

## The Relationship Between Narcissistic Behavioral Tendencies and Facebook Addiction in Students

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**Abstract.** Facebook is one of the most popular social media among the public. Facebook is one of the online social networking or social networking sites created to provide technological facilities with the intention that users can socialize or interact in cyberspace. Someone addicted to making Facebook an important cause that can't be given up. The hypothesis in this study is that there is a significant association between narcissistic behavior and Facebook addiction among students at State Vocational High School 2 Kupang City. The participants in this study were students from Kupang City State Vocational High School 2, a total of 226 respondents. This study uses correlation analysis. The result of the analysis shows that there is a correlation coefficient between the variable's narcissistic behavior and Facebook addiction of 0.771 with a significant value of  $0.000 < 0.05$ .

**Keywords:** *Narcissism, Facebook Addiction, Teenager*

**Abstrak.** Facebook sebagai salah satu media sosial yang paling populer dikalangan masyarakat, Facebook adalah salah satu *Online Social Networking* atau situs jejaring sosial yang diciptakan untuk memberikan fasilitas teknologi dengan maksud pengguna dapat bersosialisasi atau berinteraksi dalam dunia maya. Seseorang yang mengalami kecanduan lebih menjadikan facebook sebagai hal yang penting yang tidak bisa ditinggalkan. Hipotesis dalam penelitian adanya hubungan yang signifikan antara perilaku narsistik dengan kecanduan facebook pada siswa Sekolah Menengah Kejuruan Negeri 2 Kota Kupang. Partisipan dalam penelitian ini merupakan siswa Sekolah Menengah Kejuruan Negeri 2 Kota Kupang yang berjumlah 226 responden. Analisis dalam penelitian ini menggunakan analisis korelasional. Hasil analisis terdapat koefisien korelasi antara variabel perilaku narsistik dengan kecanduan facebook sebesar 0,771 dengannilai signifikan sebesar  $0,000 < 0,05$ .

**Kata Kunci:** *Narsistik, Kecanduan Facebook, Remaja*

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## **Introduction**

Many social media sites can be a place to share information and communication from different parts of the world with interesting features and also a place to bring many friends to find a partner. Websites like Twitter, Facebook, Youtube, Instagram, and many more. One of the currently more and more popular social media is Facebook, whose number of members is increasing rapidly in a short time and Facebook can be used by different groups.

Facebook is a social networking website that users can use to join communities such as cities, workplaces, universities, and regions to connect and interact with other people. Compared to similar websites, Facebook offers complete features such as profile pages, albums, business applications, page applications, chats, notes, videos, and photos or other forms that can be transmitted digitally. Various things provided can attract users' interest, so more and more people are interested in using Facebook (Sahin,2018).

Social media platform company we are social Hootsuite presents the latest survey data from mobile device users around the world, currently touching 5 billion users. This rapid increase has also been accompanied by social media users, with Indonesia being the largest contributor as the world's most active Facebook user, with 150 million in 2019 to 160 million users in 2020 (Sahin, 2018).

Data from the Indonesian Internet Service Providers Association (APJII) (2020) shows that most social media users are in their teens. Teens last approximately from age 13 to age 16 or 17, and late teens begin at age 16 or age 17 to 18 (Hurlock, 2015). The high use of social media among young people can lead to addiction.

Addiction is continued involvement in an activity, even though those things result in negative outcomes (Laili and Nuryono, 2015). Continued use of social media can cause people to become addicted, which is typically used over a long period up to years. Indonesians spend an average of 3 hours and 26 minutes a day accessing social media. People who spend 8.5 to 21.5 hours online per week are considered addicted (Sahin 2018).

Social media addiction can be viewed as a form of internet addiction in which individuals show an urge to use social media excessively, Griffiths (Starcevic, 2013). Criteria

for an addict include: feeling preoccupied with the internet needing extra time to feel comfortable using the internet being unable to control or quit internet use feeling restless or irritable when attempting to quit internet use quitting, accessing the internet for longer than expected, loss of loved ones and jobs due to internet use, using the internet as a way out to solve problems (Young in Soetjipto, 2015).

Facebook is very popular among teenagers, which can be seen from their enthusiasm, who very often uses social media to communicate with their friends. Adolescence is a time of transition from childhood to adulthood. This period is perceived as a crisis because there is no stopping while his personality is forming. Someone sometimes forgets the time after playing social media, and this will surely have an impact on the teenager, for example, teenagers who lose track of time when they are addicted to Facebook, time that should be used for studying, but is used to play Facebook, not concentrating while studying or exercising activities (Soekanto, 2010).

Someone addicted to making Facebook an important cause that can't be given up. This can make someone feel the need to get attention from others by showing themselves on social media and not thinking about things or the implications that will happen in the future.

The psychodynamic approach to dealing with people with the narcissistic disorder is based on the perspective that in childhood they experienced less appreciation for their positive behavior. Individuals who display narcissism in their lives express their childhood insecurities and need for attention. Her feelings of insecurity are conveyed through the contrast between developing a false identity and her unrealistic thinking about her abilities (Halgin and Whitbourne, 2010).

