PENGARUH *ONLINE SELF-DISCLOSURE* DI INSTAGRAM TERHADAP KEPUASAN RELASI ROMANTIS PADA DEWASA AWAL

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh *online self-disclosure* di Instagram terhadap kepuasan relasi romantis pada dewasa awal. Hipotesis dalam penelitian ini, yaitu 1) adanya pengaruh dimensi *breadth online self- disclosure* di Instagram terhadap peningkatan kepuasan relasi romantis pada dewasa awal dan 2) adanya pengaruh dimensi *depth online self-disclosure* di Instagram terhadap penurunan kepuasan relasi romantis pada dewasa awal. Subjek penelitian ini adalah individu dewasa awal berusia 18-29 tahun, aktif menggunakan Instagram, dan sedang berpacaran. Penelitian ini merupakan penelitian kuantitatif dengan metode pengambilan sampel menggunakan teknik *non-probability sampling*. Metode pengumpulan data dengan menyebarkan skala model Likert, yaitu skala *online self-disclosure* dan skala kepuasan relasi romantis. Uji coba skala menghasilkan koefisien reliabilitas pada skala dimensi *breadth online self-disclosure* sebesar 0,849, skala dimensi *depth online self-disclosure* sebesar 0,725, dan pada skala kepuasan relasi romantis sebesar 0,799. Teknik analisis yang dilakukan pada penelitian ini yaitu analisis regresi linear berganda. Diketahui hasil uji regresi dimensi *breadth online self-disclosure* dan variabel kepuasan relasi romantis menunjukkan skor *standardized coefficients* (β) sebesar -0,238 dengan nilai signifikansi p = 0,000. Hasil uji regresi dimensi *depth online self-disclosure* dan variabel kepuasan relasi romantis menunjukkan skor *standardized coefficients* (β) sebesar 0,402 dengan nilai signifikansi p = 0,000. Berdasarkan hasil tersebut, dua hipotesis penelitian tidak terbukti sehingga dapat disimpulkan bahwa dimensi *breadth online self-disclosure* di Instagram berpengaruh terhadap penurunan kepuasan relasi romantis, dan dimensi *depth online self-disclosure* di Instagram berpengaruh terhadap penurunan kepuasan relasi romantis. Hasil uji regresi analisis *Adjusted R Square* bahwa dimensi *breadth* dan *depth online self-disclosure* menunjukkan skor sebesar 0.295. Berdasarkan hasil tersebut, 29.5% kepuasan relasi romantis dipengaruhi oleh dimensi *online self-disclosure* di Instagram.

Kata kunci: dewasa awal, *online self-disclosure*, Instagram, kepuasan relasi romantis

THE INFLUENCE OF ONLINE SELF-DISCLOSURE ON INSTAGRAM *WITH ROMANTIC RELATION SATISFACTIONIN EMERGING ADULTHOOD*

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ABSTRACT

This study aims to determine the effect of online self-disclosure on Instagram *on romantic relationship satisfaction in emerging adulthood. The hypotheses in this study are 1) the influence of the breadth online self-disclosure dimension on* Instagram *on increasing romantic relationship satisfaction in emerging adulthood and 2) the influence of the depth online self-disclosure dimension on* Instagram *on decreasing romantic relationship satisfaction in emerging adulthood. The subjects of this study were 367 early adults, both men and women aged 18-29 years who were dating, and actively using* Instagram. *This research is a quantitative study with a non-probability sampling technique. The scale collection method in this study uses two Likert model scales, namely the online self-disclosure scale and the romantic relationship satisfaction scale. The trial scale produced reliability value of 0.849 on the breadth online self-disclosure dimension scale, 0.725 on the depth online self-disclosure dimension scale, and 0.799 on the romantic relationship satisfaction scale. The analysis technique used in this research is multiple linear regression analysis. Results of the breadth online self-disclosure dimension regression test and the romantic relationship satisfaction variable show a standardized coefficients score (β) of -0.238 with a significance value of p = 0.00. The results for the regression test of the depth online self-disclosure dimension and the romantic relationship satisfaction variable show a standardized coefficient (β) score of 0.402 with a significance value of p = 0.000. Based on these results, both hypotheses in this study were rejected. Hypothesis testing shows that the breadth of the online self-disclosure dimension on* Instagram *influence decreasing romantic relationship satisfaction, and the online depth of self-disclosure on* Instagram *influence increasing romantic relationship satisfaction. Results of the Adjusted R Square analysis regression test of thebreadth and depth of online self-disclosure dimensions show a score of 0.295. Based on these results, 29.5% of romantic relationship satisfaction had influenced by the online self-disclosure dimension on* Instagram.

Keyword**:** emerging adulthood, online self-disclosure, Instagram, romantic relationship satisfaction.