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Research Paper

Self-Acceptance and Interpersonal Trust with Self Disclosure for Early Adulthood Instagram Users in Estonia

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Abstract

This research is quantitative research using a correlational method, which aims to determine the relationship between self-acceptance and interpersonal trust and self-disclosure of Instagram social media users in early adulthood in Estonia. The data analysis techniques used were bivariate correlation and multivariate correlation. The sampling method in this study is convenience sampling, which is a collection of information from population members who agree to provide information and enter the sample criteria. The research instrument used is the Self-disclosure, Self-acceptance, and Interpersonal Trust Scale based on a Likert scale model. The study result indicates the relationship between self-acceptance and interpersonal trust with self-disclosure in early adulthood, based on Instagram users' research in Estonia.

Keywords *Self-disclosure, Self-acceptance, Interpersonal Trust*

INTRODUCTION

Early adulthood today is faced with advances in social media-based technology such as Facebook, Twitter and Instagram that affect their daily lives. Various activities carried out on social media include uploading photos/videos on instafeed and instastory pages, commenting on posts, spreading likes, chatting and buying and selling online. This happens to early adults all over the world, including in Estonia.

Using social media such as Instagram is not always considered good because it can cause problems such as disseminating excessive personal information even to unknown people, making it easier for parties with bad intentions. In Indonesia, transparent dissemination of information, such as showing feelings when happy, angry, sad or grieving, has become natural so that even the closest people know the state of the individual in his daily life. This can anticipate the closest person by looking at the individual's upload on Instagram. In contrast to the Estonian population, most of whom only share information about themselves when they are happy in their lives, behind that, many cases are finally revealed in the mass media, such as mental disorders, trauma, violence and even suicides; even Estonia has become a country with the most domestic violence compared to other European countries, namely 45% of the Estonian population and 42% experience depression due to violence that occurs in the household (Squirrel, 2021). In psychology, self-disclosure that a person intentionally makes to others in the process of interpersonal communication, in this case through Instagram, is called self-disclosure.

Self-disclosure, usually done face-to-face, is now transformed to be done on social media, especially Instagram. According to Boyd and Ellison (2007), self-disclosure in social media is useful for presenting self-identity. Individuals who do self-disclosure through Instagram have their own

goals, one of which is to be known by certain characteristics as self-identity. In essence, self-disclosure is important for individuals who are especially entering the early adult stage because, during this period, individuals need the means to build social relationships with others (Hurlock, 2003), as well as for self-existence needs.

A person who conducts self-disclosure or self-designation through Instagram social media also has advantages and disadvantages that will be faced from the responses of other people who follow them on the platform. Individuals' advantages and disadvantages will certainly get praise or even criticism from their followers. This makes individuals have to accept this fact and self-acceptance of themselves. Self-acceptance exists when individuals accept themselves as they are without trying to run away, change, or try to improve themselves (Ibrahim & Toyyibah, 2019).

Self-acceptance is an individual's way of communicating with oneself, which is an individual's effort to be connected and useful to others. The existence of trust between individuals creates this effort. Trust between individuals or Interpersonal Trust is a belief and concern for the strength of a relationship. The strength of a relationship referred to in Interpersonal Trust is that an individual can show himself to others by expecting that there will be the emergence of a strong relationship between these individuals.

Based on the description above, the researcher wants to know whether there is a relationship between self-acceptance and Interpersonal Trust with self-disclosure of Instagram social media users in early adulthood in Estonia.

LITERATURE REVIEW
The relationship between self-acceptance and self-disclosure of Instagram social media users in early adulthood

Self-acceptance or self-acceptance means someone willing to accept the whole of himself sincerely, including his strengths and weaknesses (Santi & Damariswara, 2017). Self-acceptance is one of the important aspects of a person; with self-acceptance, a person will be able to actualize all the potential he has optimally. A person who can accept himself will be bolder in showing himself on Instagram social media, but it can also be the other way around, showing himself or self-disclosure can also be done by deliberately exaggerating the actual incident to provoke curiosity and sympathy from others (Hikmawati et al., 2021). It can be concluded that self-acceptance shown by false statements can interfere with the reality of an individual's life.

