

The Relationship of Family Function and Social Media Addiction among Adolescents

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Abstract. Social media addiction behavior is a problem that is quite interesting, especially among adolescents. Addiction involves psychological, physical, social and environmental components in which the individual cannot control addiction and raises various problems. It is undeniable that social media is misused by adolescents so that it can interfere with daily activities and also direct interaction with other people. Adolescents with poor family function, often use social media to tell stories or communicate with others. The purpose of this study was to determine the relationship between family functioning and social media addiction behavior in adolescents. Measurements were made for 100 adolescents, with data collection techniques using a scale of family functioning and social media addiction behavior. The analysis technique uses SPSS version 21 with correlation test. The results of the study showed that there was a relationship between family function and social media addiction behavior in adolescents ($r = .03$ $p < .05$).

Keywords: Family function, social media addiction, adolescents

Introduction

The development of technology through the internet is not only for finding information but also covering almost all aspects of life that can be accessed by using gadgets. The internet has a great power to influence, connect, and also mobilize the statuses today. The main focus is on the internet and social media. Social media is a web-based technology that changes the way people communicate by increasing interactive conversation. The only way the social media can develop is completely according to user and their needs. The online world has dramatically changed. Nowadays, since the discovery of social media, men or women are easy to exchange ideas, feelings, personal information, pictures and videos with a very astounding level (Lusk, 2010).

The phenomenon that is happening now is very diverse, it is undeniable that behind its benefit, social media also cause badness, and worriedness impact such as cyber fraud case, intimidation, bullying, narcissism, pornography, and online adolescents' prostitution which caused depression and emotional distress. It becomes unfortunate because the hope is that adolescents should be able to think critically to do unnecessary things that gives no benefit for themselves and can use social media with a level that is appropriate and cognize the negative effect so it will not bring them to the level of addiction (Kim, 2017).

According to the research of Ashwini & Samuel (2012), the impact of social media addiction in adolescents will impact their academic performance that will decreasing if they are addicted to social media. It makes adolescents lazy to learn and busy with their gadgets. Besides, it also make their relationship with parents will not be harmonious because adolescents who are preoccupied with social media and doing activities in

cyberspace can cause the introvert and keep them self in private. So, they will think that their parents are a threat and can affect the suitability of relationships with parents.

Some factors that influence addiction such as; a) Genetic factors, which discuss the environment with someone's biology and influence to what extent genetic factors using its influence, b) Repeated involvement in the use of addictive behavior, c) Cognitive and affective distortion, d) Social disorder, e) The presence of dysfunctional emotional trauma, f) Distortion of meanings and values that guide attitudes, thoughts and behavior, g) Distortion in one's connection with themselves or with others, and h) The presence of psychiatric disorders that occur in people involved in the use of substances or other addictive behaviors (American Society of Addiction Medicine, 2011).

Based on the results of previous studies, the family is considered to be the first and foremost factor among whole factors. Thus, it is logical to think that the family system has a significant and greater influence on someone's behavior than the other factors. Family functioning greatly influences the development of internet addiction for adolescents. In this case, there is a significant negative relationship between family functioning and addiction to social media. By using reverse thinking we can hypothesize that adolescents with internet addiction will get lower scores on family functioning (Lusk, 2010). In addition, there are also significant positive relationships between family functioning and internet addiction, positive relationships have an influence on severely dysfunctional families. For example, adolescents who have divorced parents, low income families who have numbers with families who have people complete parents (Wu et al., 2016).

Literature Review

Social media addiction

Social media addiction behavior can be defined as pathological internet use, namely as an individual's inability to control internet use which ultimately causes psychological, social, school and or work difficulties in someone's life. Like other addictions, it is even further that internet addiction has been linked to various problems. Someone who addicted to social media will have lack of sleep, no appetite for a long time and limited physical activity, these can also interfere with other aspects of their everyday life.

Internet addiction can be categorized into five specific types: (1) cyber sexual addiction to adult chat rooms or cyber porn; (2) addicted to virtual relationship with online friendship or affair that replace real life situations; (3) net compulsions for online gambling, auction, or obsessive trading; (4) excessive information for web searches or compulsive database searches; and (5) computer addiction to playing games or programming (Koc, 2010).

According to Ashwini Veronica & Samuel (2012), the current controversial topic is a social media addiction. Social media includes Facebook, Twitter, Instagram, Path, Line, Whatsapp and other applications that can be downloaded from the internet. According to several clinics in the UK, social media addiction is a medical condition that is often found. Individuals with social media addiction show two or more symptoms of internet addiction namely spending more time on the internet, feeling a desire to be directly connected to the internet once they get home, receiving complaints from family members and friends about too much time on the internet, and effort which fails to reduce internet usage. The use of social media may be useful when it is still within the 'normal' limits, but a high level of use can interfere with everyday life and get various kinds of problems (Koc, 2010).

Family functioning and social media addiction

In particular, research on functioning in family illustrates how family manage their daily routines, fulfill their roles in the family, communicate and connect emotionally (Haines et al., 2016). Family functioning is an important aspect of the family environment that affects the physical, social and emotional health of adolescents.

If the functioning of the family goes well, it is expected that adolescents can express opinions, can interact well with the environment and be closer to the family than the gadgets they have. Therefore, a dysfunctional family environment can be dangerous for many aspects of child growth and a positive transition to maturity. The dysfunctional family shows no beneficial family patterns and interactions (Ghamari, 2012). If family functioning can run well, it will minimize social media addiction behavior.

Method

The design used in this study was quantitative, and the research design used was correlation. Correlation tests are used to see the relation of family functioning (X) and on social media addiction variables in adolescents (Y).

