# PERJANJIAN
# PELAKSANAAN PENELITIAN SKEMA TUGAS AKHIR REGULER
# PERIODE II TAHUN ANGGARAN 2022
NOMOR: 089/Int-TAR-KLPPM/UNTAR/XII/2022

Pada hari ini Selasa, tanggal 20 Desember 2022, yang bertanda tangan di bawah ini:

I.  Nama           : Ir. Jap Tji Beng, MMSI., M.Psi., Ph.D.
    Jabatan        : Ketua Lembaga Penelitian dan Pengabdian kepada Masyarakat

Selanjutnya di sebut sebagai **Pihak Pertama**

II. Nama           : Agustina, M.Psi., Psikolog
    NIDN           : 10709002/0331088203
    Fakultas       : Psikologi
    Prodi          : Sarjana Psikologi

Bertindak untuk diri sendiri dan anggota Tim Pengusul:

a.  Anggota Dosen  :
    Nama           : Linda Wati, M.Psi., Psikolog
    Fakultas       : Psikologi
    Prodi          : Sarjana Psikologi

b.  Anggota Mahasiswa :
    Nama           : Jessica Amandha Puspitasari
    NIM            : 705190056
    Fakultas       : Psikologi
    Prodi          : Sarjana Psikologi

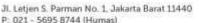Selanjutnya dalam tugas ini disebut sebagai **Pihak Kedua**

1.  Pihak pertama menugaskan Pihak kedua untuk melaksanakan kegiatan **Penelitian Skema Tugas Akhir Reguler** atas nama Universitas Tarumanagara yang berjudul: "**Peran *Loneliness* terhadap *Self Disclosure* pasa Dewasa Awal Pengguna Media Sosial *Instagram*"**, dengan dana penelitian sebesar Rp. **3.000.000,-** (Tiga Juta Rupiah) yang dibebankan kepada anggaran Universitas Tarumanagara dan diberikan setelah pengumpulan Laporan Tugas Akhir berupa: bukti ujian dan *draft* artikel jurnal atau bukti *Letter of Acceptance (LoA).*
2.  Kegiatan penelitian sebagaimana dimaksud dalam poin 1 dilaksanakan dalam waktu 5 bulan (periode Oktober 2022 – Februari 2023).
3.  Luaran Penelitian Skema Tugas Akhir Reguler berupa: Artikel Ilmiah yang diterbitkan di Jurnal Nasional Terakreditasi atau Prosiding Internasional Bereputasi dengan anggota mahasiswa berperan sebagai *first author* dan dosen sebagai *corresponding author* dapat dikirimkan buktinya ke LPPM setidaknya pada akhir bulan Desember 2023.

Jakarta, 20 Desember 2022

Pihak Pertama                                    Pihak Kedua

Ir. Jap Tji Beng, MMSI., M.Psi., Ph.D.           Agustina, M.Psi., Psikolog

Jl. Letjen S. Parman No. 1, Jakarta Barat 11440
P: 021 - 5695 8744 (Humas)
E: humas@untar.ac.id

Untar Jakarta       untar.ac.id

**Lembaga**
• Pembelajaran
• Kemahasiswaan dan Alumni
• Penelitian & Pengabdian Kepada Masyarakat
• Penjaminan Mutu dan Sumber Daya
• Sistem Informasi dan Database

**Fakultas**
• Ekonomi dan Bisnis      • Teknologi Informasi
• Hukum                   • Seni Rupa dan Desain
• Teknik                  • Ilmu Komunikasi
• Kedokteran              • Program Pascasarjana
• Psikologi

**LAPORAN PENELITIAN SKEMA TUGAS AKHIR REGULER
YANG DIAJUKAN KE LEMBAGA PENELITIAN DAN
PENGABDIAN KEPADA MASYARAKAT**



**PERAN LONELINESS TERHADAP SELF DISCLOSURE
PADA DEWASA AWAL PENGGUNA MEDIA SOSIAL
INSTAGRAM**

Disusun oleh:
**Ketua Tim**
Agustia, M.Psi., Psikolog (0331088203/10709002)

