The Effect of Duration of Social Media Usage on Emotional Stability in Undergraduate Students

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ABSTRACT

Social media is now a necessity for everyone, including adolescents who are generally undergraduate students. Social media allows users to acquire information from all corners of the world quickly. However, on the other hand, social media has negative impacts, one of which is emotional instability. The samples of this study are active undergraduate students in Jakarta who are adolescents with an age range of 18-21 years totaling 135 subjects. The sampling technique used was purposive sampling. Measuring instruments used was an emotional stability questionnaires consisting of 21 items based on the theory put forward by Chaturvedi and Chander (2010). Data analysis was performed using the SPSS program version 23.00 using One-Way ANOVA test, showing no difference in emotional stability in students in terms of the duration of social media use. Furthermore, students who use social media for less than 2 hours a day have the highest mean emotional stability, and students who use social media for more than 8 hours a day have the lowest mean emotional stability.

Keywords: Emotional stability, duration of social media use, social media, undergraduate students

1. INTRODUCTION

Information technology is developing very rapidly, it can even be said that the internet has ruled the world [18]. One means for fulfilment through the internet is through social media. Social media is now a part of the daily life of almost everyone, especially in Indonesia.

Social media is an internet-based online media, where users can share, participate, and create content in the form of blogs, wikis, forums, social networks, and virtual world spaces supported by increasingly sophisticated multimedia technology [26].

All forms of social media are used by various generations, including elders, adults, adolescents, and children. According to a survey conducted by [5] the *Asosiasi Penyelenggara Jasa Internet Indonesia* (APJII) in 2018, the total number of internet users in Indonesia were 171.17 million from a total population of 264.16. Internet users in Indonesia is dominated by users of the age range of 19-34 years old, which consists if 49.52% of internet users, meaning that active social media users are mostly adolescents to productive adults. The highest contribution of internet users in Indonesia is in Java at 55.7% and most active social media users are found in the DKI Jakarta area at 80.4% [5].

Several social media platform are available in Indonesia, including Youtube, Whatsapp, Facebook, Instagram, Line, Twitter, Linkedin, Pinterest, Skype, and Snapchat. From these social media in Indonesia, the 3 top social media rankings with more active users compared to inactive users are Youtube, Facebook and Instagram. According to Hootsuite (We are Social): Indonesian Digital Report (in Riyanto) [22], the percentage of active users of Youtube, Facebook, and Instagram were 88%, 81%, and 80% respectively.

According to Tamimy [25], there are many reasons for spending time with electronic devices in the context of using social media. The amount of daily time spent by the world on social media is one of the most visible indicators of its presence, and the development of facilities that support digital activities is increasing said presence [10]. According to APJII (2018), the percentage of internet user based on education level is that 92.6% of undergraduate students are active users of the internet and the remaining 7.4% are not active internet users. From the data, it can be concluded that the majority of students in Indonesia are active users of the internet.

According to Papalia and Martorell [19], adolescence is a transitional period of development between childhood and adulthood, which is generally between the age of 11 to the late teens or early 20 years old. This means that, an active undergraduate student with an age range of 18-21 is still in adolescent stage. According to Jamitka (quoted in Putro) [21], adolescents have characteristics that can distinguish them from the previous and the next stage, such as that adolescents begin to express their freedom and right to have their own opinions, are more easily influenced by their surroundings, showing behaviour that tend to follow the trend, such as fashion trends, and their confidence coincides with heightened emotions.

According to Valkenburg and Peter [27], development in adolescence requires social media as one of the main media for self-disclosure. However, social media can have negative effects if used excessively. According to Berson, Berson, Ferron [7], adolescents are prone to negative social interactions, especially when combined with a routine and excessive use of the internet. Moreover, according to the data that has been described above, most users are in the age range of 19-35 years old, this age range is the transition from adolescents to adulthood.

According to Ferrara and Yang [13], social media content produced and consumed can affect the emotional state and behavior of individuals. The emotional state of an individual can be transmitted to other individuals both verbally and non-verbally. Communication using social media is now more challenging because the emotions of each user are difficult to detect and understand [12]. According to Sani, Mohmmadzadeh, Jahangirimehr, Kamboo, and Pour [23], the use of social media requires emotional maturity, which includes emotional stability. A study by Hamid, Ishak, and Yazam [14] supports this, which is also in line with the research of Moree and McElroy (2012), which claims that frequent use of social media such as YouTube and Instagram can affect emotional stability. In this case it may be true because users can freely provide comments and feedback on these social media, and these features can cause them to feel anxious and upset, unable to control their anger and reduce their self-esteem.

