

Improving Mental Health of Adolescents through Self- Presentation

by Ferina Agustia Yuarta

Submission date: 08-Nov-2022 08:21PM (UTC+0800)

Submission ID: 1948152153

File name: C24-2021-IJFMT-Improving_Mental_Health-2360-2365.pdf (1.12M)

Word count: 3213

Character count: 17075

¹³
**Improving Mental Health of Adolescents through
Self-Presentation**

⁵ **Ferina Agustia Yuarta¹, Ira Nurmala¹**

¹*Faculty of Public Health, Universitas Airlangga, Surabaya, Indonesia*

Abstract

Mental health is currently the problem faced by youth especially during the pandemic of COVID-19. Adolescents use of social media is also increasing due to this coronavirus pandemic. This situation have risk of increasing the risk of lower mental health of Adolescent as the impact of posting their self-presentation through a social media such as *Instagram*. *Instagram* is a social media platform that has a rapid user growth. Indonesia is one of the countries with highest number of users. *Instagram* users recorded as of May 2020 had reached 9.2 million users. *Instagram* as social media is a means for users to present themselves to wide audience. Self-presentation can be in the form posting photos or videos on their *Instagram* social media accounts. By posting photos, user hope to get feedback in the form of likes and comments. This research aims at the improving mental health of adolescent through self-presentation. This research used is secondary data obtained from journal database. The sample was 35 scientific articles obtained from the basis of screening journal that has been screened using pre determine inclusion criteria. The result found that self-presentation on social media *Instagram* was related to giving or managing impression, popular, self-disclosure, narcissistic behavior, self-image and self-esteem that in turn will result in lowering adolescent mental health if it is not manage well.

Keywords : *Mental Health, Instagram, Self-presentation.*

Introduction

Health is a maximum condition both physically, mentally, spiritually, and socially which enable everyone to live productively socially and economically. Mental health is a problem that always a concern of society. The many improvements in mental health such as an increase in mental illness patients, incidents of suicide, make mental health problems that hard to ignore.

According to WHO (World Health Organization), 20% of the population is experiencing mental health. The most common types of mental health are depression and anxiety. Meanwhile, 75% of mental emotional disorder are common before the age of 24 years or the teenage age

range. According to RISKESDAS (2018) the number of people who experience mental emotional disorders is 19 million Indonesians aged 15 years and over, while more than 12 million other people were thoughts to have depression. This figure tends to increase from the previous years.

According to Santrock, several factors that can trigger mental emotional problems. They are the family environment, school environment, peer environment, community environment, and social media. Social media is media on the internet that allows internet users to present themselves and interact, cooperate, and share information with other users. One of the most used social media platforms, with 80% of people using the *Instagram* social media application.

Corresponding Author:

Ira Nurmala, SKM., MPH., Ph.D
Faculty of Public Health, Universitas Airlangga,
Kampus C, Jl. Mulyorejo 60115 Surabaya, East Java,
Indonesia, Email: iranurmala@fkm.unair.ac.id

The number of active *Instagram* users in the world has increased, from 300 million to 400 million people. The number of monthly active users of social media *Instagram* surpassed 1 billion as of June 2019, more significant growth compared to *Facebook* and *Snapchat*.

As of June 2019, Indonesia is in the fourth rank of countries experiencing the highest growth of active *Instagram* users with 62 million increase from 2018. The growth of *Instagram* social media users in Indonesia reached 69.2 million as of May 2020. *Instagram* social media users are mostly women as much as 51%, while for men, 49%. 59% of *Instagram* social media users in Indonesia are 18-24 years old, while 30% of users are 25-34 years old, and the remaining 11% are over 35 years old. Based on description above, the age of 18-24 years were categorized as late adolescence.

The development of social media *Instagram* in society will shape the diversity of social media users. Users use *Instagram* social media as a medium to express themselves or also as a business medium. Currently, social media has its own power to influence individuals, one of which is by making *Instagram* social media a place to present themselves. When interacting with other people, especially in cyberspace, individual attention focused in how other people think according to that individual thinking. It is necessary to do self-presentation, by adjusting the impression that other people perceive about themselves. *Instagram*'s specialty in using photos of media for delivering message allows social media as a place to present oneself. The desire to make a perfect and suitable impression on others by doing your best to look perfect. The purpose of this research was to determine the relationship contained

18
 in self-presentation with self-esteem in social media *Instagram* using a literature review.

