

# Use of Social Media with Self-Concept and Social Adjustment of Adolescents at SMPN 2 Singingi Hilir Riau

Asia Pacific Journal of  
Multidisciplinary  
Research  
Vol. 6 No.2, 45-52  
May 2018  
P-ISSN 2350-7756  
E-ISSN 2350-8442  
www.apjmr.com

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Date Received: November 14, 2017; Date Revised: February 5, 2018

**Abstract** – The use of wide variety of social media is in demand by adolescent in both urban and rural today. Social media makes adolescents easy to express feeling and post various activities. The uses of social media by adolescents in the rural have a difference with adolescents in urban areas. The use of social media can influence self-concept and social adjustment of adolescent in their environment. This research aims to know relationship between social media user and self-concept at SMPN 2 Singingi Hilir Riau. This research is a descriptive correlation research with cross sectional design. There are 252 respondents as samples. Collecting data of this research are using questioners from Social Networking Time Use Scale (SONTUS), Sriati Academic Self-concept (SASC), and Social Adjustment. In analyzing data the research uses Rank Spearman correlation test to observe relationship between two variables and canonical trials in order to determine the most dominant factor related to social media usage. The result of this research shows that majority of adolescent who use social media at SMPN 2 is low; most of them have positive self-concept and a quite good in social adjustment. The result of the correlation analysis shows that variables of social media usage have weak relationship between self-concept variable ( $r_s = 0,224$ ) and social adjustment variable ( $r_s = 0,254$ ). Based on result of canonic analysis, self-concept is a dominant factor in case in social media relation.

**Keywords** - Self-concept, social media, social adjustment

## INTRODUCTION

Nowadays, the development of technology product is increasingly used by public. Social Media is a group of applications on the basis of internet and web technologies to create and exchange information by user [1]. Some social media are widely used in the world are Facebook, Twitter, YouTube, Whatsapp, WeChat, Line, BBM and Instagram [2]-[3]. Based on the result of research from Ministry of Communication and Information Technology in 11 provinces in Indonesia in 2011-2012, from 400 adolescents 70 % are used internet in order to meet their online friends in social media. Based on survey in 2016 indicated that Facebook user with age 13-17 years is 16 million [3].

The use of social media can have positive and negative impact. Research ference [4] found that activities on social media (facebook and twitter) have an effect on real life of adolescents in prosocial and antisocial. Prosocially, social media become a media of friendship, exchanging information, broadening insight, and online business which can provide material benefits. While antisocial, there are many disputes that occur in social media, disseminate inappropriate photographs, links, and status and so on [4]. In addition found that

when adolescents spend one hour in social media in a day, they suffered losses because it caused cyber bullying problem, decrease real activity, and face to face as well as increase social comparison [5].

Another research conducted in Albania found positive impact of using social media for adolescents are increasing interaction of communication, gain information, and developing ability in using technology [6]. The result of this research indicated negative impact of using social media for adolescents are having depression risk, cyber bullying and online sexual abuse. Reference [7] explained that communication through social media be capable of increasing social support and reduce loneliness experienced by a person.

The use of social media in adolescence is needed an awareness. Reference [8] showed that by using social media adolescences created their identity, formed positive image about themselves such us show their smart, happiness, hobby or activity that their interest on, post activity that they have done, and reveal private problem in social media. Another research indicated that intensity of using social media like instagram has positive relationship with self-image on Senior High

school students. Self-image, self-identity, role, self-esteem, and self-ideal are part of self-concept.

Self-concept is an individual's evaluation of self, judgment or self-assessment of self [9]. The self-concept is very influential especially in early adolescence because in this phase adolescents turn into crisis moment in order to search self-identity to become adults. In this phase adolescents will find out what, who, and what will they become to be through closest people in their society. Concerning self-concept, adolescence have development task to adapt to their broader social environment. This adjustment process is a social interaction in daily life [10]. Social adjustment is the hardest development task in adolescence [11].