Wang, Chen, and Liang [28] conducted a study that measured the duration of the use of social media on students. The survey questionnaire results showed that 45% of the respondents used social media for either more than 8 hours per day, 6-8 hours per day, or at least 2 hours per day. Thus, this study measured the duration of social media use based on the findings of Wang, et al. [35], counting the number of hours per day. The option ranges from less than 2 hours, to above 8 hours. The duration of alternative answers have an interval of 1 hour.

Irma (in Astuti) [4], claimed that having emotional stability means that one's emotions do not easily change or are not easily disturbed even in the face of problems. Someone who possesses emotional stability can express emotions appropriately, not excessively, so that their emotions do not interfere with other activities. Meanwhile, according to Chaplin (quoted in Astuti) [4], individuals without emotional stability experience rapid emotional change and are unexpected in their emotional reactions. Being indecisive and sensitive, which leads to explosive verbal and/or non-verbal anger are the results of emotional instability in an individual [8].

A previous study conducted by Setyawan [24] on early adult subjects showed a significant negative relationship between emotional stability and the duration of social media use. In another study conducted by Pungkasaningtyas [20] on adolescents who are high school students, it was found that there is also a significant negative relationship between emotional stability of subjects and the duration of social media use. Both research results show a significant negative relationship in the sense that the higher the duration of social media use, the lower the emotional stability, and vice versa.

In addition, the researchers have conducted a survey of active undergraduate students in Jakarta with an age range of 18-21 years regarding emotional stability based on the duration of social media use. From the results of a brief survey conducted by researchers, it was found that 3 out of 4 people stated that their emotional stability will be negatively affected if they spend all day on social media due to contents that may cause anger and insecurity. However, 1 in 4 people claimed that being on social media does not influence emotional stability, because being on social media with positive feelings lets them learn new information, adds insight and provides inspiration for better life goals.

Based on previous studies with topics related to emotional stability and duration of social media use, researchers are interested in knowing and conducting further research on the effect of the duration of social media use on emotional stability in students. Emotional stability is seen based on a theory by Chaturvedi and Chander [9]. The duration of social media use is seen based on a theory by Wang, et al. [28], which is divided into five categories, namely ≤ 2 hours, 2-3 hours, 4-5 hours, 6-7 hours, and ≥ 8 hours on a daily basis.

2. THEORETICAL REVIEW

Emotional stability, according to Smithson (in Chaturvedi & Chander) [9], is an integrated and balanced way for individuals to understand life's problems. Organizational abilities and structured perceptions help one develop the ability to think, assess and evaluate reality. In a sad situation or distress, a person is able to develop feelings, perceptions and attitudes that can help individuals understand the realities of life, conditions, and circumstances.

In controlling emotions there are individuals who fail at doing so. The lack of capacity to deal with problems, irritability, and constantly needing help to complete daily tasks are signs of failure in keeping emotional stability. They also show vulnerability and stubbornness, while at the same time seek sympathy. They are arrogant, quarrelsome, childish, selfish and demanding people. [9] According to Arora and Rangnekar [3], emotional instability (neuroticism) is characterized by instability, depression, and also shows insecurity. Emotional instability has negative impacts on individuals such as not being able to control emotions, and therefore they cannot easily adapt to the surrounding environment.

To eliminate emotional instability, as social beings, emotional stability is needed. According to Thorndike and Hagen (quoted in Chaturvedi & Chander) [9], emotional stability becomes an important element in the life of an individual in order to adapt to their environment. If an individual can respond well to emotions, then emotional stability will be created in the form of cheerfulness, freedom from guilt, optimism, calmness, and freedom day by day. There are five dimensions of emotional stability according to Chaturvedi and Chander [9], namely

pessimism vs. optimism, anxiety vs. calmness, aggression vs. tolerance, dependence vs. independence, and apathy vs. empathy.

