The Relationship Of Peer Support And Self Control With Social Media Addiction

Puspita Bahridah[1], Riska Ahmad[2], Zadrian Ardi [3], Rezki Hariko[4]
Guidance and Counseling Postgraduate Study Program, Faculty of Education,
Padang State University[1]
Guidance and Counseling Postgraduate Study Program, Faculty of Education,
Padang State University [2]
Guidance and Counseling Postgraduate Study Program, Faculty of Education,
Padang State University[3]
Guidance and Counseling Postgraduate Study Program, Faculty of Education,
Padang State University[4]
E-mail: puspitabahridah@gmail.com[1], ra5402945@gmail.com[2], zadrian@fip.unp.ac.id[3],
hariko@konselor.org[4]

Abstract
Excessive use of social media is called social media addiction. The goal of this study was to find out how social media addiction and peer support for self-control affect SMA Negeri 5 Padang students. The descriptive correlational approach and quantitative approach are utilized in this study. A purposive sampling strategy is utilized in the sampling procedure. The study's findings demonstrate: 1) The moderate category includes peer support; 2) (S) self-control falls under the moderate category; 3) Social media addiction falls into the moderate category; 4) There is a correlation coefficient of 0.327 between peer support and social media addiction; 5) There is a correlation coefficient of 0.515 between self control and social media addiction; and 6) There is a correlation coefficient of 0.542 between peer support and self control and social media addiction. This demonstrates that social media addiction can be reduced with increased self-control and peer support.
Keywords : peer support, self control, social media addiction

Abstrak
Penggunaan media sosial yang berlebihan disebut kecanduan media sosial. Tujuan dari penelitian ini adalah untuk mengetahui bagaimana pengaruh adiksi media sosial dan dukungan teman sebaya terhadap pengendalian diri siswa SMA Negeri 5 Padang. Pendekatan deskriptif korelasional dan pendekatan kuantitatif digunakan dalam penelitian ini. Strategi pengambilan sampel purposive digunakan dalam prosedur pengambilan sampel. Hasil penelitian menunjukkan: 1) Kategori sedang meliputi dukungan teman sebaya; 2) (S) pengendalian diri termasuk dalam kategori sedang; 3) Kecanduan media sosial termasuk dalam kategori sedang; 4) Terdapat koefisien korelasi sebesar 0,327 antara dukungan teman sebaya dengan adiksi media sosial; 5) Terdapat koefisien korelasi sebesar 0,515 antara pengendalian diri dengan adiksi media sosial; dan 6) Terdapat koefisien korelasi sebesar 0,542 antara dukungan teman sebaya dan pengendalian diri dengan adiksi media sosial. Ini menunjukkan bahwa kecanduan media sosial dapat dikurangi dengan peningkatan kontrol diri dan dukungan teman sebaya.
***Kata Kunci** : dukungan teman sebaya, pengendalian diri, kecanduan media sosial*

INTRODUCTION

According to Kaplan & Haenlein (2013), social media is a collection of internet-based applications based on Web 2.0 ideology and technology that allow users to create and share content. so diversion via web-based entertainment like Instagram, Facebook, Whatsapp, Line, Youtube, Twitter, and even games has limitless access for its clients. Early puberty endures around from 13 years to 16 years and late immaturity from 16 years to 18 years (Hurlock, 2015). According to Young & Abreu (2015), a lot of social media applications give different people different kinds of information, especially news, pictures, or accounts of different people's activities. Consequently, youth internet overuse can benefit from developing relationships through social media.

The Hootsyite We Are Social report indicates that 191 million Indonesians will be active social media users in January 2022. In the meantime, Indonesians use WhatsApp more than any other social media platform. 88.7% was recorded as the percentage. Additionally, Instagram and Facebook users account for 84.3 percent and 81.3 percent, respectively. In the mean time, the extent of Tiktok and Message clients was 63.1% and 62.8%, separately. According to Al-Menayes (2015), addiction to social media is excessive use of social media, which takes up a lot of time and deprives one of other activities. This can be seen by spending a lot of time on social media, such as repeatedly checking Facebook profiles to see the number of likes from users. other.

