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Predicting Social Media Addiction In Adolescent With Narcissic Variables

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Abstract: The use of social media is increasing every day, individuals who use social media will display the best profile photos, share their daily activities and physical appearance through photography on social media, it is all related to narcissistic tendencies. The purpose of this study was to describe the contribution of narcissism to social media addiction in adolescents. This study used 123 vocational students (56.9% male and 43.1% female) whose sampling technique was simple random sampling. The analytical technique used in this study is linear regression analysis with the help of the SPSS Version 25 application. The results of the study show that there is a narcissistic contribution to social media addiction, narcissism has an effect of 53.9% on social media addiction in adolescents. Furthermore, the regression equation is $\hat{Y} = 23,430 + 0.482 X$, meaning that narcissism has a positive effect on social media addiction.

Key Words: Narcissist; Social Media Addiction; Adolescent.

Abstrak: Penggunaan media sosial semakin meningkat setiap harinya, individu yang menggunakan media sosial akan menampilkan foto profil terbaik, membagikan aktivitas sehari-hari dan penampilan fisiknya melalui fotografi di media sosial, itu semua berhubungan dengan kecenderungan narsistik. Tujuan penelitian ini adalah untuk mendeskripsikan kontribusi narsistik terhadap kecanduan media sosial pada remaja. Penelitian ini menggunakan 123 siswa SMK (56,9% Laki-laki dan 43,1% Perempuan) yang teknik pengambilan sampel simple random sampling. Teknik analisis yang digunakan dalam penelitian ini adalah analisis regresi linear dengan bantuan aplikasi SPSS Version 25. Hasil penelitian menunjukkan adanya kontribusi narsistik terhadap kecanduan media sosial, narsistik berpengaruh sebesar 53,9% terhadap kecanduan media sosial pada remaja. Lebih lanjut, persamaan regresi adalah $\hat{Y} = 23,430 + 0,482 X$ artinya narsistik berpengaruh positif terhadap kecanduan media sosial.

Kata Kunci: Narsistik; Kecanduan Media Sosial; Remaja

INTRODUCTION

In the current digital era, technological progress is growing rapidly and has increased every year (Afdal et al., 2019; Syahputra et al., 2020). The Philippines is the largest mobile phone market with the fastest growth in Southeast Asia, from teenagers and young adults aged 16-24 years (Buctot, 2020). Smartphones have become a major need for all individuals, especially among young people in various countries in accessing social media (Ikeda & Nakamura, 2014). Kang & Jung (2014) suggest that smartphones are a necessary tool because they have various applications that humans need to find sources of information and expand relationships between individuals (Syahputra et al., 2019). In 2018 a survey conducted by APJII also stated that the most frequently used social media was Facebook with a percentage of 50.7%, Instagram with a percentage of 17.8% and Youtube with a percentage of 15.1% (APJII, 2018). Furthermore, the results of the survey (Asosiasi Penyelenggara Jasa Internet Indonesia, 2020) Indonesian internet users amounted to 73.7%, up from 64.8% from 2018. This number increased from 171 million in 2019 with penetration of 73.7% or an increase of about 8.9% or about 25.5 million users. In the developmental stage of adolescence, adolescents experience developmental tasks on new and complex problems, so to overcome this online activities can expand and strengthen their social networks (Soliha, 2015). In Indonesia, the use of social media in recent years has become increasingly popular (Andreassen, 2015; Syahputra & Erwinda, 2020).

In line with research conducted by (Kibona & Mgaya, 2015) found that 48% of respondents tend to use social media for about 5-7 hours per day without considering the time that has been spent. Research conducted (Resti, 2015) stated that of 50 respondents said 98% had social media features such as Instagram, Twitter, Facebook, Youtube, Photo Editor, Online Games, as entertainment media. Respondents are always active in using this application, with a duration of more than 5 hours a day. Meanwhile, as many as 10 respondents spent time playing social media compared to interacting with other people. In line with this, research conducted by (Kibona & Mgaya, 2015) found that 48% of respondents tend to use social media for about 5-7 hours per day without considering the time that has been spent.

