Quality of Life of Social Media Users of Adolescents from Affluent Families

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Abstract— The goal of this research to acquire a descriptive measures of the quality of life of affluent adolescents and their general social media usage. This research involves 422 participants ranging from 15 to 19 years old from two private schools in Jakarta using descriptive and non-experimental methods. Measurement tools used in this research are WHOQOL-BREF Indonesia version adapted from Purba [1] to measure quality of life, also the translated version of General Social Media Usage subscale from Media and Technology Usage and Attitude Scale (MTUAS) to measure general social media usage adapted from Rosen et al. [2]. Results show that the quality of life of affluent adolescents are in a good condition (M=3.65) on the four domains: physical health, psychological, social relations, and environment. The social media usage is also in tolerable condition (M=5.8). The finding is the quality of life of social media users of adolescents from affluent families is in normal conditions. The usage of social media does not interfere the students in learning. However, qualitative findings indicate that there might be a possibility of psychological problems in the small number of affluent adolescents, that can be intervened. Detailed result and practical implications were discussed in this article.

Keywords: quality of life, social media users, adolescents, affluent families

I. INTRODUCTION

In recent years, the quality of life has been growing in importance as a research topic. Many scientists are trying to explain what makes a person perceives that he is having a good quality of life. One approach to explain what makes a good quality of life is according to the amount of the material wealth of person whereas the richer the person in material wealth, then he will perceive his life in a better way [3]. Although material wealth does have an influence on a person's life, it does not completely enable a person to enjoy a better and satisfying life [3]. In Indonesia itself, many people coming from mid-to-upper socioeconomic class background show behaviours that are against the law and also against existing cultural norms. Some of these cases are involving adolescents as its main suspects.

Indonesia's growing economy is found to be growing consistently within years. In 2017, Indonesia's Gross Domestic Product (GDP) was reported to reach $5,857 [4]. This number continue to increase in 2018 to reach the amount of $6,162 [5]. These results showed that i there will be an increasing number of families who have material wealth that can be categorized as middle-high socioeconomic level. According to Western literature, this phenomenon is called affluent. Affluent can be defined as a group or area that have a great deal of money [6].

Growing in affluent families can provide a different experience for the children, especially when they reach adolescence period. In developmental psychology, adolescence period is marked by active and continuous identity seeking in order to acquire a good grasp of personal identity and is a developmental period that is filled with many opportunities to learn and grow in cognitive as well as socioemotional aspects [7]. With affluent family backgrounds, it is acceptable to mention that these adolescents are able to easily acquire many experiences that might be not available to adolescent from lower socioeconomic level. A research from Visa-Asia.com mentions that providing best education for their children is very important and will tend to prepare inheritance for them [8].

In their social life, relationships with friends become an important thing for adolescents [9]. Adolescents in

general like to try and experiment with new roles and values in order to shape their identity [10]. Influenced by modern lifestyle, social media has turned to be an alternative for adolescents to fulfil their social needs. Papalia and Martorell [7] report that adolescents spend a lot of time to connect with others through online than adults. Communication through social media allows its users to disclose personal information or self-disclosure and express themselves by creating online profile [11]. This self-disclosure function is important for adolescents' social life since they tend to connect self-disclosure with high quality friendships [12]. This trend is also reported by a research conducted by Asosiasi Penyelenggara Jasa Internet Indonesia (APJII) which found that social media is the first most used Internet service with adolescents as the most users [13].

In social media, some affluent adolescents are found to display behaviours that are against cultural norms. In 2018, SH, son of an Indonesian entrepreneur uploaded a video that showed how he intentionally ripped a paper money worth of a hundred thousand rupiah [14]. Many people were disgusted with this act and worried that this might be a bad example for the younger generations. Another case of affluent adolescent that led to a criminal case occurred in 2018 where a video in the Internet showed a 16 years old male adolescent insulted and threatened Indonesia's president after being challenged by his friends. This incident led to him being dropped out of the school and was detained by the police [15]. Then, it turned out that his father was a doctor and opened up a private practice in his home [16].

Koplewicz, Gurian, and Williams [17] conducted a research that found that children from affluent families show an increased risk of psychological problems, such as drug abuse, anxiety, and depression. Despite having material wealth and social status from their families, children's motivation to learn and explore the world will diminish if the parents are not taking their time to control their benefits to the children [17]. Luthar, Barkin, and Crossman [18] also found that affluent youths are more likely to experience adjustment problems.

However, not all affluent adolescents show disruptive behaviours. SH, daughter of an Indonesian media entrepreneur decided to open her event organizer business with her own money since she was 15 years old. Despite having many tribulations, her business finally succeeds and her story becomes an inspiration for Indonesian youth to start their own business [19]. MDDD, niece of a successful entrepreneur displayed a strong desire for prosocial activities by becoming a nun in order to fully contribute in humanities act [20].