Social adjustment is an interaction to react effectively and healthy to face the situation, realities, as well as the reality of social relations so that the demands of living in a society can be met with appropriate and satisfactory way [12]. Individuals who are able to interact socially well usually can overcome various problems in the association and no difficult to undergo relationships with new friends [13]. Current social interaction does not take place in the real life, but also in the virtual life through the use of social media. Social media has now become a special room for interacting with everyone, everywhere and indefinitely.

In the media there is an integration of use of technology and social interaction to discuss, sound, image, and video [14]. Using social media by adolescents create time for them to interact in the real life and virtual world of social media too. Journal of The Institute of Biology states that adolescents' habits who always hang through social networking websites have potential reduction in socialization activities among people in real life [15].

In an effort to improve health status of society, it is necessary for the role of health workers such as nurses to improve promotive and preventive. The target of the preventive is children, adolescents, adults, and the elderly. The prevention can be done by a mental nurse through mental health screening, education and psycho education health. An effort that can be done by nurses in responding of social media usage today is to provide information, knowledge and awareness in order to use social media healthy and safety, in this case it will create self-concept and adolescents social adjustment. To achieve this, firstly, the researcher will observe the connection between social media usage to the self-concept and social adjustment in adolescents.

Currently the internet has same need for both rural and urban areas. However, there are differences in the use of social media by adolescents in rural and urban areas. Based on Law No.36 of 1999 about telecommunications states that the State has an obligation to flatten infrastructure of communications and technology in Indonesia. In 2015 to 2017, the government has held various internet network programs to improve the living standards of villages in Indonesia.

Some of these programs include fiber optic backbone in Sulawesi, Kalimantan, Sumatra, Palapa Ring Broadband Village program. Then in July 2017 is being built Internet network of Smart Village in Kuantan Singingi regency of Riau Province which became the only district in Sumatra and entire village is connected with fiber-optic telecommunication network. These programs will make internet access faster and more equitable in rural areas.

Sumatra is the second largest island in internet use after Java [16]. One of the provinces in Sumatra which is the source of survey data by APJII is Riau province. Based on observations, Riau Province has many rural areas that have increased in terms of the use of telecommunication networks. One of the largest sub-districts in Kuantan Singingi Regency has several telecommunication network towers namely Singingi Hilir sub-district.

Riau province has a Malay culture where religion becomes the main foundation in the life of society. In addition to religion, the culture of hospitality, courtesy and mutual cooperation are hallmarks of Malay culture. The use of technologies such as internet and social media by adolescents is feared will change the pattern of life of adolescents that will affect the stages of adolescent development and social interaction. In Riau, the use of the internet, especially social media by adolescents began to increase as in the other provinces. In general, adolescents can freely access their social media after school and holidays. We cannot be denied existence of globalization and technology. We should be used it to improve the local and foreign culture and do filter previously in accordance with pattern of Malay culture.

Researcher conducted a preliminary study to Suka Damai Village, one of villages in the district of Singingi Hilir where there is a telecommunications network tower so that it can be used for internet access. Suka Damai village has a junior high school and 420 adolescents there. Researcher conducted a survey to SMPN 2 which is located in Suka Damai village and one of six junior high schools in the Singingi Hilir district which has

highest number of students is about 350 students. In addition, SMPN 2 has several achievements in various school activities.

Based on the results of survey which is conducted at SMPN 2, the researcher obtained data of social media user, there are 350 students, among others; 80.58% (Facebook users), 7.83 (Twitter users), 51.59 % (BBM users), 33.33 (Instagram users), 4.93 % (Path users), 22.32 % (Line users), 15.94 % (Whatsapp users) and 14.78% (other social media users). The results of interviews with teachers of SMPN 2 Singingi Hilir, a large part of adolescents have been given mobile phones by parents and the use of social media such as Facebook, BBM, instagram and other social media is quite attractive at the moment.

Some teachers said that they can interact with students through social media, the students post their daily activities and no one dares to post couple photos with their girlfriend or boyfriend, then there are students who normally being covered in school but when it is in social media they became active teenager, then last year there were two students who get penalized when caught upload photos and videos which is containing pornographic elements in the social media accounts.

