Correlation between TikTok Use and Teenagers' Self Esteem

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Abstract :

The existence of the TikTok is currently very much in demand, especially among teenagers, TikTok is a popular short video application developed by Chinese technology company Beijing Bytedance, global amount monthly active user count has reached 500 million. The purpose of this study was to determine the self-esteem of teenagers when using the Tiktok application. The object of this study was teenagers, the number of participants involved was 41 people and the research data was in the form of a questionnaire.

The methodology used in this study is a descriptive correlation, in this study 29 respondents in Rosenberg's theory felt that there was nothing good in him and 18 respondents felt that other people on social media, especially on TikTok, were much better and accomplished than him; and as many as 26 respondents feel anxious about other people's assessment of him. As many as 20 respondents always feel inferior/insecure when they see other people's appearances on Tiktok. This proves that the Tiktok application also has an effect on self-esteem among teenagers, this is what causes a polemic on adolescent psychology; the adolescent phase is a phase where thoughts/emotions are still unstable, are looking for their identity, and are easy. Therefore it is necessary to evaluate in this case, because if not, this can interfere with the psychological health of adolescents.

Keywords: *Tiktok Application, Teenagers, Self Esteem*

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Introduction

Social media is very influential in various circles at this time. Plus, due to the covid-19 pandemic, all forms of information can already be found on social media. Here is a theory about social media according to Michael Cross (2013), social media is a term that describes a variety of technologies used to bind people into cooperation, exchange information, and interact through web-based message content. Because the internet is always developing, the various technologies and features available to users are always changing. This makes social media more hypernymous than a specific reference to various uses or designs. The higher the level of use of social media, the higher the level of depression in a person. Depression is caused by social differences and comparing yourself with other social media users which can lead to a negative view of yourself and distrust of yourself. (Aziz, 2020)

From the overall results of the analysis, there are indications that the Self-Promotion, Social Interaction, Documentation, and Creativity motifs are still being considered by Tiktok users during the Covid-19 pandemic because the results obtained from these four motifs are in the medium category. However, due to the PSBB regulations from the government, it causes them to prioritize the Diversion motive because during the PSBB period people carry out their daily activities at home and activities outside the home are also limited. This makes people bored and finally choose to play Tiktok. (Andrian, Luik, W.Tjahjo, 2021)

Tiktok is a short video sharing platform where users can watch and produce quick videos using music, stickers and animations as effects. Of course, the use of the TikTok application has a negative impact, especially in the focus on self-esteem. Self-esteem according to Rosenberg's theory is a person's attitude based on his perception of how he values and values himself as a whole.

Stanley Coopersmith also explains in his work The Antecedents of Self Esteem, self-esteem is an assessment of an individual's worthiness which is manifested in an individual's attitude towards himself (in Desmita, 2012). Self-esteem according to Stanley Coopersmith (1967) is an evaluation made by a person towards himself and is usually an interpretation that a person receives from his environment in the form of appreciation, acceptance and treatment he receives. Assessments made by individuals also determine how individuals perceive themselves positively or negatively.

The intensity of the use of the TikTok application for adolescents in Gambut District, Banjar Regency can affect the social interaction of adolescents, because the time of using the TikTok application is carried out every time they have free time, which is currently a lot of activities or school assignments are done online, so many teenagers to releasing boredom, they look for entertainment, namely by playing TikTok where they can express themselves by creating video content they like, which causes them to forget the time and the tasks they have to do, because they are too busy. cool with playing TikTok, with behavior like that will cause teenagers to be more lazy to learn because they are more fun playing TikTok with their friends who both like the TikTok application and keep them away from people who are not users of TikTok on the internet. because there are many people who look at teenagers who often dance in a sex style for women it will usually be talked about by people around him, which can lead to bullying. (Fauzun, Sanusi, Wafa, 2021)

The results showed that the intensity of using TikTok social media had no effect on a person's self-confidence, because self-confidence was more in the context of academic ability, the influence of a group and one's self-identity. Confidence is not an important factor for someone to be active in

social media such as TikTok, more so to be confident in socializing in society. (Dewi, Putri, Nugraha, Haqi, 2020)

Most of the use of social media is among early teens, at that time an early teenager was still looking for his identity. High use of social media can affect the development of early adolescents in finding their identity, because of the lack of direct interaction with their peers and causing a teenager to be insecure, in this case it shows that there is no relationship between self-confidence and the intensity of social media use. (Ardari, 2016)

Self-esteem is one of the factors that influence each student's self which has implications for the learning process at school. By having high self esteem, it can prevent students from doing negative things in achieving learning achievement. In the future, further research is needed to see the relationship and influence of self-esteem on learning achievement, as well as efforts that can be made to increase students' self esteem. (Refnadi, 2018)

The increasing number of TikTok social media users among teenagers in Indonesia will certainly affect one of the stages of adolescent development, namely self-confidence. Having self-confidence is very important because a teenager will be able to assess himself and do a job effectively in his life. (Adawiyah, 2020)

There are many studies about the influence of TikTok to the psychological impact. First low self-esteem, second syndrome, third lack of association with the surrounding environment, fourth sleep conditions become less good. The difference between this study and previous research is that the authors focus on adolescent self-esteem in late adulthood or early adulthood.

