

The Relationship Between Self-Control and Narcissistic Tendencies in Students Who Use Instagram Social Media

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Introduction

- Students use Instagram social media wisely to express themselves on Instagram such as life experiences, feelings, emotions, expressing opinions, ideals and so on (Yanti, 2023). As well as accessing Instagram social media to find the latest information (Widiyanti & Widyastuti, 2022). In addition, students are able to control their feelings when they get praise for their activities on Instagram, and are able to accept criticism to avoid negative responses from people around them which can cause bad feelings, envy, and loss of self-confidence (Rezki Wahyuni et al., 2022).
- But in reality, Instagram social media is used to show an idealised version of themselves that tends to be excessive and leads to narcissistic tendencies. This is indicated by individuals enjoying uploading photos that display their physique to attract the attention of other users (Rezki Wahyuni et al., 2022). And tend to be sensitive to criticism from others, lack empathy, use others to meet their needs to be appreciated and privileged (Elliya & Rahma, 2020).
- This problem is important to discuss, because narcissistic tendencies in Instagram-using students will affect their relationships with others and will be more prone to depression because of the need for self-esteem that must be fulfilled (Margaretha & Soetjiningsih, 2022).

Problem Formulation

Based on this explanation, the researcher is interested in conducting research on the relationship between self-control and narcissistic tendencies in students who use Instagram social media. Therefore, the problem formulation in this study is whether there is a relationship between self-control and narcissistic tendencies in students who use Instagram social media.

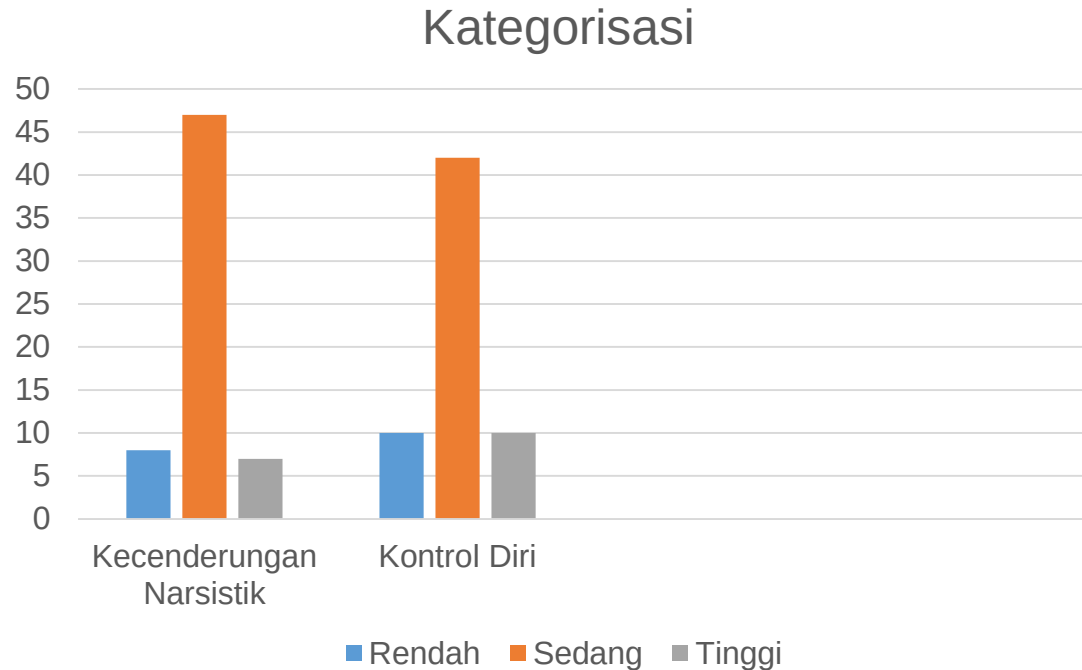
Method

- The research design used in this study is quantitative research with a correlation research approach.
- The population of this study is aimed at students who are studying at the University of Sidoarjo with a total of 22,673 students (Higher Education Database, 2023).
- Determination of the minimum sample size in this study was carried out based on the estimation of the sample size with G*Power 3.1 software. With an effect size of -0.349 based on a meta-analysis of various studies regarding self-control variables on narcissistic tendencies (Purba & DR, 2021) a error probability at the 0.05 level, and a targeted power analysis of 0.80, it was found that the minimum subject for a two-way dependent design was 62 participants.
- The data collection method used Likert scales and force choice scales. The self-control variable scale was revealed using the self-control scale compiled by Lynantawati (2021) and tested for reliability by the researcher using Cronbanch's Alpha of 0.824.
- The narcissistic tendency variable scale was revealed using the NPI-16 (Narcissistic Personality Inventory) scale compiled by Ames, Rose, and Anderson and adapted by Nida Monica Ulfa (2022) and the results of reliability testing by researchers using Cronbanch's Alpha of 0.744.
- The data analysis method used in the study used Pearson product moment correlation analysis. The analysis test can be used after prerequisite tests, including normality test and linearity test. This research was assisted by the SPSS version 23.00 for Windows program.

Result & Discussion

- The results of the research analysed using product moment with the SPSS version 23.0 program show the results of the correlation coefficient (r_{xy}) of 0.191 and (p) of 0.137. These results indicate that there is no significant relationship between the self-control variable and the narcissistic tendency variable in students who use Instagram social media. In line with research conducted by Rizqoh Windu Utami (2018) revealed that there is no relationship between self-control and narcissistic tendencies in students of the Faculty of Economics and Islamic Business (FEBI), Raden Intan Lampung State Islamic University.
- Narcissistic tendencies cannot be influenced by self-control alone, but rather from several other supporting factors. Some expert opinions reveal the factors that influence narcissistic tendencies, namely biological factors inherited from parents (Pieter & Lubis, 2010), psychological factors such as loneliness, depression (Sedikides, 2004) and there are social factors that influence behaviour and attitudes (Mevia, 2024).

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Conclusion

- The conclusion of this study shows that there is no significant relationship between self-control and narcissistic tendencies in students who use Instagram social media, with a correlation coefficient (r_{xy}) of 0.191 and a significance value (p) of 0.137.
- An effective contribution of 2.1% from self-control to narcissistic tendencies, it can be concluded that self-control exerts a very small influence on narcissistic tendencies. The rest of the influence (97.9%) most likely comes from other factors not examined in this study.
- This indicates that self-control is not the main factor influencing narcissistic tendencies in this group. As stated earlier, narcissistic tendencies seem to be more complex and influenced by various factors, including inherited biological factors, psychological factors such as loneliness and depression, and social factors that influence daily behavior.

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