Based on interviews with 10 adolescent students of SMP N 2 Singingi Hilir, the data obtained; 6 people say using social media more than 8 times per week with duration of more than 2 hours per day, 8 people say with social media they can have many friends and easily communicate with everyone, they also say freely give negative comments to other posts that inappropriate with their want, 9 people say there was a desire to continue to see social media so as it will reduce learning time, 7 people say often expose personal problems in social media with the aim of being noticed and commented.

Furthermore, 7 adolescents explained time in using social media there are in spare time, when feel lonely, and when bored while studying in the classroom, five adolescents said they felt less confident with their performance so that they editing the picture prior to be posted to the social media. Five teenagers were satisfied and happy after update status or photo into a social media every day. Then 3 teenagers said not actively participate in activities at school or in the home and do not like when criticized others, feel awkward in the middle of the crowd and just like to make friendship in social media. Researcher gain information from teachers, that 3 t of 10 teenagers has decreased rankings in the last semester.

Furthermore, the results of observations of researcher on social media from 10 adolescents, the

researcher study 4 people have more than 3 social media accounts. Five people have made a status on social media that contain harsh sentences and threatening them, then upload photos such as self-harm, 6 people never upload photos by writing a complaint and stoop says they are ugly, 5 people in general made status about being hurt by their close friends and updates post almost every hour, and is seen in boys often access the violent games in social media and they also joined group in which adult fans are pornographic.

Based on literature study, there are some discussions related to relationship of social media usage with the components of self-concept and social adjustment in adolescents but researcher have not found a study that discusses the specific use of social media with self-concept and social adjustment in junior high school adolescents. Therefore, the researcher found it necessary to examine the relationship of social media usage and self-concept as well as social adjustment in adolescence at SMPN 2 Singingi Hilir Riau.

## RESEARCH METHOD

This research is using quantitative with cross sectional approach. Population on this research is adolescents at SMPN 2 Singingi Hilir who have social media accounts as many as 252 people. Technique of taking sample in this research is using total sampling. Researcher uses questionnaires of Social Networking Time Use Scale (SONTUS), Self-concept and Social Adjustment based on Schneider's theory. The use of social media noted intensity of using social networking in relaxation and spare time, in academic environment (as in school), in public area, experiencing stress and too linked with motivation usage. These questionnaires have validated with value validity above 0.74 and reliability of 0.93 [17].

In this study, researcher uphold the principles of ethics, such as the principle of beneficence, the researchers explain to students of SMPN 2 Singingi Hilir who elected the respondents that his participation in this study will have special benefits in mental nursing. The next principle is non maleficence emphasizes that researchers do not take danger action to respondents. Furthermore, Veracity, researcher had given information about the purpose, benefits and procedures of the study to the respondent. Next is Autonomy principle, the researcher had given inform consent to the respondent before filling the research questionnaire.

Principles of Confidentiality provides an assurance of the confidentiality information of respondent during the study and the data will be used just for research only. In the last the principle of justice is not discriminating respondents and research provides benefits and burdens evenly in accordance with needs and abilities of the subject.

Furthermore, instrument that used in this research is Sriati Academic Self-concept (SACS) to measure self-concept that modification of Hatie model [18], which includes academic self-concept, social self-concept and self-regard or self-concept presentation. This tool measuring has tested reliability with Cronbach Alpha test with value coefficient reliability at 0,94. The questionnaire of adolescents' social adjustment based on Schneider (2000) concept. This tool measuring has ( $r = 0,4 - 0,7$ ) validated and ( $R = 0,96$ ) reliable.

Analysis data has done by using univariety of characteristics respondent such as age, gender, grade, social media usage, self-concept and social adjustment of adolescents. While the bivariate analysis was conducted to determine whether there is a significant relationship between two variables and it can also be used to determine whether a significant difference between two or more groups [19]. A bivariate analysis in this case to determine the relationship of the use of social media with the concept of self and relationships using social media with social adjustment of adolescents.

Furthermore, multivariate analysis is a processing variable method in amount numbers, where the goal is to find an effect of variable object on simultaneously or concurrent. As for analysis, multivariate which used in this research is correlation canonical. In this analysis, relationship among social media usage, self-concept, and social adjustment simultaneously will be concerning to know the most variable associated with social media usage.

