

THE RELATIONSHIP BETWEEN SELF-ESTEEM AND PROBLEMATIC INTERNET USE IN ADOLESCENTS SOCIAL MEDIA USERS

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Abstract

Psychosocial factors, such as self-esteem, are believed to affect individuals to develop problematic internet use. This study endeavours to examine the relationship between self-esteem and problematic Internet use. This research uses quantitative approach comprising 600 adolescents (male = 95; female = 505; range = 12-21 years) of social media users participated in the study. An online survey was conducted, consisted of 25 questions including validated scale for both self-esteem (Rosenberg's Self-Esteem Scale) and problematic Internet use (Generalized Problematic Internet Use Scale 2). The Spearman's Rho was used to test the hypothesis in this study. Results showed that self-esteem was negatively and significantly associated with PIU ($r = -0,243$; $p = 0,000$). Thus, the results of this study support the existing hypothesis.

Keywords: Self-esteem, Problematic internet use, Adolescence, Social media



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HUBUNGAN ANTARA *SELF-ESTEEM* DENGAN *PROBLEMATIC INTERNET USE* PADA REMAJA PENGGUNA MEDIA SOSIAL

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Abstrak

Faktor psikososial, seperti *self-esteem*, diyakini dapat mempengaruhi individu untuk mengembangkan penggunaan internet yang bermasalah (*Problematic Internet Use*). Penelitian ini berupaya untuk menguji hubungan antara *self-esteem* dengan *problematic Internet use*. Penelitian ini menggunakan pendekatan kuantitatif yang terdiri dari 600 remaja (pria = 95; wanita = 505; usia = 12-21 tahun) pengguna media sosial yang berpartisipasi dalam penelitian ini. Sebuah survei *online* dilakukan, terdiri dari 25 pernyataan termasuk skala untuk *self-esteem* (*Rosenberg's Self-Esteem Scale*) dan *problematic Internet use* (*Generalized Problematic Internet Use Scale 2*). Uji korelasi *Spearman's Rho* digunakan untuk menguji hipotesis dalam penelitian ini. Hasil penelitian menunjukkan bahwa *self-esteem* secara negatif dan signifikan terkait dengan *problematic Internet use* ($r = -0,243$; $p = 0,000$). Dengan demikian, hasil penelitian ini mendukung hipotesis yang ada.

Kata Kunci: *Self-esteem*, *Problematic internet use*, Remaja, Media sosial



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