

The Relationship Between Social Media Addiction and Emotional Stability in Adolescents in Kupang City

Maria Selda Andriani Ngamo¹, Marylin Susanti Junias², Diana Aipipideli³, Juliana M. Y. Benu⁴*

^{1,3,4} Psychology Department, Faculty of Public Health, University of Nusa Cendana

² Public Health Department, Faculty of Public Health, University of Nusa Cendana

Corresponding email: juliana.benu@staf.undana.ac.id

Abstract. Indonesia is an Internet user, and digital media is currently the primary choice of communication channel they use. One of the effects that occur when using too much social media is that the emotions expressed through social media can be transmitted unconsciously. Emotions expressed through social media can be transmitted unnoticed by social media users when reading or viewing content from other users. The hypothesis in this study is that there is a relationship between social media addiction and emotional stability in adolescents in Kupang City. Participants in this study were adolescents aged 15-18 years who actively used social media in Kupang, totaling 360 respondents. The analysis used is the correlation test. This study concludes that there is a negative and significant relationship between social media addiction and emotional stability in adolescents in Kupang City. It is shown from the analysis results that there is a correlation coefficient of -0.361 with a significant level of 0.000.

Keywords: Social Media Addiction, Emotional Stability, Adolescents

Abstrak. Indonesia merupakan pengguna Internet, dan media digital saat ini menjadi pilihan utama saluran komunikasi yang mereka gunakan. Salah satu efek yang terjadi apabila terlalu banyak menggunakan media sosial adalah emosi yang diungkapkan melalui media sosial dapat ditularkan tanpa sadar. Emosi yang diungkapkan lewat media sosial dapat menular tanpa disadari oleh pengguna media sosial saat membaca atau melihat konten dari pengguna yang lain. Hipotesis dalam penelitian ini yaitu adanya hubungan antara kecanduan media sosial dengan stabilitas emosi pada remaja di Kota Kupang. Partisipan dalam penelitian ini merupakan remaja berusia 15-18 tahun yang menggunakan media sosial secara aktif di kota Kupang yang berjumlah 360 responden. Analisis yang digunakan yaitu uji korelasional. Penelitian ini menyimpulkan bahwa terdapat hubungan yang negatif dan signifikan antara kecanduan media sosial dengan stabilitas emosi pada remaja di Kota Kupang yang ditunjukkan dari hasil analisis terdapat koefisien korelasi sebesar - 0,361 dengan taraf signifikan 0,000.

Kata Kunci: (Kecanduan Media Sosial, Stabilitas Emosi, Remaja)

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Introduction

The survey by the Indonesian Ministry of Communication and Informatics (Kemenkominfo) and the Association of Indonesian Internet Service Providers (APJII) show that in 2010 the total number of Internet users in Indonesia exceeded 40 million users. Of that number, 64 percent are adolescents. Data from the Association of Indonesian Internet Service Providers (APJII) shows that internet users in NTT in 2019-2021 reached 3,338,440 people, and 83.91% of NTT internet users accessed social media. Data from APJII for 2021 also stated that the number of adolescent social media users in Kupang City reached 5,818. Social media ownership is not limited to the upper middle class with internet access and supporting devices, nor is it limited to age, gender, and ethnicity.

Putri, Nurwati, and Budiarti (2016) stated in their research that social media has positive and negative impacts. Positive impacts include expanding the network of friends and getting helpful information. The negative impact is that not all social media users are polite users in speaking or sharing content, which can interfere with the life and communication of social media users with their families. Emotions expressed through social media can be transmitted unnoticed by social media users when reading or viewing content from other users. This is caused by excessive use of social media (excessive use).

Besides being a medium for transmitting emotions, too much use of social media has also been shown to affect one's mood. This cannot be controlled because social media users cannot predict what others will upload. How long a person spends browsing social media and experiencing this process of social comparison produces a depressive reaction due to the emergence of the "alone together" effect. The emergence of social media is one of the media that can provide external

stimulation that triggers emotional states or mood swings. Therefore, social media can be an additional source of stress for adolescents.