Method

The data used in this research was a secondary data from google scholar, *SprigerLink*, *Science Direct* and *DOAJ.org* articles that were screened were screened by the title, abstract using key words adolescent and self-presentation. Inclusion criteria were applied in selecting articles, namely the maximum journal publication period of 5 years, using Indonesian or English, adolescent and adult research subjects, full text journal type, open access and can be downloaded in Pdf format. The total number of 35 articles were found after screening using inclusion criteria.

Articles that match the inclusion criteria were then collected and put into database including the author's name, the publication date, the title of study, the research subject, and a summary of the research results. An analysis was carried out on the abstract and full text of the journal to be read and examined.

Result

1. Based on table 1 that Research on *Instagram*'s social media continues to increase over time. In 2020 research is still small because the year 2020 is still running so that it allows research Regarding social media, especially *Instagram*, it is still ongoing.

Table 1 Distribution Characteristic of Articles.

Category	N	%
Publication year		
2015	3	8.6
2016	8	22.8
2017	6	17.2
2018	9	25.7
2019	6	17.1
2020	3	8.6
Total	35	100
Research sites		
Indonesia	26	74.5
German	1	2.8
United States of America	5	14.3
South Korea	1	2.8
Russia	1	2.8
Spanish	1	2.8
Total	35	100

The country used for the study of the literature review article was Indonesia. This is because the growth of *Instagram* users in Indonesia is quite fast. This is because the growth of *Instagram* users in Indonesia is quite fast. This is evidenced by the fact that in 2019 Indonesia is the fourth country to occupy the country with the highest number of *Instagram* users. The review from 35 articles showed that self-presentation affects or relates to impression management ^(1,2,3,4,5,6,7,8), popularity ^(9,10,11,12), self-disclosure ^(13,14,15,16,17,18,19,20), narcissistic behavior ⁽²¹⁾, self-image ^(22,23) and self-esteem ^(24,25,26,27,28,29,30,31,32,33,34,35).

Discussion

The use of social media *Instagram* need to be done self-presentation to attract other users. Shaping social media self-presentation consist of a variety of things. *Instagram* is one of the social media that can be used as a mean to present yourself. *Instagram*'s social media focused on photos or videos so users can more easily organize the impression they want to present or want to show to a wide audience. In the cycle of life is a show of human audience, in its journey everyone is free to express as desired.

In Erving Goffman's Theory, social life is divided into two area of front stage is a place where one can display an impression that they want to be shown- unlike a backstage that only one person or few people can see what's not happening on the front stage. The front stage is the side that people want to show and know, the front stage here is *Instagram* social media. It support appearance such as costume, language style, place, setting, and expression that adolescent want to display.

Instagram users also want to show their existence in cyberspace by posting photos of themselves, with the aim of getting attention from other user or followers in the form of likes and comments. The more likes and followers on their *Instagram* account, user will assume that they are increasingly popular. User using *Instagram* usually aim to look increasing popular, follow trends, expand connection, fill free time, as a means to communicate, as a means to do business or make business, share experiences or moment, have many friends. Photo and videos posted were edited to make the resulting photos or videos more interesting. Location addition can also allow user to get feedback from other

users. Sometimes the addition of popular hashtags can increase the feedback that users get in order to increase the like of the photos they post. This indirectly make user have their fun in playing *Instagram* social media.

Self-disclosure made on social media can be photos and captions. In addition, an individual who uses *Instagram* social media is more comfortable and satisfied with his need in presenting himself or also expressing himself by using *Instastory* contained in *Instagram* social media. Now *Instagram* has also started to become a lifestyle that must be done so that it can be makes its users addicted to *Instagram*'s social media use and it can also make individuals become someone who is too open so that the user's privacy is lees guarded. But nowadays there are also users who post photos and caption post about their personal issues. In addition to following lifestyle trends, user especially teenagers need recognition from their social environment even more in friendships. Teenagers would be more proud if he had a more modern lifestyle. They will more easily get recognition from the public when they have a trendy lifestyle. The behavior of coping photo/videos/stories o *Instagram* can also be a form of expression of the user's emotions.

