

Self-Control with Social Media Addiction in Students of SMA Negeri 3 Kota Kupang

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Abstract. Social media addiction can be seen as a form of internet addiction, in which individuals show an urge to use social media excessively. A person's inability to control himself to connect to the internet is the cause of internet addiction. The purpose of this study was to determine the relationship between self-control and social media addiction in students of SMA Negeri 3 Kota Kupang. The sampling technique used convenience sampling with a total sample size of 117 subjects. The analysis in this study used non-parametric correlation analysis Spearman Rank. The results of hypothesis testing using the Spearman correlation technique obtained a correlation coefficient of -0.387 with a significance level of 0.000 ($P > 0.05$). This means that there is a significant negative relationship between self-control and social media addiction in SMA Negeri 3 Kota Kupang. This study concluded that the higher the social media addiction, the lower the self-control in SMA Negeri 3 Kota Kupang and vice versa.

Keywords : *High School Student, Self Control, Social Media Addiction*

Abstrak. Kecanduan media sosial dapat dilihat sebagai salah satu bentuk kecanduan internet, dimana individu menunjukkan dorongan untuk menggunakan media sosial secara berlebihan. Ketidakmampuan seseorang dalam mengontrol diri untuk terkoneksi dengan internet adalah penyebab dari kecanduan internet. Tujuan penelitian ini adalah untuk mengetahui hubungan antara kontrol diri dengan kecanduan media sosial pada siswa SMA Negeri 3 Kota Kupang. Teknik pengambilan sampel menggunakan sampling konvenien dengan jumlah sampel dalam penelitian sebanyak 117 subyek. Analisis dalam penelitian ini menggunakan analisis korelasi Non-parametrik *Rank Spearman*. Hasil uji hipotesis dengan menggunakan teknik korelasi *Spearman* diperoleh koefisien korelasi sebesar -0,387 dengan taraf signifikansi 0,000 ($P > 0,05$). Ini berarti ada hubungan negatif yang signifikan antara kontrol diri dengan kecanduan media sosial pada siswa SMA Negeri 3 Kota Kupang. Kesimpulan dari penelitian ini adalah semakin tinggi

kecanduan media sosial maka semakin rendah kontrol diri pada siswa SMA Negeri 3 Kota Kupang begitu pula sebaliknya.

Kata kunci: *Kecanduan Media Sosial, Kontrol Diri, Siswa SMA*

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Introduction

Social media is an online media where everyone can participate and connect with others to share information and communication. Social media is a collection of internet-based applications, based on the ideology and technology of Web 2.0, enabling the creation and exchange of content by its users (Kaplan & Haenlein, 2010). Social media users in Indonesia have experienced a fairly high increase from 150 million in 2019 to 160 million users in 2020 (We Are Social Hootsuite, 2019; 2020). Data from the Indonesian Internet Service Providers Association (APJII) (2018) shows that the highest social media users are in their teens. Early adolescence lasts approximately from 13 years to 16 years or 17 years, and late adolescence ranging from the age of 16 years or 17 years to 18 years (Hurlock, 2015).

Addiction is an ongoing involvement in an activity even though these things have negative consequences (Ma'rifatul Laili & Nuryono, 2015). Social media addiction can be seen as a form of internet addiction, in which individuals show an urge to use social media excessively (Griffiths, 2000; Starcevic, 2013). Each individual has a mechanism that can help regulate and direct behavior, namely self-control (Widiana, Retnowati & Hidayat, 2004). A person's inability to control himself to connect to the internet and do activities with him is the cause of the birth of this form of internet addiction. Self-control is widely regarded as the capacity to

change and adapt to produce a better and more optimal fit between self and the world (Rothbaum, Weisz, & Snyder, 1982).

Sari, Ilyas & Ifdil's (2017) research results show that there are students who have an internet addiction. The addictions possessed by students will certainly have a negative impact on self, social relationships, and learning outcomes. The research results also show that internet-related addiction problems in early adolescence consist of two interpersonal indicators, namely health problems and time management problems.

