

jurnal icha english

by Turnitin Checker

Submission date: 13-Feb-2024 09:43PM (UTC+1100)

Submission ID: 2293729300

File name: jurnal_icha_english.docx (155.29K)

Word count: 4798

Character count: 27409

Self-Control and the Phenomenon of Toxic Online Disinhibition in Teenagers Who Have Twitter

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¹
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Self-Control and the Phenomenon of Toxic Online Disinhibition in Teenagers Who Have Twitter

Abstract. This study aims to determine the relationship between self-control and toxic online disinhibition behavior in teenagers who have twitter account. This research uses quantitative methods with correlational studies. The subjects used in this research were adolescents aged 12-21 years who used the twitter social media application in Bekasi and the data collection technique used was Non-Probability Sampling technique with Purposive Sampling type. Participant used in this research are 165 people. The measuring instrument used is a Likert scale. The results of the research using Spearman correlation showed a negative relationship between self-control and toxic online disinhibition with a significance value of <0.001 ($p < 0.05$) which means (H_a) is accepted and (H_o) is rejected. The relationship between self-control and toxic online disinhibition has a correlation value with a moderate level of -0.444 . These results indicate that the proposed hypothesis is that the higher the self-control, the lower the toxic online disinhibition experienced by adolescents.

Keywords: Self-control, Toxic online disinhibition, Teenagers

Introductions

The emergence of the internet has made cultural changes in human life. Activities that are usually carried out directly such as talking, playing and studying or finding a partner can now be done on the internet. Everyone can communicate without knowing time, place and identity. Media development in Indonesia has grown rapidly with the presence of technology that is also getting better (Ramadhani, 2023). Social media has a considerable impact on the use of technological development in Indonesia, where most users are teenagers to adults, because social media has the capability to entice individuals to engage actively in providing feedback, comments, and disseminating information without any temporal constraints.

A survey from the Global Web Index (GWI) said that Indonesia is one of the biggest social media users and ranked 5th. In its survey, GWI mentioned several types of social media that are often used, namely YouTube, Instagram, Facebook, Tumblr, Snapchat, Pinterest, and Twitter. Twitter is cited as the main means of communication through online social media due to its technological advancements. A lot of information, news portals, and twitter accounts owned by domestic or foreign artists make users consider twitter to be a social media that is prioritized to visit. Meanwhile Gustam (2015) said that many twitter users say that twitter is a place to discuss and share through user tweets that contain various topics to talk about. In 2022, twitter emerged as the most widely utilized social media platform among users in Indonesia, which amounted to 18.45 million. This makes Indonesia ranked fifth in the use of the largest twitter application in the world (Ayu, 2022).

Social media users especially twitter are dominated 15-24 years old. (Dewi et al., 2022). Judging from the age level of adolescents who use social media in Indonesia, adolescents who use social media are included in the developmental period proposed by (Santrock 2012). Based on rule of social media, social media use minimum 17 years old because they can already use their concrete operations to form more complex operations. At this stage, they have the ability to think abstractly and do not need help with concrete objects or events (Ibda, 2015).

But in fact there are many underage teens who manipulate their age in order to register themselves on these social media applications. Many studies have shown that age manipulation creates social media addiction which has a negative impact on adolescents. According to Daviz (in Aprilia et al., 2020) this is because underage teenagers are still unable to control themselves in using social media. Teenagers who are not old enough are individuals who are not socio-emotionally mature enough and need supervision and guidance in using the internet and social media (Ike, 2018).

Beside that, Widiyanti dan Herdiyanto (2013) said that adolescents have different characteristics in using social media, due to relatively different experiences, motives, attitudes and personality types. When adolescents use social media with high intensity, it can cause adolescents to have an apathetic attitude due to their low social interaction and social sensitivity (Efendi et al., 2017). Therefore, when teenagers are comfortable playing social media, they only care about their world until they are not sensitive to what is happening in their environment (Pratama, 2021).

Along with this, the results of research from Fitrianyah (2018) also say that social media makes it difficult for adolescents to socialize in the real world because they are too long in cyberspace, and prefer to be alone which then creates individualism in adolescents. The emotional result experienced by adolescents when they cannot control when they are using social media is that they cannot control themselves. Research from Wilcox & Stephen (2013) says that the existence of social media networks that can be accessed everywhere can reduce self-control that can have a wide impact, especially for adolescents and young adults who are the heaviest users of social media. Self-control when using social media is used to limit behavior so that it is not excessive and does not cross the limits of the norms that apply in society.