Adolescence is when children experience relatively rapid development. Emotions always turbulent during adolescence are potential problems that must receive serious attention (Azmi, 2015). There is also socio-emotional development related to changes in interactions with other people, such as changes in emotions in children, who were initially selfish to turn into empathetic and can be invited to cooperate and have emotional intelligence (Neviyarni, 2020). According to Valkenburg and Peter (2011), development in adolescence requires social media as one of the main tools that function as self-disclosure. Therefore, emotional stability is essential for adolescents.

Emotional stability, referred to in this study, is the ability possessed by an individual to control emotions by displaying appropriate reactions to the stimuli received so that individuals can adjust to the conditions being experienced and relate to the person being experienced (Schneiders, 1964). According to Chaplin (in Astuti, 2011), the failure to control emotional stability, an individual tends to have emotional changes that are fast and unexpected in his emotional reactions. An unstable and sensitive attitude that can lead to explosive anger in the form of verbal or non-verbal is the result of an individual's emotional instability (Billmoria, Mukhopadhyay, & Das, 2015).

Many social media users can have a negative impact, so individuals must at least have or improve emotional stability to not cause much worse problems related to emotional instability due to using social media. Based on explanations and phenomena related to social media, researchers are interested in examining the emotional stability of individual adolescents related to the development of social media technology which can be an additional source of stress. So, researchers want to examine the relationship between social media addiction and adolescents' emotional stability in Kupang City.

Methods

The participants in this study were the people of Kupang City who were adolescents. The number of participants in this study was 360 people. Based on measurement and data analysis, the type of research that will be used in this study is quantitative research. This research was conducted using a survey method to formulate a correlation problem. The independent/independent variable in this study is emotional stability. In comparison, the dependent variable is social media addiction.

This study uses a measuring instrument in the form of a scale. The scale used is the Likert scale, namely the Social Media Addiction Scale designed by Sahin (2018) and the Emotional Stability Scale designed by Korniwati (2003). Before the scale is distributed, it will go through a validity test to determine whether all the items can produce correct and appropriate information/data about what will be studied and will go through a reliability test stage to test the consistency of the answers. The scale will be distributed to respondents via the Google form, which will be distributed via several social media, namely WhatsApp, Facebook, and Instagram. The social media addiction and emotional stability scale has four answer choices, namely SS (Highly Appropriate), S (Appropriate), TS (Not Appropriate), and STS (Highly Unsuitable). The analysis technique used in this study is the Correlation Test.

Results

Table 1. *Description of Participants Based on Gender*

No	Gender	Total	Presents
1	Male	132	36,7 %
2	Female	228	63,3 %
	Total	360	100 %

Based on the table above, it can be seen that there were 132 male respondents (36.7%) and 228 female respondents (63.3%). The table above shows that the majority of respondents are female.

Table 2. Description of Participants Based on Age

No	Age	Total	Presents
1	15 years	157	43,61 %
2	16 years	108	30 %
3	17 years	62	17,22 %
4	18 years	33	9,17 %
Total		360	100 %

Based on the table above, it can be seen that there were 157 respondents aged 15 years, 108 respondents aged 16 years, 62 respondents aged 17 years, and 33 respondents aged 18 years. The table above shows that the majority of respondents are 15 years old.

Normality Test

Table 3. Normality Test Results for Media Social Addiction and Emotional Stability

Variables

Variable	Asymp.Sig	A	Description
Media Social Addiction	0,000	0,05	Not Normal
Emotional Stability	0,000	0,05	Not Normal

Based on Table 3, it is known that the first analysis obtained a significant value of 0.000. Because the probability of $0.000 < 0.05$ means that the distribution of social media addiction behavior variables is abnormal. The second analysis obtained a significant value of 0.000. Because the probability of $0.000 < 0.05$ means that the distribution of the emotional stability variable is not normal.

Linearity Test

The results of the linearity test for social media addiction behavior variables and emotional stability were obtained through calculations with the SPSS application using the Test of Linearity. Based on calculations, it is known that the results of the linearity test are the deviation from the linearity significance value of $0.013 < 0.05$, so it can be concluded that there is no linear relationship between social media addiction behavior and emotional stability.

