

ABSTRAK

Satiti, Margaretha Citra Nur. (2023). Hubungan dukungan sosial di instagram dan *self efficacy* pada *emerging adulthood*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk melihat apakah terdapat hubungan antara dukungan sosial di Instagram dengan *self efficacy* pada *emerging adulthood*. Hipotesis penelitian adalah terdapat hubungan positif antara dukungan sosial di Instagram dengan *self efficacy* pada *emerging adulthood*. Jenis penelitian ini adalah penelitian kuantitatif korelasional. Jumlah responden pada penelitian ini adalah 307 individu dengan rentang usia 18-25 tahun. Alat pengumpulan data pada variabel dukungan sosial di Instagram adalah *The Online Social Support Scale* (OSSS). Sedangkan, alat pengumpulan data pada variabel *self efficacy* adalah *New General Self Efficacy Scale* (NGSE). Keduanya telah diadaptasi bahasa ke Bahasa Indonesia. Teknik analisis data yang digunakan pada penelitian ini adalah uji korelasi *Spearman's Rho*. Hasil analisis membuktikan bahwa hipotesis diterima, yaitu adanya hubungan positif dan signifikan antara dukungan sosial di Instagram dan *self efficacy* pada *emerging adulthood* ($r = 0.424$; dengan $p = 0.000$). Hasil tersebut menjelaskan bahwa semakin tinggi dukungan sosial di Instagram, semakin tinggi juga *self efficacy* pada *emerging adulthood*. Berdasarkan hasil penelitian ini, *emerging adulthood* dapat memanfaatkan Instagram untuk mendapatkan dukungan sosial, tetapi harus tetap bijak dalam menggunakannya.

Kata kunci : dukungan sosial di instagram, *self efficacy*, *emerging adulthood*

ABSTRACT

Satiti, Margaretha Citra Nur. (2023). The relationship between social support on instagram and self-efficacy in emerging adulthood. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aimed to analyze if there was a relationship between social support on Instagram and self-efficacy in emerging adulthood. The research hypothesis was that there was a positive relationship between social support on Instagram and self-efficacy in emerging adulthood. The research type was correlational quantitative research. The number of respondents in this study were 307 individuals with an age range of 18-25 years. The data collection instrument on the social support variable on Instagram was The Online Social Support Scale (OSSS). The data collection instrument on the self-efficacy variable was the New General Self Efficacy Scale (NGSE). Both instruments had been adapted into Indonesian. The data analysis technique in this study was Spearman's Rho correlation test. The results of the analysis proved that the hypothesis was accepted, that was, there was a positive and significant relationship between social support on Instagram and self-efficacy in emerging adulthood ($r = 0.424$; with $p = 0.000$). These results explained that the higher the social support on Instagram, the higher the self-efficacy in emerging adulthood. Based on the results of this study, emerging adulthood can utilize Instagram to get social support, but must remain wise in using it.

Keywords: *social support on instagram, self-efficacy, emerging adulthood*