

# The Relationship of Intimate Friendship with Self Disclosure to Psychological Well-Being in Second Account Instagram Users in Sidoarjo

Oleh:  
Vindy Wahyu Arfianti  
Eko Hardi Anto

# Introduction

## **Background:**

Based on the results of an initial survey conducted by researchers on second account instagram users, by distributing questionnaires with aspects of psychological wellbeing to 15 respondents, it shows that 29.78% have low psychological well-being,

These results are in line with research conducted by Savitri, 2019 conducted on social media users, which shows as many as 26% or as many as 104 out of 400 people have low psychological well-being.

## **Purpose**

To find out the relationship between intimate friendship and self-disclosure on psychological well being in second account instagram users.

## Theorytical foundation:

- Intimate friendship is a form of relationship, where individuals will seek closeness by knowing about others, and specifically exchanging secrets about themselves to others. (Sharabany, 1994)
- Self-disclosure is a person's ability to disclose information about oneself to others. (Wheeles)
- Psychological well-being can be referred to as an individual's perception of a sense of well-being both physically and mentally, and can express himself well. (Ryff, 1955).

## Novelty :

This study examines the role of intimate friendship and self-disclosure on psychological well-being in Instagram second account users, which has not been widely studied.

# Methode

**Type of Research:** Corelation with quantitatif

**Measuring tool:**

Intimate Friendship: Sharabany, adopted from Miranda

Self Disclosure. : Sharabny, adopted from Wheelles

Psychological well being : Ryff, adopted from Aulia

**Sampling technique** : Accidental sampling

**Samples:**

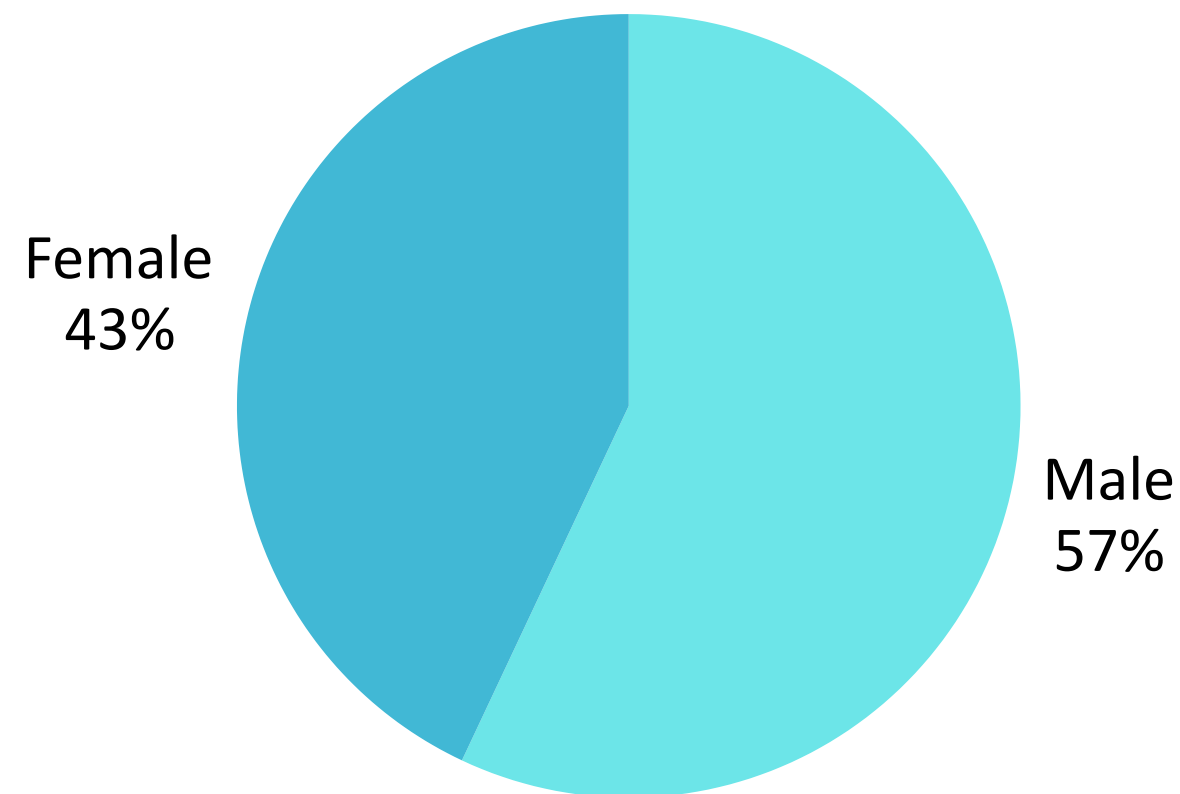
Instagram second account users are male or female, aged 18-25 years, have a instagram second account that is not an online shop account, use second account Instagram to interact with close friends, and live in Sidoarjo. The number of samples in this study were 254 samples

**Data analysis** : Multiple regression

# Result and Discussion

## Analysis Deskriptif

### Characteristic frequency



The most respondents are **male** with a percentage of **57%**. psychological well-being owned by respondents is included in the **medium category** with of 64 female and 103 male.

# Result and Discussion

## Hypotesis :

- H1**  $p < .001$  ( $< 0.05$ ) for the relationship between X1 and Y so it can be concluded that H1 accepted, which means that there is a significant positive relationship between Intimate friendship (X1) and Psychological well-being (Y).
- H2**  $p < .001$  ( $< 0.05$ ) for the relationship between X2 and Y so it can be concluded that H2 is accepted, which means that there is a significant positive relationship between Self Disclosure (X2) and Psychological well-being (Y).
- H3** H3 is accepted with a  $p < .001$ , which means there is a relationship between Intimate Friendship (X1) and Self Disclosure (X2) on Psychological well-being (Y).



# Conclusion

This study concluded that intimate friendship and self-disclosure have a significant relationship to psychological well-being in second account instagram users. Where the higher the level of intimacy in friendship, the higher the tendency of individuals to make self-disclosure, which ultimately contributes to an increase in psychological well being.

In addition, this study also found that both intimate friendship and self-disclosure simultaneously have an influence of 46% on psychological well-being, while the rest is influenced by other factors not examined in this study. Thus, it can be said that building close friendships and having openness in sharing thoughts and feelings can improve one's psychological well-being.

# Suggestions and limitation

## **Suggestion**

Instagram second account users are advised to strengthen friendship relationships by establishing more open and quality communication by sharing feelings and experiences with trusted people in order to get positive social support. Awareness of the importance of psychological well-being needs to be increased by understanding the factors that influence it and applying healthy strategies in dealing with life pressures.

## **limitations and suggestions for future researchers**

Limitations in this study are This study only examines the relationship between intimate friendship and self-disclosure to psychological well-being without considering other factors such as intimate friendship and self-disclosure on psychological well-being without considering other factors such as social support from family, personality, or emotional experience. It is suggested for future research can expand the variables studied by considering other factors that may affect psychological well-being.



# Reference

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