

## SELF-CONTROL AND INTENSITY OF SOCIAL MEDIA USE IN ADOLESCENTS

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### Abstract

The problems that many adolescents feel and experience are basically caused by a lack of self-control. Self-control is an individual's ability to control behavior in accordance with the social environment and consider behavior before acting. The design of this study is correlation using the Cross-Sectional method. The sampling method used is Simple Random Sampling. The sample taken was 50 respondents. The research data was taken using a questionnaire. Then the data was analyzed using the Spearman Rho test with a significance level of 0.05. The results of the study showed that 38 students (76%) had high self-control in the final adolescent category, 12 students (24%) in the very high category, and none of the students had low self-control. Late adolescents who have an intensity in using social media in the medium category are 27 students (54%), high category 23 students (46%), and none of the students have a low intensity in using social media. From the results of statistical testing, it was found that there was a relationship between self-control and the intensity of social media use in adolescents, with statistical results showing that the value of  $\text{sig.} = 0.000 < \alpha = 0.05$ . Adolescents are expected to be able to control themselves, both controlling the behavior that will be carried out and the impulses from within and outside themselves and being able to make decisions in their lives effectively to get something they want and avoid unwanted consequences

**Keywords:** Self-Control, Social Media, Adolescents

### 1. Introduction

In the digital era like today, advances in science and technology are very rampant among society, especially among teenagers (Paakkari et al., 2021). Harold, Alberty, states that the period of adolescence is defined as a period in the development that a person experiences that stretches from the end of childhood to the arrival of adulthood. In the use of social media, adolescents tend to have different characteristics, this is because each teenager has relatively different experiences, motives, attitudes and personality types in using social media (Boer et al., 2022). The intensity of social media use is a person's involvement related to social media use activities such as the length of social media use in one access and the number of friends formed. Individuals who often access social media

excessively will have a bad impact on them such as gadget addiction (Schober et al., 2016). One of the factors that causes addiction is the aspect of low self-control. Self-control is an individual's ability to be sensitive to his or her own situation and environment, in addition to the ability to control behavior according to the social environment and consider behavior before acting (Carr & Hayes, 2015). The phenomenon that can be seen today, teenagers are so enthusiastic about the existence of various social media features such as Facebook, WhatsApp, Youtube, online games, Instagram, tiktok and various other features that cause teenagers to almost never be able to get away from the internet, both through cellphones (HP) / smartphones (SP), personal computers (PCs), and laptops in their daily activities (Ngussa et al., 2021; O'reilly et al., 2018). The reality found at the research site, namely Stikes Dian Husada Mojokerto, most of them in accessing social media are excessive, even in lectures they still have time to open cellphones and access social media, all because they are unable to control themselves in the use of social media (Koutamanis et al., 2015; Ramli et al., 2023; Tri Hariastuti et al., n.d.).

Social media can be accessed if the user is connected to the internet. The internet is not only in big cities but in all places that have an internet network because the internet can be reached by all people regardless of age, space and time<sup>6</sup>. The following is the percentage of internet users in Indonesia based on age in 2017 by APJII (Association of Internet Service Providers Indonesia) as follows: Based on Age in 2017, 13-18 years old is 16.68%, 19-34 years old is 49.52%, 35-54 years old is 29.52%, and over 54 years old is 4.24%. Based on the results of the survey, the highest age range of internet users in Indonesia is at the age of 19-34 years at 49.52%. This age range is included in the millennial age, Absher and Amidjaya<sup>32</sup> stated that the millennial generation was born between 1982-2002 (currently 17-37 years old), (Niu et al., 2020). The millennial generation uses the internet to access information on social media. Internet users are spread across cities or districts in Indonesia. The following is the percentage of internet users based on the character of the city or district in 2017 by APJII (Association of Indonesia Internet Service Providers) as follows: Percentage of Internet Users Based on the Character of the City or Regency In 2017, the penetration in urban areas (cities) was 72.41%, the rural-urban areas (areas between cities and villages) penetration was 49.49% while in rural areas (villages) the penetration was 48.25% (Cookingham & Ryan, 2015). The internet is necessary in accessing social media. Based on data from a media company from the United Kingdom, namely wearesocial<sup>16</sup> in 2017 the most accessed social media by the people of Indonesia is as follows: The Most Accessed Social Media Percentage in Indonesia In 2017, social media in the social network category, Youtube as the first rank with a percentage of 49%, the second Facebook with a percentage of 48%, the third Instagram with a percentage, 39%, the fourth is Twitter with a percentage, 38%, the fifth is Google+ with a percentage, 36%, and the last is Linkedin with a percentage of 28%. The first messenger/chat app/voip category or messaging application is WhatsApp with a percentage, 38%, the second is Facebook Messenger with a percentage of 31%, the third is Line with a percentage of 30%, the fourth is BBM with a percentage of 26%, the fifth is Pinterest with a percentage of 22% and the last is WeChat with a percentage of 21%. The results of a preliminary study through interviews conducted on January 18, 2020 on 10 level 1 students, S1 Nursing Study Program at Stikes Dian Husada Mojokerto that 80% of the 10 late adolescent children in accessing social media have a high duration, which is more than 1.5 hours a day and 20% of 10 children have a medium duration, which is between 30 minutes-1 hour a day.

