

THE RELATIONSHIP BETWEEN LONELINESS AND SELF- DISCOVERY IN TEENAGERS USING K-POP ROLEPLAYER ACCOUNTS ON TWITTER

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ABSTRACT

Teenagers fulfill social needs by communicating and relating well with other people. One of the media used to be used is Twitter. This research aims to determine the relationship between loneliness and self-disclosure in teenagers who use the K-Pop Roleplayer account on Twitter. The technique used in determining the sample was nonprobability sampling with purposive sampling. The subjects of this research were 100 K-Pop Roleplayer account users on Twitter. Data collection used a loneliness scale adapted from the Revised Loneliness Scale (UCLA Version 3), and a self-disclosure scale adapted from the Revised Self Disclosure (RSDS). The results of this research show that the correlation coefficient value is -0.181 with a significant value of $0.72 > 0.05$. That means loneliness does not have a significant relationship with self-disclosure among teenagers using the K-Pop Roleplayer account on Twitter. This research can provide a reference for teenagers using K-Pop Roleplayer accounts on Twitter to maximize their use of Twitter according to their needs.

Keywords: *loneliness, self-disclosure, teenagers, k-pop account, roleplayer*

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INTRODUCTION

Indonesia is currently keeping up with the times and technological modernization. According to Yofiyanto (2008), developments in technology and the internet can significantly influence people's behavior and lives. Akbar and Abdullah (2021) say that internet users in Indonesia reach 95% of the total population. One of the social media platforms that influence people's behavior and life is Twitter. Activities usually carried out by Twitter users include updating news or communicating by answering questions from other Twitter users. However, according to Robert Weiss (1973), not all individuals can communicate and relate well with other people, because there are failures in their social interactions. Fatmawati & Ali (2017) said that failure in social interactions can cause an individual's social relationships to become less good, as a result, individuals use Twitter social media as an escape by using other people's identities or what is usually called roleplay. Fatmawati & Ali (2017) say that roleplay is a role-playing activity, pretending to be someone else, which is done in a group.

Based on interviews conducted with teenagers using the K-Pop Roleplay account on Twitter the results were that the Roleplay activities were carried out because they wanted to have friends and family who could be used as a place to tell stories without having to meet in person, to be able to express more freely what they felt, and as a form of escape from the real world so that teenagers are freer to express their opinions and tell stories. This happens because, in their social environment, these teenagers do not have close friends are known as serious people, and have no sense of humor. The results of this interview are in line with research by (Nurfaidah et al. (2018) which states that individuals who experience stress in real life choose escape as roleplay on Twitter, especially those related to K-Pop.

Leung (2002) in his research said that self-disclosure in individuals is driven by feelings of loneliness because it can motivate individuals to increase self-disclosure. This feeling of loneliness results in a desire to share feelings and thoughts with other people and also try to express oneself through self-disclosure. Research conducted by Kim et al. (2009) explains that individuals who experience loneliness interact more via social media. The high level of individual interaction on social media will influence their social interactions. Ahmad et al. (2016) explained that individuals can access social media for approximately 30 minutes to 120 minutes a day. The intensity of social media use can be an indication of the loneliness experienced. This is in line with research conducted by Darmastuti (2016) that there is a significant relationship between loneliness and self-disclosure for people who are addicted to social media.

Loneliness can also be experienced by individuals during their development, one of which is adolescence. Based on data from Kemp (2022), 18.45 million Twitter users are teenagers. Santrock (2007) also said that adolescents are in a period of developmental transition from children to adults, thus involving developmental changes that occur between the ages of 10 and 13 years and end at the ages of 18 to 22 years.

Loneliness experienced by individuals is thought to increase self-disclosure on social media. This is in line with research conducted by Yuanita (2013) that the higher the loneliness, the higher the self-disclosure carried out. The act of self-disclosure can be done via any social media, but in this research, the author wants to refer to the social media Twitter, because of its many beneficial features for roleplayers. One of the features is sending invisible (anonymous) messages. Dewi & Delliana (2020) said that many teenagers self-disclose on Twitter because their environment and surroundings do the same thing, and individuals who do self-disclosure act because they follow people who carry out similar actions.

Based on the description above, the self-disclosure of K-Pop Roleplay account users on Twitter is caused by the feeling of loneliness they experience, while teenagers are individuals who often feel lonely and carry out self-disclosure activities on Twitter to reduce feelings of loneliness. This makes researchers interested in conducting further research on the relationship between loneliness and self-disclosure in teenagers who use K-pop roleplay accounts on Twitter. This research aims to determine the relationship between loneliness and self-disclosure in teenagers who use the K-pop Roleplay account on Twitter.