**Anggota Dosen**
Linda Wati, M.Psi., Psikolog (0323038202/10710007)

**Anggota Mahasiswa:**
Jessica Amandha Puspitasari (705190056)

**PROGRAM STUDI PSIKOLOGI JENJANG SARJANA
FAKULTAS PSIKOLOGI
UNIVERSITAS TARUMANAGARA
JAKARTA
JULI, 2023**

# HALAMAN PENGESAHAN
## LAPORAN PENELITIAN
### Periode II / Tahun 2022

1. Judul : Peran Loneliness terhadap Self Disclosure pada Dewasa Awal Pengguna Media Sosial Instagram
2. Ketua Tim
   a. Nama dan Gelar : Agustina, M.Psi., Psikolog
   b. NIDN/NIK : 0331088203/10709002
   c. Jabatan/Gol : Lektor/IIIC
   d. Program Studi : Psikologi Jenjang Sarjana
   e. Fakultas : Psikologi
   f. Bidang Keahlian : Psikologi Umum
   g. Alamat Kantor : Jl. Letjen S. Parman No.1 Jakarta
   h. Nomor HP/Tlp/Email : 08170705303/agustina@fpsi.untar.ac.id
3. Anggota Tim Penelitian
   a. Nama Dosen/NIK : Linda Wati, M.Psi., Psikolog/10710007
   b. Nama Mahasiswa/NIM : Jessica Amandha Puspitasari/705190056
4. Luaran yang dihasilkan : Prosiding Internasional Bereputasi
5. Jangka Waktu Pelaksanaan : Periode II (Oktober 2022 – Februari 2023)
6. Biaya yang disetujui LPPM : Rp 3.000.000,-


Jakarta, 11 Juli 2023

Menyetujui,
Ketua LPPM

Ketua Tim



Ir. Jap Tji Beng, MMSI., M.Psi., Ph.D.          Agustina, M.Psi., Psikolog
NIK: 10381047                                                NIK: 10709002

## SUMMARY/SINOPSIS (150-200 KATA)

Manusia merupakan makhluk sosial yang tidak dapat hidup sendiri untuk memenuhi kebutuhannya. Salah satu kebutuhan mendasar manusia ialah membentuk hubungan sosial serta hidup di dalam kelompok sosial. Pada zaman teknologi seperti saat ini hubungan dapat dibina secara langsung maupun dalam jaringan seperti media sosial, salah satunya Instagram. Dalam pembentukan hubungan sosial, baik secara langsung maupun dalam jaringan terdapat proses pengungkapan diri atau self disclosure. Menurut Sears et al. (1985) apabila individu gagal untuk membangun hubungan dengan orang lain maka akan mengalami loneliness hingga isolation. Tujuan dari penelitian ini adalah untuk mengetahui apakah terdapat peran loneliness terhadap self disclosure pada dewasa awal pengguna media sosial Instagram. Partisipan penelitian ini sebanyak 277 orang yang didapatkan melalui teknik purposive sampling dengan kriteria berusia 18-25 tahun, memiliki instagram, dan pernah mengungkapkan dirinya di instagram. Alat ukurnya menggunakan Revised Self disclosure Scale oleh Wheeless dan Grotz (1976) yang diadaptasi oleh Anggraeni dan Zulfiana (2018) dan UCLA Loneliness Scale Versi ke 3 (Russell,1996) yang diadaptasi oleh Anggraeni dan Zulfiana (2018). Hasil penelitian ini menunjukkan bahwa terdapat peran loneliness terhadap self disclosure dengan nilai signifikansi sebesar R square = 0,383 atau 38,3%, sedangkan 61,7% lainnya dipengaruhi oleh faktor lain di luar penelitian ini.

# LEMBAR PENGESAHAN SKRIPSI

## Pengesahan

| | | |
|---|---|---|
| Nama | : | JESSICA AMANDHA PUSPITASARI |
| NIM | : | 705190056 |
| Program Studi | : | PSIKOLOGI |
| Judul Skripsi | : | Peran Loneliness Terhadap Self Disclosure pada Dewasa Awal Pengguna Media Sosial Instagram |
| Title | : | The Role of Loneliness Against Self Disclosure in Early Adult Instagram Social Media Users |

Skripsi ini telah dipertahankan di hadapan Dewan Penguji Program Studi PSIKOLOGI Fakultas Psikologi Universitas Tarumanagara pada tanggal 10-Januari-2023.