According to Syaroh (2019) self-control is an ability possessed by a person that is used to control his behavior in relative autonomy, from pressures that come from the external environment, innate, learning and physiological impulsivity. According to Tangney et al., (2004) self-control is the capacity to dictate the behavior inclinations inherent within an individual. Individuals who have negative self-control tend to be unable to resist negative urges as well, which makes these individuals tend to behave aggressively (Erpiyani, 2021). Individuals who have aggressive behavior usually attack an object with low emotional control, including factors influenced by self-control. The presence of anonymity stands as one of the elements impacted by self-control, as the utilization of social media has the potential to induce a lapse in self-control, consequently culminating in the manifestation of toxic behavior within the online sphere (Görzig & Ólafsson, 2013).

One of the toxic behaviors on social media is Online Disinhibition. Many have researched the impact of online disinhibition, such as an adolescent who is in a developmental period can be easily influenced by

their environment and become more open in expressing their emotions and feelings when they interact in the online world (Lapidot-lefler & Barak, 2015).

In this study, toxic online disinhibition corresponds to toxic behavior on social media. The Toxic Online Disinhibition Effect represents a manifestation of aggressive behavior that a person shows when in cyberspace (Gackenbach, 2007). Toxic Online Disinhibition Effect can occur because the personal identity owned by individuals is shown when interacting with others online, which can be seen through deep relationships through disclosure of individual self-identity, which is done through self-disclosure (Satriawan et al., 2016). Forms of toxic online disinhibition are such as saying harsh sentences and words, diatribes, ridicule, hatred, anger, threats or visiting dark sites on the internet.

The existence of toxic online disinhibition on the internet and social media is supported by the emergence of a phenomenon on twitter called "Salty Behavior", which is a condition where people show annoyance, harsh criticism or reproach on someone's post (Teniwut, 2023). Users in this twitter social media application do this because of feelings of annoyance so as to issue personal mocking message writing against others. On the twitter social media application there is a base account which is used by twitter users to send messages anonymously (Syafitri et al., 2020). Through this base account, twitter users can freely open themselves without others knowing their identity (Mardiana & Zi'ni, 2020). With this base account, it can support twitter users to be able to say harsh words without worrying about others knowing the real identity of the sender of the message.

These contents can be freely opened by anyone including teenagers. In addition, other negative impacts of twitter on adolescents are that it becomes difficult for adolescents to limit their time using twitter so that they forget to study, adolescents can also falsify identities for personal gain, the use of harsh words that dominate adolescents and the existence of hoax news that can be easily shared by simply retweeting the post (Simbolon & Siahaan, 2021).

Methods

The method used in this research is a quantitative method with correlational techniques to ascertain the correlation between two variables. The dependent variable in this study is toxic online disinhibition and the independent variable is self-control. The self-control variable uses a self-control scale which is compiled based on aspects from Averill (1973), such as behavior control, cognitive control, and decisional control. The self-control measuring instrument used in this study consists of 36 favorable items compiled by Wibisono (2022) with a reliability value of 0.956. The toxic online disinhibition variable uses a toxic online disinhibition scale which is compiled based on aspects from Gackenbach (2007), such as self-disclosure and flaming. The toxic online disinhibition measuring instrument used in this study consists of 29 favorable items compiled by Nugraha et al., (2022) with a reliability value of 0.938. This study describes the relationship between the independent variable, such as self-control (X) and the dependent variable toxic online disinhibition (Y).

The participant used in this research were 165 adolescent users of the twitter social media application in Bekasi aged 12-21 years. The data collection method used in this research used a questionnaire, with the sampling technique using Non-probability Sampling with Purposive Sampling type.

The instrument used in this research uses a Likert Scale with four answer options, such as Very Suitable (VS), Suitable (S), Not Suitable (NS), and Very Unsuitable (VU). The data analysis technique used in this research uses the Spearman Rank correlation test with data analysis using SPSS (Statistical Package for Social Science) version 27 in Windows.

Table 1.