Furthermore, (Santrock, 2011) states that adolescence is a transitional period that involves a number of personal change factors, namely biological, cognitive, and socio-emotional changes. In line with this, as a result of biological changes, adolescents try to look attractive to get judgment and attractiveness from others (Engkus et al., 2017). Social media is an addiction for teenagers, the more active they are in using social media, the cooler, slang and contemporary (Putri, 2016). In line with research conducted (Suhartanti, 2016) which states that frequently uploading photos and videos can affect optimal personal development. The teenager's behavior shows behavior that leads to narcissism. Someone who wants to share their activities and physical appearance through photography on social media is related to narcissistic tendencies in that person. Narcissists are often associated with those who brag, take pictures and then show them off to others on their social media in order to get high self-views and traits such as strength and physical beauty. A person with narcissistic tendencies takes advantage of others for their personal gain and has little empathy for others (Marshall et al., 2015).

Narcissistic (Narcissistic) is a term from Greek mythology about a young man who falls in love with his appearance in the mirror. In general, narcissism refers to loving oneself excessively (Reber, 2010). According to DSM V developed by the American Psychiatric Association (in W. Keith Campbell, 2010) someone who has 5 or more of these symptoms can indicate as a narcissist, namely: 1) feeling better than others, 2) obsessed with fantasies about success, power, intelligence, beauty, 3) Believing that one is special and unique, 4) thirsting for praise, 5) wanting special treatment, 4) exploiting others, 8) lack of empathy, 9) arrogant. In connection with the opinion (Sarwono, 2013) young people use group criteria as an "ideal"

rationale in forming self-concept. Teenagers have a tendency to love themselves or can be called "narcissistic". Having a social media account also has an impact on narcissism, it is explained that narcissistic tendencies have several characteristics, namely they feel special and unique to be liked. With these characteristics a person shows himself through social media to look dominant compared to his friends. Esa (2018) explains that teenagers who upload photos reveal that they want to update their status on social media by displaying photos or text to build self-image in teenagers. This action is a natural thing considering that adolescence is in the process of finding its identity. However, if the activity carried out on social media exceeds or exceeds the limit, it can have a negative impact, namely narcissism. Durand & Barlow (2007) suggest that the characteristics of narcissistic behavior are (1) pervasive patterns and grandiosity, namely the need to be praised, (2) grandiose feelings that they are important, (3) have fantasies of success, power, intelligence and beauty, (4) he feels special, (5) to achieve his goals by exploiting others, (6) has feelings of envy, (7) has an arrogant attitude.

In line with this, one of the studies conducted by (Tiara Dewi & Amir, 2016) adopted from the Raskin, Hall & Terry inventory to research in Yogyakarta, the results showed that the 2016 students of the Guidance and Counseling Study Program at Sanata Dharma University Yogyakarta had a tendency to narcissistic personality as follows: 5 students (6.75%) very high category, 17 students (22.97%) high category, 46 students (62.26%) moderate category, there are 8 students (8.10%) low category, and no (0%) students have very low narcissistic personality tendencies. The results of the analysis of the acquisition of scores for the narcissistic aspects show that the Self-Sufficiency aspect (self-sufficiency) has the highest percentage (100%) and the Vanity aspect (arrogance) has the lowest percentage (55.40%). In line with this study (Widiyanti et al., 2017) conducted research on seventh grade students of SMP Negeri 29 Bandung. The results of the study, some students were found in the high category, meaning that they had to submit cases to experts who could help more accurately. Meanwhile, some students who are in the medium and low categories need guidance services to prevent narcissistic behavior that disturbs them psychologically. For this reason, the purpose of this study is to describe the contribution of narcissism to social media addiction in terms of gender, internet access per day and number of social media accounts.

METHOD

This study is a quantitative descriptive study at the Malahayati Islamic Vocational School, which was obtained through Simple Random Sampling. The sample in this study was 123 respondents (Table 1) at the Malahayati Islamic Vocational School. Data collected using two instruments narcissistic and social media addiction. The narcissistic instrument was developed by the theory (Budiargo, 2015) which measures 3 dimensions, namely, (1) self-love, (2) self-esteem, (3) self-admiration, the quality of the narcissistic instrument is good as evidenced by the cronbach alpha value of 0.905. While the media addiction instrument Social media was developed by theory (Griffiths, 2016) which measures 6 dimensions, namely (1) salience, social media is important for life, (2) mood modification, social media affects mood, (3) tolerance, excessive use, (4) withdrawal symptoms, internet cessation causes unpleasant sensations, (5) conflict, causes conflict with the surrounding environment, self and work, (6) relapse, repeated tendencies to play social media, the quality of the social media addiction instrument is quite good as evidenced by the cronbach alpha value of 0.829. The instrument uses four points with a Likert rating scale model including the answer choices: strongly agree, agree, disagree, strongly disagree. Data were analyzed using Simple linear regression

Table 1. Research Sample

Gender	Internet Access/Day	Number of Social Media Accounts
Male, n = 70	4-6 Jam, n = 46	1-3 Account, n = 66
Female, n = 53	> 6 Jam, n = 77	4-6 Account, n = 52
		>6 Account, n = 5

RESULT

Narcissistic conditions and social media addiction in adolescents are presented in table 2 below.