## RESULTS

### Characteristic of Respondents

Characteristic of respondents in this research are gender, grade and age ( $n = 252$ ). From the table, it is known that the composition of the respondents surveyed have many of the same gender, each of 126 people. Based on the grade level, almost half of the respondents of social media users are students of 8th grade that as many as 110 people (43.7%), and least in using social media is a 7th grade student is 40 people (15.9%). By

age, most compositions are students at 15 years (77; 30.6%).

Table 1. Characteristic of Adolescents at SMPN 2 Singingi Hilir Riau

Characteristic	Frequency	%
Gender		
Man	126	50
Woman	126	50
Grade		
7	40	15,9
8	110	43,7
9	102	40,5
Age		
12 years	14	5,6
13 years	67	26,6
14 years	76	30,2
15 year	77	30,6
16 years	17	6,7
17 years	1	0,4

Based on Table 2, it can be seen that variables of social media usage having mean value of 7.24 and an estimated 95% interval which is believed that the average of social media usage is in the range of 6.93-7.55.

Table 2. Mean of Social Media Usage, Self-Concept, and Social Adjustment of Adolescents at SMPN 2 Singingi Hilir Riau

Variables	Mean	Std. Deviation	95%CI
Sosial Media Usage	7.24	2.50	6.93-7.55
Self-concept	159.72	21.75	157.02-162.42
Social Adjustment	58.05	10.46	56.75-59.00

The values obtained are on the score of the results of the questionnaire (5-9) of social media usage categorized low. Then variable of self-concept obtained mean value of 159.72 and 95% interval estimate is believed that the average of adolescent self-concept is in the range 157.02-162.42. These values are in the score of the questionnaire results (135-225) with positive self-concept category. Furthermore, in social adjustment variables obtained mean value 58.05 and 95% interval estimate this is believed that the average adolescent social adjustment is in the range 56.75-59.00. The values obtained are within the scores of the questionnaire results (45-66) which categorized of social adjustment is good enough. It can be concluded that the majority of social media usage among adolescents in SMPN 2 Singingi Hilir Riau is

low, then the self-concept of adolescents at SMPN 2 Singingi Hilir Riau most are classified as positive and the majority of adolescent social adjustment at SMPN 2 Singingi Hilir Riau is quite good.

**Relationship of Social Media Usage with Adolescent Self-Concept at SMPN 2 Singingi Hilir Riau**

**Table 3. Mean of Social Media Usage, Self-Concept, and Social Adjustment of Adolescents at SMPN 2 Singingi Hilir Riau (n=252)**

	Social Media Usage	
	rs	p-value
Self-concept	0,224	0,000
Social Adjustment	-0,254	0,000

Based on Table 3, it obtained the result of statistical test that there is a relationship between social media usage and adolescents self-concept (p-value= 0.000). Rank spearman coefficients value obtained 0,224, where the value is in the interval from 0.200 to 0.3999 can be concluded that relationship of social media usage and self-concept of adolescents can be negative.

A cell in it, from T able 3 . Show also statistical result that there is a relationship between the use of social media with social adjustment of adolescents (p-value = 0.000). Rank Spearman coefficient value obtained is equal to -0.254, where the value is in the interval from 0.200 to 0.399 can be concluded that the relationship of social media usage with social adjustment of adolescents show a weak relationship and have a negative direction of the relationship. This means that the lower the use of social media by adolescents, the adolescent social adjustment will be better.

**The Most Dominant Factors Associated with the Use of Social Media by Adolescents at SMPN 2 Singingi Hilir Riau**

Table 4. Value of Standardized-Canonical Coefficient Standards of Social Media Usage of Self-Concept and Social Adjustment

Independent variable	Dependent Variable	Standardized Canonical Coefficients
Social Media	Self-concept	-,840
Usage	Self-Adjustment	0,745

Based on T able 4. above, it is known that the value of standardized canonical coefficients produced by social media usage variables on self-concept of -0.840, while the standardized canonical coefficient generated by

social media usage variables on social adjustment of 0.745.

This suggests that by using a canonical correlation analysis approach, social media usage variables provide a more dominant relationship to self-concept than social adjustment.