Blue Print Toxic Online Disinhibition Scale

| Aspects | Indicator | Before try out Favorable | After try out Favorable |
|-----------------|---|--------------------------|-------------------------|
| Self Disclosure | Open about the situation emotions and issues faced on twitter | 1,2,8,15 | 1,2,8,15 |
| | Open about relationships interpersonal | 3,4,6,9,11 | 3,4,6,9,11 |
| | Open up about personal tastes and ideas on twitter | 7,10,*13,16,19 | 7,10,16,19 |
| Flaming | Unfavorable statement | 5,12 | 5,12 |
| | Seduction/promises | 14, 18, 21, 22, 24 | 14,18,21,22,24 |
| | Exclamation | 20,25,26,27 | 20,25,26,27 |
| | Expressions to other people | 17, 28, 29 | 17,28,29 |
| | Use of superlatives | 23 | 30 |
| Total | | 29 | 28 |

Note : aitem marked (*) is a canceled aitem with an r value ≤ 30

Tabel 2.

Blue Print Self-Control Scale

| Aspects | Indicator | Before try out Favorable | After try out Favorable |
|--------------------|--|-------------------------------------|-------------------------------------|
| Behavior Control | Individuals can control their behavior on social media | 1,2,3,4,5,6,7,8,9,10,11,12 | 1,2,3,4,5,6,7,8,9,10,11,12 |
| Cognitive Control | Individuals are able to be careful in processing the information they have with various considerations | 13,14,15,16,17,18,19,20,21,22,23,24 | 13,14,15,16,17,18,19,20,21,22,23,24 |
| Decisional Control | Individuals are able to control decisions for themselves | 25,26,27,28,29,30,31,32,33,34,35,36 | 25,26,27,28,29,30,31,32,33,34,35,36 |
| Total | | 36 | 36 |

Result

Based on research conducted on adolescents aged 12-21 years in Bekasi who use the Twitter social media application, the following results were obtained:

Table 3. Subject

Description

| | Profile | N | Percentage |
|----------|-----------------|------------|--------------|
| Gender | Female | 137 | 83% |
| | Male | 28 | 17% |
| | Total | 165 | 100 % |
| Age | 12-15 years | 6 | 3,6% |
| | 15-18 years | 20 | 12,1% |
| | 18-21 years old | 139 | 84,2% |
| | Total | 165 | 100 % |
| Regional | City | 121 | 73,3% |
| | District | 44 | 26,7% |
| | Total | 165 | 100 % |

Based on the table above, it is known that female respondents who filled in totaled 137 people (83%) and 28 men (17%). Of the variations in age 12-15 years who filled in 6 people (3.6%), age 15-18 years old who filled in 20 people (12.1%), and 18-21 years old who filled in 139 people (84.2%). Meanwhile, from the variation of regions that fill more in the city of Bekasi, such as 121 people (73.3%) and Bekasi district as many as 44 people (26.7%).

Assumption Test

The results of the normality test conducted by researchers for the self-control scale obtained a Kolmogorov-Smirnov value of 0.200, while the toxic online disinhibition scale obtained a value of <0.001. It can be said that the significance value on one of the variables is <0.05 so it can be said that the data is not normally distributed.

The results of the linearity test that have been carried out by researchers obtained a Deviation Linearity value of 0.864, which means this shows that the significance value > 0.05 so that it can be said that the two variables have a linear relationship.

Based on this assumption test, it is said that the data is not normally distributed and the two variables are said to be linear, so it can be continued to the next stage, namely the Rank Spearman correlation analysis.

Table 4.

Spearman Rank Correlation

| | | Y | X |
|----------------------------|-------------------------|---------|---------|
| Toxic Online Disinhibition | Correlation Coefficient | 1.000 | -.444** |
| | Sig. (2-tailed) | . | <.001 |
| | N | 165 | 165 |
| Self-Control | Correlation Coefficient | -.444** | 1.000 |
| | Sig. (2-tailed) | <.001 | . |
| | N | 165 | 165 |

Hypothesis Test

Based on the table above, the correlation coefficient value is -0.444, which means that the relationship between self-control and toxic online disinhibition is included in the moderate criteria with a significance value of <0.001 ($p < 0.05$). This shows that there is a negative relationship between self-control and toxic online disinhibition.

Categorization Test & Crosstabulation

In connection with this, researchers also categorized subjects based on the empirical mean (\bar{x}) value of 69.79, the hypothetical mean (μ) with a value of 90, and the standard deviation (σ) with a value of 18 for the self-control variable. In the toxic online disinhibition categorization, the empirical mean (\bar{x}) value is 114.89, the hypothetical mean (μ) is 70, and the standard deviation (σ) is 14. The following table shows the categorization of self-control:

Table 5.