Self-Disclosure

According to WHEELLESS (1978), self-disclosure is information from an individual's self that is communicated verbally with other people. WHEELLESS (1978) also proposed 5 aspects of self-disclosure, namely the individual's ability to convey information (purpose), the frequency of self-disclosure (amount), positive and negative things based on individual statements (valence), the information provided is not added or subtracted (honesty). and accuracy), individuals can know the depth of the information revealed (depth or intimacy).

Devito (2011) said that there are factors that influence a person to self-disclose, namely the stimulus for self-disclosure occurs when an individual does something and other people respond to it (dyadic effect), self-disclosure in a small group (audience size), discussing something more general (topic), and choose positive self-disclosure (valence). Devito (2011) also said that female individuals are more open than male (gender), and individuals in the age range of 17 to 50 years self-disclose more often and certain races support this self-disclosure.

Apart from that, the personality factor of individuals who are easy to get along with and blend in will be able to make more self-disclosures, and individuals who are close to other individuals will find it easier to make self-disclosures.

Lonely

Loneliness according to Russell (1996) is a personality, that determines the characteristics of thinking behavior, and in this case, the individual has no interest in something such as feeling shy, friendless, quiet, and unfriendly. Russell (1996) also stated aspects of loneliness, namely personality which is a characteristic that is felt by behavior when lonely, social desire is loneliness that occurs because of not getting the social life one likes, and depression is a form of loneliness due to pressure from within the individual and then feelings of sadness can arise, gloomy, and makes individuals focus on failure.

METHOD

This research uses a type of correlational quantitative research that aims to test theories through examination or research on the relationships between variables that can be measured. In this research, there are two variables studied, namely the independent variable in this research is Loneliness, and the dependent variable in this research is Self-Disclosure.

The population in this study were all teenagers who used the K-Pop Roleplay account on Twitter. The technique used in determining the sample was nonprobability sampling with purposive sampling. The criteria that will be research subjects are teenage girls or boys aged 16 to 23 years, teenage users of K-Pop Roleplay accounts on Twitter which include one of the types of characters played, including OOC (Out of Characters), Less OOC (Less Out of Character), or IC (In Character), teenagers who use K-Pop Roleplay accounts on Twitter with a usage duration of less than 30 minutes to 120 minutes or more a day. Meanwhile, the technique used in determining the sample uses the Lemeshow (1977) formula approach because the population size is unknown. So, the results obtained are that the minimum sample size required for the research is 96 respondents, which will be rounded up to 100 respondents. The scale used in this research is a Likert scale consisting of 4 alternative answers, namely Very Often (SS), Often (S), Rarely (J), and Never (TP).

According to Russell (1996), loneliness is the existence of a dynamic personality in an individual from psychophysical systems that determine behavioral and thinking characteristics. The measuring instrument used in this research was adapted from the Revised Loneliness Scale (UCLA Version 3) by Russell (1996) which has a reliability of 0.89 to 0.94. The UCLA Revised Loneliness Scale (Version 3) is based on aspects of loneliness, namely personality, social desirability, and depression. The results of the validity test of this research are that of the 20 items there are 19 valid items with validity above 0.361.

According to Wheelless (1978), self-disclosure is part of an individual's self that is communicated verbally with other people as well as the amount of information conveyed by the individual. The measuring instrument used in this research is Revised Self Disclosure (RSDS), by Wheelless (1978) totaling 16 items with a reliability of 0.819 and a validity of 0.331-0.595. The RSDS scale is structured based on 5 aspects, namely: purpose, number, valence, honesty and accuracy, depth, or intimacy. The results of the validity test of this research are 16 items and all of them have validity above 0.361.

After the data is collected and tabulated, then proceed with analyzing the data. The data analysis used in this research is a quantitative analysis using descriptive statistics. Before that, the researcher tested basic assumptions, namely the normality test and linearity test, to see whether the data was normally distributed and to see whether the relationship between the two variables was linear using SPSS (Statistical Package for Social Science) version 29.0.1.0. If the assumption test has been met, then the Pearson correlation test can be carried out. Researchers use Pearson correlation analysis to measure the strength of the relationship between two quantitative variables that are linearly related.

RESULTS AND DISCUSSION

This research was conducted on K-pop Roleplay account users on Twitter social media. Data collection was carried out by sharing the questionnaire link with K-pop Roleplay account users on Twitter social media via DM (Direct Message), or through groups on Twitter social media with members who have the same interests, in this case K-pop Roleplay.