Based on these phenomenon, there is a question of how is the general well-being of the Indonesia's affluent adolescents. Felce and Perry [21] defined quality of life as an average well-being which consists of subjective and objective evaluation of life and is multidimensional, involving physical welfare, material wealth, socioemotional state along with self-development and meaningful activities supported by personal values believed by a person. Those life aspects have a dynamic interaction in a way that a change in one aspect might have an effect on the other aspects [21]. Adolescents' quality of life itself is an evaluation about their own personal relationships, sense of self, and their environmental aspects, including opportunities and obstacles [22]. Therefore, this research is trying to acquire a descriptive measure of the affluent adolescents' quality of life, along with their pattern of general social media usage.

II. LITERATURE REVIEW

Many scientists have been trying to define quality of life (QOL). Oxford English Dictionary [23] defines quality of life as a standard of health, comfort, and happiness experienced by an individual or a group. According to World Health Organization Quality of Life (WHOQOL) Group, quality of life is about how an individual perceive their position in life, relevant with the culture context and value system in where they live, and its connection their goals, expectations, standards, and worries [24]. There are four domains in the WHO's quality of life, which are: (1) Physical Health domain, (2) Psychological domain, (3) Social Relationships domain, and (4) Environment domain.

According to the WHOQOL User Manual [24], each domain has its own aspects or facets that measures more specific items in life. In Physical Health domain, the facets are pain and discomfort, sleep and rest, energy and fatigue, mobility, activities of daily living, dependence on medicinal substances and medical aids, and work capacity. Psychological domain measures the psychological welfare of an individual. The facets measured in this domain are positive feelings, thinking, learning, memory and concentration, self-esteem,

bodily image and appearance, negative feelings, and spirituality/religion/personal beliefs. The third domain is Social Relationships which is measuring social relationships, social support, and sexual activity. The fourth domain is environment and it measures aspects such as freedom, physical safety, and security, home environment, financial resources, health and social care: accessibility and quality, opportunities for acquiring new information and skills, participation in and opportunities for recreation/leisure activity, physical environment, pollution/noise/traffic/climate, and transport.

Quality of life can be influenced by many factors. Ruut Veenhoven [25] classified two factors affecting quality of life with two terms, that is livability of the environment which is more external and objective, such as the ecological factors of the environment and life-ability of the person which consists of the internal factors of an individual, such as physical energy, toughness, good mental capacity, creativity, education, intelligence, manners, and diverse lifestyles. Expanding Veenhoven's idea, Pukeliene and Starkauskiene [26] mentioned that there are three group factors affecting quality of life, which are physical well- being (health and functional condition), material well-being, and social well-being. Physical well-being consists of physical health, ability to move around and be active, and physical safety [21]. Material well-being itself consists of environment factors such as the economic situation of the environment, and the individual factors, such as financial situation, house and living conditions, and employment [26]. Social well-being is the largest factors influencing quality of life, according to Pukeliene and Starkauski [26] and it involves interpersonal relationships with family, relatives, friends, and also functional activities within communities, work, education, and leisure activities.

In accordance with social media usage, every individual has his own preference in how they use social media. Brandtzaeg [27] devised a typological approach called Media-User Typology (MUT) in order to classify social media behaviour according to usage frequency, variety of usage, and content preference which resulted in five types of social media usage, that is sporadics, lurkers, socializers, debaters, and advanced users. These five types are ranging from the lowest usage and least variety to highest usage with many varieties of usage.

Akram and Kumar [28] in their literature mentioned that there are several advantages and disadvantages of using social media for adolescents. The advantages are helping to develop social awareness of what is happening in the world, building social competency, making new friends, and giving inspiration and motivation through influential figures in the social media. However, there are some disadvantages, which include distorted body image, risky sexual behaviours, and decreased school grade. Moreover, Ahmet Akin [29] also found that high frequency of usage to the level of addiction can predict negative consequences to physical vitality and subjective happiness.

III. METHODS

A. Participants and Design

The participants involved in this study were 422 students who were obtained by using convenience sampling method. Participants were ranging from 15 to 19 years old and were in grade 10 and 11 of high school by the time of the study. Participants were obtained from two private schools in Jakarta that met the criteria used by Luthar, Barkin, and Crossman [18] in their affluent adolescent research. One school is located in West Jakarta that adopts Catholic culture in its studies, has 20 different extracurricular activities, accredited A by Indonesian's Educational Department, and is known to implement native speaker in their English subject. The other school is located in respectable area in East Jakarta and also adopts Catholic culture, has 15 different extracurricular activities, with many of its graduates are well-known public figures.