Individual with high narcissism tend to post selfies and photos that he or she takes herself. Update their profile picture more often, and spend more time compare to their peers. Indirectly they also rate a person's profile picture directly physical. Adolescent post selfies they take to their *Instagram* social media. Besides that, one of the factors that influence narcissism is self-esteem. Individu with a narcissistic personality have a need to get appreciation and appreciation from others for the sake of forming their self-esteem. This is the reason someone uses *Instagram* social media to meet these needs. People who have narcissistic behavior are more likely to have low self-esteem. Narcissistic behavior prefers to show off themselves and think about how other people perceive themselves as more special than others.

Self-image is a perception of oneself pay as an identity card that is used to be introduced to the world about oneself. Individuals usually want to present a good self-image as well as an impression. Self-image is more often associated with physical appearance such as clothes hair, size and grooming. So that many individuals want

to wear clothes as possible, neat as possible, style their hair to display a good self-image. Likewise, *Instagram* social media users are competing to show their self-image, by making themselves unique and having their own characteristics, so that they can attract the attention of other users want to display usually wants to look wise, friendly, perfectionist, glamorous, etc. Self-image can also different from the individual's own personality. *Instagram* users deliberately create their self-image on social media to make them look or attractive by editing photos or videos to be posted.

15
Sharing selfies on *Instagram* social media is one form of activity to present themselves to others. A person's goal to present themselves on *Instagram* social media one of them is to increase their self-esteem. The social media of *Instagram* can influence user to judge themselves in front of others. This self-perception shows that the views of others have important value that can influence self assessment in assessing self-worth, self-acceptance of what they want to express through action. Such assessments can be referred to as self-esteem. Self-esteem was gained depending on other users' recognition and rating of photos or videos they post and present on *Instagram* social media.

Conclusion

Someone's self-presentation behavior on *Instagram* social media is shown to form their higher self esteem. *Instagram* users want them to be recognized in front of a wide audience so they are competing to show or show themselves as best and attractive as possible. so that suggestions that can be done for *Instagram* social media users are expected to have self-control in using *Instagram* social media. such as intensity of use and limiting hours on the use of *Instagram* social media besides that, give a moment not to use *Instagram* social media if someone is Experiencing saturation in its use. Because many *Instagram* social media users are teenagers, schools or universities can educate about the use of social media that is healthy and good for them Mental and physical.

2
Conflict of Interest: All authors have no conflicts of interest to declare.

Source of Funding: This is an article "Improving Mental Health of Adolescents through Self-Presentation" was supported by Faculty of Public Health, Universitas

Airlangga.

11 **Ethical Clearance:** This study was approved by Universitas Airlangga Faculty of Nursing Research Ethical Clearance Commission .

References

1. Gustina H. Correlation of Instagram Social Media with Presentation of Students of the Department of Communication Science, Riau University. Jom FISIP; 2015; Vol 2, No 2.
2. Krisnawati E. Dramaturgical Analysis of Vloger's Impression Management on Social Media. Jurnal Komunikator; 2020; Vol 12 No. 1.
3. Mutia T. Millennial Generation, Instagram, Dramaturgy: A Phenomenon in Impression Management. Communications Journal; 2018; Vol 1 No.1.
4. Prasetya MR. Self Presentation and Micro-Influencer Privacy Awareness on Instagram. Journal of Communication Studies; 2020; Vol 4 No.1.
5. Ariani F, Trigartanti W. Impression Management of someone celebgram as self-existence through Instagram social media. Public Relations Proceedings; 2016; Vol 2 No. 1.
6. Astrid E, Ardi R. Hunters Likes: Effects of Narcissism and Need for Recognition on Instagram Users. Ecopsy Journal; 2018; Vol 5 No. 3.
7. Puspitasari, Florencia I. A Need That Encourages Teens to Post Private Photos or Videos on Instagram. University of Surabaya Student Scientific Journal; 2016; Vol 5 No. 1.
8. Rarasati, Devia B., Hudaniah & Prasetyaningrum, S. Self Presentation Strategies for Instagram Users Viewed from Personality types. Scientific Journal of Applied Psychology; 2019; Vol 7 No 02.
9. Maulhayat FMW. The Role of Instagram among Students of Class 2015, Faculty of Social Science, Makassar State University. Makassar State University: Doctoral Dissertation; 2018.
10. Prihatiningsih, W. Motives for the Use of Instagram Social Media among Teens. Journal of Communication; 2017; Vol VIII, No. 2.
11. Felita P., Sianhaja C., Wijaya V., et.al. Use of Social Media and Self Concept in Teens. Manasa Psychology Scientific Journal; 2016; Vol 5 No. 1, 30-41.

