



Problem-Focused Coping and Psychological Well-Being of Social Media Users in Emerging Adulthood

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Abstract. Psychological well-being is a condition where human psychological abilities function fully and is a condition that everyone wants to achieve. This level of psychological well-being is caused by factors such as coping strategies or the ability to deal with pressure which is divided into two types and one of them is problem-focused coping. Problem-focused coping is a form of stress resolution that focuses on the problem to find information and manage situations or relationships with others. Social media users, especially Instagram, tend to compare themselves socially, causing low psychological well-being (Mackson et al., 2019). Self-comparison behavior and escape from problems by using social media can lead to the use of inappropriate coping strategies and can affect psychological well-being. The purpose of this study was to determine the correlation between problem-focused coping and psychological well-being in emerging adulthood social media users. This study uses a quantitative approach with a correlational method. The sample used in this study was 150 emerging adulthood Instagram social media users using a convenience sampling technique based on Lemeshow's formula. The data collection technique uses a scale consisting of the revised Ways of Coping Questionnaire (WCQ) with a reliability of 0.755 and the Psychological Well-being Scale with a reliability of 0.819. The research results show that there is a relationship between problem-focused coping and psychological well-being in social media users in emerging adulthood. The nature of the influence between these two variables shows a positive relationship, this indicates that the higher the problem-focused coping, the higher the psychological well-being and vice versa.

Keywords: problem-focused coping, psychological well-being, emerging adulthood.

1 Introduction

In the digital era that exists moment, the use of social media is a very big phenomenon. Social media is A technology Where users can share and access information online. Social media is part important in life man so that used almost all over group age that is adults, elderly, even children [1]. Data obtained in the United States supports statement the that 7 out of 10 individuals use social media [2]. Generally, social media is used as a receptacle For communicating with others, getting entertainment, or just For use up

time [3]. The number of social media users in Indonesia as many as 277.7 million people in January 2022, has experienced an increase of as much as 12.35% year previously [4]. [37] the average internet usage in Indonesia, namely for 7 hours 59 minutes, 3 hours 46 minutes of which is used For playing social media. Almost 80% of internet users in Indonesia spend their time using social media such as among others YouTube, WhatsApp, Facebook, Instagram, and Twitter [5].

Use of social media can result in a change aspect behavior in a person Good in a way positive and also negative, and in a way spontaneous and also needs time. Humans need receptacles as place To express self, one of them through social media. How individuals express themselves. This later can be influential to psychological well-being. Incidents in positive life represented via social media can display impression exaggeration and exaggeration incident the real positive depends on how an individual manages impression [6].

Someone's reason for using social media can be in the form of positive motives like wanting to guard connection with friends and looking for information new related with emotion positive and life satisfaction. The motive for using social media Because only To use up time, prove oneself alone, and look for new relationships more related to characteristic maladaptive and exhibiting welfare psychologically [7]. [7] show that the reason individuals use social media is to guard their connection with others and get information or suggestions, make individuals obtain emotion positive, satisfaction, and change personal as well as social. The number of support social benefits obtained from social media when somebody asks for advice or information tend to make individual will repeat matter mentioned at another time [8]. Behavior the if done in a way excessive will make ability socialize with individuals decreasing and influential to aspect connection Good with others (positive relationship with others) on psychological well-being. [9] which revealed that too much time Lots spent For using social media will more beneficial If replaced with interact social in a way direct.

[9] use of social media more from 5 hours per day in adolescents show higher level of psychological well-being low . [10] social media use that exceeds 2 hours a day can cause pressure psychological , including anxiety and depression . [11] use of social media not enough from 2 hours no display significant influence , but rather influential to quality the day lived Because No enough sense of satisfaction self in the individual.

A studies to expose that consequence excessive in using social media , can make feelings and satisfaction life the more decrease along the walk time [12] . Another finding [1] that level more depression big as well as feeling stressed is found on Instagram users who do comparison social . Excessive use of social media to signify lack of ability control environmental mastery by individuals so that No can manage time to do other more activities useful and productive .