According to Morgan and King (quoted in Setyawan) [28], there are several factors that influence emotional stability, namely (1) the physical state of the individual. A healthy individual has much better emotional stability compared to a sick individual; (2) Inherent (basic conditions of individuals), individual conditions that include genetic, gender, personality, age, ethnicity, and socioeconomic conditions; (3) Mood, various positive and negative stimuli that affect the individual's mood, and this is related to the emergence of external stimuli that affect an individual's emotional state.

According to Papalia and Martorell [19], adolescence is a transitional period of development between childhood and adulthood which is generally between the age of eleven to the late teens or early twenty. Thus, the researchers can conclude that the students are still considered adolescents because the students were between 18-21 years old. Jahja (quoted in Putro) [21] stated that, in early adolescence, a rapid emotional development occurs as the result of physical changes, especially hormonal changes, that occur in adolescence. In terms of social conditions, an emotional development is a sign that adolescents are in a different state from previous periods.

Social media is an online platform that people use to build social networks or social relationships with other people who have similar interests, activities, backgrounds or real life connections. The use of social media needs and involves mobile or stationary digital technology. It is reffered to as such because by using this technology, users can easily access various social media [1]. There are five characteristics of a media before it can be classified as social media according to Tamimy [25], namely (1) The existence of participation, that between one individual or group with other individuals or groups are interconnected and inseparable, therefore it can be said that social media happens with participation of two parties; (2) The existence of openness, the participation of the two parties will result in openness in the conversation; (3) The existence of conversation, openness in a conversation about having a vision and mission that are in line with each other will create an intense conversation; (4) The existence of a community, due to the existence of conversation and openness that creates a social media community forum; (5) The existence of connection, the community is finally able to create interconnection between fellow members of the community.

According to a team from the Indonesian Ministry of Trade [26], there are several types of social media applications that are well known and influential among Indonesian people, namely (1) Video sharing social media application. This application is very effective in distributing various videos as a source of information, for example, Youtube; (2) Microblog social media applications, for example, Twitter and Tumblr; (3) Network sharing social media, for example, Facebook, Google plus, and Path; (4) Professional network sharing social media, generally these applications are frequented by academics, students, researchers, government employees and observers, for example, Linkedin, Scribd, and Slideshare; (5) Photo sharing application, this application is used to disseminate information in the form of photos and videos, for example, Pinterest and Instagram.

The positive impact of the existence of social media is the acceleration of the dissemination of information. However, there are also negative impacts of social media, namely the reduction in direct or face-to-face interpersonal interactions, addiction, as well as ethical and legal issues due to contents that violate morals, privacy and regulations [26]. Regarding the use of social media, a previous study by Wang, Chen, and Liang (in Pahlawan) [28] measured and examined the duration of social media use by undergraduate students. The conclusion of the result is as follows: the study used similar subjects, which are undergraduate students and social media users. 45% of the total respondents used social media for 6-8 hours daily, 23% used social media for more than 8 hours daily, 20% spend 2-4 hours daily, and 12% spend less than 2 hours daily.

Thus, the alternative durations of social media use for the questionnaire in this study has an interval of 1 hour. The options are ≤ 2 hours, 2-3 hours , 4-5 hours, 6-7 hours, and ≥ 8 hours per day. A previous study showed that the use of social media without being aware of other users can cause emotional contagion to other users through content, words, and posts uploaded. The emotional state that is transmitted can either be a positive or negative emotion that can direct others to unconsciously experience the same emotions as their surroundings. Therefore, it is necessary to know the effect of the duration of social media use on emotional stability in undergraduate students.

3. METHOD

Characteristics of the subjects in this study were active students at a university in DKI Jakarta, with an age range of 18-21 years, who use social media. This research does not discriminate any religion, gender, or majors. This study used non-probability sampling, more specifically purposive sampling. Only samples who met the predetermined criteria were taken as subjects.

According to Bartlett, Kortlik, and Higgings [6], a very large population that exceeds 100,000 people required a minimum research sample of 119 people, therefore researchers used a minimum sample of 119 subjects in this study. The final number of sample amounted to 135 subjects.

In this study, to measure the emotional stability of students, researchers used the Emotional Stability Measuring Instrument in Likert scale quoted from Setyawan's research (2016) titled "*Hubungan Antara Durasi Penggunaan Media Sosial dengan Kestabilan Emosi Pada Pengguna Media Sosial Usia Dewasa Awal*". This measurement tool consists of 25 questions divided into five dimensions, namely optimism, empathy, independence, calmness, and tolerance [9]. After

eliminating the items, the Emotional Stability Measuring Instrument was down to 21 items with a coefficient of 0.736.

