

HUBUNGAN ONLINE SELF-DISCLOSURE DAN PENERIMAAN POSITIVE FEEDBACK DI MEDIA SOSIAL INSTAGRAM DENGAN PSYCHOLOGICAL WELL-BEING PADA REMAJA DI D. I. YOGYAKARTA

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ABSTRAK

Self-disclosure merupakan pengungkapan informasi pribadi dan penting untuk menjaga hubungan interpersonal. *Self-disclosure* dapat dilakukan tidak hanya di dunia nyata, tetapi juga di dunia internet melalui media sosial seperti Instagram. Ketika seseorang mengunggah konten di Instagram, pengguna lain dapat memberi *feedback* dalam bentuk *likes* dan komentar. Hipotesis pertama dalam penelitian ini adalah *online self-disclosure* dan *positive feedback* yang diterima seseorang di Instagram memiliki hubungan positif dengan *psychological well-being*, hipotesis kedua adalah *online self-disclosure* memiliki hubungan positif dengan *psychological well-being*, sedangkan hipotesis ketiga adalah *positive feedback* memiliki hubungan positif dengan *psychological well-being*. Alat ukur yang digunakan dalam penelitian ini adalah skala pengungkapan diri *online* dan skala *psychological well-being*. *Positive feedback* diukur dengan melakukan observasi terhadap *likes* dan komentar yang diterima oleh subjek penelitian di Instagram. Subjek dalam penelitian ini berjumlah 115 remaja yang aktif menggunakan Instagram dan berdomisili di D. I. Yogyakarta. Analisis regresi linear berganda menunjukkan nilai F sebesar 2,123 dengan taraf signifikansi $p > 0,05$, sehingga disimpulkan *online self-disclosure* dan penerimaan *positive feedback* tidak memiliki hubungan signifikan dengan *psychological well-being*. Analisis korelasi *product moment Pearson* menunjukkan bahwa tidak terdapat hubungan signifikan antara *online self-disclosure* dengan *psychological well-being* dengan koefisien korelasi $r = 0,116$ dengan taraf signifikansi $p > 0,05$. Hasil analisis juga menunjukkan bahwa tidak terdapat hubungan signifikan antara penerimaan *positive feedback* di Instagram dengan *psychological well-being* dengan koefisien korelasi $r = 0,140$ dan taraf signifikansi $p > 0,05$.

Kata kunci: *psychological well-being, online self-disclosure, positive feedback, remaja, Instagram*

THE RELATIONSHIP BETWEEN ONLINE SELF-DISCLOSURE AND RECEIVED POSITIVE FEEDBACK ON INSTAGRAM WITH PSYCHOLOGICAL WELL-BEING OF ADOLESCENTS IN D. I. YOGYAKARTA

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ABSTRACT

Self-disclosure is defined as giving personal information, and is important to maintain interpersonal relationship. Self-disclosure can be performed not just in everyday life, but also online by using social media such as Instagram. When someone upload a content on Instagram, other users can give feedback in the form of likes and comments. The first hypothesis in this study is online self-disclosure and received positive feedback have positive relation with psychological well-being, the second hypothesis is online self-disclosure has a positive relation with psychological well-being, and the third hypothesis is received positive feedback has a positive relation with psychological well-being. The measuring instruments used in this study are online self-disclosure scale and psychological well-being scale. Positive feedback is measured by observing the number of likes and comments received by participants of this research on Instagram. The number of participants in this study is 115 adolescents who uses Instagram frequently and lives in D. I. Yogyakarta. Multiple linear regression analysis shows the amount of F value is 2.123 and significance level $p > 0.05$. It can be concluded that online self-disclosure and received positive feedback have no significant relation with psychological well-being. With product moment Pearson correlation analysis, it is proven that there is no significant relation between online self-disclosure and psychological well-being, with correlation coefficient $r = 0,116$ and significance level $p > 0,05$. Analysis also shows that there is no significant relation between positive feedback on Instagram and psychological well-being, with correlation coefficient $r = 0,140$ and significance level $p > 0,05$.

Keywords: *psychological well-being, online self-disclosure, positive feedback, adolescent, Instagram*