Hypothesis Test

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

Table 4. *Hypothesis Test*

Variable	Sig (2-tailed)	Pearson Correlation
Media Social Addiction	0,000	- 0,361
Emotional Stability	0,000	- 0,361

Based on the table above, it is known that the significant value between social media addiction behavior and emotional stability in adolescents in Kupang City is 0.000, which indicates that there is a relationship between social media addiction behavior and emotional stability in adolescents in Kupang City. The correlation coefficient between the variables is -0.361. Based on the analysis above, it is known that the sig value <0.05 means that the hypothesis in this study is accepted.

Discussion

This study aims to determine the relationship between social media addiction behavior and emotional stability in adolescents in Kupang City. This relationship is known through a correlation test between social media addiction behavior and emotional stability. The correlation coefficient value obtained is -0.361, and a significance value of 0.000, much smaller than 0.05. This shows that there is a relationship between the two variables. The correlation coefficient in these results is negative, meaning a negative relationship exists between social media addiction and emotional stability. These results are consistent with the research of Supriadi and Hatta (2021), which states that addictive behavior on social media is negatively related to emotional stability, namely where the higher the level of addiction to

social media, the lower the emotional stability of a person and the higher the emotional stability, the lower the addiction to social media somebody.

The calculation results show that 61.94% of respondents are in the high social media addiction category, while 60.83% of respondents are in the low category in the emotional stability variable. These results are consistent with the research of Supriadi and Hatta (2021), which states that social media addiction behavior is negatively related to emotional stability, namely where the higher the level of addiction to social media, the lower the emotional stability of a person and the higher the emotional stability, the lower the social media addiction somebody.

Based on the results of the characteristics of respondents based on the age of 15-18 years, this age is included in adolescence. According to Jamitka (in Putro, 2017), adolescents have characteristics that can distinguish the period before and after, namely adolescents begin to convey their freedom and rights to express their own opinions, are more easily influenced by their surroundings, show behavior that has the pleasure to follow the times as an example of following fashion and fashion trends. The adolescent has a level of 6 confidence (overconfidence) which coincides with increased emotions. Addiction to social media in adolescents is often done to satisfy their curiosity about something new. This is also supported by data from the Association of Indonesian Internet Service Providers, which states that adolescents are the highest social media users, with a percentage of 75.50% (Indonesian Internet Service Providers Association, 2017).

Based on the results of measuring the social media addiction variable, it was found that 61.94% of respondents were in the high category. This result is in line with other research, which also shows that more than half of the respondents in adolescents (high school students), and as many as 43 people (50.6%) are in the high category of social media addiction (Ariani, Elita & Zulfitri, 2009). Most adolescents think that the more active they are on social media, the more relaxed and social they will be considered. Meanwhile, adolescents who don't have social media are usually considered less cool or outdated (Suryani & Suwarti, 2014). The results of measuring

the emotional stability variable found that as many as 60.83% of respondents were in a low category. This result aligns with research conducted by Utami (2018), which said that using social media too often will increase emotional instability in adolescents because adolescents often feel anxious or change their mood when they receive negative comments.

Conclusion

Based on the results of the research conducted, it can be concluded as follows:

The level of social media addiction among adolescents in Kupang City shows that the percentage level of most respondents is in the high category, namely 61.94%.

Adolescents' emotional stability level in the city of Kupang states that the percentage level of most respondents is in a low category, namely 60.83%.

The analysis results show a negative and significant relationship between social media addiction behavior and emotional stability. It is known that there is a coefficient of -0.361 with a significant level of 0.000.

Suggestion

Adolescents are expected to control their behavior by limiting the time they use social media so they don't become addicted to social media by setting a daily target of under 2 hours per day to play social media. It is hoped that parents will supervise and pay more attention to their children at home while using their cell phones to access their social media. Future researchers are expected to examine more sources and references regarding social media addiction with emotional stability, bearing in mind that social media continues to experience development from time to time.

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