Teens with narcissistic personalities will become obsessed with showing their greatness and charm by doing things that are unique and different from other people. This is evident in the way the teenager expresses his obsession through self-portraits. One of the phenomena that occurred in the community, namely Asik-Selfie, a woman who died when she slipped into the river in Tutem Village, Thousand District, Timor Tengah Selatan Regency, stated that the beauty of the river caught the attention of the Directed people to the process of actually taking pictures of themselves. To get the best results to upload to her

social network, the woman unknowingly took a picture of herself stepping on one of the slippery rocks that caused her to fall into the river. This resulted in the loss of the woman's life. This phenomenon proves that a person with a narcissistic personality will go different ways to get the best photos for the person to become famous in their social network (Keda, 2020).

This investigation was conducted in Kupang City because the public was previously shocked by an incident that led to the distribution of a video showing a voice recording of a teacher teaching at State Vocational High School 2 Kupang City verbally abusing a student who behaved rudely. In addition, students are often caught using cell phones in class without the subject teacher's permission, and when confiscated, other students even record the incident and spread it as a joke on social media. Teachers at Kupang City State Vocational High School 2 also often receive reports from students' parents when receiving students' learning outcomes that students very often spend time at home on mobile phones and ignore other work, especially those related to academic activities is research interesting to study. Furthermore, there is no scientific research discussing the relationship between narcissistic behavioral tendencies and Facebook addiction in the city of Kupang, hence researchers are interested in conducting this research. This research was conducted for students of the Kupang City State Vocational High School 2.

The study was conducted on students of State Vocational High School 2 Kupang City because the age of students of State Vocational High School 2 Kupang City corresponded to the target age of teenagers, which was dominated by teenagers aged 15-18 in this study. This is reinforced by the results of the first interview with a teacher at State Vocational High School 2 Kupang City, and from the results of the interview, it was explained that the students have high levels of narcissistic behavioral tendencies and most of the students are active users of social media, especially Facebook.

### **Method**

The participants in this study were students at State Vocational High School 2 Kupang City. The number of participants who took part in this study was 226 students. This research uses quantitative research. The type of research used is correlation research. Narcissistic behavior is independent and Facebook addiction is a dependent variable. This study uses a measuring instrument in the form of a scale. Before the scale is distributed, it goes through a validity test aimed at finding out whether all items can provide correct and accurate information or data about what is being studied, and goes through the reliability testing phase to test the consistency of the answers. Then share the scale with participants via social media. The scale describes the research and asks about the availability of participants to participate. The scale used is a Likert scale, namely the Murray Narcissism Scale and the Bergen Facebook Addiction Scale. The Murray Narcissism Scale has response options from 1 to 5 (1 = very unusual or incorrect, totally disagree = 5 strongly characteristic or correct, completely agree) and on the Bergen Facebook Addiction Scale all items are rated on the following scale: 1: very rarely, 2: rarely, 3: sometimes, 4: often, 5: very often.

### **Results**

Table 1. *Description of respondents by age.*

Age Group	Frequency	Percentage
15 years	36	16,0%
16 years	68	30,1%
17 years	69	30,5%
18 years	53	23,4%
<b>Total</b>	<b>226</b>	<b>100%</b>

Table one showed that most respondents in this study were in the 17-year-old age group (30.5%) or up to 69 people, and the fewest in the 36-year-old age group (16%) or as many as 36 people.

**Test Results for Narcissistic Behavior and Facebook Addiction**

*Normality Test*

The normality test is a test of the normality of the data distribution. The normality test aims to determine whether the collected data is normally distributed or not. This test uses Kolmogorov Smirnov. The basis for decision-making in this normality test is if the value of t count  $> 0.05$  then the data are normally distributed. On the other hand, if the t-number  $< 0.05$ , the data are not normally distributed (Periantalo, 2016).

Table 2. *Normality Test Results for Narcissistic Behavior and Facebook Addiction Variables*

<b>Variable</b>	<b>Asymp.Sig. (2tailed)</b>	<b>A</b>	<b>Description</b>
Narcissistic Behavior	0,005	0,05	Normal
Addicted to Facebook	0,015	0,05	Normal

Based on Table 2, it is known that the first analysis gave the Kolmogorov-Smirnov z-count of 1.725 with a probability of 0.005. Because the probability of  $0.005 < 0.05$  means that the distribution of the narcissistic behavioral variables is normal. The second analysis gave the Kolmogorov-Smirnov z-count of 1,568 with a probability of 0.015. Because the probability of  $0.015 > 0.05$  means that the distribution of the variable Facebook addiction is normal.

*Linearity Test*

The linearity test is used in this study to determine the linearity of the data, namely whether two variables have a linear relationship or not. Two variables have a linear relationship if the significance value is  $> 0.05$  (Purnomo, 2016)

Table 3. Results of the linearity test of narcissistic behavior and Facebook addiction variables

		<b>Sum of Squares</b>	<b>df</b>	<b>Mean Squares</b>	<b>F</b>	<b>Sig.</b>
Facebook Addiction* Narcissistic Behavior	Between groups (Combined)	31044.997	30	1034.833	14.905	.000
	Linearity	26536.500	1	26536.500	382.208	.000
	Deviation from linearity	4508.496	29	155.465	2.239	.001
	Within groups	13538.756	195	69.430		
	Total	44583.752	225			

From Table 3, it is known that from the results of the linearity test, namely the significance value of the deviation from linearity of  $0.001 < 0.05$ , it can be concluded that there is no linear relationship between narcissistic behavior and Facebook addiction among students of state vocational education High School 2 Kupang City.

