

HUBUNGAN ANTARA *SELF-DISCLOSURE* DAN *SOCIAL SUPPORT* PADA *EMERGING ADULT* YANG MENGGUNAKAN *INSTAGRAM*

Sylvester Sylvario

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-disclosure* dan *social support* pada *emerging adult* yang menggunakan *instagram*. Hipotesis dalam penelitian ini yaitu adanya hubungan positif antara *self-disclosure* dan *social support* pada *emerging adult* yang menggunakan *instagram*. Subjek yang terlibat dalam penelitian ini sebanyak 263 *emerging adult* yang menggunakan *instagram* yang lahir antara tahun 1995-2002 (18-25 tahun). Reliabilitas pada skala *self-disclosure* dan *social support* diuji menggunakan teknik *Alpha Cronbach*. Skala *self-disclosure* dalam penelitian ini memiliki koefisien *Alpha* sebesar 0,750 dan skala *social support* memiliki koefisien *Alpha* sebesar 0,949. Berdasarkan hasil uji normalitas, data *self-disclosure* dan data *social support* keduanya tidak terdistribusi normal. Hasil uji linearitas menunjukkan bahwa hubungan antara *self-disclosure* dan *social support* bersifat linear. Teknik analisa data penelitian ini menggunakan *Spearman*, karena data tidak terdistribusi normal. Hasil korelasi antara *self-disclosure* dan *social support* sebesar 0,431 dengan $p = 0,000$ ($p > 0,05$), yang menunjukkan bahwa terdapat hubungan yang positif antara *self-disclosure* dan *social support*

Kata kunci: *Self-disclosure*, *social support*, *emerging adult*, *instagram*

CORRELATION BETWEEN SELF DISCLOSURE AND SOCIAL SUPPORT ON EMERGING ADULT WHO USE INSTAGRAM

Sylvester Sylvario

ABSTRACT

This research aimed to find out the correlation between self-disclosure and social support on emerging adult who use Instagram. The hypothesis of this research is the existence of positive connection between self-disclosure and social support on emerging adult who use Instagram. The subjects of this research were 263 emerging adults who using Instagram who were born in 1995-2002 (18-25 years). The reliability scale of self-disclosure and social support can be examined with the technique of Alpha Cronbach. The self-disclosure scale in this research has an Alpha coefficient of 0.750 and the social support scale has an Alpha coefficient of 0.949. Based on the normality test, the data of self-disclosure and social support were not normally distributed. The result of linearity test showed that the connection between self-disclosure and social support is linear. The analysis technique that was used in this research is Spearman, since the data was not normally distributed. The correlation result between self-disclosure and social support was 0,431 with $p = 0,000$ ($p > 0,05$), which shows that there is a positive connection between self-disclosure and social support.

Key words: *Self-disclosure, social support, emerging adult, instagram*