**Tim Penguji:**
1. NAOMI SOETIKNO, Dr., M.Pd., Psikolog.
2. YOHANES BUDIARTO, M.Si
3. AGUSTINA, M.Psi., Psikolog

Yang bersangkutan dinyatakan: **LULUS.**

Pembimbing:
AGUSTINA, M.Psi., Psikolog
NIK/NIP: 10709002

Pembimbing Pendamping:
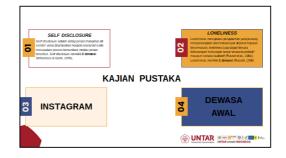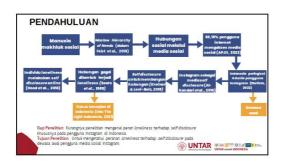LINDA WATI, S.Psi., M.Psi.
NIK/NIP: 10710007

Jakarta, 10-Januari-2023
Ketua Program Studi

ZAMRALITA, Dr.M.M., Psikolog

**Slide 1 (Title)**

UNTAR
Universitas Tarumanagara

UNTAR untuk INDONESIA

Peran *Loneliness* Terhadap *Self Disclosure*
pada Dewasa Awal Pengguna Media Sosial Instagram

Disusun Oleh:
Jessica Amandha Puspitasari - 705190056

www.untar.ac.id   Untar Jakarta   @UntarJakarta   @untarjakarta

**Slide 2 (Kajian Pustaka)**

**KAJIAN PUSTAKA**

01 **SELF DISCLOSURE**
*Self disclosure* adalah setiap pesan mengenai diri sendiri yang disampaikan kepada orang lain serta merupakan proses komunikasi melalui pesan tersebut. *Self disclosure* memiliki **5 dimensi** (Wheeless & Grotz, 1976).

02 **LONELINESS**
Loneliness merupakan pengalaman yang kurang menyenangkan dan menyangkut dimensi maupun kecemasan, loneliness juga dapat terasa kekurangan hubungan sosial secara kuantitatif maupun secara kualitatif (Russel et al., 1984). Loneliness memiliki **2 dimensi** (Russel, 1996)

03 **INSTAGRAM**

04 **DEWASA AWAL**

**Slide 3 (Pendahuluan)**

**PENDAHULUAN**

Manusia makhluk sosial → Maslow Hierarchy of Needs (dalam Feist et al., 2018) → Hubungan sosial melalui media sosial → 89,15% pengguna internet mengakses media sosial (APJII, 2022)

Individu *loneliness* melakukan *self disclosure online* (Hood et al., 2018) ← Hubungan gagal terjadi *loneliness* (Sears et al., 1988) ← *Self disclosure* untuk membangun hubungan (Kreiner & Levi-Belz, 2019) ← Instagram sebagai media*self disclosure* (Al-Kandari et al., 2016) ← Indonesia peringkat 4 dunia pengguna Instagram (Statista, 2022)

Kasus kesepian di Indonesia (Into The Light Indonesia, 2021) → Dewasa awal

**Gap Penelitian**: Kurangnya penelitian mengenai peran *loneliness* terhadap *self disclosure* khususnya pada pengguna Instagram di Indonesia

**Tujuan Penelitian**: Untuk mengetahui peranan *loneliness* terhadap *self disclosure* pada dewasa awal pengguna media sosial Instagram.

**Slide 4 (Metode Penelitian)**

**METODE PENELITIAN**

Partisipan penelitian ini berusia 18-25 tahun, pengguna instagram, pernah melakukan *self disclosure*, dan hasil *loneliness* kategori sedang-tinggi

- Metode kuantitatif
- Teknik sampling *purposive sampling*

Alat ukur :
- *The Revised Self Disclosure Scale (RSDS)* α =.742
- *UCLA Loneliness Scale* 3α = .863

Pengumpulan data menggunakan *google form* yang disebar melalui *LINE*, *Instagram* dan *Whatsapp*

Statistical Package for the Social Science (SPSS) for Windows versi 27.00

**Slide 5 (Temuan Penelitian dan Analisis Data)**

**TEMUAN PENELITIAN DAN ANALISIS DATA**

**Uji Normalitas**
Uji normalitas menggunakan *one-sample kolmogorov smirnov test* p = 0.250 > 0.05 yang artinya data terdistribusi normal

**Uji Regresi**
Uji regresi sederhana antara variabel *loneliness* terhadap *self disclosure* mendapatkan nilai *R Square* sebesar 0.383.

**Uji Korelasi**
Uji korelasi menggunakan *pearson product moment* yang menghasilkan nilai korelasi sebesar 0.619 dengan nilai *p* 0.000.