Karnadi, Zuhdiyah, Yudian (2019) show that there is a relationship between self-control and internet addiction so that it can be said that the higher self-control, the lower the tendency for internet addiction and vice versa, the lower self-control, the higher the tendency for internet addiction.

Based on the results of interviews with students of SMA Negeri 3 Kota Kupang, it was found that the phenomenon that 7 students (4 girls and 3 boys) out of 10 students often access social media when the teacher explains lessons, when there are no teachers or lessons and when break time is more focused on the media social rather than social interaction with friends, often uploading posts in the form of photos or videos on social media and the intensity of social media use in a day can reach 3 hours or more. Based on the results of these interviews, it can be concluded that excessive use of social media can have a negative impact such as influencing daily activities, especially in individual obligations as students, such as ignoring explanations from teachers and individuals who tend to ignore those around them and avoid social interactions.

The hypothesis in this study is that there is a relationship between self-control and social media addiction. Excessive use of social media can have a negative impact such as affecting daily activities, especially on individual

obligations as students, such as ignoring explanations from teachers and individuals who tend to ignore people around them and avoid social interactions, making researchers interested in knowing how the relationship between self-control and addiction social media.

Method

Participants

This study involved 117 students of SMA Negeri 3 Kota Kupang (42 boys and 75 girls) aged 15-18 years who are students of SMA Negeri 3 Kota Kupang in the academic year 2019/2020, are currently or have used social media in the past year, and use a smartphone.

Design

The approach used in this research is quantitative. This type of research used in a quantitative approach is correlational research. The type of correlation analysis used is the Spearman correlation analysis. The aim of this study was to explain the relationship between self-control and social media addiction. The self-control variable is the independent variable and the social media addiction variable is the dependent variable. Both variables can be measured using a scale so that the data can be analyzed using statistical procedures.

Procedure

This study uses a measuring instrument in the form of a scale in data collection. The measuring tool is designed in the google form. To get participants, measuring instruments were shared via social media. At the start of the scale, there is a description of the study and participants' consent to participate. The data that has been collected is then examined for further processing.

Measuring tool

The measuring instruments used in this study are the Brief version of the Self Control Scale (Brief SCS) and Bergen Social Media Addiction Scale (BSMAS). The independent variable in this study is self-control. Self-control was measured using an adaptation scale entitled Brief version of the Self Control Scale (Brief SCS). This scale was compiled by Tangney, Baumeister, & Boone (2004). This scale is a Likert scale with 5 answer choices, namely very suitable, appropriate, quite appropriate, inappropriate, and very inappropriate. The reliability value is 0.87. The number of items on this scale is 13 items with scores ranging from 13-65. The higher the score obtained, the higher the self-control behavior. Conversely, if the score obtained is low, self-control behavior is also low.

The dependent variable in this study is social media addiction. Social media addiction is measured using an adaptation scale entitled Bergen Social Media Addiction Scale. This scale was compiled by Andreassen, Torsheim, Brunborg, and Pallesen (2012). The reliability value is 0.88. The number of items is 6 with a moving score between 6-30. The data categorization of social media 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 in order to be categorized as experiencing social media addiction. The higher the score obtained, the higher the social media addiction behavior. Conversely, if the score is low, social media addiction behavior is also low.

Data Analysis Techniques

The data analysis used in this research is the Spearman correlation hypothesis test. The analysis was carried out to see the relationship between two or more variables on an ordinal scale.

Result

Data from statistical calculations that explain the participant's description when viewed from gender and age can be seen in Table 1 below.

Table 1.
Description of Participant Characteristics

Characteristics	Category	Frequency	Percentage
Gender	Male	42	35.9%
	Women	75	64.1%
	Total	117	100%
Age	15	6	5.1%
	16	41	35.0%
	17	60	51.3%
	18	10	8.5%
	Total	117	100%

In the table above, it can be seen that in this study there were 75 female subjects (64.1%), while male subjects were 42 people (35.9%). Furthermore, the table above shows that the subjects in this study were at most 17 years old (51.29%) or 60 people, while the subjects were at least 15 years old (5.12%) or as many as 6 people.

