

## ABSTRAK

Chudori, Jasinda. 2024. Hubungan antara *Self-Esteem* dan *Online Self-Disclosure* pada Individu Beranjak Dewasa Pengguna Media Sosial Instagram. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-esteem* dan *online self-disclosure* pada individu beranjak dewasa pengguna media sosial Instagram. Hipotesis yang diajukan adalah terdapat hubungan yang positif antara *self-esteem* dan *online self-disclosure* pada individu beranjak dewasa pengguna media sosial Instagram. Penelitian ini menggunakan metode kuantitatif dengan desain survei korelasional. Partisipan penelitian terdiri dari 237 orang individu dengan rentang usia 18-25 tahun yang masih dan telah menggunakan media sosial Instagram setidaknya selama 1 tahun. Pengukuran dalam penelitian ini menggunakan skala *Self-Esteem* ( $\alpha=0,896$ ) yang disusun oleh peneliti dan bentuk modifikasi dan adaptasi *General Disclosiveness Scale* ( $\alpha_{\text{strat}}=0,813$ ) oleh Massaro dan Simanjuntak (2024) yang konteksnya dimodifikasi oleh peneliti. Analisis data dilakukan menggunakan analisis non-parametrik Spearman's Rho. Hasil penelitian menunjukkan hubungan positif yang sangat lemah antara *self-esteem* dan sebagian dimensi dari *online self-disclosure* pada individu beranjak dewasa pengguna media sosial Instagram, seperti pada dimensi: 1) kejujuran ( $p=0,004 < 0,05$ ;  $r=0,174$ ); 2) jumlah ( $p=0,021 < 0,05$ ;  $r=0,132$ ); dan 3) valensi positif ( $p=0,000 < 0,05$ ;  $r=0,216$ ). Tidak ditemukan hubungan antara *self-esteem* dan dimensi intensi dari *online self-disclosure* ( $p=0,051 > 0,05$ ;  $r=0,106$ ). Analisis kategorisasi dari *self-esteem* dan *online self-disclosure* pada setiap dimensinya juga dibahas.

**Kata kunci:** *self-esteem*, *online self-disclosure*, individu beranjak dewasa, media sosial Instagram

## ABSTRACT

Chudori, Jasinda. 2024. The Correlation between Self-Esteem and Online Self-Disclosure among Emerging Adult Instagram Users. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

*This study aims to determine the correlation between self-esteem and online self-disclosure among emerging adults who are users of Instagram social media platforms. The proposed hypotheses are that there is positive correlation between self-esteem and online self-disclosure among emerging adult Instagram users. This study used quantitative method with correlational survey design. This study involved 237 participants, aged 18-25 years old, who have been using Instagram for at least one year. The measurements in this study used the Self-Esteem scale ( $\alpha=0,896$ ) developed by researcher and a modified and adapted version of General Disclosiveness Scale ( $\alpha_{strat}=0,813$ ) by Massaro and Simanjuntak (2024), which was contextually adapted by researcher. Data analysis was conducted using non-parametric Spearman's Rho correlation. The results indicated a very weak positive correlation between self-esteem and several dimensions of online self-disclosure among emerging adult Instagram users, namely: 1) honesty ( $p=0,004 < 0,05$ ;  $r=0,174$ ); 2) amount ( $p=0,021 < 0,05$ ;  $r=0,132$ ); and 3) positive valence ( $p=0,000 < 0,05$ ;  $r=0,216$ ). No significant correlation was found between self-esteem and intent of online self-disclosure ( $p=0,051 > 0,05$ ;  $r=0,106$ ). The categorization analysis of self-esteem and online self-disclosure across its dimensions is also discussed.*

**Keywords:** *self-esteem, online self-disclosure, emerging adult, Instagram social media platforms*