As per Maulana, Herdiyan, Gumelar, and Gumgum (2012), different results of online diversion can likewise have an instructive effect, causing scholastic hardships for understudies. According to Young (2015), "cyber relationships," or online friendships, such as chatting, Internet Messenger (IM), Facebook, and other social media sites, are the primary means by which a person develops a social media addiction. The aftereffects of Erouglu's exploration (2016) Dependence via web-based entertainment has additionally spread to Turkey, the utilization of Facebook in Turkey has arrived at 145 male understudies and 177 female understudies, it tends to be seen that understudies like to impart through online entertainment contrasted with eye to eye.

According to Griffiths and Kuss (2017), a variety of social media features can lead to dependence, particularly when there are too many opportunities for users. Youngsters benefit from limitless utilization of the web for information access, correspondence with companions, arranging through virtual diversion. However, in addition to these numerous benefits, there are collections. Internet overuse has negative effects, especially for young people. Conduct issues in kids and young people are connected with early openness to advancements and their extreme use.

A total of 28.6% of 343 teenagers, according to Fathadhika and Afriani (2018)'s findings, are addicted to social media. Because puberty is the individual crisis stage, when young people typically have high interest, consistently try new things, and are effectively influenced by friends, pre-adulthood is at a high risk of internet dependency. friends and start taking advantage of opportunities to connect with more people. and converse more effectively with male and female peers (Nur and Daulay, 2021).

A phenomenon related to peer support and social media addiction among students at Padang 5 Public High School was discovered in the preliminary observations of 15 students during recess. It can be seen that 10 out of 15 students frequently open whatsapp, instagram, tiktok, and facebook during class time. The reason for this is that students are dependent on social media for peer support, which leads them to follow and imitate their friends' actions. Moreover, in view of meetings with Arithmetic educators at Padang 5 Public Secondary School, numerous depictions were acquired connected with peer

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support with virtual entertainment dependence. This is because a number of students use social media during class hours, such as Instagram, WhatsApp, Facebook, and TikTok.

Both internal and external factors influence social media addiction. Internal factors include an inability to exercise self-control when using social media and an abundance of free time. Family, peer support, and school are examples of external factors (Yen et al., 2009). Peer support and self-control are two of the factors mentioned in this study that may influence social media addiction. According to Lestari, Dewi, and Chairani (2020), social media addiction is a psychological disorder characterized by excessive time spent on social media due to a lack of self-control. According to Andreassen (2015), social media addicts frequently engage in excessive social media use, which has negative effects on their relationships, health, and quality of sleep. This study aims to ascertain the connection between self-control and peer support in the context of social media addiction.

METHOD

This sort of examination is quantitative exploration utilizing a clear strategy with an unbalanced connection type, which is utilized when there is a sort of connection between factors where one variable influences another variable, yet the relationship isn't corresponding (Sugiono, 2013). Multiple linear regression analysis is used in this study. A model of regression with more than one independent variable is called multiple linear regression. 290 SMA Negeri 5 Padang students served as the study's sample. In this study, a purposive, non-random sampling method was used as the method of sampling. "The sampling technique is not random, but based on certain considerations," states Sugiyono (2013).

RESULT and DISCUSSION

The following table provides a description of the research data based on this study's data collection results.

Table 1.
Frequency Distribution and Category of Peer Support Scores

Category	Interval	f	%
Very High (ST)	79-87	13	4,5
High (T)	70-78	65	22,4
Medium (S)	61-69	114	39,3
Low (R)	52-60	66	22,8
Very Low (SR)	43-51	32	11
Total		**290**	**100**

The distribution of frequency and percentage of peer support seen from the total frequency of the majority of respondents' peer support in the Medium category (S) with a total frequency of 114, or 39.3%, can be seen from the above table, which is based on a total sample of 290 students. The remaining students fall into the High category (T) with a total frequency of 65, or 22.4%; the Low category (R) has a total frequency of 66, or 22.8%; the Very Low category (SR) has a total frequency of 32, or 11% and the Very High category (ST) has a total frequency of 13, or 4,5 %.

