

PSYCHODYNAMICS OF SOCIAL MEDIA USE WITH SELF AWARENESS IN ADOLESCENT

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ABSTRACT

Teenagers are individuals who are easily influenced by other people, even the environment around them. Teenagers assume that other people can admire or criticize them and vice versa, supported by sophisticated technology, namely social media. Self-awareness is an individual's awareness of feeling and being aware of and identifying himself as a whole, including traits, emotions, feelings and character as well as how to adapt to the environment. The aim of this research is to determine whether there is a relationship between the psychodynamics of social media use and self-awareness. This research design uses quantitative cross sectional methods. The population of this study were all first semester students of ITeK ICsada Bojonegoro with a research sample of 56 respondents. The research was carried out using a self-awareness questionnaire and the use of social media. The results of the research are that there is a relationship between the psychodynamic intensity of social media use and self-awareness with a significance value of $p = 0.001$ and correlation coefficient: -0.566.

Keywords: psychodynamics; self awareness; teenager

BACKGROUND

Teenagers are individuals who are susceptible to being influenced by other people and even the surrounding environment. Teenagers assume that other people can admire or criticize them and vice versa. Where self-awareness is a state of being aware and understanding of the surrounding environment, so that the individual has good cognitive processes within himself, such as memory, thinking, emotions and physiological reactions. If teenagers have good self-awareness, then they can choose which behaviors are positive and which behaviors are negative (Solso, 2007).

Self-awareness is an individual's awareness of feeling and realizing and identifying himself as a whole, including traits, emotions, feelings and character as well as how to adapt to the environment. In this era of technological sophistication and easy access, social media plays a big role in the psychodynamic development of teenagers, including self-awareness. The phenomenon of low self-awareness among teenagers can be caused by the use of social media. As in Sugiharto's (2016) research, social media is among the internet content most frequently accessed by Indonesian people and is 97.4%. In this case, the use of social media greatly influences the surrounding environment, which triggers reduced self-awareness or tends to be low in social sensitivity (Pratama BA, 2019). Based on a survey found by We Are Social, Indonesia is ranked third highest in the world in accessing social media (We Are Social, 2016). The increase in social media use is the same as the increase in time spent accessing social media. In 2018, the use of social media in Indonesia in a day can take an average of 3 hours 23 minutes, which is an average increase from 2016 which was only 2 hours 51 minutes a day (We Are Social, 2018).

The results of interviews with 3 new students at ISTEK Icsada Bojonegoro showed that the three students interviewed admitted that they update their stories 2-3 times a day on 2-3 social media. When they get good likes or comments, they admit that they are enthusiastic about their activities, feel happy, and are eager to upload stories again tomorrow. However, when they receive comments that are negative or do not meet expectations, what happens is that they feel sad, unenthusiastic, become lazy and grumpy. This can result in a person's self-awareness being reduced because they spend more time in cyberspace, such as social media which is experiencing major changes so that it can change individual behavior and relationships between friends, all carried out on the internet which is operated on social networking sites. Therefore, this is in line with the opinion of Efendi (2017) who states that when teenagers access social media with high intensity, their social media tends to be low and their sensitivity to the surrounding environment is also low. This can be called apathy (Efendi, 2017). Based on media dependency theory, when individuals are dependent on media to fulfill their needs, without realizing that the media is very important in fulfilling their needs, such as Instagram, Facebook, WhatsApp and Twitter (Ara, 2015).

When teenagers access social media with high intensity, the interaction is indirect which will result in less direct social interaction and sensitivity to the environment tends to be low. This can be influenced by low self-awareness in individuals or loss of self-aware identity, such as research conducted by Flurentin (2001) that this research explains about self-awareness which is related to an individual's ability to communicate with other people as well as research conducted by Khairunnisa (2017) entitled "Self Esteem, Self Awareness and Assertive Behavior in Adolescents". The research states that there is a significant positive relationship in this variable. This means that assertive behavior in teenagers can be formed because of positive self-esteem towards themselves and can make what a teenager does very valuable and can be formed because of the self-awareness of the individual himself. If the individual has good self-awareness then the individual will not do negative things because beforehand the individual will think about the impact that will happen next. Because assertive behavior is an individual's ability to communicate with other people. Therefore, the relationship between this research and this research is that when an individual is able to communicate well with other people, this is also formed because of good self-awareness in that individual. Self-awareness according to Goleman & Daniel (1996) is a process of continuous attention to a person's inner self which can also explore existing experiences and emotions contained in a person's cognition. Based on the opinion of Rahayu (2015), there are several factors that influence self-awareness, including thoughts, feelings, motivation, behavior, knowledge and environment.