12. Setiawan R. & Audie. Social Media Instagram as Self Presentation for Sociology Education Students of FKIP UNTIRTA. *Community* Vol 6 No 1. 2020.
13. Mahardika RF. Self-disclosure on Instagram Instastory. *Journal of Communication Studies*; 2019; Vol 3 (1).
14. Yunita YA. The Relationship between the Use of Instagram and the Self Presentation of Students of the Faculty of Da'wah and Communication Sciences. UIN Syarif Hidayatullah; 2018.
15. Kasakowskij R, Fietkiewicz K, Friedrich N, Stock WG. Anonymous and Non-anonymous User Behavior on Social Media: A Case Study of Jodel and Instagram. *Journal of Information Science Theory and Practice*; 2018; 6 (3).
16. Apodaca J. True-Self and The Uses and Gratifications of Instagram Among College-Aged Female. University of Nevada: Theses University Libraries; 2017.
17. Jackson, CA., Luncher A.F. 2017. Self Presentation Mediates The Relationship Between Self Criticism and Emotional Response to Instagram Feedback. *Personality and Individual Difference*, 133, 1-6.
18. Hasan, Herlina., Wibowo, Nisrina F.S. 2019. The Influence of The Need to Teenage Instagram User in Bandung Indonesia. *Advance in Social Sciences Educational and Humanities Research*, Vol 214.
19. Amirudin A, Triyono S. Expositive Act on Instagram: Knowing What People Intent to "Write" on Their Caption Through Pragmatic Perspective. *International Journal of Applied Linguistic & English*; 2018; 7 (4).
20. Tyler, Sarah. 2016. Instagram : What Make You Post ?. *Pepperdine Journal of Communication Research* Vol 4 No. 14.
21. Moon J, Lee E, Lee J, Choi T, Sung Y. The Role of Narcissism in Self Promotion on Instagram. *Personality and Individual Difference*; 2016; 101; 22-25.
22. Andarwati, Landes. Self-Image Viewed from the Intensity of Using Instagram Social Network Media in Class XI Students of SMAN 9 Yogyakarta. *E Guidance and Counseling Journal*. Edition 3. 2016.
23. Putri, Nabila S.R., Farida. Self-Image Formation of Students of the Faculty of Communication Sciences, University of Dr. Soetomo Surabaya on Instagram. *Journal of Media Studies*; 2018; Vol 2 No 2
24. Rozika L, Ramdhani N. The Relationship Between Self-Esteem and Body Image with Online Self Presentation for Instagram Users. *Gajah Mada Journal of Psychology*; 2016; Vol 2 No. 3.
25. Mafazi N, Nuqul FL. Virtual Adolescent Behavior: Coping Strategies, Self-Esteem, and Self-Disclosure in Online Social Networking. *Journal of Psychology*; 2017; Vol 16 No. 2.
26. Nastiti A, Purworini D. Self-Esteem Formation: Analysis of High School Student Presentation on Social Media. *Journal of Communication*; 2018; Vol 10 No. 1.
27. Pradita L, Kristanty. Instagram Social Media as Self Presentation (Case Study of Instagram User in Jakarta). *Parantei Journal*; 2018; Vol 2 No. 2.21.
28. Brit R. Effective of Self Presentation and Social Media Use in Attainment of Beauty Ideals. *Studies in Media and Communication*; 2015; Vol 3 No. 1.
29. Djavarova, Elmira & Trofimenko, Oxana. 2017. Exploring the Relationships Between Self Presentation and Self Esteem of Mothers in Social Media in Russia. *Computer in Human Behavior* 73 pp 20-27.
30. Salim, F., Rahardjo, W., Tanaya, T., & Qurani, R. 2017. Is Self Presentation of Instagram User Influenced by Friendship-Contingent Self-Esteem and Fear of Missing Out ?. *Makara Hubs-Asia*, 21 (2) : 70-82.
31. Hill A, Denman L. Adolescent Self-Esteem and Instagram: An Examination of Posting Behavior. *Concordia Journal of Communication Research*; 2016; Vol 3 Article 4.
32. Marshall TC, Lefringhausen K, Ferenczi N. The Big Five, Self Esteem and Narcissism as Predictors of The Topic People Write in Facebook Status Update. *Elsevier: Personality and Individual Difference*; 2015; 85; 158-172.
33. Syamsu HIA, Lukman, Nurdin. The Influence of Positive Social Media Feedback on Self Esteem in Students of Instagram Users at Makassar State University. *Talent Psychology Journal*; 2019; Vol 5 No. 1
34. Utomo WPB, Lskmiwati H. The Relationship between Self-Esteem and Self-Disclosure of Students Using Instagram Problem Networks at SMAN 1 Gedangan. *UNESA: Journal of Psychology, FIP*; 2019; Vol 6 No. 1.