**Uji Beda**
- Terdapat perbedaan pada variabel *self disclosure* ditinjau dari usia, suku bangsa, dan durasi penggunaan Instagram per hari
- Tidak terdapat perbedaan pada variabel *self disclosure* ditinjau dari jenis kelamin
- Terdapat perbedaan pada variabel *loneliness* ditinjau dari tinggal bersama siapa

**Slide 6 (Daftar Pustaka)**

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**Slide 7 (Simpulan, Diskusi dan Saran)**

**SIMPULAN, DISKUSI DAN SARAN**

**SIMPULAN**
Pada penelitian ini dapat disimpulkan bahwa terdapat peran *loneliness* terhadap *self disclosure* pada dewasa awal pengguna media sosial Instagram. Selain itu ditemukan juga terdapat korelasi positif antara kedua variabel. Ditemukan juga perbedaan *self disclosure* ditinjau dari usia, suku bangsa serta durasi penggunaan Instagram. Terdapat pula perbedaan *loneliness* ditinjau dari tinggal bersama siapa

**Saran Teoretis :**
Saran untuk penelitian selanjutnya ialah menambahkan domisili, uji beda berdasarkan jenis akun Instagram, menambah data kontrol, dan meneliti variabel lain yang dapat memengaruhi *self disclosure*

**Saran Praktis :**
Bijak dalam melakukan *self disclosure* seperti konten apa yang dibagikan dan kepada siapa, saat ini pengguna dapat memanfaatkan fitur *close friend*. Untuk mengurangi *loneliness* dapat bergabung ke komunitas atau organisasi baru serta mencari hobi baru.

**DISKUSI**
- Hubungan *self disclosure* dengan *loneliness* berbeda dengan penelitian Chen (2021)
- Uji peran mendukung penelitian Akbar dan Abdullah (2021)
- Uji beda variabel *self disclosure* ditinjau dari jenis kelamin berbeda dengan yang dikemukakan oleh Derlega et al. (2008) dan Tang et al. (2013)
- Uji beda variabel *self disclosure* ditinjau dari usia sejalan dengan pernyataan Sinha (1972)
- Uji beda variabel *self disclosure* ditinjau dari suku bangsa sejalan dengan yang dikemukakan Edwards et al. (2021)
- Uji beda variabel *self disclosure* ditinjau dari durasi penggunaan Instagram sejalan dengan penelitian Pangayuningasih dan Heini (2020)
- Uji beda variabel *loneliness* ditinjau dari tinggal bersama siapa sesuai dengan pernyataan Parlee (1979)

**Slide 8**

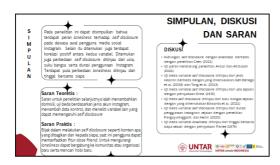Thank You!

| LAMPIRAN |
|---|
| Artikel ilmiah (submit/in-review/published) ATAU Letter of Acceptance (LoA) |

## INTERNATIONAL CONFERENCE & CALL FOR PAPERS

### "Building Multicultural Competence in Diverse Communities"

Dear Jessica Amandha Puspitasari, Agustina, and Linda Wati

Congratulation! We are pleased to inform you that after undergoing peer review, your abstract entitled Gender differences in self disclosure among emerging adult Instagram users has been accepted for an oral presentation in **INTERNATIONAL CONFERENCE & CALL FOR PAPERS "Building Multicultural Competence in Diverse Communities"**, conducted by Faculty of Psychology – Universitas Kristen Satya Wacana, in collaboration with Asosiasi Psikologi Kristiani (APK) and HIMPSI Salatiga; held on 8-9th of November 2022 in Universitas Kristen Satya Wacana, Salatiga, Indonesia.

For being included in our conference proceeding with E-ISSN number, please send your full research article to our e-mail: conference.psikologi@uksw.edu before December 13, 2022 at 23.59 WIB (GMT+7) by the latest.

Please kindly pay attention to this information and find the full article writing format attached to this email.