Research conducted by Kramer, (2014) proves that social media can influence individuals towards the emotions of its users. When users on social media often see negative content, other users also post negative things. However, on the other hand, if the user often posts positive things, it is likely that other users will also post positive things. The facts in the field based on this research are that when social media users see a lot of positive content, this can influence the users' emotions, such as changing moods. And this will have an impact on a person which will result in him starting to compare himself with other people through social media.

One factor that can influence self-awareness is the existence of modern technology. Technology is developing very rapidly in people's lives in this era of globalization (Juwita, 2015). The existence of this technology can access the internet which aims to fulfill people's needs such as the need to socialize, get information and the need to provide entertainment (Soliha S.F., 2015). One of the benefits of the internet can be enjoyed by using social media. Social media is a media that prioritizes the existence of its users in their activities and collaboration with other people (Riyanti, 2016). According to Hidayatun (2015), social media

is an internet-based application for communicating with other people and is not limited by space and time.

Social media has variations that are widely enjoyed by Indonesian people, such as Facebook, WhatsApp, Instagram and Twitter (Abadi, 2009). Based on data produced by the Ministry of Communication and Information in 2013, it shows that as many as 63 million Indonesians use the internet, of which 95% access social media and the majority of users are teenagers and have an age range of 10-14 (early teens) and 15 -20 years (late teens) (Juwita, 2015). This is because a teenager's curiosity is very high and they like to show themselves or exist (Putra IPGD & Marhaeni A, 2015).

According to Sandya (2016), the intensity of social media use is currently increasing rapidly, creating forms of interaction that are different from before. Sandya (2016) explained that the intensity of social media users is a person's involvement in carrying out social media activities such as the frequency of using social media, the length of time they use social media in one access and the number of friendships formed. According to Rizki (2017), the intensity of social media users can be influenced by several factors such as a person's internal needs looking for one's identity and self-value, the factor of a sense of belonging and needing information from other people as well as a person's emotional factors. Someone who often accesses social media means that individual wants to get recognition from other people and appreciation from the environment where he lives.

Based on the background above, it is necessary to study more deeply the relationship between social media use and self-awareness, especially in adolescents. So researchers are interested in taking the title of this research, namely "Psychodynamics of Social Media Use and Self-Awareness in Adolescents".

METHODS

The design of this research is correlational research with a cross-sectional approach. In this study, researchers analyzed the psychodynamic relationship between social media use and self-awareness in adolescents at ISTEK ICsada Bojonegoro

Sample collection uses nonprobability sampling, purposive sampling type. With the following inclusion criteria :

- a. Actively registered as an ISTEK ICsada student
- b. Maximun age 19 years old
- c. Not on leave
- d. Have a social media account
- e. Willing to be a research responden

Total sample in this research 56. The instrument used in this research is a questionnaire related to self-awareness and the psychodynamics of social media use.

RESULTS

General description of the research location

ISTEK ICsada Bojonegoro is located on Jalan Dr. Wahidin No. 68A Bojonegoro. ISTEK ICsada is the only higher education institution in Bojonegoro with study programs based on health and technology. ISTEK ICsada does not allow its students to play with gadgets during Teaching and Learning Activities (KBM). However, there are exceptions, namely in certain learning methods, gadgets are allowed to be used to look for references when Teaching and Learning Activities (KBM) are taking place.

Demographic Characteristics of Respondents Based on Gender

Table 5. 1 Distribution of Respondents according to gender

Respondent Characteristics	Amount (N)	Percentage (%)
Gender		
Male	7	12,5
Female	49	87,5
Total	56	100

Based on table 5.1, it shows that of the total 56 respondents, the majority of respondents were female, namely 49 respondents (87.5%). Meanwhile, the remaining 7 respondents were male (12.5%).

Variables Measured

Intensity of Social Media Use

Table 5.2 Intensity of Social Media Use

Intensity of Social Media Use	Amount (N)	Percentage (%)
Low	7	12,5
Medium	37	66
High	12	21,5
Total	56	100

Based on table 5.2, it shows that out of a total of 56 respondents, more than half of the respondents had a moderate intensity of social media use, namely 37 respondents (66%). A total of 12 respondents had a high intensity of social media use (21.5%), and the remaining 7 respondents (12.5%) fell into the category of respondents who had a low intensity of social media use.