Table 1. Description of Loneliness Scale Research Data

Variable	Hypothetical Data				Empirical Data			
	Xmax	Xmin	Mean	SD	Xmax	Xmin	Mean	SD
Loneliness	76	19	47,5	9,5	67	29	47,90	8,485

Based on the statistical results from Table 1 above, hypothetical descriptive analysis shows that the minimum answer is 19, the maximum is 76, the mean is 47.5, and the standard deviation (SD) is 9.5. Meanwhile, empirical data shows the minimum answer is 25, the maximum is 67, the mean is 57.52 and the standard deviation (SD) is 9.256. Based on the data description of the research results above, it can be used as a limitation in categorizing samples from research which consists of three categories, namely low, medium, and high. The categorization was carried out using the ordinal categorization method.

Table 2. Categorization of Loneliness Scores

Category	Interval	Frequency (n)	Percentage (%)
Low	$X < 39,415$	18	18 %
Medium	$39,415 \leq X < 56,385$	40	40 %
Height	$X \geq 56,385$	42	42 %
Total		100	100%

Based on Table 2 above, the results of the categorization of loneliness among teenagers using the K-Pop Roleplay account on Twitter show that teenagers using the K-Pop Roleplay account on Twitter have a level of loneliness in the high category, namely 42 people (42%), while in the medium category, there are as many as 40 people (40%), and the low category was 18 people (18%). This means that the majority of participants in this study have a high level of loneliness.

Table 3. Categorization of Self-Disclosure Scale

Variable	Hypothetical Data				Empirical Data			
	Xmax	Xmin	Mean	SD	Xmax	Xmin	Mean	SD
Self-Disclosure	64	16	40	8	59	33	44,95	5,285

Based on the statistical results from Table 3 above, hypothetical descriptive analysis shows that the minimum answer is 16, the maximum is 64, the mean is 40, and the standard deviation (SD) is 8. Meanwhile, empirical data shows that the minimum answer is 20, the maximum is 55, the mean is 43, 72, and the standard deviation (SD) is 5.714. Based on the descriptive data from the research results above, it can be used as a limit in categorizing samples from research which consists of three categories, namely low, medium, and high. Next, each respondent's score is categorized with the following results:

Table 4. Categorization of Self-Disclosure Scores

Category	Interval	Frequency (n)	Percentage (%)
Low	$X < 39,665$	16	16%
Medium	$39,665 \leq X < 50,235$	72	72%
Height	$X \geq 50,235$	12	12%
Total		100	100%

Based on Table 4 above, the results of the loneliness categorization of teenagers using the K-Pop Roleplay account on Twitter have a level of self-disclosure in the medium category, namely 72 people (72%), while in the low category, there are 16 people (16%), and the high category. as many as 14 people (14%). This means that the majority of the level of self-disclosure among the participants in this study is in the medium category.

Normality test

Table 5. Normality Test of Research Variables

Research Variable	Kolmogorov-Smirnov ^a	
	K-S-Z Coefficient	Sig.
Loneliness	0,086	0,068
Self-Disclosure	0,088	0,054

Based on Table 5 above, it is found that the variables of loneliness and self-disclosure are normally distributed. This is proven by the coefficient value of the loneliness variable of 0.086 and a significance value of 0.068. Apart from that, the self-disclosure variable has a coefficient value of 0.088 and a significance value of 0.054. This means that (p) calculated is greater than (p) table 0.05 ($p > 0.05$), and the variables of loneliness and self-disclosure are normally distributed.

Linearity Test

The linearity test is a test carried out to find out whether variables have a significant and linear relationship.

Table 6. Linearity Test of Research Data Relationships

Research Variable	F Deviation from linearity	P
Lonely	0,808	0,737
Self-Disclosure		

Based on Table 6 above, the f deviation from the linearity value is 0.808 with a significance value (p) of 0.737. The calculated significance value (p) is 0.737, which means it is greater than the table significance value of 0.05 ($p > 0.05$). So, it can be concluded that there is a significant or linear relationship between the loneliness variable and the self-disclosure variable.

Hypothesis testing

After the prerequisite tests are met, the hypothesis test is then carried out. Hypothesis testing aims to determine whether or not there is a relationship between variables, in this case, the variable loneliness and self-disclosure in teenagers who use the K-Pop Roleplay account on Twitter. Researchers used the Pearson Correlation analysis technique, using SPSS (Statistical Package for Social Science) version 29.0.1.0.

