

Relationship Between Self-Concept and Subjective Well-Being in Late Adolescent Social Media Users

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ABSTRACT

The purpose of this study was to determine the relationship between self-concept and subjective well-being in late teens social media users in Jakarta. The total participants of this research are 185 with an age range of 18-21 years old. This research used the Spearman Rho's correlation as its data analysis technique. The results of this study indicate that there are positive and significant relationship between self-concept and subjective well-being, with a significance level $(p) = 0.000 > 0.05$ between positive affect's dimension and self-concept, $(p) = 0.001 > 0.05$ between negative affect's dimension and $(p) = 0.000 > 0.05$ between general life satisfaction (GLS) and self-concept. It means that the higher self-concept, the higher value of subjective well-being in someone.

Keywords: *Self-concept, subjective well-being, late adolescents, social media*

1. INTRODUCTION

Internet users in Indonesia are increasing every year, if seen from the average population in Indonesia, internet usage continues to increase from year to year. According to APJII (Association of Indonesian Internet Service Providers) in 2017, received 54.86% of Indonesia's population using the internet. The number then rose to 64.8% in 2018, this is calculated from Indonesia's total population of 264 million people, if totaled it takes 171.17 million people who use the internet. This data shows internet users in Indonesia increased by 10.2% [15].

Social media users of various age ranges, from teenagers, adults to the elderly. The survey stated that a person has an average use of social media for 2 hours 52 minutes per shipment [8]. When viewed from the report "Digital 2020: Indonesia" from the site "We are Social" it was revealed that there were 160 million social media users, of which 18.5 were the most social media users, reaching 16.1% for men and 14.2% for women [11]. Can be seen teenagers who use social media. Now social media is a place for teenagers to do interpersonal communication, here social media provides an ideal space for teens to develop their self-concept [12].

Self-concept that can help in the achievement of self-actualization (self-actualization) is the highest level of need in the Maslow pyramid, in the sense that the individual has reached the highest level of growth, in terms of potential, value or self-related assessment. Congruent self-concept is a condition in which the current self-concept (true self) is in harmony with the self-concept that becomes its expectation

(ideal self). Another thing if there is an incongruence in the self-concept, namely the condition where there is a mismatch and there is a difference between the current self-concept (real self) with the self-concept to be achieved (ideal self) [8]. Rogers announced that happening could develop negative self-concepts, and this would certainly adversely affect adolescent development [8]. The use of social media can lead to distance or actual self-concept with an ideal self-concept [8]. This relates to teenagers who question a good image in their social media accounts. This is not in accordance with their true self [8].

According to a survey conducted by Felita, teenage respondents, social media as much as 54.6% of adolescents want to be seen as having lots of friends on their social media, and as many as 47.2% of adolescents want to find out lots of new information. In addition, according to the results of research conducted by Widiarti [21] obtained results from the number of respondents as many as 222 subjects (49.4%), have low self-concept or are classified as below average.

Feedback obtained from social media, in addition to influencing self-concept, can also affect subjective well-being of individuals. This is supported by Sari and Maryatmi [17] who state that self-concept is the result of self-evaluation, where self-evaluation also has a role in subjective well-being. Diener [22] states that self-concept is one of many determinants of the level of subjective well-being. Research concepts that reveal the truth of self-concept that has a negative relationship with psychological pressure and depression, and a positive relationship with subjective well-being Butzer & Kuiper [12].

In a previous study conducted by Zhang [22], obtained results that there is a positive relationship between self-concept and subjective well-being of students in China. While research conducted by Ghobadi, Shafiei and Gorbani [10] which states that criticism has a significant negative relationship with one's welfare. In other words, self-criticism can reduce the level of well-being of the individual, where according to Fitts self-criticism is how individuals assess and analyze the person, self-criticism openness accepts everyone accepts criticism from others, accepts and allows directly or even shut down [2].