Table 2.
Frequency Distribution and Self Control Score Categories

Category	Interval	f	%
Very High (ST)	97-107	16	5,5
High (T)	86-96	67	23
Medium (S)	75-85	146	50
Low (R)	64-74	48	17
Very Low (SR)	52-63	13	4,5
Total		**290**	**100**

From a total sample of 290 students, the above table reveals that students in the moderate category have a frequency distribution and a percentage of self-control. The total frequency indicates that, with a total frequency of 146, or 50%, the majority of self-control respondents fall into the medium category. the rest are in the High class (T) with a complete recurrence of 67 or 23%, then, at that point, in the Low classification (R) the recurrence is 48 understudies or 17%, then, at that point, in the Extremely High class (ST) the recurrence is 16 understudies or 5,5%, while for the Exceptionally Low classification (SR) the recurrence is 13 understudies or 4,5%.

Table 3.
Distribution of Frequency and Category of Social Media Addiction Scores

Category	Interval	f	%
Very High (ST)	113-125	14	4,8
High (T)	100-112	77	26,6
Medium (S)	87-99	136	46,9
Low (R)	74-86	49	16,9
Very Low (SR)	61-73	14	4,8
Total		**290**	**100**

From the sample of 290 students, the frequency distribution and percentage of social media addiction are in the moderate range, as shown in the table above. With a total frequency of 136, or 46,9%, the majority of respondents who are addicted to social media fall into the Medium category (S). the rest are in the High classification (T) with an all out recurrence of 77 or 26.6%, then in the Low class (R) the complete recurrence is 49 or 16.9%, then, at that point, in the Extremely Low classification (SR) the recurrence

is 14 understudies or 4,8%, while for the Exceptionally High classification (ST) the quantity of recurrence got is 14 understudies or 4,8%.

Table 4.
Multiple Regression Coefficient Test Results Peer Support (X1) with Social Media Addiction (Y)

Variabel	R	*Sig. (2-tailed)*
X1-Y	0,327	0.000

In light of the table over, the straightforward relapse connection coefficient for peer support with virtual entertainment fixation is r = 0.327 with a meaning of 0.000. Therefore, it is possible to draw the conclusion that peer support and social media addiction have a significant positive relationship. This means that if peer support is good, student social media addiction will decrease, whereas if peer support is poor, student social media addiction will increase.

Table 5.
Result Of Simple Linear Regression Analysis Self Control (X2) with Social Media Addiction

Variabel	r	*Sig. (2-tailed)*
X2-Y	0,515	0.000

The simple regression correlation coefficient for social media addiction self-control is r = 0.515, and its significance is 0.000, according to the table above. It is possible to draw the conclusion that there is a significant positive relationship between social media addiction and self-control. This means that if students have good self-control, their addiction to social media will decrease, and the reverse is also true: if students have poor self-control, their addiction to social media will be high.

Table 6.
Result Of Multiple Linear Regression Analysis Peer Support (X1) Self Control (X2) with Social Media Addiction (Y)

Variabel	r	*Sig. (2-tailed)*
X1-X2-Y	0,542	0.000

Peer support and self-control with social media addiction have a multiple regression correlation coefficient of r = 0.542 and a significance level of 0.000, as shown in the table above. Therefore, it is possible to draw the conclusion that there is a significant positive relationship between social media addiction and peer support and self-control. This means that if students have good peer support and self-control, their addiction to social media will decrease, and the reverse is also true: if students have poor peer support and self-control, their social status will be high due to their media addiction.

In view of the aftereffects of the examination that has been depicted, it is apparent that the friend backing and discretion factors are connected with online entertainment habit.