Table 2. Result of Narcissistic Categorization and Social Media Addiction

Narcissistic			
	Score Range	f	%
Very low	≤ 39	5	4%
Low	40 - 56	42	34%
High	57 - 73	76	62%
Very high	≥ 74	0	0
Social Media Addiction			
	Score Range	f	%
Very low	≤ 26	0	0%
Low	27 - 37	3	2%
High	38 - 54	66	54%
Very high	≥ 55	54	44%

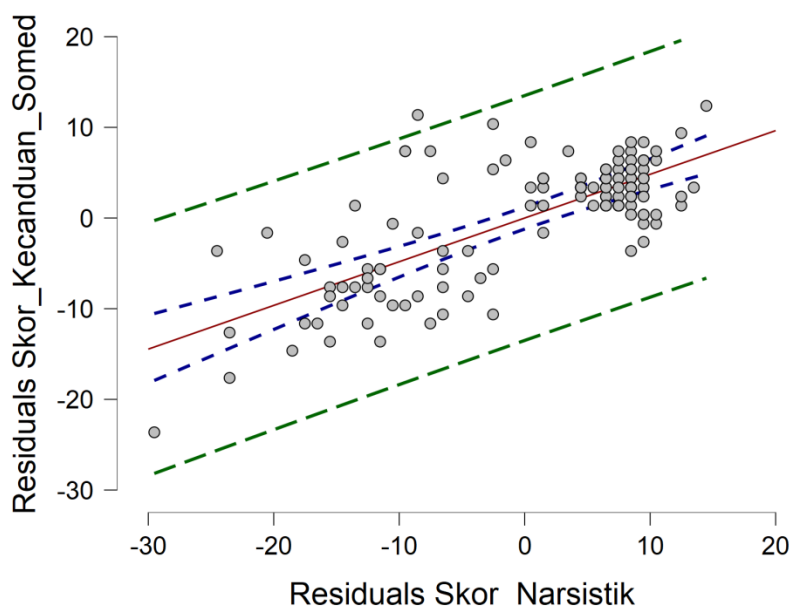


Figure 1. Plot of Narcissistic Residual and Social Media Addiction

In table 2, it is known that the majority of teenagers behave narcissistically, in the high category of 62%. This condition is positively correlated with social media addiction in adolescents who are in the high category of 54%. Visual inspection with the plot shows that the

scattered points follow a straight line and are inside the green line, meaning that the residuals are normally distributed (figure 1). Furthermore, testing the significance of the narcissistic condition on social media addiction using a linear regression test, see table 5.

Table 3. Result of Linear Regression and Significance of X and Y

Model	R	R Square	Sig.
X.Y	0.734	0.539	0.000

In table 3 above, it can be seen that the significance value is 0.000 which states that it is less than 0.05 ($0.000 < 0.05$), it can be concluded that the narcissistic variable (X) affects the social media addiction variable (Y) in adolescents (Table 3). In addition, the R value of 0.734 means that there is a strong relationship between narcissism and social media addiction. R Square value of 0.539 means that narcissism (X) contributes to social media addiction (Y) in adolescents by 53.9%, while the rest (46.1%) is influenced by other variables that cannot be explained in this study.

Table 4. Result of Linear Regression Equation

	Unstandardized Coefficients	
	B	Std. Error
(Constant)	23.43	2.406
Narcissistic	0.482	0.04

Table 4 shows the regression equation = $23,430 + 0.482X$, meaning that for every addition of 1 value for the narcissistic variable, the value of the social media addiction variable increases or increases by 0.482. The regression coefficient value shows a positive value which means a positive influence between narcissism and social media addiction in adolescents.