**DISCUSSION**

Based on the results of analysis, the relationship of using social media with adolescent self-concept shows a weak relationship and has a positive relationship. This means that the lower the social media use by adolescents, the concept of self-possessed of adolescents can become negative. In addition, it points out that the average of social media usage of adolescents at SMPN 2 Singingi Hilir Riau is low and on average have a positive self-concept. Teens who do not use social media excessively, have other activities so that adolescents can perform such as school, study, play and join activities in society. In addition, the use of social media is still low, shows that adolescents at SMPN 2 still rarely express themselves in social media.

The results of this research are similar with a research states that the use of social media has a relationship with the expression (self-expressions) and the formation of self (self-creating / self-forming) [20]. In addition, social media influence the formation of self-concept in adolescents [21].

In adolescence occurs the process of self-construction in creating self-concept in accordance with him. Adolescence is a difficult time when individual self-esteem and self-concept are particularly vulnerable to being disturbed. Self-concept in adolescents tends to be inconsistent because the attitude of others perceived by teenagers also changes. Adolescents become critical thinking due to the physical changes and tension between their self-ideal and how they perceive themselves during the adolescent time period as compared to the lives of others in social media.

The effects of social media are related to changes in self-esteem, self-role, self-ideal and self-identity. The decline in self-esteem causes adolescents to look to the outside world like people and possessions intended to increase self-esteem and self-reconstruction [22]. In addition, the use of social media helps teens in shaping their identity and recognizing their role [8]. Therefore, adolescents express themselves through social media or seek information related to things that they need in the process of finding identity, role, and self-ideal or to increase self-esteem.

Feature social media made to familiarize the user to present live life "likeable" [23]. In social media, teens can see the outline of an idol or role model thus affecting adolescents in the act, behave and carry themselves in the social community. Thus, adolescents can make anything about themselves as attractive as possible in social media to attract good judgment from their social media friends.

The results of this research indicate a weak relationship between the use of social media and self-concept in adolescents. In early adolescence, self-concept can still be changed because of the influence of the environment. Adolescents experience many changes so that many things that can affect self-concept including the use of social media. The development of adolescent self-concept will persist and stabilize in late adolescence. However, the positive self-concept that has been formed since early adolescence will be a provision for the development of positive self-concept further in the late adolescents so that the concept of self-formed teenagers have been relatively settled and more stable.

The existence of social media can have a positive and negative impact on the development of adolescent self-concept. This self-concept will continue to adolescent behavior in the society. Related to this matter, where the results of this research shows a positive relationship between the use of social media and self-concept with the strength of weak relationships, it indicates the existence of other factors that influence adolescent behavior in the use of social media. Another factor is based on the observation of researchers is still strong application of local culture in adolescent life.

Malay local culture with the foundation of religion and also mutual cooperation and its hospitality becomes plus items in the formation of adolescents characters at SMPN 2 Singingi Hilir Riau. It can be seen from the results of research, that the use of social media by adolescents' is mostly still low and most of them have a positive self-concept. This shows that adolescents can use their social media with sufficient limits but still have positive self-concept.

In development process of reinforcement of adolescent characters, implementation of local culture can be a solution. However, if the local cultural experience of powerlessness, it will facilitate the entry of foreign culture into the lives of teenagers through online media so that it can form a self-concept and behavior that is not consistent with the character of the Indonesian nation. The role of mass media and online media in the development of the nation's character must be based on an Indonesian cultural perspective which lays its

foundation within the framework of a unitary state, with cultural diversity that has noble values, wisdom and knowledge of local wisdom and understanding [24].

Moreover, these results show the relationship of social media with social adjustment of adolescents have a weak relationship and have a negative direction of the relationship. This means that the lower the social media use by adolescents, the adolescents social adjustment will get better. The results are consistent with results of a research [25] found a significant of negative correlation between the ability to socialize and social networking addiction. This shows that adolescents who rarely use social networking have high socialization in real life.

