able to fill their spare time with various positive things that are beneficial, for example participating in extracurricular activities such as sports, music, martial arts

and even participating in youth red cross activities and spiritual activities. For parents, they are expected to always provide direction and guidance to control the use of Facebook to their teenagers in order to reduce the negative impact of using Facebook. so that the behavior that is taught since childhood becomes a part of his personality, which eventually the adolescent will gradually control his behavior. For future researchers, those who are interested in examining Facebook addiction can pay attention to other factors besides self-esteem, for example: peer influence, narcissism, group conformity, loneliness. Further researchers are also expected to be able to address the shortcomings of this study, especially in the distribution of participant data so that it can reach the entire city of Kupang.

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