Based on results study [13], aged 19-34 years found as highest age in internet usage in Indonesia with percentage by 49.52%, proving that emerging adulthood age or mature young including in age most social media users . Emerging adulthood or mature young is a crucial period at the stage life man because of that time is time transition from adolescence before towards adulthood , which consists of from age 18-29 years

[14] . At this time individual undergo new life so that requires a process of consolidation , discovery , search , and reproductive period in order to adapt and face various problem , isolation social , tension emotional , change moral values , commitment , period of dependency , and Power create [15] . Transition period This cause change and ability adaptation that can give contribution to development psychosocial , but can also cause stress and mental disorders that can affect psychological well-being [16][17] in [14].

Welfare psychological or psychological well-being is a very desirable condition achieved by everyone. Psychological well-being has a definition that refers to experience and conditions of psychological functioning in a way. [38] function-positive psychology it means can achieve optimal psychological well-being. A person can develop potential in a way if succeeds in achieving psychological well-being, things the inline with [18] that psychological well-being is related to thinking creatively, behavior prosocial, and good health. [19] disclose definition of psychological well-being as situation when individual can to obtain potential psychological with the optimal way indicated by the behavior accept self alone , the intertwining connection good social , have ability For determine direction life , have ability control the environment , knowing objective his life , and has ability in to give meaning to life as well as view that himself Keep going develop .

But in reality , it is still Lots individual with low level of psychological well-being in Indonesia, this the proven by data obtained by Riskesdas (Basic Health Research) in 2018, that as much as 12 million more public with 15 years old to on suffer depression and as many as 19 million resident with 15 years old to on suffer emotional mental disorders . Health Research and Development Agency do System Sample Registration in 2016 and obtained suicide data self as many as 1,800 per year or can it is said as many as 5 people per day , also the age most often found in suicide victims self is age teenagers and age productive or age 10-39 years that is by 47.7%. [35] that from 2008 to 2017 , symptoms depression found in individuals age 18-25 years or including in age mature young increase by 63%. Next percentage age mature young people who experience disturbance psychological serious and have thinking kill each one of us improves by 71% and 47%.

Individual psychological well-being can influenced by behavior compare self in a way social consequence see picture or posts that feature other people in public positive so that make individual ignore how much lots of other people really feel emotion negative [6] . Behavior compare self in a way social the done by individuals as effort For reduce feeling anxious and not Certain will self Alone Because low draft self owned [20] . [1] found that more depression big as well as feeling stressed found on Instagram users who do comparison social . This is prove that use of social media impact on aspects reception oneself in psychological well-being.

Psychological well-being can influenced by various factors , one of which is is a coping strategy or skills in face pressure [21]. Coping strategies defined as efforts made individual in processing , reducing , and dealing with pressure created by stress [22]. There are two types of coping strategies namely emotional focused coping and problem focused coping [23] . Emotional focused coping is business in manage reaction emotional consequence the state of being felt pressing . Some the way that is included

in coping strategies This that is accept not quite enough answer , interpretation return in a way positive , control self , run from situation , away from problem , and search support emotional from other people. While problem focused coping is business somebody For finish source the problem with try manage situation or modify connection between people with existing environment , can done with method search and learn information or new skills .

Problem focused coping allows individual do coping in a way active with overcome problem use action directly . [24] the use of problem focused coping can help individual optimize mastery and capacity possessed in finish stress , and can also increase positive development . So that the use of problem focused coping can make individual own better conditions calm moment finish problems that can be influential to high psychological well-being. [25] explained that the use of problem focused coping makes individual show trend success in reduce stress than type another coping .[26] also found that ability arrange quality life and health individual can increase with use of problem focused coping. However In reality , the application of problem focused coping in the majority of developing countries , one of which is Indonesia, is still very limited , as proven by with findings [27] that trend use of escape strategy from problem or avoidance and use emotion like anger , mood swings , and crying Still Lots found in workers in Indonesia.

Connection between problem focused coping and psychological well-being [36] which resulted in conclusion that optimism and problem focused coping have connection with psychological well-being in adults the beginning of experiencing quarter life crisis phase . Another finding [21] on employees , that there is connection positive between problem focused coping and psychological well-being, which indicates that the more good problem focused coping is applied so the level of psychological well-being in employees will also the more high . The results of another study by Riani [24] that psychological well-being variables get donation in a way efficient from problem focused coping and support variables social by 58.7%.