Table 2.
Self-Control Categorization

Category	Frequency	Percentage
Low	6	5.1%
Moderate	90	76.9%
High	21	17.9%
Total	117	100%

Table 3.
Social Media Addiction Categorization

Category	Frequency	Percentage
Social media addiction	37	31,62%
Not addicted to social media	80	68,37%
Total	117	100%

Tables 2 and 3 above show the categorization of self-control and social media addiction.

Tables 4 and 5 show the categorization of variables based on gender.

Table 4.
Self Control Categorization Based on Gender

Gender	Self-control categorization			Total
	Low	Medium	High	
Male	1	33	8	42
Women	5	57	13	75
Total	6	90	21	117

Table 5.
Social Media Addiction Categorization Based on Gender

Gender	Social media addiction behavior category		Total
	Social media addiction	Not addicted to social media	
Male	14	28	42
Women	23	52	75
Total	37	80	117

Tables 6 and 7 show the categorization of the variables by age

Table 6.
Self Control Categorization by Age

Age	Self-control categorization			Total
	Low	Medium	High	
15	0	4	2	6
16	1	32	8	41
17	5	46	9	60
18	0	8	2	10
Total	6	90	21	117

Table 7.
Social Media Addiction Categorization by Age

Age	Social media addiction behavior category		Total
	Social media addiction	Not addicted to social media	
15	2	4	6
16	9	32	41
17	21	39	60
18	5	5	10
Total	37	80	117

Table 8.
Normality Test

Variable	Asymp. Sig. (2-tailed)	A	Information
Self-control	0.008	0.05	Abnormal
Social Media Addiction	0.003	0.05	Abnormal

Table 8 shows the distribution of data where it can be concluded that the distribution of data on the variables of self-control and social media addiction is not normally distributed, this is because the significance level is less than 5% (0.05).

Table 9.
Correlation Test

	Social Media Addiction	
Self-control	Correlation	-.387**
	Coefficient	
	Sig. (2-tailed)	.000
	N	117

** . Correlation is significant at the 0.01 level (2-tailed).

Based on table 9, it is known that the spearman value between the social media addiction variable and the self-control variable is -0.387 with a significance value of 0.000. The significance value obtained is $0.000 < -0.387$, so there is a significant relationship between the research variables. If the correlation coefficient is negative, the correlation is inversely proportional. The higher the social media addiction, the lower the self-control of SMA Negeri 3 Kota Kupang, or the lower the addiction to social media, the higher the self-control among SMA Negeri 3 Kota Kupang students.

Discussion

In this research, it is known that the results of the statistical test of the self-control variable on students of SMA Negeri 3 Kota Kupang are in the high category as much as 17.9%, the moderate category is 76.9% and the low category is 5.1%. From these data, it can be concluded that the level of self-control of SMA Negeri 3 Kota Kupang is in the moderate category and has good self-control over themselves.

Golgfriend and Merbaum (in Ghuftron and Risnawati, 2011) say that self-control is an individual's ability to organize, guide, regulate and direct forms of behavior that can lead individuals to positive consequences by describing

individual decisions through cognitive considerations to improve certain results. and goals. as desired.

In this study it is known that out of 117 students of SMA Negeri 3 Kota Kupang, 37 participants (31.62%) experienced addiction, and 80 participants (68.37%) did not experience addiction. From these data, it can be seen that most students of SMA Negeri 3 Kota Kupang do not experience social media addiction and have a low level of addiction.

The results of this study support research conducted by Aprilia, Sriyati & Hendrawati (2020) which describes the results of research on social media addiction to 72 teenage respondents at SMAS Plus Al-Falah. It can be seen that the largest number of respondents was 37 students (51.4%). experienced low social media addiction, whereas 35 students (48.6%) experienced high social media addiction. This shows that the level of social media addiction in adolescents at SMAS Plus Al-Falah is in the low category. At the low level of social media addiction, even though teenagers in school access social media every day, it can still be controlled so that social media does not dominate thoughts, feelings, and behavior and does not interfere with other activities in their lives (Young, in Aprilia et al., 2020).