Along with the emotional stability scale, the researchers included a questionnaire aimed to determine how much time each subject spends on social media. The questionnaire contained questions about whether subjects use social media and the duration of social media usage expressed in the number of hours per day according to the options the study by Wang, Chen, and Liang (in Pahlawan) [28], with a time interval of 1 hour, at least ≤ 2 hours per day and at most ≥ 8 hours per day. The options are ≤ 2 hours, 2-3 hours , 4-5 hours, 6-7 hours, and ≥ 8 hours per day.

This study aims to find out whether the duration of social media use has an influence on emotional stability in students. For that, the researcher conducted a difference test between the independent variable, which is the duration of social media use and the dependent variable, which is emotional stability using One-Way ANOVA method on the Statistics Product program and Service Solution (SPSS) version 23.00, because the data is normally distributed.

4. RESULT

Data obtained from 135 subjects provided an overview of emotional stability in students. The lowest emotional stability score is 2 and the highest score is 4, the empirical mean obtained in is 2.82 with a standard deviation of 2.96. The hypothetical mean on this scale is 2.5, because researchers use Likert Scale with options from 1 to 5. Thus from this result it can be said that emotional stability in research subjects is high, because the hypothetical mean value of 2.5 is lower than the empirical mean value of 2.82.

In addition to seeing the total empirical mean value of the emotional stability variable, the researcher also obtained empirical mean values per dimension of the emotional stability variable. There are five dimensions of the emotional stability variable, namely the optimism dimension, the empathy dimension, the independence dimension, the calmness dimension, and the tolerance dimension. The optimism dimension shows the empirical mean of 2,830, the empathy dimension shows an empirical mean of 3,044, the independence dimension shows an empirical mean of 2,813, the calmness dimension shows an empirical mean of 2,517, and the tolerance dimension shows an empirical mean of 2,916.

Table 1.

Total Empirical Mean of Emotional Stability Variable

	N	Minimum	Maximum	Mean	Std. Deviation
Emotional Stability	135	2	4	2.82	.296

This shows that the empirical mean value of each dimension of emotional stability is greater than the hypothetical mean values of 2.5. Therefore, it can be concluded that all dimensions of the emotional stability variable show high results. The dimension with the highest mean value compared to other dimensions, is the empathy dimension with a result of 3.044. Meanwhile the dimension with the lowest mean value compared to other dimensions, is the dimension of calmness with 2,517.

Table 2.

Total Empirical Mean of Dimensionds of Emotional Stability Variable

Dimension	N	Min	Max	Mean	Std. Deviation
Optimism	135	1.4	4	2.830	.4535
Empathy	135	1.3	4	3.044	.4883
Independence	135	1.8	4	2.813	.3926
Calmness	135	1.8	3.6	2.517	.3828
Tolerance	135	1.7	4	2.916	.4437

This study aims to determine the effect of the duration of social media use on emotional stability in students. To achieve this, researchers conducted a normality test on emotional stability using the SPSS program version 23.00 with the Kolmogorov-Smirnov method. The emotional stability normality test obtained a significance value of $0.200 > 0.050$, therefore, the data is normally distributed.

Through One Way Between Groups ANOVA analysis of variance test, F value of 0.576 and a value of $p = 0.681 > 0.05$ were obtained. Therefore, it can be concluded that duration of social media use has no effect on emotional stability in students. In the process of acquiring additional data, the researchers aim to see if there are differences in emotional stability in terms of gender. Data analysis was conducted using Independent Samples t-Test difference test. The result indicated p value of 0.123. Thus it can be concluded that there is no difference in emotional stability between male and female.

The researcher also calculated the differences in emotional stability based on the type of social media most often used by subjects in this study. Through One-Way Between Groups test the value of $F = 0.199$ p value $= 0.897 > 0.05$ were obtained. Therefore, it can be concluded that there is no significant difference in emotional stability based on the type of social media most used by the subjects.

5. CONCLUSION

Based on the results of analysis and data processing in this study, it was found that duration of social media use has no effect on emotional stability in students. Previously conducted assumptions test indicated that the emotional stability variable and the duration of social media use met the assumption of normality and homogeneity test, therefore researchers used the One-Way ANOVA analysis test.