Based on the data obtained about the amount social media users in age mature young , can obtained description height the intensity found in society in the use of social media in life everyday life that can result bad if No restricted . Individual will tend run self using social media when experience or face difficulty in the process of development . Individuals in adulthood own more tendency tall to social media addiction Because existence lack of stability in manage need life , relationship with other people, as well as in develop aspect affective and cognitive [28] . Escape self from problem with using social media can cause inadequate selection of coping strategies right and will influence welfare psychological someone . In addition , because lack of study between the relationship between problem focused coping and psychological well-being, then need assessment more in more depth on the subject area . Based on matter said , research This implemented aiming use understand more Far The relationship between problem focused coping and psychological well-being of social media users in emerging adulthood.

2 Method

Study This is study with approach quantitative through method correlational . The method used with objective For analyze connection between problem focused coping variables with psychological well-being variables . Population in the study This is social media users emerging adulthood age is 18-29 years . Determination sample in research This through use numbered convenience sampling technique sample a total of 96.

Data collection is carried out through use scale based on on two tools measure . The instruments used in measurement of problem focused coping of social media users emerging adulthood age is Lazarus and Folkman 's Ways of Coping scale [29] which has been experience revision became the revised Ways of Coping Questionnaire (WCQ), and has been adapted [30] . Composed of the 66 items developed based on category in coping strategies namely problem focused coping and emotion focused coping. Validity in scale This is 0.927-0.930 and reliability with magnitude 0.930. However researcher only using 20 items included into the problem focused coping aspects . Instruments This arranged through use Likert scale with 4 categories answer namely 1 = Never , 2 = Sometimes, 3 = Often, and 4 = Very Often.

Next , the instruments used in measuring the psychological well-being of social media users emerging adulthood age is adaptation from Psychological Well-being [31] which has been through adaptation [32] . This scale consists of of the 18 items referring to six aspect that is development self (personal growth), acceptance self (self-acceptance) , good relationships with others (positive relationship with others), goals purpose in life , ability control environmental mastery, and autonomy . Reliability scale This is 0.78. Instrument This arranged through use Likert scale based on on favorable and unfavorable items with 7 categories answer namely 1 = Strongly Disagree Once , 2 = Strongly Disagree , 3 = Slightly Disagree , 4 = Neutral , 5 = Slightly Agree , 6 = Agree Once , and 7 = Strongly Agree Very .

3 Results and Discussion

3.1 Results

Subjects in the study This is social media users emerging adulthood age with range age 18-29 years with total 150 people. According to with results data collection , obtained description Respondent based on the most age that is age 18-21 years with percentage by 50%.

Table 1. Age Overview of Research Subjects

Age	Frequency	Presentation
18-21 years	75	50%

22-25 years	65	43.3%
26-29 years old	10	6.7%
Total	150	100%

Reviewed from type gender , the majority Respondent is Woman with percentage by 80% or totaling 120 people and men by 20% or totaling 30 people.

Table 2 . Subject Gender Overview

Gender	Frequency	Presentation
Woman	120	80%
Man	30	20%
Total	150	100%

Based on results data acquisition , some big Instagram social media users use problem - focused coping . This is shown with 34.7% of subjects is in the category high and 39.3% of subjects is in the very high category .

Table 3 . Categorization of Problem Focused Coping

Categorization	Frequency	Presentation
Very Low	0	0%
Low	3	2%
Enough	36	24%
Tall	52	34%
Very high	59	39%
Total	150	100%

Furthermore For psychological well-being category majority is at in category tall with percentage 54%. This is to signify that part big Instagram social media users have good psychological well-being .

Table 4 . Categorization of Psychological Well-Being

Categorization	Frequency	Presentation
Very Low	0	0%
Low	1	7%
Enough	17	11.3%
Tall	81	54%

Very high	51	34%
Total	150	100%

Used One Sample Kolmogorov-Smirnov Test method in testing data normality . The results are show mark significance of 0.200, which exceeds threshold of 0.05 . From the findings this , can concluded that mark residue follow normal distribution , indicating that the data has characteristics proper distribution with assumption normality .

Linearity test in research This use deviation from linearity method , has objective in understand form connection between variable free with variable bound . From the linearity test that has been executed , produced The Sig. deviation from linearity value is 0.173, where $p > 0.05$. So it can be withdrawn conclusion that there is linear relationship between variable free with variable bound .

