



Adolescent Self-Disclosure of Family Conflict on Social Media

Kimmy Katkar¹, Maria Yuliana Wangge², Feti Pratiwi³

Semarang University, Soekarno Hatta Street, Semarang City
kimmy@usm.ac.id

Abstract. Adolescents' self-disclosure to their parents is used as a place to build closeness between adolescents and parents. To carry out this self-disclosure requires trust and closeness between adolescents and parents. Teenagers will easily express themselves to their parents if they have emotional closeness, a trustworthy relationship, and parents with an authoritative, responsive, and accepting pattern. This research aims to describe the description of adolescents' self-disclosure regarding family conflicts on social media and to find out what factors influence adolescents' self-disclosure regarding family conflicts on social media. The research method used is a qualitative method with a phenomenological approach; the data analysis technique is interactive using the Miles and Huberman model. This research shows that the family conflicts experienced by respondents include conflicts of intimacy, identity, and rejection. Internal factors that influence the self-disclosure of adolescents with family conflicts are the need for affiliation, lack of family social support, friendship intimacy, and trust. Meanwhile, the external factor is the social environment. The respondents were able to express themselves about the family conflicts they experienced through their two social media accounts

Keywords: Self-Disclosure; Adolescents; Family Conflict; Social Media

1. Introduction

Adolescence is a crucial age where individuals face biological, cognitive, and socio-emotional changes [10]. These changes often make it difficult for adolescents to control themselves, such as intense emotions, unstable, easily rebellious, and desperate. In cognitive development, adolescents begin to think logically and complexly so they are able to give reasons for parental prohibitions or reprimands. Family is the initial social environment that plays an important role. A harmonious family supports positive psychological development of adolescents, such as adaptability and self-control [16]. Conversely, an incomplete family makes it difficult for adolescents to open up and learn to deal with problems. Research states that adolescents tend to be closed and avoid communication with parents regarding the life they live [17]. Self-disclosure, either directly or through social media, involves verbal or non-verbal actions to convey individual feelings and thoughts [5]. Social media, such as Twitter, allows teenagers to write about themselves and receive responses from other users, such as retweets and

comments [14]. According to Adyawanti social media makes adolescents feel safer venting their feelings than talking directly to people around them [1].

Adolescent self-openness towards parents can build closeness through trust and other factors such as dyadic and partner effects in relationships [12]. Partners in relationships involve the closest people, such as family and peers, who influence adolescents' self-disclosure [12]. Social media gives teenagers the freedom to post things without worrying, because identities can be faked [8]. Self-disclosure is influenced by certain considerations, such as trust in certain people. Some teenagers choose not to disclose family problems to parents, but to friends [3]. Based on initial interviews, adolescents are more comfortable talking to their friends about family problems because talking to parents often makes things worse (KB/S1/W1/B.77-79, KB/S1/W1/B.95-98). Poor communication patterns and different views with parents often led to disagreements (KB/S1/W1/B.114-118).

Some adolescents also reported that they hated one of their parents because of past conflicts. One respondent mentioned that her father left the family when she was young but continued to contact them, which made her even more depressed (KB/S2/W1/B.68-70, KB/S2/W1/B.85-88). Respondents chose to share their feelings through social media such as WhatsApp or Instagram, because they felt they received sympathy from their online friends (KB/S2/W1/B.105-106, KB/S1/W1/B.150-151).

Based on the above problems, researchers are interested in conducting this study because not all individuals are able to disclose family conflicts that are being experienced to others. The purpose of this study is to determine the description of adolescents' self-disclosure of family conflicts in social media and the factors that influence it. Researchers have summarized the use of variables, research methodology, research respondents, theories, and results from previous studies. It was found that the use of early to late adolescent respondents and the analysis of research results using social penetration theory did not exist in previous journals [4].

2. Methods

The research method used in this study is a qualitative method with a phenomenological approach that aims to describe adolescents' self-disclosure of family conflict on social media and find out what factors influence it. Data collection techniques were carried out using observation, interview, and documentation methods.