DISCUSSION

The results of this study prove that narcissism can be one of the factors that influence social media addiction in adolescents. The results showed that the more a person has narcissistic behavior, the higher the addiction to social media, and vice versa. This is in line with the results obtained from the respondent's profile that adolescents with an age range of 15-19 years tend to experience narcissistic behavior and social media addiction with a high level of narcissism as many as 76 people by 62%. While on social media addiction also got high results as many as 66 people by 54%. In line with the results of the study, reinforced by the theory put forward by Sarwono (2013:164) which states that many young people use group criteria as an "ideal" rationale in forming self-concepts. Teenagers have a tendency to love themselves or can be called "narcissistic". In connection with the theory stated above, the research conducted by Andreassen (2017:287-239) entitled "The Relationship between Addictive Use of Social Media, Narcissism, and Self-Esteem: Findings from a Large National Survey" found that there is a relationship between positive relationship between narcissism and social media addiction, especially in individuals who have a low age such as students. The results of this study also support research from Nisa (2019) which revealed that there is a relationship between the intensity of social media use and narcissistic tendencies ($p = 0.005$). In line with this study, research from Shania Liang, (2021) the results of the study stated that there was a positive relationship between the intensity of using Instagram social media and the tendency of narcissistic behavior with a significance value of 0.010 ($p < 0.05$). Research conducted by Tiara

Dewi (2016) Students of class 2016 Guidance and Counseling Study Program, Sanata Dharma University Yogyakarta have the following levels of narcissistic personality tendencies: 5 students (6.75%) very high category, 17 students (22.97%) category high category, 46 students (62.26%) were in the medium category, there were 8 students (8,10%) in the low category, and none (0%) had very low narcissistic personality tendencies. Furthermore, research conducted by Rahman & Ilyas (2019) showed that the level of narcissistic behavior of social media users in general was in the fairly high category (57%). Rezkha Tiara (2021) stated that the result of the product moment correlation test was $r_{xy} = 0.837$ ($p < 0.01$). These results indicate that there is a positive and very significant correlation between narcissistic personality and social media addiction in adolescents. Increasingly a teenager has a narcissistic personality.

Social media is a tool for teenagers who have narcissistic behavior because it provides opportunities to satisfy the need to be admired and have broad friendships. Social media is also a place for teens with narcissistic behavior to build a carefully considered self-image to look perfect. Narcissistic individuals always want to exist on social media, love to be praised, seek attention and consider themselves superior to others. Praise will be used as a positive stimulus or encouragement to be more intense or high using social media by uploading photos, videos, and stories. In this case, social media is something that makes these narcissistic individuals comfortable to fulfill their needs in order to get sympathy, positive comments and likes. In today's era, many teenagers are narcissistic and addicted to social media. They consider this a natural behavior and even become one of the current trends. Students both at school and outside of school, are always dependent on social media. In addition, sharing their activities/updates through social media is important, even teenagers with narcissistic tendencies find it difficult to accept criticism and suggestions from others. The importance of the role of BK teachers has broad insight into what problems students are currently experiencing in order to be able to overcome each student's problems properly. Based on the results of research, adolescents who have narcissistic traits are natural, but if they are excessive, they will have an impact on adolescent personality disorders during their development. In guidance and counseling, efforts can be made to reduce narcissistic behavior and addiction to social media, namely by providing group counseling services. In connection with the theory put forward by (Prayitno & Amti, 2014) the group guidance method is an activity that utilizes group dynamics, all of which is discussed for group discussion participants and helps solve the problems of group discussion participants, then this group guidance service becomes one of the alternative treatments. that can be used. Through this group guidance service, students will be able to improve their personal abilities. Overcome personal problems, skilled in taking solutions in solving problems, actions that are in accordance with his behavior. In group guidance services, participants are free to state anything about themselves without feeling afraid. Dynamic interactions create a positive atmosphere from within the participants. With an atmosphere like this, it provides an opportunity for students to overcome their problems.

CONCLUSION

The findings in this study were students at the Malahayati Islamic Vocational School experienced narcissism by 62% in the high category and 54% addiction to social media in the high category. Furthermore, narcissism has a significant effect on social media addiction in adolescents. In addition, narcissism (X) contributes to social media addiction (Y) in adolescents by 53.9%, while the rest (46.1%) is influenced by other variables that cannot be explained in this study. The results of linear regression reveal the regression equation $\hat{Y} = 23,430 + 0.482X$, meaning that for every addition of 1 value for the narcissistic variable, the value of the social

media addiction variable increases or increases by 0.482. The regression coefficient value shows a positive value which means a positive influence between narcissism and social media addiction in adolescents.

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