Self Awareness

Tabel 5.3 *Self Awareness*

<i>Self Awareness</i>	Amount (N)	Percentage (%)
Low	10	17,8
Medium	31	55,4
High	15	26,8
Total	56	100

Based on table 5.3, it shows that out of a total of 56 respondents, more than half of the respondents had moderate self-awareness, namely 31 respondents (55.4%). A total of 15 respondents had moderate self-awareness in the high category (26.8%), and the remaining 10 respondents (17.8%) were in the low self-awareness category.

The Relationship between Intensity of Social Media Use and Self-Awareness

Table 5.3 Relationship between intensity of social media use and self-awareness

Intensity of Social Media Use	Self Awareness						Total	
	Low		Medium		High			
	F	%	F	%	F	%	F	%
Low	1	1,8	1	1,8	5	8,9	7	12,5
Medium	4	7,1	23	41	10	17,9	37	66
High	5	8,9	7	12,5	0	0	12	21,5
Total	10	17,8	31	55,4	15	26,8	56	100
Uji <i>Spearman rho</i> $\rho = 0,001$ (< $\alpha=0,05$)								

Based on table 5.3, it shows that of the 56 respondents who had carried out cross-tabulation analysis, it was found that 5 respondents (8.9%) showed high intensity of social media use and low self-awareness. Respondents who showed high intensity of social media use and moderate self-awareness were 7 respondents (12.5%).

Respondents who showed moderate intensity of social media use with low self-awareness were 4 respondents (7.1%). Respondents who showed moderate intensity of social media use with moderate self-awareness were 23 respondents (41%), and respondents who showed moderate intensity of social media use with high self-awareness were 10 respondents (17.9%).

Respondents who showed low intensity of social media use with low self-awareness were 1 respondent (1.8%). Respondents who showed low intensity of social media use with moderate self-awareness were 1 respondent (1.8%). Meanwhile, 7 respondents (12.5%) showed low intensity of social media use with high self-awareness.

The results of the analysis using the Spearman rho test in table 5.3 above show a p-value ($0.001 > \alpha 0.05$). From these results, it can be concluded that H1 is accepted, so it can be concluded that there is a relationship between the intensity of social media use and self-awareness in teenagers at ISTeK ICsada Bojonegoro. The Correlation Coefficient value: -0.566 shows that the level of closeness between the two variables is in the quite strong category with a negative correlation direction. This means that the higher the intensity of social media use, the lower the self-awareness of teenagers.

DISCUSSION

Intensity of Social Media Use in Adolescents

The research results showed that of the 56 respondents, more than half of the respondents had a moderate intensity of social media use, namely 37 respondents (66%). A total of 12 respondents had a high category of intensity of social media use (21.5%), and the remaining 7 respondents (12.5%) fell into the category of respondents who had a low intensity of use of social media.

From the results of this research, it can be seen that more than half of the teenagers in the research location have a moderate level of intensity of use of social media because the percentage value is higher, namely 66%. With this relatively high percentage, it can be interpreted that teenagers in the research location cannot be separated from using social media and have a tendency to use social media with high intensity even though they are in the moderate category.

According to several experts, there are several factors that influence self-awareness, such as the environment. According to Bulechek in Rahayu (2015), one of the factors that influences

self-awareness is behavior. Behavior is a person's actions or all activities carried out by an individual such as walking, crying, laughing, working and others that can be observed directly or indirectly by other people (Notoatmojo, 2003).

In line with the opinion of Soeparno & Sandra (2011) who explain that cyberspace, like social media, is experiencing major changes so that it can change individual behavior and relationships between friends, all of which is done on the internet which is operated on social networking sites. Therefore, this is in line with the opinion of Efendi (2017) who states that when teenagers access social media with high intensity, their social media tends to be low and their sensitivity to the surrounding environment is also low. This can be called apathy (Efendi, 2017). Based on media dependency theory, when individuals are dependent on media to fulfill their needs, without realizing that the media is very important in fulfilling their needs (Ara, 2015).