Data collection is done by using written questionnaires and participants were asked to filled out the questionnaires in normal classroom setting. In this sample, 222 participants were males (52.6%) and 200 participants are females (47.4%). Their current grade during data collection were 150 participants from grade 10 (35.5%) and 272 participants from grade 11 (64.5). In terms of social media usage styles, there were 15 participants classified themselves as sporadics (3.6%), 69 participants classified as lurkers (16.4%), 169 participants were categorized as socializers (40.0%), 12 participants were categorized as debaters (12.8%), 155

participants were classified as advanced users (36.7%), while 2 participants did not give an answer (0.5%).

On the questionnaire papers, there were some short questions about general social media usage in which participants have to pick an option (multiple-choice question). From these questions, some additional data were gathered. There are 332 participants (78.7%) reported their preference to use real name when creating their social media profile, 87 participants (20.6%) reported their preference to use fake name or *alias* with 3 participants (0.7) did not pick an answer. When asked for how long they have been using social media, only 7 participants (1.7%) have been using social media for less than 2 years, 137 participants (32.5%) used social media for 2 to 5 years, 277 participants (65.6%) have been using their social media for more than 5 years, while only 1 participant (0.2%) did not give an answer. into Warm and Close Relationships between Friends which may be the same gender or different gender.

B. Measurement Tools

Quality of Life Measurement

To measure participants' quality of life, WHOQOLBREF Indonesian version adapted from Purba *et al.* [1] were used. This instrument consists of 26 items which include the four domains of quality of life which are:
(1) Physical Health domain, measured by 7 items, (2) Psychological domain, measured by 6 items, (3) Social Relationships domain, consisting of 3 items, (4) Environment domain, consisting of 8 items, along with two additional items which measure general quality of life and general health. Every domain is measured separately and this measurement does not give out the total quality of life score. All of the items in each domain are shown to have good internal consistency value (Corrected item-total value
> 0.2) and good reliability (Cronbach's Alpha > 0.6) according to statistical tests. In filling out the instrument, participants were asked to evaluate several aspects on their life by making an answer using 5-Point Likert Scale for each item in matter how much the statement matches his current condition, ranging from "Very Bad" to "Very Good".

Before data collection began, two items in WHOQOL- BREF need to be revised since they were considered inappropriate to be asked for high school students. Those two items were: (1) Capacity to Work item, revised into Capacity to School, and (2) Sexual intimacy item, changed into Warm and Close Relationships between Friends which may be the same gender or different gender.

General Social Media Usage

For measuring general social media usage, a translated version of Media Technology Usage and Attitude Scale (MTUAS) General Social Media Usage Subscale were used. This instrument was developed by Rosen et al. [2] and was translated into Bahasa Indonesia by using the service of sworn translator. This subscale consists of 9 items that measures general social media behaviour, such as checking social media, creating status update, surfing the social media, giving comments as well as likes to other contents. Participants were asked to choose an option in 10-point scale from, ranging from "Never" to "All the Time".

IV. RESULTS

The raw score of the quality of life variable needs to be transformed into 0-100 scale for easier interpretation according to the WHOQOL User Manual [25]. Based on this scale, this research used an interpretation norm that can be seen in the following table

Table 1: Interpretation Norm for Quality of Life Score

Quality of Life Score	Category
0 – 25	Poor
26 – 50	Average
51 – 75	Good
76 – 100	Very Good

Following this norm, the quality of life for each domain can be seen in the following table.

Table 2: Descriptive Result of the Quality of Life (n=422)

Domain	Mean	Standard Deviation	Min Score	Max Score
Item: 1 General Quality of Life	3.65	0.80	1.00	5.00
Item 2: General Health	3.58	0.92	1.00	5.00
Physical Health	66.44	12.08	17.86	100.00
Psychological	61.10	15.19	8.33	95.83
Social Relationships	65.66	16.65	0.00	100.00
Environment	65.89	13.33	12.50	100.00

Different with the quality of life variable, General social media usage is categorized by using percentile norm using 27% as bottom line and 73% as top line as shown on the following table.

Table 3: Categorization Norm for General Social Media Usage

Mean Score Range	Category
< 5.14	Low
5.14 – 6.44	Average
> 6.44	High

Based on statistical analysis, the descriptive statistics of the General Social Media Usage can be seen on the following table.

Table 4: Descriptive Result of the General Social Media Usage

	Mean	Standard Deviation	Min Score	Max Score
General Social Media Usage	5.8	1.24	1.11	10

Further analysis is used to show the relationship between general social media usage categorization and every domain in the quality of life as shown on following table.

