

ABSTRAK

Nunang, Maria Stefani Bola. 2023. Hubungan antara *self-esteem* dengan ketidaksesuaian emosi di media sosial instagram (*online*) dan keadaan sesungguhnya (*offline*). *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk melihat hubungan antara *self-esteem* dengan ketidaksesuaian emosi yang ditampilkan dalam media sosial instagram (*online*) dan keadaan sesungguhnya (*offline*). Penelitian ini menggunakan 3 alat ukur *self-report*, yaitu *State Self-Esteem Scale* (SSES), *Experience Sampling Form* (ESF) dan *Status Update Form* (SUF). Hipotesis pada penelitian ini adalah adanya hubungan negatif antara self esteem dengan ketidaksesuaian emosi yaitu semakin tinggi skor *self-esteem* maka akan semakin rendah ketidaksesuaian emosinya. Pengujian statistik dilakukan terhadap 103 partisipan pengguna aktif *instagram* berusia 16-24 tahun. Hasil analisis menunjukkan adanya hubungan antara *self-esteem* yang ternyata tidak berkorelasi negatif melainkan positif, dengan demikian hipotesis pada penelitian ini ditolak. Temuan korelasi positif kedua variabel menunjukkan semakin tinggi skor *self-esteem* maka akan semakin tinggi pula skor ketidaksesuaian emosinya.

Kata Kunci: *Self-esteem*, Ketidaksesuaian emosi, Emosi positif, Emosi negatif, Media sosial, Instagram.

ABSTRACT

Nunang, Maria Stefani Bola. 2023. The discrepancy between self-esteem portrayed on social media instagram (online) and emotions in reality (offline). Thesis. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to examine the discrepancy between *self-esteem* portrayed on social media instagram (online) and emotions in reality (offline). This study uses 3 self-report measurement tools, namely State Self-Esteem Scale (SSES), Experience Sampling Form (ESF) and Status Update Form (SUF). The hypothesis of this study is that higher self-esteem scores will be associated with lower levels of emotional discrepancy. Statistical testing was conducted on 103 active Instagram users aged 16-24 years. The results of the analysis showed a relationship between self-esteem which turn out to be not negatively correlated but positive, thus the hypothesis in this study was rejected. The finding of a positive correlation between the two variables indicates that the higher the self- esteem score, the higher the emotional discrepancy score.

Keywords: Self-esteem, Emotional Discrepancy, Positive emotions, Negative emotions, Social media, Instagram.