Self-Control Categorization

| Categorization | Value Limit | N | Percentage |
|----------------|-------------|-----|------------|
| Low | < 72 | 3 | 1,8% |
| Medium | 72 - 108 | 49 | 29,7% |
| High | > 108 | 113 | 68,5% |
| Total | | 165 | 100% |

The results of the data categorization table, it can be concluded that of the 165 respondents, 3 respondents (1.8%) were in the low category, 49 respondents (29.7%) were in the medium category, and 113 respondents (68.5%) were in the high category. So the overall respondent from the results of self-control categorization shows that there tends to be more in the high categorization.

Table 6.

Toxic Online Disinhibition Categorization

| Categorization | Value Limit | N | Percentage |
|----------------|---------------|-----|------------|
| Low | < 67,86 | 86 | 52,1% |
| Medium | 67,86 - 72,14 | 17 | 10,3% |
| High | > 72,14 | 62 | 37,6% |
| Total | | 165 | 100% |

The results of the data categorization table, it can be concluded that of the 165 respondents, 86 respondents (52.1%) were in the low category, 17 respondents (10.3%) were in the medium category, and 62 respondents (37.6%) were in the high category. So the overall respondent from the results of the toxic online disinhibition categorization shows that there tends to be more in the low categorization.

Table 7.

Results Self-Control Crosstabulation

| Characteristics | Low | Medium | High | Total |
|-----------------|-----|--------|------|------------|
| Gender | | | | |
| Male | 0 | 5 | 23 | 28 |
| Female | 3 | 44 | 90 | 137 |
| Age | | | | |
| 12-15 years | 0 | 0 | 6 | 6 |
| 15-18 years | 0 | 5 | 15 | 20 |
| 18-21 years old | 3 | 44 | 92 | 139 |
| Region | | | | |
| City | 3 | 38 | 80 | 121 |
| District | 0 | 11 | 33 | 44 |
| Total | | | | 165 |

Based on the crosstabulation table above, it can be seen that this study is dominated by respondents who have a high level of self-control in the high category, precisely dominated by women (90 people) with an age of 18-21 years (92 people) and domiciled in the Bekasi City area (80 people). Based on this, women aged 18-21 years have higher self-control because when they get older, they will have better self-control (Ghufron & S., 2010).

Table 8.

Crosstabulation Results Toxic Online Disinhibition

| Characteristics | Low | Medium | High | Total |
|-----------------|-----|--------|------|------------|
| Gender | | | | |
| Male | 5 | 18 | 5 | 28 |
| Female | 23 | 89 | 25 | 137 |
| Age | | | | |
| 12-15 years | 0 | 5 | 1 | 6 |
| 15-18 years | 4 | 12 | 4 | 20 |
| 18-21 years old | 24 | 90 | 25 | 139 |
| Region | | | | |
| City | 19 | 79 | 23 | 121 |
| District | 9 | 28 | 7 | 44 |
| Total | | | | 165 |

Based on the crosstabulation table above, it can be seen that this study is dominated by respondents who have a moderate level of toxic online disinhibition, precisely dominated by women (89 people) with an age of 18-21 years (90 people) and domiciled in Bekasi City area (79 people). Female respondents who are at a high level prove that respondents do have toxic behavior on social media but in certain conditions and are not too vulgar.

Discussion

The acquisition of data was conducted through the utilization of a survey instrument meticulously crafted on the Google Forms platform. During the data collection period, researchers obtained 165 respondents who met the research criteria. Teenagers who fill out this questionnaire are dominated by women, the age of those who fill out more is 18-21 years old, and respondents who fill out more in the Bekasi city area. From these results, researchers are looking more deeply into twitter user data, which is known to be more users are women according to Dwitama & Diana (2023), meanwhile Saputra (2019) said that men use more social media applications are Instagram and YouTube. According to Zaskya et al., (2021) in their research said that twitter is a place for self-disclosure about the feelings and events they experience, as well as about trending topics on twitter. Meanwhile, adolescents aged 18-21 years old because it fulfills the need for information about events around them, as well as the urge to gain knowledge and support decision-making opinions (Dewi et al., 2022).