Thank you and God bless

# GENDER DIFFERENCES IN SELF DISCLOSURE AMONG EMERGING ADULT INSTAGRAM USERS

**Jessica Amandha Puspitasari, Agustina, Linda Wati**

Faculty of Psychology, Universitas Tarumanagara

Email Correspondence: Agustina@fpsi.untar.ac.id

## ABSTRACT

Internet users in Indonesia are increasing along with the use of social media, which is the purpose of almost all internet users. In using social media, especially Instagram, users do self-disclosure. It is known that gender is also a factor that affects self-disclosure; men tend to be more awkward in disclosing themselves than women (Derlega et al., 2008; Tang et al., 2013). This study aimed to determine whether there are gender differences in self-disclosure among emerging adults Instagram users. The participants of this study were 121 people who were obtained through a purposive sampling technique with criteria aged 18-25, have an Instagram account, and had revealed themselves on Instagram. This study uses the Revised Self Disclosure Scale by Wheeless and Grotz (1976)which was adapted by Anggraeni and Zulfiana (2018). The results of this study indicated that there are differences in self-disclosure in women and men. Self-disclosure of women (M= 52.80), is higher than men (M= 49.00).

**Keywords: Emerging adulthood; Gender differences; Instagram; Self disclosure**

## INTRODUCTION

The number of Indonesian internet users keeps increasing from year to year. The percentage of citizens above five years old who claimed to have accessed the internet in the last three months has increased by 8.37% from 53.73% in 2020 to 62.10% in 2021. Indonesian citizens' purposes of using the internet include 94.73% for social media, 77.58% for reading news, 75.72% for entertainment, 54.05% for learning, 21.26% for purchasing goods/services, 18.32% for sending/receiving e-mail, 16.87% for obtaining information about goods/services, 10.10% for financial facilities, 8.26% for selling goods/services, and 6.13% for others (Statistics Indonesia, 2022)

According to the previous data, it is acknowledged that most internet users in Indonesia use the internet for social media. For this reason, many social media platforms have become famous, such as WhatsApp, Line, Facebook, Instagram, TikTok, Telegram, Twitter, and YouTube. Instagram is one of the social media platforms liked by many people. Data from Business of Apps shows that Instagram users in quartal I of 2022 have increased by 1.67% from the previous quartal (Rizaty, 2022). There are several features in Instagram for its users to share posts in the form of pictures, videos, carousels, and stories. Those are features that make people interested in using Instagram. Some studies show that the majority of users post their selfies on Instagram. They will take many pictures before posting them to receive praise and likes. Instagram provides these features to facilitate the public's need to obtain social validation, which gives the user unique satisfaction (Huang & Su, 2018).

Social media platforms generally ask users to create a profile containing their data, such as name, photo, e-mail, gender, phone number, and date of birth. After that, they can use the features on the platform, such as sharing photos or videos in their social media (Ostendorf et al., 2020). Disclosing personal information to others, such as giving an identity by creating a profile to share personal information, emotions, pictures, and updates, can be referred to as self-disclosure(Sharif et al., 2021). Sharif et al. (2021)mentioned that the general purpose of someone doing self-disclosure is to get others' attention, develop social capital, strengthen relationships between individuals, attract like-minded people, and develop an information and knowledge-based society.

According to Ostendorf et al. (2020), the quantity of self-disclosure on social media negatively impacts the making of favorable decisions and positively impacts the tendency to use problematic social networks. High self-disclosure through posts is associated with a general tendency to ignore long-term risks. In addition, problematic social networks can increase an individual's self-disclosure through posts. However, self-disclosure also impacts relationship quality, mental health(Karsay et al., 2019), and psychological well-being (Luo & Hancock, 2019).

Many factors can influence a person's self-disclosure, including self-esteem, negative emotions, and preference for online social interaction. These factors are predicted by social anxiety (Bianchi et al., 2022), personality, trust, intimacy, reciprocity, anonymity, culture, and gender (Edwards et al., 2021). It is known that gender is also a factor that affects self-disclosure; men tend to be more awkward in disclosing themselves than women (Derlega et al., 2008; Tang et al., 2013).

A study by Horne and Johnson (2018) on differences in self-disclosure between men and women in 5,042 German individuals found that women's self-disclosure score was higher than men's. However, this result differs from a study by Batool and Zubair (2018) involving 380 Pakistani students, which showed that generally, men scored higher than women in self-disclosure. Based on the two studies, self-disclosures in men and women are different. However, both studies were conducted abroad. Since previous studies conclude differently regarding who is more willing to disclose their data to the public and conducted abroad, hence the present study.

This research focused on the Instagram platform; the subjects were young adults. Instagram was selected in this study because it was one of the platforms with an increasing number of users. Based on Napoleon Cat data, most Instagram users in Indonesia are 18 to 24 years old, whereas 19.8% of users are female and 17.5% are male (Annur, 2021).