In addition, there are no studies on self-concept and subjective well-being located in Jakarta. The author conducted a short survey in February 2020 and this interview was conducted to the end teenagers of social media users with an age range of 18-20 who are domiciled in Jakarta. From the results of a short survey conducted, the authors found that 3 out of 4 people stated that their self-concept changed after using social media, they were not confident, and sometimes they unconsciously lost their identity because they tended to follow the content they saw on social media. In addition, 2 out of 4 people are dissatisfied with their lives because of the content they see on their social media accounts. They consider social media to be a measure of life satisfaction. This phenomenon shows the importance of conducting research on self-concept and its relationship to subjective well-being in adolescent end users of social media in Jakarta.

The formulation of this research is whether there is a relationship between self-concept and subjective well-being in adolescent end users of social media in Jakarta. Based on the background above, the purpose of this study is to determine the relationship between self-concept and subjective well-being in the late teens of social media users in Jakarta. This research is expected to be able to contribute thoughts for further research that wants to investigate further, regarding the relationship between self-concept and subjective well-being in adolescent social media users. The results of this study are expected to be beneficial for the development of Social Psychology, which is to see how social media can influence identity and self-concept and subjective well-being in adolescents.

2. THEORETICAL STUDY

Self-Concept according to Fitts is the self (self) that is observed, experienced and assessed by the individual himself, this is a self that the individual is fully aware of, self-concept includes awareness (awareness) and perceptions about oneself [20]. Agustiani [1] also mentions that self-concept is an image that an individual has about himself, this is the result of the interaction and experience in the individual's environment. Self-concept always develops from time to time, so this self-concept is not the result of offspring but develops from the experience that it feels. Bruns [18] states that positive self-concept, equals self-appreciation, positive self-evaluation and also positive self-acceptance. Whereas negative self-concept can be

likened to self-loathing, self-esteem and also negative self-evaluation.

Subjective well-being (SWB) is a personal perception and positive and negative experience of emotional and global responses, it is also a specific cognitive evaluation of satisfaction with life. This has been defined as "cognitive and affective evaluation of a person from his life" [4]. Every person has a standard of life satisfaction, where the standard of life satisfaction is determined by the individual himself [3]. Diener, Lucas and Oishi [4], subjective well-being is a broad concept, which includes the experience of pleasant emotions, negative moods and also the satisfaction of life. Steinberg [19] states that late adolescence is in the age range of 18-21 years. Late teens are thought to be undergoing a puberty transition. Many significant changes occur in psychosocial and cognitive at this time, including increasing orientation towards peers, romantic attraction, exploring self-identity. In addition, better cognitive abilities such as more abstract thoughts, plans and goals for the future, as well as career exploration [9].

According to Parker and Boyd [8] stated that teenagers who use social media often compare themselves with other teenagers by looking at other people's social media profiles. This comparison will unconsciously form an ideal self-concept that is increasingly high and far from the self-concept that is actually owned by the teenager [8]. Siegle [8] states that the more frequent use of social media, the greater the gap or incongruence of self-concept in adolescents. Rogers stated that congruent self-concept is where the individual's current self-concept (real-self) with the self-concept that he hopes (ideal-self) is in harmony. Conversely, self-concept is incongruent, which is a condition of incompatibility or there is a gap between the two self-concepts [8].

This is also called discrepancy theory in which Michalos [5] states that discrepancy theory is individuals who compare themselves now with various ideal standards including others, past conditions, remember the ideal satisfaction and goals. The assessment of satisfaction is based on the difference between the current conditions and the standards they have. Differences involving upward comparisons (comparing current conditions with higher standards) will result in a decrease in satisfaction and vice versa, a downward comparison will result in an increase in satisfaction, they also state that the upward or the comparison can be a potential for increasing or decreasing happiness [5]. This satisfaction and feeling are components in subjective well-being.

Many research results have tried to link self-concept with subjective well-being which can support the above statement. Previous research conducted by Zhang [22] showed results, there was a significant positive relationship on self-concept and subjective well-being in students in China, the results of this study were in line with research conducted by Yosendi [22], showing a positive relationship significant between the two variables on the subject of selling herbal medicine. The meaning of the two studies is that the higher the self-concept in a person, the higher the subjective well-being, and vice versa if the self-concept in

a person is low, the subjective well-being in that person is also low.