The research steps used in this study are divided into three stages; the first is research preparation, namely, researchers searching for research respondents. The second stage is the implementation of research and data analysis; the last stage is writing the results of data analysis, which is the final stage in the form of drawing conclusions from research analysis.

The characteristics of respondents in this study are adolescents aged 14-18 years who have problems with their families and adolescents who use social media more than one time. and adolescents who use social media for more than 1 year. This study uses triangulation of data sources to test the validity of data by comparing data and cross-checking the degree of trust in information obtained through different times and tools [11].

3. Result and Discussion

3.1. Result

Table 1. Summary of Interview Results Overview of adolescent self-disclosure about family conflict on social media

Aspect	S1	S2	S3
<i>Amount</i>	Respondents when on the phone with their friends take approximately 3 hours a day (KB/S1/W2/B.111-113)	Respondents tell stories to their cyber friends during holidays on weekends (KB/S2/W1/B.154-158)	Respondents for 1-2 hours usually share their lives with others (KB/S3/W2/B.88-93)
<i>Valensi</i>	Respondents often talked about how lonely they were (KB/S1/W3/B.37-41).	The respondent said that her stepfather's attitude was very different from her biological father (KB/S2/W2/B.69-73).	None of the siblings or family saw the respondent's upload (KB/S3/W2/B.169-172).
<i>Accuracy</i>	Respondents almost daily upload the problems they are facing (KB/S1/W2/B.76-78)	Respondents mentioned that there was a problem with someone but did not explain in detail regarding their stepfather (KB/S2/W1/B.184-187)	Respondents talked on social media if their parents could no longer be together and wanted a divorce (KB/S3/W2/B.154-157)
<i>Intention</i>	Respondents want to get attention from others (KB/S1/W3/B.56-58)	Respondents only share stories with others regarding the attitude of their stepfather (KB/S2/W2/B.59-62)	Respondents efforts in uploading their lives to get advice and input from their friends on social media (KB/S3/W3/B.66-69)
<i>Intimate</i>	Respondents often complain about their problems to their friends (KB/S1/W2/B.147-150)	Respondents communicate with their online friends to discuss their conflicts (KB/S2/W1/B.67-71)	Respondents often call their social media friends twice a week to express their complaints (KB/S3/W1/B.63-66)

Table 2. Summary of Interview Results Factors Affecting Teen Self-Disclosure in Social Media

Factors	S1	S2	S3
<i>Internal</i>	Respondents want to get attention from others for the problems they are	Respondents need moral support from others (KB/S2/W2/B.60-	Respondents want to be noticed by others (KB/S3/W3/B.30-31)

	experiencing (KB/S1/W1/B.137-138)	63)	
<i>Eksternal</i>	Respondents receive encouragement from their friends regarding their communication style on social media (KB/S1/W3/B.164-166)	Respondents sometimes follow the behavior uploaded by their social media friends (KB/S2/W3/B.143-146)	Respondents are influenced by their friends on social media (KB/S3/W3/B.155-158)

a. Overview of Adolescents' Self-Disclosure of Family Conflict on Social Media

Teenagers who have problems with their families in expressing themselves on social media have several things in common, including respondents prefer to tell the issues they are experiencing to social media as a place to pour out their hearts (KB/S1/W1/B.92-95); (KB/S2/W1/B.70-72); (KB/S3/W1/B.154-156). Teenagers prefer to pour out their feelings on social media when compared to their own family for several reasons, including feeling freer in expressing their feelings without having to be known by their family and friends in the real world (KB/S1/W2/B.164-167); (KB/S2/W2/B.90-93) (KB/S3/W2/B.104-106). Feelings of embarrassment to friends, and fear of being scolded by the family are also reasons for teenagers to express their problems on social media (KB/S1/W2/B.172-174); (KB/S2/W2/B.99-103) (KB/S3/W2/B.113-116).

b. Factors influencing adolescents' self-disclosure of family conflict on social media

The three respondents experienced almost the same causative factors, namely affiliation needs, lack of family social support, friendship intimacy, trust and social environment (KB/S1/W1/B.271-273); (KB/S1/W1/B.277-280); (KB/S2/W1/B.230-234); (KB/S3/W1/B.268-272); (KB/S3/W1/B.276-279). As for some things that influence adolescents to dare to reveal their true selves on social media, such as when experiencing problems with each of their families, respondents feel very eager to tell others but because there is a feeling of shame and fear if their problems are known by many people who know them, so respondents prefer to reveal their problems on their social media accounts such as on Instagram, WhatsApp, Facebook and Twitter (KB/S1/W1/B.245-251); (KB/S2/W1/B.230-234); (KB/S1/W1/B.263-267); (KB/S2/W1/B.220-224); (KB/S3/W1/B.242-247); (KB/S3/W1/B.256-260).