Factors that affect adolescents to access social media include need factors that come from within such as seeking someone's identity and self-worth, social motive factors such as a sense of belonging to each other and needing other people's information as well as emotional factors, individuals who often access social media, the individual will be driven by social motives such as wanting to get a recognition, appreciation from the

environment in which the individual is located (Keles et al., 2020). If teenagers access social media excessively, it will have a bad impact on them, other than making their users addicted, causing sleep disturbances, anxiety and anxiety when offline. Lack of social interaction, because when gathering with friends, playing social media more than chatting with friends, procrastinating on work, lazy to study because of the difficulty of playing social media and declining learning achievements. The negative impact of excessive social media use occurs due to a lack of self-control in adolescents in the use of social media (Yu et al., 2021).

Efforts that must be made by adolescents in self-control, adolescents must behave more purposefully and be able to channel encouragement from themselves correctly and not deviate from the norms of the rules that apply wherever they are, both on campus, in the community and at home (Casey & Caudle, 2013). Teenagers must also be smarter and more careful in using social media, they must be able to limit the hours of social media use, so that addiction does not occur, all of which will come back because of the impact if teenagers often access social media excessively, because not only controlling in limiting the hours of social media use, teenagers must also be wise in using social media. Because when they step on adolescence their urges and desires are getting more and more turbulent, so this ability to control themselves is very necessary, especially sexual urges and aggressive drives, if a teenager does not have self-control in the use of social media, then he will look for pornographic sites and he will be dominated by these impulses, so that as a result there is a diversity of forms of juvenile delinquency, For example, fights, rape, pregnancy out of wedlock, etc., (Galla et al., 2021). So to be able to overcome the problem, one of the main keys, adolescents must learn to control themselves and regulate their behavior that can lead to deviant acts and negative consequences and must learn to control their emotions. Based on the description above, the researcher is interested in researching "The Relationship between Self-Control and the Intensity of Social Media Use in Late Adolescents at Stikes Dian Husada Mojokerto"

## **2. Materials and methods**

This research method uses correlation with a cross sectional approach, namely the researcher emphasizes that the time of data measurement or the research subject is assessed only once<sup>21</sup>, where only the relationship between self-control and the intensity of social media use in late adolescents at Stikes Dian Husada Mojokerto was measured. The research population is 58 students from the Nursing program and Midwifery Programs. Sampling in this study uses a simple random sampling technique. The measuring tool used for self-control is using a self-control questionnaire compiled based on Averill components, this self-control measurement is in the form of a statement using a Likert scale. The measuring tool used for the intensity of social media use using a questionnaire refers to a classification based on the intensity of internet use in a day<sup>12</sup>

### *2.1 Materials*

The data collection tool in this study is a questionnaire on self-control consisting of 12 questions which has been tested for validity with a value of 0.772 and reliability obtained a Cronbach's alpha value of 0.795. Self-control questions in the form of statements using a likert scale with the choices of Strongly Agree (SS), Agree (S), Disagree (TS), Strongly Disagree (STS). Questionnaire on the intensity of social media use 1 question in the form of multiple choice in the form of a favorable statement whose answers are taken from the criteria for measuring the intensity of social media use according..

### *2.2 Data collection procedures*

After the researcher obtained a permit from the chairperson of Stikes Dian Husada Mojokerto to conduct a preliminary research study. Then the researcher took initial data including student data, namely the number of 2nd semester students at Stikes Dian Husada Mojokerto, gender. After that, the researcher distributed a letter of

approval to be a respondent to 2nd semester students at Stikes Dian Husada Mojokerto. Then the questionnaire was distributed to 2nd semester students of Stikes Dian Husada Mojokerto. The researcher targets to collect data in a day. After the questionnaire is collected, the researcher will tabulate and do calculations.

### *2.3 Data analysis*

The analysis of the results of self-control and intensity of social media use was used by the Spearman Rho statistical test with the computerized technique SPSS 16 with a significance level of 95% or  $\alpha = 0.05$ . This correlation test coefficient is a test to measure the degree of closeness of a relationship between levels or variables with the order of other variable levels provided that the data is on an ordinal or semi-quantitative scale variable.