The relationship between interpersonal trust and self-disclosure of Instagram social media users in early adulthood

Interpersonal trust is a belief, concern for others and the strength of a relationship. This is certainly one of the expectations of individuals who use Instagram social media, namely being able to connect closely with others who meet on the platform. The results of Widodo's (2013) research explain that self-disclosure is one of the important attitudes in relation to how a person builds relationships or communicates with others. In this case, self-disclosure is one of the important things in managing Instagram social media to be recognized by other Instagram users; individuals who take more time to reveal themselves on the platform are more recognized than less active individuals, individuals who actively manage their Instagram by revealing themselves in every event experienced are more recognizable to other Instagram users and can be better able to build trust with their followers. Furthermore, according to Rahmawati (2014), someone with an attitude of self-disclosure tends to have more realistic ways of thinking and can psychologically develop well. Individuals who are actively managing their Instagram will be more open with their circumstances to get sympathy and praise from their followers. Interpersonal trust and self-disclosure have an important interconnected role in an individual who actively uses Instagram

social media.

The relationship between self-acceptance and interpersonal trust with self-disclosure of Instagram social media users in early adulthood

Self-acceptance is one of the important things that Instagram social media users must have in managing it; this is to instil confidence in interacting and building relationships with other individuals, especially on Instagram social media. An individual who can accept himself will more easily establish good relationships with others openly and as they are. The results of research by Suryani and Nurwidawati (2016) suggest that there is a positive and significant relationship between Interpersonal Trust and self-disclosure. In self-disclosure on Instagram through certain photos or videos, an individual will first put trust in other individuals or users that they will respond well to the photo or video so that an individual gets attention or care. Meanwhile, the results of Van Overwalle & Heylighen's (2006) research reveal that openness will affect communication, expectations, and ultimately result in interpersonal relationships and make someone willing to share information and communicate, and this will ultimately lead to trust. An individual Instagram user who gains the trust of others has the courage to show himself, so the higher the Interpersonal Trust towards other users on Instagram, the higher the self-disclosure will be.

RESEARCH METHOD

The population in this study is the population of Estonia, which consists of 5 cities, namely Tallinn, Tartu, Viljandi, Pärnu and Tapa. Because the population is not known with certainty, therefore researchers use the Cochran formula (Sugiyono, 2018) to determine the number of samples used in this study as follows:

$$n \quad = \quad \frac{Z^2 pq}{e^2}$$

$$= \quad \frac{(1.96)^2 (0.5)(0.5)}{(0.5)^2}$$

$$= \quad 385 \text{ people}$$

n = Number of samples required

Z = Price on the normal curve for a 5% deviation, with a value of 1.96

p = Chance of being correct 50% = 0.5

q = 50% chance of being wrong = 0.5

e = Sampling error rate, usually 5%

The sampling technique in this study uses convenience sampling, which is a data collection of members willing to provide information. The researcher determines the sample based on the characteristics of male and female individuals aged 25 - 34 years who live in Estonia. This study uses a Self-disclosure Scale totalling 20 items, a Self-acceptance Scale totalling eight items, and an Interpersonal Trust Scale totalling 12 items with a Likert scale model. The data collection instrument in this study used an online-based questionnaire using the Google Forms application

and distributed via https://forms.gle/wt9basHjN4c8sBM29.

FINDINGS AND DISCUSSION
Hypothesis Test

The first hypothesis testing was carried out using the bivariate correlation data analysis method. Based on the results of data analysis, the correlation coefficient value is r = 0.165 with p = 0.002, so that p < 0.05. Thus, Ha_1: "There is a relationship between self-acceptance and self-disclosure in Estonian Instagram social media users" is accepted, and $H0_1$: "There is no relationship between self-acceptance and self-disclosure among early adult Instagram social media users in Estonia" is rejected.

The second hypothesis was tested using the bivariate correlation data analysis method. Based on the results of data analysis, the correlation coefficient value is r = 0.135 with p = 0.011 so that p < 0.05. Thus, Ha_2: "There is a relationship between Interpersonal Trust and self-disclosure on Instagram social media users in Estonia" is accepted, and $H0_2$: "There is no relationship between Interpersonal Trust and self-disclosure among early adult Instagram social media users in Estonia" is rejected.