Table 5: Mean Score of Each Domain in the Quality of Life in respect to General Social Media Usage Norm

Quality of Life Domain	General Social Media Usage Norm	Mean
Physical Health	Low	63.32
	Average	67.24
	High	68.11
Psychological	Low	58.43
	Average	61.02
	High	63.60
Social Relationship	Low	60.72
	Average	65.92
	High	69.73
Environment	Low	61.72
	Average	66.04
	High	69.42

Unique results are found when quality of life domains score were compared in respect with the profile name usage preference in social media as shown on the table below.

Table 6: Mean Score of Each Quality of Life Domain in respect to Profile Name Usage Preference

Quality of Life Domain	Profile Name Usage Preference	Mean
Physical Health	Real Name	67.09
	Fake Name	64.31
Psychological	Real Name	62.59
	Fake Name	55.68
Social Relationship	Real Name	67.31
	Fake Name	60.12
Environment	Real Name	67.11
	Fake Name	61.42

In order to find out whether there is a significant difference between the means of profile name usage preference, inferential statistics of Mann-Whitney U

was used. Non-parametric test was used since the quality of life's domains scores were found to fail meet the criteria of normality by using Kolmogorov Smirnov test, with its significance value smaller than 0.05 (p<0.05). The results of Mann-Whitney U test can be seen on the following table.

Table 7: Result of Mann-Whitney Test on the Quality of Life's Domains Based on Profile Name Usage Preference

	Physical Health	Psychological	Social Relationship	Environment
Mann-Whitney U	0.052	0.001	0.004	0.003

V. DISCUSSION

Descriptive analysis shown that quality of life scores of the affluent adolescents in this sample are in a good level across all domains. For Physical Health and Environment domains, it can be concluded that financial wealth from their affluent parents enabled them to fulfil their basic needs to grow up healthy at ease. This idea was supported by the research conducted by Visa Affluent Study [8], where affluent families are shown with generally good physical health since their economic capabilities allow them to easily fulfil their basic physiological needs, including physically safe and accessible home environment as measured by the Environment domain. Explanation for the relatively high score on Social Relationship domain might be due to how social relationship need was rapidly being fulfilled in adolescent phase. Social support from peers was the main source of relationships need and therefore had a big influence on adolescent's life [30]. Psychological domain was shown to have the lowest score compared to the other domains, although the mean score was still in the Good category. This finding is somewhat different from the finding found in America where affluent adolescents were shown to have heightened risks of psychological disturbances such as depression and internalization problems [31].

The difference between this research finding and the previous findings might be due to the difference in culture, both the countries' culture in general and specifically, school culture. In Eastern countries such as Indonesia, the culture of collectivism is adopted which is different with the culture of individualism in Western countries from which most of the affluent research findings were conducted. Individualistic culture emphasize mores on the personal goals, wants, and targets while collectivistic is highly desired [32]. These culture differences might affect how affluents adolescents perform in communities, especially school and network of friends. Group cohesiveness might act as a buffer or an improvement in how adolescents perceive life in general. Furthermore, these samples were obtained from schools which have Catholic background. According to Coleman [33], Catholic schools have a functional community where trust is mutual and allows beneficial information exchange. Furthermore, Catholic schools were shown to provide cohesive school environment that allows increased self-esteem, academic motivation, and social relationships should if the values are successfully internalized by every member in the community [33].

Varied extracurricular activities employed in both schools might have an effect on increased quality of life. Extracurricular activities were found to be able to predict good self-adjustment on many fields, including academic, psychological, and behaviour [10]. Moreover, spiritual activities employed in both schools which have Catholic background also can bring positive effects on adolescents, such as better self-recognition, emotion regulation, and interpersonal skills [34].

In terms of social media usage, affluent adolescents in this sample are shown to be in average level of social media usage. These scores do not seem to largely affect the score of quality of life's domains. Affluent adolescents appear to be able to use social media in a beneficial way where it can help them academically while in the same time, allows them to connect with others and for leisure purposes.

Interesting finding shown in the deeper analysis concerning quality of life domains with the name preference in social media. Papalia and Martorell [7] mentioned about how online self-disclosure is highly preferred by adolescents. As it turned out, participants who reported using fake name or alias tend to have

lower quality of life scores in all domains compared with the others who used real name in creating social media profile. Further analysis using Mann-Whitney U shown that there are significant differences between the domains' means. The exact relationships between profile name usage preference and quality of life domains might be considered for future research.

Although they are shown to have good quality of life in general, there were some interesting qualitative findings on individual level. One notable finding is "No comment nor judgement with my evaluation. Please," was found written on the questionnaire paper from one participant who has relatively poor scores in Physical Health and Psychological domains. Another finding shows a writing beside an item about negative feelings which reads, "Every second in my life probably". This participant was then known to have poor score on the Psychological domain. Therefore, it can be concluded that there might be a risk of psychological disturbances in a small number of affluent adolescents that can be intervened and detected early by using qualitative method or even mixed method.

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