3.2. Discussion

In general, individuals prefer to talk about personal things because they tend to talk more about themselves, especially when uploaded and shared with the public [9]. This is in accordance with the results of this study, which shows that respondents tend to share stories about themselves with the public. Respondents who are teenagers prefer to reveal themselves through social media when compared to their family or friends in the real world. According to research, social media use is often expressed in disappointment, sadness, or life difficulties, often told through social media by adolescents or early adults[13]. Salsabila says that divorce or separation of parents has

an impact on adolescent development; they will tend to respond and vent their sadness with aggressive behavior when interacting with others [18].

This study shows that individuals prefer sharing personal things, especially through social media, to family or close friends. This is in line with the findings of Hapsari [9], which states that individuals more often discuss themselves when sharing to the public. In adolescent groups, social media becomes the main means of conveying feelings, especially when they face family conflicts, such as divorce or parental separation [13]. Adolescents' difficulty influences this condition in opening up to others, mainly because they feel capable of handling their own problems and tend to be reluctant to accept help [10].

Adolescents who experience family conflict often face difficulties in expressing emotions, have a negative view of themselves, and are prone to frustration. In contrast, self-disclosure brings great benefits, such as increasing self-confidence, self-adjustment skills, and interpersonal relationships [14]. Self-disclosure helps individuals reduce the burden of problems, lower stress, and build closer relationships with others [2]. However, adolescents often feel more comfortable sharing on social media because they feel safe and do not fear negative responses, such as rejection.

This study also found that social support is the main reason individuals self-disclose on social media. This support can be in the form of online social support, which plays an important role in building the courage to open up [7]. Positive responses received through social media can reduce depression levels, increase life satisfaction, and improve individual mental conditions [6]. In the process of self-disclosure, individuals tend to use social media as an expression space to convey feelings of sadness, joy, disappointment, or loneliness [7].

This research analysis uses social penetration theory, which explains that the closeness of interpersonal relationships develops gradually. In the early stages, individuals only share basic information or formalities. However, over time, this process progresses to the active exploration stage, where individuals begin to share personal information, such as interests or preferences. The final stage is an affective exchange when individuals dare to open up fully, including discussing family conflicts or deepest feelings.

At the affective exchange stage, individuals feel more comfortable disclosing family conflicts on social media because they get social attention and support from their online environment. This shows that social media is a space for expression and a place to find emotional support, which is important for adolescents facing family challenges.

Overall, social media plays a significant role in adolescents' self-disclosure, especially for those who find it difficult to share in real life. The gradual self-disclosure process helps adolescents be more confident and get the social support they need. This study confirms the importance of understanding the role of social media in adolescents' lives, especially in helping them deal with family conflicts and improving their emotional well-being.

4. Conclusion

The results of this study indicate that family conflicts experienced by respondents include conflicts of intimacy, identity, and rejection. Internal factors that

influence adolescents' self-disclosure in family conflicts are affiliation needs, lack of family social support, friendship, intimacy, and trust. At the same time, the external factor is the social environment. The respondents could self-disclose about the family conflict experienced through their social media accounts. This research is examined based on social penetration theory, where self-disclosure occurs starting from the orientation stage, the exploratory active exchange stage, to the affective exchange stage. This study's limitation is that it is difficult to adjust the time between researchers and respondents during data collection. It is recommended that future researchers develop self-disclosure research with quantitative research methods and add several related variables. In addition, for research respondents, the scope can also be expanded at the student level with the aim of obtaining varied research results related to self-disclosure because this study still has shortcomings in the number of respondents taken.

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