Correlation test through use The Pearson Correlation method is intended For know how far is the relationship between variables , which are expressed in form coefficient correlation (r). According to with test findings obtained mark significance with magnitude 0.000 where $p < 0.05$ and mark rxy 0.299. The result is to signify that There is correlation positive between second variable . So that the more high problem focused coping then will the more The higher the psychological well-being of a person , the opposite also applies the more low problem focused coping then will the more a person's psychological well-being is also low .

3.2 Discussion

Based on results grouping problem focused coping variables , shown with percentage 34.7% of subjects is in the category high and 39.3% of subjects is in the very high category . This means part big respondents in the study This perform problem focused coping as method settlement the existing problem . This is show that in stage development emerging adulthood age , they experience obstacles and problems . However social media users emerging adulthood age is assessed capable finish source stress faced with implementing problem focused coping as an appropriate coping strategy . This is in line on opinion [33], when individuals who have belief that they can strive for business to change situation certain , will tend using coping strategies in the form of problem-focused coping.

Based on results categorization of psychological well-being, results show that majority Respondent have high level of psychological well-being (54%). Use of appropriate coping strategies capable help achieving psychological well-being. This is in line with the findings study previously run [24] that psychological well-being variables get donation in a way efficient from variable support social and problem focused coping by 58.7%. [21] states that problem focused coping is one of the determining factor achieving psychological well-being. Individuals can optimize quality in self moment overcome stress and growth to more direction positive so that can to obtain better conditions calm moment finish problem with using problem focused coping so can reach level of psychological well-being [24].

Social media users especially at the age of emerging adulthood, namely age 18-29 years is at in stage development Where there is demands For do adaptation to transformations that take place in various field life . Social media use become a important things and have impact positive in undergoing the development process the For do various activity like communicate , search relation , connected in a way social , entertainment as well as receptacle For look for information [5] . However The use of social media also has an impact negative that if No controlled will can direct to use of inappropriate coping strategies appropriate as form diversion in a way psychological will emotion negative obtained from existing problems . The use of social media such as Instagram allows individual see other people's profiles and lives so can increase behavior compare self in a way social For remove the uncertainty that exists in self alone [3]. This is in harmony on [1] that pressure obtained consequence behavior comparison social Instagram users cause level more depression tall so that can direct to low psychological well-being. Therefore That needed solution in finish problem that is with using problem focused coping.

Based on this research , the results of the coefficient test correlation that produces r_{xy} with magnitude 0.299 is standard significance (p) with the magnitude of 0.000 where p value is less from 0.05 proves that hypothesis beginning can accepted . This result to signify that There is connection significant positive between problem focused coping and psychological well-being, where the more high problem focused coping used so will the more a person's high psychological well-being . Vice versa , increasingly low problem focused coping is applied so the more also low psychological well-being of a person . This is in harmony [36] who received conclusion that optimism and problem focused coping have connection with psychological well-being in adults the beginning of experiencing quarter life crisis phase .

Weak influence value with r_{xy} 0.299 in correlation test can caused by the presence of other influences from various factors that influence psychological well-being. Other factors that are able to influential towards psychological well- being covering condition demographic in the form of gender, age , culture , economic status social , views will experience , support social , and locus of control, namely view will control owned in influence existing conditions [34] .

4 Conclusion and Suggestion

4.1 Conclusion

Study This produce conclusion that there is connection significant positive between problem focused coping and psychological well-being in social media users emerging adulthood age. This is to signify that the more high problem focused coping then the more high psychological well-being in social media users emerging adulthood age and vice versa , increasingly low problem focused coping then the more low psychological well-being in social media users emerging adulthood age .

4.2 Suggestion

Suggestions that can be given to social media users emerging adulthood age is expected can more utilise use of social media with wise balanced on existing needs . Capable of action in a way active in finish source stress with implementing problem focused coping that can in the form of look for useful information in settlement problem , thinking solution problem in a way ripe , and take action in a way real . So that use of social media No influence form coping used moment finish stress. Further suggestions regarding study in the future is more notice various factor others that influence problem-focused coping or psychological well-being so that the study furthermore can further discuss both of the variable.

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