Based on the results of the crosstabulation table data analysis on the toxic online disinhibition variable, female respondents aged 18-21 years in Bekasi city have more toxic behavior on social media. This happens because the characteristics of women when using social media applications to pour their hearts out, one of which is negative energy (Trisilowaty, 2015). This states that respondents do have toxic behavior, but it is only at a moderate level, where they sometimes behave toxic but not too vulgar. According to research conducted by Yaqin & Aviani (2021) the toxic forms owned by women are in the form of belittling others, demeaning others, showing negative signals through emoticons, and talking about other women online. Attributed to the characteristics of netizens in Indonesia, it is influenced by several things, mostly depending on the environment.

Meanwhile, overall from the results of the categorization of toxic online disinhibition variables, the results of data analysis state that adolescents who have toxic online disinhibition, such as 86 subjects (52.1%) are in the low category, 17 subjects (10.3%) are in the medium category, and 62 subjects (37.6%) are in the high category. With the results of toxic online disinhibition more likely to be in the low category, it can be inferred that respondents in this research did not have toxic online disinhibition behavior on social media, especially twitter. Respondents in this research may be said to often comment on other people's uploads or make posts on twitter, but respondents do not give harsh sentences and words to others. This aligns with investigations previously undertaken by Satriawan et al., (2016) said that toxic online disinhibition is in the low category.

Based on the results of the crosstabulation table data analysis on self-control variables, female respondents aged 18-21 years in Bekasi city have high self-control behavior. Based on research from Islami et al., (2023) shows that adolescent girls have high self-control. Meanwhile, overall from the results of the categorization of self-control variables, 3 subjects (1.8%) were in the low category, 49 subjects (29.7%) were in the medium category, and 113 subjects (68.5%) were in the high category. From the results of the categorization calculation, it can be inferred that the respondents in this research have the ability to control themselves well in using the internet, especially the twitter social media application. Research conducted by Putri (2019) says that at the age of 18-21 years which is a transition period from adolescence to early

adulthood where developmental tasks are much more mature and have been able to manage and control themselves better.

Based on the correlation test used on the two variables using the Spearman non-parametric correlation test technique, the result is -0.444^{**} which means moderate, with a significance of <0.001 ($p < 0.05$) which means that there is a relationship between the variables of toxic online disinhibition and self-control, and the direction of the correlation in the relationship is negative (unidirectional). The negative relationship means that the higher the self-control, the lower the toxic online disinhibition, and vice versa, the higher the toxic online disinhibition.

In addition, this study is also in line with research conducted by Naibaho et al., (2023) that the higher a person's self-control, the lower the toxic online disinhibition behavior and vice versa, the lower a person's self-control, the higher the toxic online disinhibition. Therefore, it can be concluded in this study that in order for individuals to have a low level of toxic online disinhibition, and self-control needs to have a high level.

This research has differences with previous research. Based on previous research that is different from this research is the research location, research subject, subject characteristics, and social media used to be the object of research. Researchers chose different research objects because they wanted to make this research a new research and also because of the problems in the object of research, so that researchers were interested in researching it.

Conclusion

Based on the outcomes of the conducted research, one can infer a negative correlation between self-control and toxic online disinhibition among teenagers who have twitter. So, in this study H_0 is rejected and H_a is accepted. So, the higher the individual's ability to control themselves, the lower the likelihood of individuals experiencing toxic online disinhibition behaviour, and vice versa. Overall, the results of the categorization data analysis on the toxic online disinhibition variable is in the low category but interestingly the female respondents aged 18-21 years in Bekasi City are higher, and the self-control variable is also in the high category, such as women aged 18-21 years in Bekasi City.

In this reserach, teenagers who have high self-control are expected to further maintain their self-control by focusing on developing in-depth digital literacy by often participating in educational activities related to the development of the digital era.

Suggestions for future researchers who want to research with similar topics can be used variables or other social media, or can use a wider area, such as the province of DKI Jakarta.

Acknowledgments

Thank you to all respondents who participated and those who provided support in this study. Their contributions and assistance are an important foundation for further development of understanding.

Declaration

i) Ethics approval and consent to participate

The authors assert that all procedures contributing to this work comply with the ethical standards of the relevant.

ii) Consent for publication

The authors give permission for publications.

iii) Availability of Data and Material (ADM)

Data used in the study are available upon request.

iv) Competing interests

The authors have no conflict of interest.

v) Funding

Not applicable.

vi) Authors' contributions

The authors contributed to the writing.

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