From these results, it appears that the average of social media usage of adolescents at SMPN2 relatively low so that it can be concluded that they are more active in the real social environment and can adjust to pretty good. Adolescents, who have good social adjustment in home and school environment, will be able to build relationships with others and respect the rules that occur in the environment. Adolescents which have low social media usage will have activities to socialize more people in the real life. It will help adolescents' to know directly, how to build relationships with others and find out the real feedback when do communicate directly, rather than communicating through social media that cannot correspond to reality.

Adolescents who have the most productive in terms of the use of social media because there is an opportunity to express themselves, socialize, engage in society, enhance creativity and new skills through social media [26]. In addition The Institute of Biology explains about habits like hanging out with your friends via Facebook will have the potential reduction in socialization activities among people in real life [27]. Adolescents with high socialization are not addicted to social networking because these adolescents are more pleased with the real socialization than socialization through cyberspace [28].

In addition use social media overlap will affect social adjustment by adolescents; they may be exposed to both positive and negative content from their social media. For adolescents who often access negative content, it can affect their behavior that tend to imitate so that it is done in the real life and the impact of community reactions that are also negative to the adolescents. It can also result in adolescents experiencing problems with social adjustment in their environment.

The frequent person exposed by negative information will develop depression and the degree of

aggression in society [29]. If a person is more exposed to negative social media, he or she will post negative content [28]. Vice versa, if someone is often exposed to positive information, then he also often posts positive content. It can be concluded that the social environment will provide content in response to a post by adolescents that can take place in the virtual and the real life, so that it continues in the task of social adjustment by adolescents in their society.

Related to these results, that the majority of adolescents have quite good social adjustment is also supported by the local culture which is still applied in an adolescents life. Teens that used to be educated with a good culture will be able to know their role in the environment, as well as be able to behave according to the demands and duties in society. In addition, through the use of social media, adolescents can adjust the time in an exact time so that more active and socializing in the real life and be able to adapt quite well in the family and in the school environment.

## CONCLUSION

A conclusion from this research is, simultaneously showed that relationship among social media usage, self-concept and social adjustment of adolescence at SMP N 2 Singingi Hilir Riau categorized weak. In this research, the most dominant factor related to the use of social media by adolescents at SMP N 2 Singingi Hilir Riau is the self-concept.

The use of social media is based on variety user motivations. As revealed by Abraham Maslow's Hierarchy Theory said that there are five needs that encourage a person to perform an activity. The needs are physical needs, safety needs, love and affection, esteem needs and actualization needs [30]. The use of social media associated with Maslow's needs is when one needs protection and requires another in fulfillment, and actualizes feelings of love and affection with old friends or new friends.

Adolescents with development tasks such as developing interpersonal communication skills and interact with peers or others individually in groups, that can be pursued through using of social media. However, some studies have shown that the positive impacts and negative impacts of using social media in urban areas are more variable than using social media in rural areas. That is because the culture in rural areas in this study have strong Malay culture that applicated and causes teens still

communicate with peers and others directly compared through social media.

In social media there is social interaction and sharing opinions, ideas and knowledge in the forum globally with time and place that is not significant [31]. In addition, social media features made to familiarize its users to live present a "likeable" life [32]. This causes adolescents who use social media will reveal personal things that can be appropriate or not appropriate reality in their life. It causes the use of social media can have an influence on self-concept.

This study has implications for the community that results is basic of information the culture is an important role in monitoring the development of adolescents who are currently heavily influenced by varied social media during has positive and negative benefits.

Suggestion to a mental health nurses in order to carry out health promotion application in relation to the task of development and the formation of adolescent self-concept accompanied by the application of the Malay culture in the lives of adolescents. So that adolescents can fortify themselves from exposure to the growing of technological culture. For the school to increase extracurricular activities related to the Malay culture for adolescents aim to know more and can retain its culture so they can avoid Internet addiction. In addition, the school can improve activities such as giving rewards to adolescents every week so as to assist in the formation of a positive self-concept and self-esteem boost adolescents.

The limitation in this study is the results of research can't be generalized because the research data only had taken from one school. Then for further research are expected to conduct research using methods and different research such as examine more samples with different regional culture studies, add the number of other variables such as the characteristics of adolescent achievement in extracurricular or school organization can be associated with the use of social media to gain the results of research with new and more comprehensive understanding.

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