The population of this study was junior high school to senior high school students with an age range of 12-19 years old. The sampling quota type sampling technique is determining the sample of the population according to the characteristics of the subject until the desired amount (quota). The number of samples participating in this study were 100 people. The reason for using this sampling technique is to get the true validity value (Sugiyono, 2016).

Research variables were attributes or properties or values of people, objects or activities that have certain variations determined by research to be studied and then drawn conclusions (Sugiyono, 2011). The independent variable in this study is family function (X) while the dependent variable is social media addiction (Y).

The scale model used in this study was a Likert scale, which is used to measure attitudes, opinions and perceptions of a person or group of people about social phenomena. Likert scale has four alternative answers that are very inappropriate, appropriate, very suitable and very inappropriate. For unfavorable item scores, it is very suitable (SS) = 4, appropriate (S) = 3, not appropriate (TS) = 2, very inappropriate (STS) = 1. On the contrary for favorable items Very suitable (SS) = 1, according (S) = 2, Not suitable = 3 and very inappropriate (STS) = 4.

Family Functioning is the way a family interacts and carries out its duties in order to fulfill family functions, of course by conducting smooth communication, good regulation and supervision to strengthen the welfare of a family. Collecting data used a scale from research, aim at knowing family functioning in adolescents. The number of items used in this study was 10 (Castilla, Caycho, Shimabukuro, & Valdivia, 2014). The validity of the entire item was tested and the results were 10 valid items. Validity test used testing on the content of the scale by doing corrected item-total correlation $<.30$ and on the different power test items there was an Alpha Cronbach value (α) of $.72$ which means quite reliable.

Social media addiction behavior is a state in which individuals cannot be separated in terms of applying social media continuously then having a negative impact on their daily activities. Data collection used a scale of research, aimed at knowing social media addiction in adolescents. A scale from Sahin research (2018) was used to collect data, 29 items were applied and have been validation tested, which showed 2 items were invalid. Since the purpose of the study was to find out social media addiction in adolescents, validity test used to test on the contents of the scale by doing rational or professional judgment analysis method which means that the supervisor conducts an evaluation of the items on the scale with the corrected item-total correlation $<.30$, and in the different power test items there are Alpha

Cronbach values (α) is .86, which means it is very reliable.

Research procedure was divided into four stages, such as preparation, try out, collecting data, and analyzing data. *Preparation* began with making research proposal, searching research instrument, and deciding subject criteria that is applicable with a research criteria. Next, *try out* had purpose to avoid unclear statements and seek out invalid scale item. Data collection used to distribute the scale to 100 people subjects with decided characteristic. Research sample was set based on researcher's need. The last stage is data analysis, which means a result of distributing data was given a score and analyzed with correlation by applying statistic calculation and SPSS version 21 for windows application. Correlation analysis was used to measure an independent variable (family function) and dependent variable (social media addiction).

Result

This study was conducted to adolescents with characteristics of subjects are male and female, with the average age of 12-19 years ($M = 16.53$, $SD = 1.81$). Subjects aged 12 years as many as 1 subject, aged 13 years as much as 8 subjects, aged 14 years as many as 11 subjects, aged 15 years as many as 6 subjects and aged 16 years as many as 8 subjects. Subjects 17 years as many as 33 people, 18 years as many as 23 people and subjects 19 years as many as 10 people.

Based on the table above, the family function variable (X) had a minimum and maximum value interval of 17-40, the variable average value is $M = 29$, $SD = 4.24$. The social media addiction behavior variable (Y) had a minimum value of 44.0-99.0, the average value of the variable was $M = 65.54$, $SD = 10.27$.

The results of data analysis using Pearson correlation test explain that there was a relationship between variables of family functioning (X) with social media addiction variables worth ($r = .03$ $p > .05$) which means there was a significant relationship between the two variables, and the hypothesis was accepted.

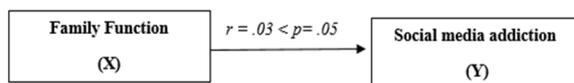


Figure 1. Direct results of relationship variable X-Y

Discussion

Based on the results of the study, family functioning had a positive and significant relationship to social media addiction behavior. It means the higher the family functioning for adolescents, the lower the social media addiction behavior for adolescents. This was in line with other studies on the effect of family functioning and social media addiction which showed that if a family had a good family function, the adolescents' addiction to social media was lower. By increasing family

functioning, families can control social media addiction behavior with a variety of social networks that can make individuals unable to escape from addiction (Colleges, 2017).

Family functioning was one that plays a role in the emergence of social media addiction behavior. If the functions in the family can run well then the adolescents will be resistant to not telling the social media they had, but they will communicate more about what is felt to the family or the people who were closest to them. The way how adolescents did will be accustomed to tell the stories to nearby people instead of being busy with their gadgets. The study did by Lewis et al. (2015), parents feel anxious and doubt their control or ability to monitor their children who experience addictive behavior social media. The loss of parental control is associated with three features of internet and online communication, such as: (a) the Internet allowed easy access to communicate with content and people, (b) endless virtual communication; it had no restrictions in space or time, and (c) children understand more about cyberspace and therefore were often more technologically savvy than their parents. Therefore, it was necessary to have good family control so that children can use the gadget properly.

Conclusion

Based on the results of research that has been done, information was obtained that family functioning and social media addiction behavior in adolescents had a significant positive relationship. In this study, there were some limitation that can influence the results of the study. For example, data collection used was only questionnaire distribution techniques. It caused the subject can only provide very limited information according to the choice of answers provided. For further researchers who want to study similar research, they should consider toward other factors that can influence social media addiction behavior in adolescents such as age factors, family status factors and so on. In addition, it can also multiply the subject and also enrich the reference to get better results.

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