Relationship between self disclosure and bullying of social media user high school students

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Abstract

TThis research is motivated by students who bully at school as a result of excessive self-disclosure on social media. This study aims to: (1) describe self-disclosure on social media, (2) describe student bullying, and (3) examine the relationship of self-disclosure with high school students using social media. The research approach uses a quantitative approach with a descriptive correlational type. The population of the study was students of SMA Negeri 1 Luhak Nan Duo using proportional random sampling technique. Data were collected through self-disclosure questionnaires and student bullying. Furthermore, the data were analyzed using descriptive statistics with percentage techniques, and for normality test, linearity test and the relationship between the two variables used statistical analysis with the Pearson Product Moment technique with the help of SPSS version 20.0 for windows. Based on the research, it was found: (1) students 'self-disclosure was in the high category, (2) students' bullying was in the medium category and (3) there was a relationship between self-disclosure and bullying of high school students using social media. The implication in guidance and counseling services is that guidance and counseling teachers provide services to students related to bullying and self-disclosure problems on social media.

1 Introduction

Today most of the Indonesian population uses the internet. The results of the APJII (Indonesian Internet Service Providers Association) survey results of internet users throughout Indonesia in 2018 reached 64.8% of the 264.16 million population. Based on APJII data, most internet users are in their teens. (Asiah & Taufik, 2018) adolescents are individuals who are in the transition period from the childhood period to the adult period. On the internet there are various kinds of social media. The use of social media will have both positive and negative impacts. One of the negative impacts of using social media is the emergence of aggressive behavior in students. (Karneli, Firman, & Netrawati, 2018) aggressive behavior is physical or verbal behavior that is intended to damage or injure others. (Firman, 2018) aggressive is all forms of behavior that hurt both physically and mentally, either directly or indirectly. One form of aggressive behavior that is rife is bullying. The Indonesian Child Protection Commission (KPAI) explained that in a period of 9 years, from 2011 to 2019, there were 37,381 complaints of violence against children. For bullying, both in the world of education and social media, the figure reached 2,473 reports and

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this is increasing every year. (Rahmadhani & Firman, 2021) bullying is an act of persecution of weaker individuals. Furthermore, (Yunika, Alizamar, et al., 2013) explain that bullying is a form of violence or aggressive behavior that is shown or committed by someone to others.

Furthermore, bullying behavior is a form of violence that is carried out physically, verbally or relational, which can cause the victim to experience physical and psychological harm (Salmi, Hariko, & Afdal, 2019). Bullying behavior carried out by people aims to hurt someone both physically and psychologically (Setiawan & Alizamar, 2019). Bullying behavior caused by several factors, including: 1) differences in class, seniority, economy, religion, gender and ethnistas / racism, 2) tradition of seniority, 3) families that are not harmonious, 4) school situations that are not harmonious and discriminatory, 5) the individual character or group who wants to bully and 6) the wrong perception of the value of the victim's behavior.

To avoid bullying itself, of course, you must have ethics both in everyday life and in social media. Rifauddin (2016) explains that ethics is related to the assessment of how good a person's behavior is, which is appropriate or not to do, whether or not to comply with the law can be said to be obeying ethics, this is because in this digital era, human aspirations form. on social media is very difficult to contain. This human aspiration in social media is an individual self-disclosure in their social media.

(Devito, 2011) describes self-disclosure as a type of communication in which information about oneself that is normally kept secret and is not known by a person is notified to others. (Mutia & Ridha, 2019) explained that self-disclosure is a way for individuals to share information about themselves with others and will have a good impact on communicating interpersonal. Furthermore, (Asri & Afdal, 2020) explain that self-disclosure must be driven by a sense of interest in the relationship, to the people involved, and to oneself. (Nasyar & Ahmad, 2020) self-disclosure is a special type of conversation where individuals share personal information and feelings with others. Self-disclosure is not always positive, self-disclosure can sometimes be negative too. Social media triggers someone to do self-disclosure in cyberspace and has a negative impact. As stated by Setyaningsih (2014), one of the dangers of doing self-disclosure on social media is that it can cause bullying in the real world, for example it can be a source of ridicule at school because of photos uploaded on social media.

Based on the researcher's observations of students using social media at SMA Negeri 1 Luhak Nan Duo, it was found that there were many students who opened themselves up on social media. Based on interviews on November 30, 2020 with 5 students of class X and XI, it was found that self-disclosure on social media by students was very high. The impact of self-disclosure causes bullying because there are some students who are excluded because they open themselves too often on social media. Furthermore, the resulting impacts such as mocking, insulting and humiliating students who do self-disclosure on social media. Based on interviews on December 1, 2020 with several students from the Educational Field Practice (PLK), it was found that many students carried out self-disclosure on social media without knowing good ethics in social media, so bullying is most likely to occur among students because of uploads on the media. social. That way students at SMA N 1 Luhak Nan Duo also have the possibility to become victims or perpetrators of bullying. Starting from the description, it is interesting to study further about this research whether there is a relationship between self-disclosure and bullying of high school students using social media. The disclosure of this problem is useful in formulating guidance and counseling services that are suitable for students at SMA N 1 Luhak Nan Duo.