*Hypothesis Test*

Hypothesis testing using correlation analysis. The analysis is used to decide whether to reject or accept the hypothesis and to determine the correlation coefficient.

Table 4. Hypothesis test

		Narcissistic Behavior	Facebook Addiction
Narcissistic Behavior	Pearson Correlation	1	.771
	Sig. (2-tailed)		.000
	N	226	226
Facebook Addiction	Pearson Correlation	.771	1
	Sig. (2-tailed)	.000	
	N	226	226

*Correlation is significant at the 0,01 level (2-tailed)*

Based on Table 4, it is known that the correlation coefficient between the variables of narcissistic behavior and Facebook addiction among students at State Vocational High School 2 Kupang is 0.771, meaning that there is a positive correlation between narcissistic

behavior and Facebook addiction in State Vocational High School points out 2 Kupang students. Based on the above analysis, the correlation of the two variables is known to be significant as the significant value is  $0.000 < 0.05$ .

### **Discussion**

This study aims to determine the relationship between narcissistic behavior and Facebook addiction among students of Kupang City 2 Vocational High School. The relationship can be known based on the hypothesis test that there is a relationship between narcissistic behavior and Facebook addiction with a correlation coefficient value of 0.771 and a significance value of 0.000 which is much smaller than 0.05 which shows the relationship between the two variables is positive. These results are by research by Walters and Holton (2015) which states that narcissistic Grandiose is positively related to the use of social media, especially on Facebook, which is where the higher the level of narcissism, the higher the interest and activities on Facebook. This means that the higher narcissistic behavior, the higher the possibility of developing Facebook addiction. Based on the results of the hypothesis test, it can be seen that the results of the analysis in students are included in the high category.

The calculation results show as many as 73 people (32.3%) of Kupang City Vocational High School 2 students with narcissistic behavior included in the high category. This is in line with the results of research by Pratiwi et al (2019) which states that the narcissism behavior of students in the 12th grade of MIPA MAN 2 Pontianak is in the high category, this shows that the 12<sup>th</sup>-grade students of MIPA MAN 2 Pontianak have the impact of narcissism behavior.

This narcissistic behavior also occurs in students of Kupang City 2 Vocational High School which is known based on the results of initial interviews conducted by researchers one of the teachers, explained that students have a level of the tendency of narcissistic behavior and most students are active users of social media, especially Facebook marked by the existence Some phenomena encountered in the field that there are actions from students who disseminate things that happen at school as a joke to get the attention of others.



Based on the results of narcissistic behavior data analysis on age characteristics have a very high category (30.7%) at the age of 17 years. Each age period has different physical, cognitive, and psychosocial development. Therefore, each individual with a different age period has a different development so that they can judge or respond to something with a different perspective. This is also supported by the explanation of Soekanto (2010) who explains that the tendency of narcissistic behavior is experienced in adolescence because adolescence is a transition period from the life stage of children towards the stage of maturity. Teenagers are vulnerable to all kinds of disturbances because teens are strong looking for an identity.

The results of Facebook addicted data analysis at age characteristics have a very high category (30.5%) at the age of 17 years supported by data from the Indonesian Internet Service Provider Association 2020 showing that the highest use of social media is in adolescents. In line with what was stated by Papalia (2011) that the main task of adolescence is to solve the identity crisis vs. confusion, individuals try to realize one of the needs of self - actualization to develop themselves fully, realize potential and obtain recognition from others. One way used is through social media to show his existence.

### **Conclusion**

Based on the results of the research conducted, it can be concluded that the level of narcissistic behavioral tendency at the age of 17 has a high category of 32.3%, the level of Facebook addiction has a medium category of 35.4% and there is one Positive and significant relationship between narcissistic behavior and addiction Facebook, which emerges from the results of the analysis, it is known that there is a coefficient of 0.771 with a significant level of 0.000.

### *Suggestion*

For students of Kupang City 2 Vocational High School, it is hoped that students of Kupang City 2 Vocational High School will grow into someone who has creativity and talent by utilizing social media naturally and not doing unnecessary activities such as uploading

photos, videos and continuous status Impressed showing off personal affairs assuming as the center of attention.

For teachers of Kupang City 2 Vocational High School. It is hoped that teachers will pay attention to students to reduce the tendency of narcissistic behavior by socializing the dangers of social media addiction that can cause students to behave narcissistically because the results of the study show that students of high school 2 Kupang City Vocational High School. Students are not recommended to bring mobile phones to school and the teacher should hold a counseling session so that students can be followed.

For further research, it is expected to find out more about narcissistic and addicted Facebook behavior that is more likely to be experienced by respondents of different ages, and gender and not only focus on social media Facebook.

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