Table 7. Hypothesis Testing

Research Variable	F Deviation from linearity	P
Lonely	-0, 181	0,72
Self-Disclosure		

Based on table 7 above, shows that loneliness and self-disclosure produce a value (p) of 0.72. The conditions for hypothesis testing are said to have a relationship because $p < 0.05$, and in this case the significance value is $0.72 > 0.05$, which means it is greater than 0.05. So, it can be concluded that the alternative hypothesis (H1) in this study is rejected, and the null hypothesis (H0) is accepted. So, there is no relationship between loneliness and self-disclosure among teenagers who use the K-Pop Roleplay account on Twitter.

Discussion

The results of this research show that the calculated (p) is 0.72 and is greater than the (p) table, namely 0.05 ($p > 0.05$). This shows that the hypothesis proposed in this study is rejected, which means there is no significant relationship between loneliness and self-disclosure in teenagers who use the K-Pop Roleplay account on Twitter.

The results of this research are inversely proportional to previous research conducted by Nuraini & Satwika (2022) which said that there was a significant positive relationship between loneliness and self-disclosure in teenagers, with respondents who used Instagram social media. This research explains that feelings of loneliness in teenage Instagram users can increase because they feel they are not having meaningful relationships, have difficulty establishing

close relationships with other people, and have closed personalities. Dayakisni & Hudaniah (2009) stated that people who fail to have a relationship are considered to feel the most lonely.

However, the results of this study are also in line with previous research conducted by Dwidiyanti & Anggarani (2022) which aimed to determine the relationship between loneliness and self-disclosure among Instagram users, with adolescent respondents. The results of this research show that there is no significant relationship between loneliness and self-disclosure because teenagers do not self-disclose because of conditions of self-esteem and loneliness, but there are other factors, especially teenagers who use social media not to overcome mental problems and increase self-esteem, but more of a place to develop himself, as well as just a communication tool. This research is in line with research conducted by providing specifications for respondents, namely teenagers.

The results of other research which are also in line with this research were conducted by Al-Saggaf & Nielsen (2014) which aimed to determine the relationship between loneliness and self-disclosure among users of the social network Facebook. Respondents in the study were more specified as unmarried women and showed that there was no significant relationship between loneliness and self-disclosure. The feelings of loneliness expressed by women are more like addresses, relationships, and connected social networking sites. The results of this research are also by the research conducted, namely, data obtained that 93% of female respondents did not disclose themselves. The results of the research conducted are inversely proportional to the self-disclosure factor by DeVito (2016) who said that women are more able to express themselves and are more open to other women.

Other research that is in line with this research was conducted by Anggraeni & Zulfiana (2018) who said that there was no relationship between loneliness and self-disclosure on Instagram in unmarried early adults. This research found that the role of ethnicity can influence self-disclosure. Tribes originating from Java and Madura have a higher percentage of self-disclosure than other tribes. According to DeVito (2016), cultural differences in self-disclosure are different.

Based on several descriptions of the analysis above, it is considered a weakness of the research, because it does not pay attention to other variables that might influence loneliness and self-disclosure. Apart from that, researchers also did not classify respondents according to ethnicity which could have an impact according to their culture. Myers (2012) explains that culture is also able to influence the amount and content of self-disclosure made by individuals. Apart from that, DeVito (2011) explains factors that can influence individuals to self-disclose, one of which is race, nationality, and age, because certain races or ethnicities also often disclose themselves. Another weakness of the research is that it only uses a limited sample. This also allows the sample to be less representative. Apart from that, researchers only focus on the social media Twitter, considering that more and more social media are developing.

The results of this research can be used as input for further research because the results of this research show that loneliness has no relationship with self-disclosure and vice versa so future researchers are expected to not only focus on social media users but on individual interactions with real world so that they can provide information to teenage respondents. In addition, future researchers can pay attention to the culture of the respondents, such as race or ethnicity, and can consider variables that can influence loneliness and self-disclosure, to prove the existence of a relationship between loneliness and self-disclosure. It is hoped that the

implications of this research can provide a reference for teenagers using K-Pop Roleplayer accounts on Twitter to maximize their use of Twitter according to their needs, and further increase interactions with other individuals in the real world.

CONCLUSION

This research aims to see the relationship between loneliness and self-disclosure among users of the K-Pop Roleplay account on Twitter. Based on the analysis that has been carried out, the results show that there is a discrepancy with the hypothesis, which means that this research proves that there is no relationship between loneliness and self-disclosure among users of the K-Pop Roleplay account on Twitter. This means that the high or low level of loneliness of K-pop roleplay account users does not affect their self-disclosure on Twitter. This result was obtained from statistical calculations that were carried out based on a Pearson correlation significance value of 0.72, which means it is greater than 0.05. So, it can be concluded that the hypothesis in this study is rejected.

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