2   Methods

This research uses a quantitative approach with a descriptive correlational type. The population of this research was 598 students of SMA Negeri 1 Luhak Nan Duo. Sampling was done by using proportional random sampling technique. Data were collected by means of a questionnaire with a Likert scale. Data were analyzed using the Product Moment Correlation formula.

3 Result and Discussion

3.1 Self Disclosure Data Description

Based on the results of the study, it was found that the students' self-disclosure of SMA Negeri 1 Luhak Nan Duo was found, as shown in the following table:

Table 1: Frequency Distribution and Percentage of Self Disclosure (n = 271)

Score Interval	Category	Frequency	%
Over 124	Very High (ST)	10	4
113 to 123	Height (T)	95	35
103 to 112	Medium (S)	92	34
93 to 102	Low (R)	50	18
under 93	Very Low (SR)	24	9
	Total	271	100

Based on Table 1 above, it is obtained that the self-disclosure information of SMA Negeri 1 Luhak Nan Duo students is in the high category of 35% then 34% is in the medium category, 18% is in the low category, 9% is in the very low category and 4% is in the high category. in the very high category. Thus it can be concluded that most of SMA N 1 Luhak Nan Duo students do self-disclosure on social media.

3.2 Description of Student Bullying Data

Based on the results of the study, it was found that the bullying of SMA Negeri 1 Luhak Nan Duo students was as follows:

Table 2: Distribution of Frequency and Percentage of Student Bullying (n = 271)

Score Interval	Category	Frequency	%
Over 106	Very High (ST)	27	10
99 to 105	Height (T)	49	18
92 to 98	Medium (S)	126	46
85 to 91	Low (R)	53	20
Under 85	Very Low (SR)	16	6
	Total	271	100

Based on Table 2 above, information is obtained that most of the bullying students of SMA Negeri 1 Luhak Nan Duo are in the medium category of 46% then 20% are in the low category, 18% are in the high category, 10% are in the very high category and 6% are in the very low category. Thus it can be concluded that most of SMA N 1 Luhak Nan Duo students commit bullying.

3.3 The relationship between self-disclosure and bullying of high school students using social media

Based on the results of testing the research hypothesis. Based on the results of the calculation, the correlation coefficient of self-disclosure with bullying of high school students of social media users is rxy 0.310 with a P of 0.000 (p <0.05). The positive rxy value shows the direction of the relationship between the two variables which is very significant positive between self-disclosure and bullying of high school students who use social media. This means that the higher the self-disclosure on social media, the higher the bullying of students, and vice versa. Based on the results of testing the hypothesis above, it can be concluded that the results of the study are in the form of images of the relationship between self-disclosure and bullying of high school students using social media

Table 3: The relationship between self-disclosure and bullying of high school students using social media

		X	Y
X	Pearson Correlation	1	, 310 **
	Sig. (2-tailed)		, 000
	N	271	271
Y	Pearson Correlation	, 310 **	1
	Sig. (2-tailed)	, 000	
	N	271	271

3.4 Discussion

Based on the results of the study, it was found that most of the students at SMA Negeri 1 Luhak Nan Duo did self-disclosure on social media. Then self-disclosure on social media has a positive and significant relationship with student bullying of 0, 310. In the following section, a discussion of the variables studied in the study will be explained.

3.4.1 Description of Self Disclosure on social media for SMA Negeri 1 Luhak Nan Duo students

The results of the analysis of research data regarding self-disclosure in social media, on average, the overall student self-disclosure was in the high category. This means that students' self-disclosure on social media needs development for better use of social media. Based on the achievement of each indicator, it is known that four indicators are included in the medium category, namely: 1) Accuracy, 2) Motivation, 3) Time and 4) Intensity and one indicator is included in the high category, namely Depth

The conditions of self-disclosure on social media, both high and moderate, need to be minimized because self-disclosure on social media has positive and negative impacts. When students do negative self-disclosure on social media, the negative impact that arises has a large enough opportunity.This is supported by the statement of Kuass & Griffiths in (Paramithasari & Dewi, 2013) which explains that the disclosure of negative information can result in the rejection of others, it can even be ridiculed, avoided and excluded from social interactions resulting in difficulties in oneself, which is associated with low level of self-satisfaction.