Apart from that, factors that influence self-awareness are knowledge or information. As explained by Bulecheck in Rahayu (2015). Knowledge is an impression contained in the human mind as a result of using the five senses. Where this knowledge can remember everything that has happened either intentionally or unintentionally and occurred after observing the object. (Mubarak, 2011). Therefore knowledge is very important for individuals and this knowledge can be accessed on social media.

The aspect that has the most influence on the intensity of social media use is the frequency aspect because it has the highest value among other aspects. The score obtained in the frequency aspect was 30%. This shows that when individuals access social media, individuals cannot access or open it only once or twice. However, the individual needs time repeatedly to be able to access social media again. So, it does not rule out the possibility of individuals opening social media with high intensity. The intensity of social media use can be characterized by a frequency which is related to the level of frequency with which a person accesses social media.

In second place is the appreciation aspect with a total of 23%. In this case, to access social media, individuals need to appreciate the features provided by social media itself. Appreciation is a form of understanding or absorbing information that can be enjoyed as an experience for the individual himself. Individuals will like to imitate, practice and even be influenced by things on social media in real life. Followed by the lowest number, namely the aspect of attention and duration, namely 22%. This could be because some individuals lack interest in anything related to social media. Then these activities make him less, which in the end will continue to be the center of his attention for a short period of time.

Self-Awareness in Adolescents

Based on table 5.3, it shows that out of a total of 56 respondents, more than half of the respondents had moderate self-awareness, namely 31 respondents (55.4%). A total of 15 respondents had moderate self-awareness in the high category (26.8%), and the remaining 10 respondents (17.8%) were in the low self-awareness category.

The research results show that most East Lombok teenagers have a moderate level of self-awareness because the percentage value is higher, namely 85%. Meanwhile, self-awareness in the second category occupies a high category level and self-awareness in the third category occupies a low level category. Therefore, with the current category level, ISTeK ICsada teenagers cannot be separated from self-awareness behavior and have a tendency towards self-awareness behavior towards their environment.

One factor that can influence self-awareness is the existence of modern technology. Technology is developing very rapidly in people's lives in this era of globalization (Juwita, 2015). The existence of this technology can access the internet which aims to fulfill people's needs such as the need to socialize, get information and the need to provide entertainment (Soliha S.F., 2015). One of the benefits of the internet can be enjoyed by using social media.

Social media is a media that prioritizes the existence of its users in activities and collaborating with other people (Riyanti YAV, 2016). Apart from that, according to Hidayatun (2015), social media is an internet-based application for communicating with other people and is not limited by time and space. Based on the opinion of Rahayu (2015), there are several factors that influence self-awareness, one of which is feeling.

The results of this research are also in line with research from Kramer, (2014) which states that social media can influence individuals towards the emotions of its users. Apart from that, Kramer (2014) also shows that when users on social media often see negative content, other users also post negative things. However, on the other hand, if the user often posts positive things, it is likely that other users will also post positive things. This can be proven by research results which state that the most influential aspect is the self-confidence aspect with a total score of 45%. This means that with the ability of self-confidence, individuals can dare to appear with the confidence they have and dare to declare their existence. Apart from that, individuals also dare to voice unpopular views and are willing to make sacrifices for the sake of existing truth. Then be able to make good decisions in uncertain circumstances. So the level of self-confidence is higher than other aspects.

According to research conducted by Umami and Rosdiana (2022), accessing social media has an influence on a teenager's self-esteem. When teenagers see positive content, such as seeing good photos from other users, indirectly these individuals do not want to lose and will publish better photos than other users. This is a way to control his sense of existence. Apart from that, it can also reduce one's feelings and form of self-esteem just because of simple things such as the number of likes and comments. In line with the article expressed by Why I'm Happier Without Instagram in State Press. Individuals will fix photos that do not have many likes and comments and will also arrange various methods such as the right time to post photos and good captions so that they get lots of likes and comments (Avesina, 2015). Followed by the Accurate Self Assessment aspect which has a score of 27%. In this case, individuals must be aware of their provisions and weaknesses and take time to reflect, be able to learn from experience, be open to sincere feedback, and be willing to learn to continue to develop themselves. Meanwhile, the aspect that has the lowest score is emotional awareness with a result of 23%. This could be because some individuals do not channel the emotions they feel on social media.

Discussing self-awareness, many individuals have difficulty feeling their own feelings. Therefore, this can make it difficult for the individual to understand other people's self-awareness. Thus, it can be concluded that self-awareness is an individual's ability to control himself in the life he lives.

