ABSTRAK

Hubungan antara *Self-Esteem* dengan *Self-Disclosure Remaja* di Media Sosial Instagram

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Pada era globalisasi ini, teknologi komunikasi telah berkembang secara pesat terutama media sosial. Namun, kebanyakan remaja menggunakan Instagram dan mengungkapkan dirinya melewati batas kewajaran seharusnya, yang sekaligus menggambarkan harga diri dari remaja tersebut, demikian sebaliknya. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-esteem* dengan *self-disclosure* remaja di media sosial Instagram. Metode yang digunakan dalam penelitian ini adalah kuantitatif korelasional. Metode pengambilan sampel yang digunakan adalah *non-probability sampling* dengan teknik *purposive sampling*. Jumlah responden pada penelitian ini adalah sebanyak 219 orang. Skala *self-esteem* memiliki nilai (α) = 0,848 dengan 19 aitem yang dinyatakan valid, dan skala *self-disclosure* memiliki nilai (α) = 0,847 dengan 15 aitem dinyatakan valid. Hasil uji korelasi *Pearson* menunjukkan nilai sig. (p) = 0,031 ($p < 0,05$) dan nilai korelasi r sebesar 0,146, menunjukkan bahwa ada hubungan korelasi positif diantara *self-esteem* dengan *self-disclosure* remaja di media sosial Instagram, namun, hubungannya sangat lemah atau rendah.

Kata Kunci : *Self-disclosure*, *Self-esteem*, Remaja, Instagram

ABSTRACT

The Relationship between Self-Esteem and Teenagers' Self-Disclosure on Social Media Instagram

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In this global era, communication technology have grown rapidly especially social media. However, many teenagers use Instagram and does self-disclosure beyond the limit of the supposed norm, which also reflects the self-esteem of that teenager, and vice versa. This study aims to determine the relationship between self-esteem and teenagers' self-disclosure on social media Instagram. The method used in this research is correlational quantitative. The sampling method used in this research is non-probability sampling with purposive sampling technique. The number of respondents on this research was 219. The self-esteem scale has a value (α) = 0,848 with 19 items declared valid, and the self-disclosure scale has a value (α) = 0,847 with 15 items declared valid. The result of the Pearson Correlation Test shows the value sig. (p) = 0,031 (p < 0,05) and an r correlation value of 0,146, showing that there's a positive correlations between self-esteem and teenagers' self-disclosure on Social Media Instagram, however, the correlation is very weak or low.

Keywords : *Self-disclosure*, *Self-esteem*, *Teenagers*, Instagram