In order to avoid the negative impact due to self-disclosure on social media, students must be able to consider what they will reveal. (Karneli et al., 2018) explains that self-disclosure is a person's action in providing information to others intentionally and also without coercion, it is intended so that other people know the correct information about him. Furthermore, (Setyaningsih, 2014) explains that students who have self-disclosure on social media can cause bullying in the real world such as mockery because of photos uploaded on social media. In this study, medium and high achievements in each indicator of self-disclosure on social media need to be minimized in order to reduce the negative impact it causes.

Based on the data of this study, counseling teachers play an important role in helping students minimize self-disclosure on social media, as well as reducing indicators of self-disclosure on social media which have medium and high categories. The counseling teacher trains students to use social media well and controls students in carrying out self-disclosure appropriately on social media. Therefore, counseling teachers can provide several services to students such as information services about good use of social media, individual counseling services about self-control over social media use, group guidance services to find out the positive and negative impacts of self-disclosure on social media and group counseling services. related to how to handle excessive self-disclosure on social media

3.4.2 Description of Bullying of SMA Negeri 1 Luhak Nan Duo students

The results of the analysis of research data regarding the bullying of students at SMA Negeri 1 Luhak Nan Duo, on average, are in the medium category. This means that bullying of students at SMA Negeri 1 Luhak Nan Duo needs to be minimized. Astuti (2008) explains that bullying is a part of acts of aggression carried out by individuals repeatedly from stronger children to weaker children both psychologically and physically. (Elvigro, 2014) explains that bullying occurs due to differences in class / seniority, tradition of seniority, unsanitary families, disharmonious and discriminatory school situations, disharmonious and discriminatory individual character, individual or group character who wants to bully and wrong perception of values. victim behavior. Furthermore, (Devito, 2011) explains the negative impact of self-disclosure is being rejected, ridiculed and avoided. This is a form of bullying.

The condition of student bullying at SMA Negeri 1 Luhak Nan Duo needs to be minimized because bullying is an action that aims to hurt both physically and psychologically and of course has a negative impact on victims of bullying. (Amali Iltazam, 2019) describes the symptoms / effects of bullying, namely: shutting down, crying, asking to change schools, reducing children's concentration, decreasing learning achievement, not wanting to play or socialize, like to carry certain items (this is in accordance with demand from the bully), the child becomes timid, angry, anxious, bruised, not excited, becomes quiet and insecure.

Based on the data of this research, guidance and counseling teachers play an important role in helping students minimize bullying behavior, and reduce prevention to avoid bullying behavior. The counseling teacher trains students to avoid either the perpetrators or victims of bullying. Therefore, counseling teachers can provide several services to students such as information services on how to avoid bullying behavior, individual counseling services about avoiding bullying behavior, group guidance services about the dangers of bullying behavior and group counseling services related to how to avoid bullying behavior.

3.4.3 The relationship between self-disclosure and bullying of high school students using social media

Based on the research results found a relationship between self-disclosure and bullying of high school students using social media. This concurs with what was expressed by (Setyaningsih, 2014) who explained that one of the negative impacts that can arise due to self-disclosure on social media is bullying. Based on the research, it can be interpreted that the higher the level of self-disclosure carried out by someone on social media, the higher the level of student bullying. Conversely, the lower the level of self-disclosure carried out by someone on social media, the lower the level of student bullying.

The results of this study are reinforced by the theory of (Devito, 2011) explaining that the negative impact of self-disclosure is being rejected, ridiculed and avoided. Furthermore, based on the results of research by (Meilena et al., 2015), it is explained that someone who has high self-disclosure does not rule out being exposed to bullying.

In general, students who do high self-disclosure on social media will direct themselves to negative behavior. A person who has uncontrolled self-disclosure on social media will be negatively impacted, namely bullying in real life. So that self-disclosure carried out on social media needs to be considered in order to avoid negative impacts. Based on the explanation above, it can be understood that self-disclosure on social media needs to be considered and considered so as not to be negatively impacted by these actions.

Based on the research that has been done, as many as 62.6% of students are in the high category. Some students who are able to take advantage of their potential for entrepreneurship, but must be improved.

Recognizing your potential is very important to achieve success in the future. Many people define success in terms of material measures. However, true success is our ability to recognize the potential that lies within ourselves and maximize it into a competency, and these competencies are used to achieve something better.

4 Conclusion

Based on the results of data analysis that have been discussed, it can be concluded that; self disclosure In general, students on social media are in the high category, bullying students are generally in the medium category, there is a significant relationship between self-disclosure and bullying of high school students using social media. This means that the higher the self-disclosure on social media, the higher the student's bullying. Conversely, the lower the self-disclosure on social media, the lower the student's bullying.

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