35. Sakti BC, Yulianto M. Use of Instagram Social Media in Establishing Youth Identity. *Online Interaction*; 2018; Vol 6 (4), pp 490-501.

Improving Mental Health of Adolescents through Self-Presentation

ORIGINALITY REPORT

10%

SIMILARITY INDEX

8%

INTERNET SOURCES

5%

PUBLICATIONS

0%

STUDENT PAPERS

PRIMARY SOURCES

1	eprints.umpo.ac.id Internet Source	2%
2	repo.unand.ac.id Internet Source	1%
3	Anita Trisiana. "DIGITAL LITERATION MODELS FOR CHARACTER EDUCATION IN GLOBALIZATION ERA", Humanities & Social Sciences Reviews, 2020 Publication	1%
4	Mochammad Rizal, Calista Segalita, Trias Mahmudiono. "The Effect of Watermelon Beverage Ingestion on Fatigue Index in Young-Male, Recreational Football Players", Asian Journal of Sports Medicine, 2019 Publication	1%
5	www.ijphrd.com Internet Source	1%
6	journalppw.com Internet Source	1%

7	repository.unisba.ac.id:8080 Internet Source	<1 %
8	www.lifeintelligence.io Internet Source	<1 %
9	www.dovepress.com Internet Source	<1 %
10	www.tandfonline.com Internet Source	<1 %
11	Larantika Hidayati, Agung Dwi Wahyu Widodo, Boerhan Hidayat. "Animal Models with Metabolic Syndrome Markers Induced by High Fat Diet and Fructose", Medical Laboratory Technology Journal, 2020 Publication	<1 %
12	Minas Michikyan. "Self-Esteem and Real Self and False Self Presentation on Facebook Among Emerging Adults: The Moderating Role of Social Anxiety", Emerging Adulthood, 2022 Publication	<1 %
13	Ruckwongpatr Kamolthip, Paratthakonkun Chirawat, Simin Ghavifekr, Wan Ying Gan et al. "Problematic Internet use (PIU) in youth: a brief literature review of selected topics", Current Opinion in Behavioral Sciences, 2022 Publication	<1 %
14	essaybuys.com Internet Source	

<1 %

15

ijsshr.in

Internet Source

<1 %

16

journal2.um.ac.id

Internet Source

<1 %

17

www.journal.uad.ac.id

Internet Source

<1 %

18

Sydney Chinchanchokchai, Theeranuch Pusaksrikit. "The role of self-construal in romantic gift posting across Social Networking Sites", *Computers in Human Behavior*, 2021

Publication

<1 %

19

etheses.whiterose.ac.uk

Internet Source

<1 %

Exclude quotes Off

Exclude matches Off

Exclude bibliography On

Improving Mental Health of Adolescents through Self-Presentation

GRADEMARK REPORT

FINAL GRADE

/0

GENERAL COMMENTS

Instructor

PAGE 1

PAGE 2

PAGE 3

PAGE 4

PAGE 5

PAGE 6