Based on the results of research conducted by previous researchers that have been written above, the hypothesis in this study is that there is a relationship of self-concept with subjective well-being in adolescent end users of social media in Jakarta.

3. METHOD

Participants in this study had a total sample of 185 people. Research subjects have the characteristics of individuals living in the Jakarta area aged 18 to 21 years who are active users of social media. For gender, religion, education, ethnicity and race are not restricted. These criteria will be used as participants in this study. The subject of this study was determined by purposive sampling. Purposive sampling determines the sample through consideration and criteria that are in accordance with what is needed for research.

In this study, to measure positive self-concept in adolescents using the Tennessee Self-Concept Scale (TSCS). The original measuring instrument was developed by William H. Fitts in 1965. The Tennessee Self Concept Scale (TSCS) was adapted into Indonesian by Sri Rahayu Partosuwido in 1979 from Gajah Mada University, Yogyakarta [2]. The TSCS measuring tool used in this study was quoted from a study conducted by Febisahfitri [7] titled the relationship between self-concept and the hedonic lifestyle of students in Jakarta. The TSCS measuring instrument has six dimensions namely physical self, moral ethical self, personal self, family self, social self and self-criticism. The TSCS measuring instrument used by researchers has previously been tested for validity and reliability by Febisahfitri [7] and has a Cronbach alpha value per dimension as follows. Cronbach's alpha value in previous studies were physical self dimensions at 0.702, moral ethical self dimensions at 0.748, personal self dimensions at 0.764, family self dimensions at 0.876, social self dimensions at 0.773, and self-criticism dimensions at 0.790. Whereas in this study Cronbach alpha owned namely, physical self dimension of 0.682, moral ethical self dimension of 0.762, personal self dimension of 0.792, family self dimension of 0.879, social self dimension of 0.806, and dimension of self-criticism of 0.799.

Conceptual definition of self-concept according to Fitts is a perception, and also a person's assessment of himself. Self-concept is also a reference in individuals interacting with society, therefore human behavior can be influenced by self-concept [13]. The operational definition of the self-concept variable is the higher the total score on the measuring instrument, the more positive the self-concept it has, and vice versa if the lower the self-concept score on the subject, the more negative the self-concept owned by the subject.

Measuring instruments for the Subjective Well-Being variable were obtained from research conducted by Maria [14] entitled Perceived Emotional Support from Pet Dogs

as Predictors of Subjective Well-Being Owners. Maria [14] used the SWB measurement tool in her research which was borrowed from the Tarumanagara University Research and Measurement Section which has a total of 45 items, and has three dimensions, namely positive affect, negative affect and General Life Satisfaction (GLS). This measuring instrument has previously been tested by Maria [14] and has an Cronbach alpha value in each dimension, as follows. Cronbach's alpha value on the positive affect dimension is 0.944, the negative affect dimension is 0.937, the GLS dimension is 0.865. While the Cronbach alpha in this researcher is, the dimensions of the positive affect by 0.891, the dimension of the negative affect by 0.936, and the GLS dimension by 0.812.

The conceptual definition in the first dimension, namely General Life Satisfaction (GLS) is the ability of a person to evaluate his life as a whole from the moment he was born until now. The operational definition is the higher the general Life Satisfaction (GLS) score, the higher the life satisfaction that the subject currently has, and vice versa. This component has 5 statements which are all positive statements. For example the GLS item through a statement that "My living conditions are perfect." and another example is "I feel satisfied with my life".

The conceptual definition in the second dimension is positive affect, which is the frequency and intensity of pleasant feelings felt by individuals. Based on this concept, then operationally the higher the positive affect score on the subject, the higher the level of happiness felt by the subject. This also applies to the opposite.