Relationship between Intensity of Social Media Use and Self-Awareness in Adolescents

The results of the analysis using the Spearman rho test in table 5.3 above show a p-value $(0.001) < \alpha 0.05$. From these results, it can be concluded that H1 is accepted, so it can be concluded that there is a relationship between the intensity of social media use and self-awareness in teenagers at SMAN Model TerpaISTeK ICSada Bojonegoro. The Correlation Coefficient value: -0.566 shows that the level of closeness between the two variables is in the quite strong category with a negative correlation direction. This means that the higher the intensity of social media use, the lower the self-awareness of teenagers.

The results of the research above state that the intensity of social media use has a negative relationship with self-awareness. This means that the higher the intensity of social media use, the lower the self-awareness of the environment. Even though the total significance value is in the medium category, the use of social media indirectly contributes to self-awareness behavior in East Lombok teenagers. In this case, of course, it is also supported by factors that influence self-awareness. Such as factors such as thoughts, feelings, motivation, behavior and knowledge. According to Bulechek in Rahayu (2015), one of the factors that influences self-

awareness is behavior. Behavior is a person's actions or all activities carried out by an individual such as walking, crying, laughing, working and others that can be observed directly or indirectly by other people (Notoatmojo, 2003). Efendi (2017) stated that when teenagers access social media with high intensity, their social media tends to be low and their sensitivity to the surrounding environment is also low. This can be called apathy (Efendi, 2017). Based on media dependency theory, when individuals are dependent on media to fulfill their needs, without realizing that the media is very important in fulfilling their needs (Ara, 2015). So that self-awareness behavior towards others becomes less.

The main variable of each variable is strongly influenced by the frequency aspect of the intensity of social media use variable and the self-confidence aspect of the self-awareness variable. Where the frequency aspect gets a score of 30% and the self-confidence aspect is 45%. This shows that in accessing social media, individuals are more likely to carry out their existence on social media. So these individuals need repeated time to open social media and enjoy activities on social media more than in the real world. Therefore, when an individual is comfortable with social media, he will spend his time just playing on social media. This is what causes the individual to have a low level of self-awareness of the surrounding environment.

Social media should have more benefits such as expanding your network of friends and getting useful information. However, in reality, unwise use of social media can reduce teenagers' social interaction abilities, leading to apathy, especially towards the surrounding environment (Putri et al, 2016). This is characterized by a lack of direct social contact with other people and indirect communication because it has been made easier by the existence of social media (Erickson, 2011). The use of social media has a negative impact on individuals, such as some social media users who do not have good speech, which can disrupt the lives of other users. Therefore, when the intensity of social media use is high, it can trigger emotional transmission by reading or viewing content from other users. This situation can be felt by other users unconsciously (Putri et al, 2016). In line with the opinion of Kramer (2014) who states that emotional transmission can occur without direct interaction and without non-verbal information.

According to researchers, one of the factors that influences self-awareness is behavior. Behavior is a person's actions or all activities carried out by an individual such as eating, walking, working and playing on social media which can be observed directly or indirectly by other people. Teenagers' behavior when accessing social media with high intensity means their social interaction tends to be low, sensitivity to the surrounding environment is low, the ability to accept one's own condition decreases, coping mechanisms for stimuli from social media can become a stressor which tends to give rise to maladaptive coping mechanisms.

Researchers also argue that the psychodynamics reflected in self-awareness include four aspects, namely; (1) Emotional Awareness (knowing emotions and their influence), in this case teenagers must have the ability to recognize the emotions that occur to them, be able to know the influence of emotions on them. (2) Accurate self-assessment (knowing strengths and limitations). In this case, teenagers must have the ability to identify positive and negative emotions within themselves, and be able to introspect themselves. (3) Self confidence (deep understanding of one's abilities). In this case, teenagers must have the ability to be aware of their abilities and be aware of other people's assessments of them.

CONCLUSION

The results showed that the intensity of social media use among teenagers showed that more than half of the respondents had a moderate intensity of social media use, namely 37 respondents (66%).

Self-Awareness among teenagers showed that more than half of the respondents had moderate self-awareness, namely 31 respondents (55.4%). Based on the results of the analysis, H1 is accepted as meaningful.

There is a relationship between the intensity of social media use and coping mechanisms among teenagers at ISTEK ICsada Bojonegoro. With a significance value of $p = 0.001$ and Correlation Coefficient: -0.566.

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