## **3. Results and discussion**

### *3.1 Self-Control*

Judging from the special data on self-control, it can be seen that self-control in adolescents most of the respondents have high self-control, which is as many as 38 respondents (76%). Self-control is an individual's ability to be sensitive to reading his or her own situation and environment, in addition to the ability to control behavior in accordance with the social environment and consider behavior before acting. Self-control is the ability of an individual to resist momentary desires or urges that are contrary to behaviors that are not in accordance with social norms. So, self-control is an individual's way of controlling themselves or behavior towards the actions taken whether it has a good or bad impact on themselves.

The results of this study show that most adolescents have high self-control, namely as many as 36 respondents (72%). This means that adolescents are able to control themselves and regulate their own behavior. Adolescents are able to think first before acting, adolescents are able to control the behavior they will do, control impulses, both from within and from without, so that an individual who has good self-control, will make effective decisions to get something he wants and avoid unwanted consequences. If adolescents are able to control themselves or control themselves, they will avoid negative influences from the outside such as free and unkind associations. Based on research, it can be seen that a person who has good self-control will have a more positive long-term impact. On the contrary, some cases occur due to poor self-control, which will increase juvenile delinquency and have a bad impact on them. It can be seen that self-control will greatly affect the behavior that will be carried out by a teenager.

### *3.2 Intensity of Social Media Use*

Judging from the intensity of social media use, it can be seen that the intensity of social media use in the late teens of Stikes Dian Husada Mojokerto students, most of the respondents have an intensity in the use of social media, which is 27 respondents (54%). The rapid development of the times in the global era has brought a lot of convenience, all information has been accessed digitally, this change is also experienced by teenagers (Folastri et al., 2023). Whether at school, at home, or anywhere, teenagers today are surrounded by digital media such as computers and the Internet, video games, mobile phones, and other handheld devices that support features or various applications in social media so that it is easy to access social media (Fitriyah et al., 2024). It is said that intensity is the power that supports an opinion or an attitude, often when using social media a person becomes unaware of the time because they enjoy using it too much (Komsu et al., 2018). The results of the study show that most of the late adolescents in accessing their social media intensity are in the moderate category. namely 27 respondents (54%). In this case, adolescents are able to control time in the use of social media. It can be seen that social media has both negative and positive impacts. Because teenagers today are surrounded by digital media such as computers and the Internet, video games, mobile phones, and other handheld devices that

support features or various kinds of applications in social media so that it is easy to access social media (Ramli et al., 2020). If we are not able to control its use, the negative impact that will be on teenagers can make their users addicted to this sophisticated device because of its practicality, privacy, and breadth of access that is very high so that it causes human life to become abnormal (Muslihata et al., 2023).

Teenagers today have proven to be able to determine how to use the internet properly, both for learning facilities and entertainment functions such as social media, where the interaction time, both direct interaction in daily life and interaction time on social media is balanced and in accordance with the portion, can already know the basic things that need to be applied for security, such as privacy restrictions and sharing only for known people and as media creative and learning (Boer et al., 2022). When searching on the internet, there are also many teenagers who use the internet to be more productive in: economy (online shop, producing creative creations through films, videos, etc.), academic (browsing journals, educational information at institutions, searching for scholarships, etc), (Atmoko et al., 2020).

### *3.3 The Relationship Between Self-Control and the Intensity of Social Media Use in Adolescents*

Most respondents have high self-control in the use of moderate social media as many as 27 respondents (71.1%). The results of the study found that there was a relationship between self-control and the intensity of social media use in late adolescents at Stikes Dian Husada Mojoketo, the statistical results using the Spearman rho test using SPSS 25 showed a sig value. =  $0.000 < \alpha = 0.05$ , and a correlation coefficient of 0.609 this can be said to be in the category of a strong positive relationship between self-control and the intensity of social media use. Self-control is an individual's ability to be sensitive to reading their own situation and environment, in addition to the ability to control behavior in accordance with the social environment and consider behavior before acting

## **4. Conclusion**

Self-control in adolescents is mostly in the high category, The intensity of social media use in adolescents is mostly in the medium category, and There is a relationship between self-control and the intensity of social media use in adolescents. Teenagers who use social media should be able to control themselves and regulate their own behavior. Adolescents who use social media will be able to think first before acting, by controlling the behavior they will do, controlling the impulses, both from inside and outside themselves, so that an individual who has good self-control, will make effective decisions in using social media to get something he wants and avoid unwanted consequences.

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## **Conflict of interest**

In the research that will be carried out, you must follow the rules of research ethics by carrying out several procedures related to research ethics, among others:

Informed consent, Anonymity and Confidentiality.

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