The conceptual definition in the third dimension is negative affect, which is the frequency and intensity of unpleasant feelings. Based on this, the operational definition is the lower the negative affect score on the subject, the higher the level of happiness is felt. Vice versa, namely the higher the negative affect score eating the lower the level of happiness in the subject.

This study departs from the phenomenon that researchers observe related to self-concept and subjective well-being with teenagers who use social media in Jakarta. The author also reads journals and research results related to these two variables. The next stage the author begins to formulate the background of the problem, after which the author compiles the theoretical foundation that can support this research. After that the researcher asked for permission to borrow a measuring instrument that will be used to measure the related variables. Because the validity and reliability of the borrowed measuring instrument was good, the researchers immediately distributed the questionnaire.

The author distributes questionnaires to subjects who are in Jakarta and have an age range of 18-21. The distribution of questionnaires through two ways, namely the printed version (offline) and Google-Form form (online). Distribution of the printed version by printing all statements and giving directly to participants who are in the campus environment. While the online version, researchers will use Google Form and spread links to participants through social media such as line, Instagram, Whatsapp. The filling out of the questionnaire can be filled via via smartphone from each participant. After all the data is collected, the next step the

researcher will analyze the data is using Statistical Product and Service Solution (SPSS) version 25.00.

4. RESEARCH RESULT

Data were processed using descriptive statistical analysis in SPSS so as to produce an overview of self-concept variables. In this section the researcher will discuss the mean (empirical mean) self-concept variable owned by 185 participants is 3.35. The maximum value is 4.42 and the minimum value is 2.49 with a standard deviation of 0.36. Self-concept measuring instrument has a scale of 1-5 so that the hypothetical mean (median) is 3. Based on comparison with the hypothetical mean, it appears that the empirical mean is higher than the hypothetical mean of $3.35 > 3$. This shows that the self-concept on the subject is said to be high. The results of data processing using descriptive statistical analysis in SPSS so as to produce an overview of subjective well-being variables. The scale of the subjective well-being gauge is 1-6, so the hypothetical mean is 3.5. Empirical mean values in each dimension on the variable subjective well-being, there are three sub dimensions, namely positive affect, negative affect and general life satisfaction (GLS). On the positive affect dimension, the empirical mean value is $4.10 > 3.5$ so that it can be concluded that the positive affect value of the subjects is high or above average. Dimensions of negative affect the empirical value of $3.12 < 3.5$, it can be concluded that the negative affect value owned by subjects is classified as low or below the average. In the GLS dimension, the empirical mean is $3.55 > 3.5$, so it can be concluded that the satisfaction value of the subject towards life is high or above average. Based on the empirical value obtained, it can be concluded that the value of subjective well-being in subjects is high or above average.

In this section, we will discuss whether there is a relationship between self-concept and subjective well-being to answer the research analysis hypotheses. The main data analysis was performed using the correlation test of the self-concept variable with subjective well-being. The correlation test was conducted using the Spearman's Rho correlation test because based on the results of the normality test on the data above, the distribution of the data was abnormal.

Both variables are said to have a correlation, if the significance value is less than 0.05. Correlation test results between self-concept with positive affect dimensions of the subjective well-being variable that shows that $r(185) = 0,000$ with $p = 0,000 < 0.05$. Based on these results, it can be said that there is a positive and significant relationship between self-concept and positive affect. Correlation test results between self-concept with negative affect dimensions of the subjective well-being variable that shows that $r(185) = 0.001$ with $p = 0.001 < 0.05$. Based on these results, it can be said that there is a positive and significant relationship between self-concept and negative affect. Correlation test results between self-concept with the dimensions of general life satisfaction (GLS) of the

subjective well-being variable which shows that $r(185) = 0,000$ with $p = 0,000 < 0.05$. Based on these results, it can be said that there is a negative and significant relationship between self-concept and negative affect.

Table 1
Correlation Test Results Between Variables

Variable	Positive Affect	Negative Affect	GLS
Self-concept	r 0.438	-0.241	0.398
	p 0.000	0.001	0.000
N	185		

Based on the analysis of the correlation test above, it can be said that there is a positive and significant relationship between self-concept and subjective well-being. The higher the value of self-concept possessed by the subject, the higher the level of subjective well-being possessed by the subject. And vice versa the lower the self-concept that is owned, the level of subjective well-being is also lower.