6. DISCUSSION

The result showed that duration of social media use has no effect on emotional stability in students. Based on the results of data processing, it was known that the subjects in this study scored high on emotional stability. According to Irma (quoted in Astuti) [4], individuals with good emotional stability exhibit controlled emotions, they do not experience changes or are not easily disturbed even in the face of problems. In line with Smithson's opinion (in Chaturvedi & Chander) [9], emotional stability is an integrated and balanced way for individuals to understand life issues. Thus it can be said that the duration of social media use does not affect emotional stability because the subjects in this study have high emotional stability.

Although it is known that subjects of this study have high emotional stability, reducing the duration of social media use can become a solution to maintain emotional stability. Based on the results of difference test on emotional stability in terms of the duration of social media use using One-Way ANOVA in the descriptives section, the highest mean of emotional stability was found in subjects who use social media for less than 2 hours a day, and the lowest mean of emotional stability was found in subjects who use social media for more than 8 hours a day. This result is in line with research conducted by Setyawan [24] and Punkasaningtiyas [23] that there is a significant negative relationship between emotional stability and the duration of social media use.

The result of the description of subjects' overall emotional stability based on the dimensions of emotional stability indicates that all empirical mean values in each dimension of emotional stability is greater than the hypothetical mean value of 2.5. So it can be said that all dimensions of the emotional stability variable show high results. The empathy dimension has the highest mean value compared to other dimensions, and according to Chaturvedi and Chander [9] individuals with empathy show a caring attitude towards other people's feelings, so it can be said that the every subject of this research cares and feels what others feel.

The fact that the duration of social media use has no effecton emotional stability in undergraduate students might also be explained by the unbalanced number of subjects based on the duration of social media use. It is known that there are four subjects who use social media for less than 2 hours a day, 15 subjects use social media for 2-3 hours a day, 46 subjects use social media for 4-5 hours a day, 39 subjects use social media for 6-7 hours a day, and 31 subjects use social media for more than 8 hours a day.

Regarding research subjects, the researchers involved active students who were adolescence with an age range of 18-21 years and use social media. From the results of the description of emotional stability above, the subjects of this study have high emotional stability, in line with the opinion of Arora and Rangneka (in Aleem) [2] which stated that during the development of adolescents, emotional stability continuously rises towards better personality. Hurlock [17] added that, although adolescent emotions appear very strong, uncontrollable, and irrational, generally from year to year there is an improvement in emotional behavior.

The results of the analysis of additional data in this study regarding differences in emotional stability in students based on gender showed no significant differences in emotional stability between male and female. This result is not in line with a study conducted by Aleem [2], which found that there were differences in emotional stability in students based on gender of the subject. The study showed that male students had higher emotional stability compared to female students [2]. Another reason might be due to the subjects, which in this study were not balanced in terms of gender, while the subjects of the aforementioned study were balanced.

Based on the social media most often visited by the subjects in this study, Instagram ranked the first, followed by Youtube. A second additional data analysis showed no significant difference in emotional stability based on the type of social media most frequently used by subjects. The subjects in this study showed high emotional stability. This is not in line with a study by Moree and McElroy (2012) stating that frequent use of social media such as YouTube and Instagram will affect the emotional stability of individuals.

This study used only inherent factors of emotional stability, such as age and gender, despite other factors that contribute to emotional stability. According to Morgan and King (quoted in Setyawan) [24] there are factors including mood, various positive and negative stimuli affecting the mood, which is related to the emergence of external stimuli that trigger a certain emotional state within the individual. Meanwhile, according to Ferrara and Yang [13], social media content produced and consumed can affect the emotional state and behavior of individuals. However, this research did not measure how social media content affects the emotional stability of an individual, therefore, there is not enough evidence to support this argument.

The limitations of the study may affect the results of this study. First, there was limited time in acquiring samples, and this affected the number of subjects, resulting in unbalanced subjects.

Second, the researchers did not include questions asking about the preferred social media content of the subjects, or what they see most often on a daily basis. Third, this study did not provide opportunity for subjects to write about the subject's perspective on the use of social media. Because of this, the researcher cannot view subjects' opinions on social media from the subjects' perspective in order to add consideration to this discussion.

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