## METHOD

The research participants were 121 people selected through purposive sampling with the following criteria: 18-25 years old, having an Instagram account, and having revealed themselves on Instagram. This study used a questionnaire distributed through a web application named Google Forms. The instrument needed for data collection was an instrument to measure self-disclosure.

### Research Design
The research design of this study was a comparative quantitative method, which is to distinguish a variable in two different types of groups.

### Participants
The participants of this study were 121 people with the following criteria: 18-25 years old (M = 20.644), having ever revealed themselves on Instagram, female (N = 66, 45.5%) and male (N = 66, 54.5%), and having an Instagram account.

### Instrument
### The Revised Self-Disclosure Scale
The instrument in this study used the Revised Self-Disclosure Scale by Wheeless & Grotz (1976), adapted by (Anggraeni & Zulfiana, 2018). The dimensions of self-disclosure by Wheeless and Grotz (1976) include (1) amount, (2) positive-nègativeness, (3) consciously intended disclosure, (4) honesty-accuracy, and (5) control of the general depth or intimacy of the disclosure.

This instrument had 16 items divided into five dimensions, including 6 items on depth and intimacy, 4 items on accuracy and honesty, 1 item on quantity, 3 items on valence, and 2 items on purposes, with a reliability score of 0.819 and a validity score of 0.331 – 0.595. These questionnaire items were divided into two: 11 items of favorable (supporting the measured variable), such as "I usually talk about myself on

Instagram sincerely" and 5 items of unfavorable (not supporting the measured variable), such as "I don't often talk about myself on Instagram". Responses were measured on a 5-point Likert scale, ranging from 1 "strongly disagree" to 5 "strongly agree".

**Research Procedure**

This research began by organizing a questionnaire in a web-based application named Google Form, which contained informed consent, personal data, and instruments to measure self-disclosure variables. In the informed consent, two answer options were provided: willing and not willing. If the respondent selected willing, he/she would be directed to fill in his/her personal data and the questionnaire. If he/she selected not willing, he/she would be directed to the last page, a thanking page. This questionnaire was distributed through social media, such as Instagram, and chat applications, such as Whatsapp and LINE.

**Data Analysis Techniques**

Data were analyzed using the SPSS 27.0 application with a parametric independent sample t-test to determine differences in self-disclosure between men and women.

**RESULTS**

Based on the data analysis from the research on 121 respondents, there were differences in self-disclosure between women and men. Self-disclosure in women (M=52.80) was higher than in men (M=49.00).

**Table 1.** Independent Sample Test

| | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | 95% Confidence Interval of the Difference | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | F | Sig. | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | Lower | Upper |
| Self Disclosure | Equal variances assumed | 3.847 | .052 | -3.203 | 119 | .002 | -3.803 | 1.187 | -6.154 | -1.452 |
| | Equal variances not assumed | | | -3.167 | 108.762 | .002 | -3.803 | 1.201 | -6.183 | -1.423 |

Note. Based on the results of the SPSS calculation above, the p-value on self-disclosure is (0.002<0.05). Therefore, H₀ was rejected, meaning that there is a difference in the average results of self-disclosure between men and women. The Group Statistics table shows that the mean value of self-disclosure in men is 49.00 and the value of self-disclosure in women is 52.80, meaning that the average result of self-disclosure in women is higher than the average result of self-disclosure in men.

**DISCUSSION**

Based on the results of this study, there is a difference in self-disclosure regarding gender among young adults who use Instagram; women's self-disclosure is higher than men's. This result is similar to the previous research by Horne and Johnson (2018), which states that there is a difference between the mean score of men and women; women are more likely to do self-disclosure acts than men. In this study, whose participants were Instagram users, women tended to have higher self-disclosure. In a study by Yu (2014) it was also found that women's self-disclosure is higher than men's, both through face-to-face and online interactions, in this case: through e-mail. Male societal stereotypes could be the reason for the lack of self-disclosure from men. It is also supported by Else-Quest et al. (2012), where men tend to do less self-disclosure than women because women are encouraged to be more disclose and expressive while men are encouraged not to do this.

## CONCLUSION

After research involving 121 participants was conducted, the results showed a difference in self-disclosure regarding gender among young adults who use Instagram. It can be concluded that the research hypothesis is accepted. Suggestions for future research include examining differences in self-disclosure from face-to-face interactions in terms of gender. Then, the next researcher can also review cultural differences. A suggestion for readers is to consider their self-disclosure on social media, especially Instagram, because of the impact that can be caused by it.

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