5. CONCLUSION

Based on the results of an analysis of research conducted on the relationship of self-concept with subjective well-being in end adolescents using social media in Jakarta, researchers can finally conclude that there is a positive and significant relationship between self-concept with subjective well-being in end adolescents users social media in Jakarta. This can be interpreted that the higher the self-concept in a person, the higher the value of subjective well-being. Likewise, vice versa, the lower the self-concept, the lower the level of subjective well-being they have.

6. DISCUSSION

Based on the results of data analysis between self-concept and subjective well-being shows a positive and significant relationship. This can be interpreted that the higher the value of positive self-concept in a person, the higher the subjective perception of his current emotional state (Positive Affect and Negative Affect) and general life satisfaction (General Life Satisfaction). This result is in line with research conducted by Zhang [22] which states that there is a positive relationship between self-concept and subjective well-being. According to Lin et al. [12] self-concept clarity is a very important source psychologically for dealing with stress related to colleagues or people received from social networking sites. Beyens [12] states that when people use social media passively, the function of self-concept clarity may be disrupted and subsequently

result in the value of someone's subjective well-being decreases.

In this study, self-concept in adolescent end users of social media has a high average value. This can be interpreted that the use of social media in adolescents does not make teens confused about the clarity of their self-concept or develop negative self-concept. This result is in line with research conducted by Sari, Siswadi and Sriarti [16] which shows that most teenagers who use social media have a positive self-concept, this is because the use of social media helps adolescents in forming identity, and also understands their role .

In this study, the average value of subjective well-being possessed by the subject of this study is relatively high. This means showing that the use of social media does not always make a person have a low subjective well-being. The results of this study are in line with research conducted by [6], that there is a positive and significant relationship between the use of social media with pleasure, well-being and also life satisfaction. In other words the use of social media can make teens feel happy. This is similar to Ong and Lin's research [6] which shows that there is a positive relationship with Facebook use with life satisfaction.

There are also research limitations that might affect the results of this study. First is the limited number of subjects in this study. During this research, there was a pandemic caused by COVID-19 so that most of the data was taken online so the researcher could not control the seriousness of the subjects in filling out this questionnaire. Researchers also did not get the number of respondents they should have. Second, the distribution of questionnaires was uneven in terms of the age group of the subjects, where very few subjects aged 18 years participated in filling out the research questionnaire. Third, the control data in this study were felt to be lacking because the researchers did not include questions to the subjects, what content they visited when using social media as well as the reasons for adolescents using social media. Fourth, this study also does not provide space for subjects to argue in writing about the subject's perspective on social media at this time. Because with this, it is possible for researchers to see the subject's perspective on social media and can be considered in this discussion. Fifth, the self-concept measuring instrument used in this study was deemed not fulfilling all the writer's expectations in measuring the self-concept variable. This is because the authors cite measuring instruments that have been tested for validity and reliability in previous studies, which should be better writers use original measuring instruments.

7. SUGGESTION

Suggestions for further research are that researchers should consider the number of subjects, and questions on control data such as what content is accessed while using social media. For students who want to research about social media. Based on the explanation above, it is expected that the results in further studies can be more accurate and valid.

Suggestions for parents who have children in their teens, that is, parents are expected to take part in the socialization of adolescent users of social media so that parents know how suggestions and advice should be given to teens when using social media. Parents also need to keep abreast of current times, so parents are expected to understand what content is likely to be accessed by teens when using social media.

Suggestions from writers for adolescents namely the existence of the results of this study are expected adolescents to be wiser in using social media. An example is teenagers can access information and knowledge that can add insight to adolescents. Like attending an online seminar, watching motivational videos so that teenagers can become better personalities and understand each other's identity. And teens can watch or read informative content to develop their hobbies, so that teens can be productive and benefit after using social media.

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