Addiction is an ongoing involvement in an activity even though it has negative consequences (Ma'rifatul et al., 2015). Individuals with social media addiction are often overly concerned with social media and driven by uncontrollable urges to enter and use social media (Andreassen & Pallesen, 2014).

Social media addiction can also have an impact on the daily lives of teenagers. This is in line with the research of Novianty, Sriyati & Yamin (2019) which states that at a moderate level of internet addiction, adolescents should pay more attention to internet use which if left untreated will experience severe addiction. At the level of severe internet addiction in adolescents, it can cause more

significant problems, namely mental disorders that can have a negative impact on student welfare, academic success, and maximum long-term achievement. Based on the results of the study, it is known that the relationship between self-control and social media addiction has a significant relationship but has a negative number coefficient, which means it is inversely proportional. So, it can be concluded that the higher the social media addiction, the lower the self-control, or the lower the social media addiction the higher one's self-control.

The results of this study are in line with the research of Widiana et al., (2004) that internet users who have high self-control can regulate online behavior. Individuals who have high self-control can consider the consequences so they can choose what to do. Individuals who can regulate internet use are not immersed in accessing the internet and using the internet as needed can balance online activities with other life activities. Individuals with low self-control are not able to control themselves, direct and regulate their behavior in using the internet.

This study is in line with the results of Harahap's research (2017) which proves that there is a significant negative relationship between self-control and internet dependence, the results of the study are proven by the coefficient of $r_{xy} = -0.123$. This means that the higher self-control, the lower dependence on the internet, and vice versa, the lower self-control, the higher dependence on the internet.

Another research that is in line is research by Ningtyas (2012) which states that there is a negative relationship between self-control and internet addiction in 5th-semester FIP UNNES students, this is indicated by the value of the product-moment correlation result $r = -0.725$ with significance or ($p < 0, 01$) which means that the lower self-control, the higher internet addiction. The hypothesis is tested in Ningtyas's (2012) research, which is caused by excessive-high internet usage,

resulting in poor or low behavior control. Internet users who have high self-control will be able to guide, direct, and regulate internet usage.

Based on the theory of motivation synthesis by West (2013) and the results of the study, it can be explained that self-control is needed to reduce social media addiction behavior, by having self-control individuals who can plan their lives. Individuals who fail to plan are more prone to becoming addicted. Furthermore, individuals who have good self-control will be able to resist impulses or compulsions so that they can refrain from using social media excessively so that they are at risk of experiencing addiction. Individuals who have good self-control will be able to control their emotions so that they are not affected by maladaptive motives.

A person who has good self-control can make decisions that have a positive impact on his life. The role of self-control in anticipating social media addiction in individuals is classified as important. High self-control allows individuals to regulate thoughts, feelings, and behaviors so that they are not dominated by the desire to access social media continuously which can cause negative consequences such as addiction, even though individuals are quite active in using social media when individuals can control themselves well in using it. social media, individuals are less likely to experience high social media addiction.

Conclusion

Based on the results of the research conducted, it can be concluded that there is a significant relationship between social media addiction and self-control, with a negative correlation coefficient, the correlation is inversely proportional. The higher the social media addiction, the lower the self-control in SMA Negeri 3 Kota Kupang, or the lower the addiction to social media, the higher the self-control in SMA Negeri 3 Kota Kupang.

Suggestion

Based on the above conclusions, some suggestions are addressed to parents of students, students of SMA Negeri 3 Kota Kupang, and further researchers.

For parents, they are expected to always provide direction and guidance to control the use of social media to their teenagers to reduce the negative impact of using social media. 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 students of SMA Negeri 3 Kota Kupang, it is hoped that adolescents will maintain their own control, in controlling, directing, and regulating their behavior in the use of social media so that they do not make it a basic necessity and make it a place of intense contact.

For future researchers, it is hoped that they will be able to research using other factors that cause social media addiction. Further researchers are also expected to collaborate with schools and parents in the prevention and treatment of students using social media and for adolescents who are addicted to social media to be given CBT (cognitive behavioral therapy).

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