In this study the authors use the theory of Rosenberg (1965) which explains that self-esteem has the meaning of the word self-esteem is a positive or negative attitude towards a particular object, where the object is himself. According to Carver, Scheier & Segerstrom (2010) an individual must be able to create an optimistic nature; If a person thinks optimistically, he expects good things to happen. Vice versa, if individuals are pessimistic, they will expect bad things to happen

There is a significant correlation between self-confidence and self-image, meaning that the higher the level of self-confidence, the higher the self-image in late adolescence, on the contrary, the lower the level of self-confidence, the lower the level of self-image in late adolescence. Teenagers can be expected to improve their self-image in a positive way by trying to stay confident with what is happening and not give up. Next, teenagers must try to find out about how they look and accept their physical condition. (Ramadhani, Putriani, 2014).
Can be used as material for reflection and self-reflection, in order to reduce narcissism and adjustment to self-esteem through counseling services both classically, in groups, and individually, so that it is expected to be able to manage the use of appropriate social media tiktok independently and take advantage of good social conditions. (Putri, 2021)

Method

The research methodology was carried out using descriptive correlation methods, with an aggregate sample of 41 respondents. Correlational descriptive method is a research method that connects one element/element with other elements/elements (Sugiyono, 2018). Descriptive method is a method used to describe or analyze a study but is not used to attract broader conclusions (Sugiyono, 2011, 21). Descriptive method is a method for assessing the state of a group of people, objects, series of conditions, thought systems, or classes of current events (moh. Nazir, 2012, 54).

The way a researcher solves a problem is by conducting research through the questions provided. Specifically, in a study that used Google Forms to retrieve data and information to identify the

correlationof TikTok applications with adolescent self-esteem in the final stages, the tool was questions for teens. In analyzing the data, the researchers found that 68.3% of teens want to look like content creators. Researchers have found that teens at this level end up comparing themselves to others on TikTok and feeling inferior/insecure when viewing or viewing other people's appearances on TikTok. It disrupts your sleep patterns, and pessimism makes you feel anxious about different judgments from others that you will experience and face your own desires. The contents of the questionnaire then became the basis for the results and discussion.

Results

The results of the research that the researchers found were that of the 41 respondents who answered the questionnaire, as many as 92.7% of teenagers used the TikTok application. As many as 41.5% of teenagers tend to compare themselves after seeing TikTok content, as many as 14.6% of teens experience excessive anxiety after viewing content on Tiktok, as many as 48.8% of teens tend to always feel inferior/insecure when they see other people's achievements or performances on Tiktok and Researchers found that 75.6% of teens access TikTok at night. Researchers found that there are things that are quite significant. This proves that TikTok is not a major factor in low self-esteem in teenagers. This evidence is strengthened by Rosenberg's theory, researchers use this theory and the results of this theory as much as 70.7% feel there is nothing good in him, as many as 51.2% of adolescents are afraid to face new activities and as many as 63.4% of adolescents feel anxious with the judgments of others. This proves that TikTok is not a major factor in low self-esteem in teenagers.

Discussion

In this study, researchers found that almost all teenagers use TikTok social media. Teenagers use TikTok social media to entertain themselves and relieve boredom and teenagers use the TikTok application to channel their talents such as dancing, video editing and others because Tiktok can be a medium to hone skills and TikTok applications can make money if they have a lot of followers and views on uploaded videos.

The Negative Impact of the TikTok App on Teenagers

From the results of research, journals and articles related to TikTok have a negative impact on teenagers, including:

1. TikTok Syndrome
2. Sexual harassment
3. Lazy to study
4. Not getting along with the surrounding environment
5. Low self-esteem

In this study, researchers focused on the low self-esteem of teenagers due to using the TikTok application. Self-esteem is a condition where one's thoughts, feelings, and views on oneself. According to the results of the data obtained, some teenagers who use the TikTok application experience low self-esteem due to seeing TikTok content that shows a person's strengths, ranging from achievements, lifestyle, style of dress and also when they see someone who has a perfect physique or commonly called body goals. Therefore, the higher the level of use of social media, the higher the level of depression in a person. The depression is caused by social differences and comparing oneself to other social media users can lead to a negative view of oneself and self-esteem.

Excessive anxiety, insecure/insecure can also appear when viewing videos on TikTok, this anxiety includes limited abilities. When a teenager sees content on TikTok that shows the skills and abilities of someone who is an expert in a field, be it academic or non-academic. TikTok causes low self-esteem, inferiority/insecure, anxiety about their abilities.

So it is clear, that TikTok social media is not the main factor of low self-esteem in adolescents but only as an external influence. In accordance with Rosenberg's theory that the main factor of low self-esteem is caused by internal influences, namely fear to start and afraid to try new things, they assume that there is no ability in themselves and there is nothing good in them. Whereas low self-esteem arises because they do not dare to start and do not want to try something new, what they have in mind is only failure and judgment from others.

In this study, the researcher used a questionnaire method. Questionnaire method is data collection directly to respondents through filling out surveys. The purpose of the researcher using the questionnaire is to obtain a number of data or information relevant to the research topic. This questionnaire is divided into 2 parts, the first is a question about TikTok and the second is a statement about self-esteem. Researchers use Rosenberg's theory to measure self-esteem in a person.

In this study, researchers examined whether there was a significant correlation between TikTok users and low self-esteem in adolescents. In previous studies, it is true that TikTok is one of the causes of low self-esteem in a person. Researchers found that the main factor in low self-esteem is not because of TikTok, but because of internal factors. This statement is supported by Rosenberg's theory which states that the main factor of low self-esteem is caused by internal influences. The results obtained in this study are strongly supported by previous findings which state that TikTok and other social media can cause low self-esteem.

Conclusion

Based on the results of the research that has been done, it can be concluded that there is no relationship between weak self-esteem and the use of social media tiktok. This indicates that the use of social media tiktok is only an external factor, not the main factor causing weak self-esteem in adolescents, but due to the lack of a person's willingness to try new things and be afraid of failure.

1. Further research, it is recommended to conduct research directly on someone who has low self-esteem, with the aim of finding out what are the main factors for weak self-esteem
2. Further research, it is recommended to explain what are the factors that influence weak self-esteem

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