Peer Support At SMA Negeri 5 Padang

Based on the results of data analysis, peer support is generally in the medium category with a percentage of 39.3%, found 114 students out of a total of 290 students. with friends then individuals will focus on their respective social media. If he is directly reprimanded, he will not pay attention because he is already engrossed in social media. Cowie & Jennifer (2009) say that peer support describes a series of activities and systems, where the potential for people to be able to help each other is maintained through proper training. Social media users will ignore interaction and communication with friends around them even though they are in the same time and place because they prefer to focus on their respective cellphones (Griffiths, 2001). Social media that teenagers currently use is something that can no longer be avoided because on social media there can be a transfer of behavior among young people, young parents do not hesitate to upload all their personal activities to convey them to their friends through their i-social i-media account (Fitrya S, Unde, & Aziz, 2018).

Self-Control at SMA Negeri 5 Padang

According to the self-control data analysis, 146 students out of a total of 290 students fell into the medium category, with a percentage of 50%. This implies that discretion is additionally connected with interior parts of online entertainment habit, specifically while playing virtual entertainment they would rather not be upset, for example, teens who are playing web-based entertainment when asked or reproved by their companions quickly lash out, and overlook individuals around them while playing online entertainment. , Teenagers, for example, tend to lack interpersonal skills because they are too preoccupied with playing media to care about what's going on around them. Instead, they are solely focused on a computer or smartphone screen. In contrast, self-control, as defined by Borba and Michele (2008), is a moral force that temporarily halts harmful behavior. This is because special time for children to imagine the consequences of their actions will foster self-control. There were also 21 students in the very high category and 76 in the high category in this finding. This indicates that students with exceptional self-control can restrict their use of social media if it is not essential. Additionally, there are 10 students with very low self-control and 47 students with low self-control. This indicates that students develop an addiction to social media games. According to Chaplin (2006), self-control is the capacity to direct one's own behavior and prevent impulsive behavior. According to the findings of a study conducted by Bheo, Lerik, and Wijaya (2020) on 117 students, of which 80 participated and 37 had an addiction, the majority of students do not have a high level of addiction to social media.

Addiction to Social Media at SMA Negeri 5 Padang

According to the findings of the social media addiction data analysis, 136 out of 290 students fell into the medium category, with a percentage of 46,9%. This indicates that students who are dependent on social media cannot control themselves to stop playing because social media provides its own enjoyment and has the potential to increase teenagers' fame. In fact, many teenagers would rather be regarded as a celebrity by their peers. the aftereffects of examination directed by Wahyudiyanto, Sayekti and Ahdiyansyah (2020) with the consequences of the failure to control oneself and waste were 75.61% of understudies with high rules and overlooking public activity were 63.87% of understudies with medium standards, understudies who every now and again utilized web-based entertainment over 6 hours of the day and understudies find it

challenging to split their time among contemplating and playing online entertainment, in this manner making understudies lethargic to study and really like to play virtual entertainment. There were also 15 very high school students and 80 very high school students in this discovery. As a result, students develop addiction. Additionally, there are 19 students who fall into the very low category and 52 students who fall into the low category. This implies that understudies don't encounter online entertainment compulsion, meaning they have some control over themselves well.

Relationship Between Peer Support and Self Control with Social Media Addiction

Peer support and self-control are significantly linked to social media addiction, according to the study's findings. The series of data analyses that led to this conclusion revealed a correlation coefficient (r) of 0.542. This indicates that self-control and peer support have a positive and significant relationship with social media addiction. This shows that friend backing and restraint are factors connected with web-based entertainment enslavement. Almenayes (2015) defines addiction to social media as excessive use of social media, which takes up a lot of time and deprives one of other activities. This can be seen in the excessive amount of time spent on social media, such as repeatedly checking Facebook profiles to see the number of likes from other users. In Wulandari and Netrawati's exploration (2020) it was found that 154 youngsters got to web-based entertainment inside 3-6 hours out of a sum of 250 respondents.

CONCLUSION

The accompanying ends can be drawn from the consequences of the exploration and conversation. There is a critical connection between peer support, poise and virtual entertainment enslavement. This indicates that peer support and self-control can account for the level of social media addiction. This demonstrates that social media addiction can be reduced with increased self-control and peer support. As a result, the relationship between social media addiction and peer support and self-control can be explained.

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