The third hypothesis was tested using multiple regression data analysis methods. Based on the results of data analysis, a correlation coefficient value of (R) = 0.196 was obtained with p = 0.001 so that p < 0.05. Thus, Ha_3: "There is a relationship between self-acceptance and Interpersonal Trust with self-disclosure on Instagram social media users in Estonia" is accepted, and $H0_3$: "There is no relationship between self-acceptance and Interpersonal Trust with self-disclosure in early adult Instagram social media users in Estonia" is rejected.

Discussion

Based on the results of the analysis conducted on 355 respondents, there are research results for testing the first hypothesis through the bivariate correlation data analysis method between the self-acceptance variable, and self-disclosure obtained a correlation coefficient value of (r) = 0.165 with p = 0.002 so that p < 0.05. So, it is known that there is a significant relationship with a positive correlation direction between self-acceptance and self-disclosure. This shows a relationship between self-acceptance and self-disclosure in early adult Instagram social media users in Estonia. This is in accordance with previous research. Research conducted by Rizkiana (2012) suggests that individuals who understand themselves can control themselves well wherever and whenever, so the higher the self-acceptance, the higher the self-disclosure.

Based on the results of the analysis conducted on the second hypothesis, there are research results for testing the second hypothesis through the bivariate correlation data analysis method between the Interpersonal Trust variable, and self-disclosure obtained a coefficient value of (r)= 0.135 with p = 0.011 so that p < 0.05. So, it is known that there is a significant relationship with a positive correlation direction between Interpersonal Trust and self-disclosure. This shows a relationship between interpersonal trust and self-disclosure among Instagram social media users in early adulthood in Estonia. This agrees with previous research conducted by Widodo (2013), which suggests that self-disclosure is one of the important attitudes in relation to how a person builds relationships or communicates with others so the higher the Interpersonal Trust, the higher the self-disclosure.

In the results of testing the third hypothesis through multiple regression data analysis methods with the enter method of SPSS Version 22.0 for Windows between self-acceptance and Interpersonal Trust variables with self-disclosure, the correlation coefficient (R) = 0.196 with p = 0.001 so that p <0.05. This shows a significant relationship between self- acceptance and Interpersonal Trust with self-disclosure of Instagram social media users in early adulthood in

Estonia.

In the results of further analysis using the regression data analysis method with the enter method from SPSS Version 22.0 for Windows, it is known that R Square is 0.038. Thus, it can be concluded that self-acceptance and Interpersonal Trust together contribute 3.8% to self-disclosure, while the remaining 100% - 3.8% = 96.2% has a relationship with other variables that are not known and studied by researchers.

The results of further analysis using regression data with the Stepwise Output Method of SPSS Version 22.0 for Windows. The results obtained for the contribution of self-acceptance with self-disclosure have R-Square = 0.027 of 2.7%, while Interpersonal Trust with self-disclosure has R Square = 0.011 of 1.1%. This shows that the self-acceptance variable is more dominant than the Interpersonal Trust variable in the self-disclosure of Instagram social media users in early adulthood in Estonia. This is in line with research conducted by Ratnasari et al. (2021), which states that individuals who understand themselves are able to control themselves well wherever and whenever, so the higher the self-acceptance, the higher the self-disclosure.

CONCLUSIONS

In conclusion, there is a significant positive relationship between self-acceptance and Interpersonal Trust with self-disclosure among Instagram social media users in Estonia. The higher the self-acceptance and Interpersonal Trust individuals have, the higher the self-disclosure will be.

For future researchers who are interested in discussing self-disclosure, it is expected to be able to use other variables that are thought to be factors that influence self-disclosure, such as group size, affiliation, dyadic effects, competence, personality, topic, and gender. Future researchers are advised to use subjects with a determination sample that includes a smaller population so that the research results are more accurate and hold them in different places to get more varied results. To avoid confusion and multiple interpretations of the respondents' criteria, future researchers should make specific choices on the questionnaire so that the criteria filled in by respondents are more organized.

Based on the results of the study, individuals with early adulthood in Estonia actively self-disclose on Instagram social media. Therefore, it is suggested that active users of Instagram social media and other social media, at all ages, should be able to recognize and accept themselves so that they can manage their emotions well if there are problems with using social media. In addition, Instagram social media can be a means of building new relationships and can be utilized properly for each individual so that they can increase their knowledge of each other and build wider relationships. Thus, self-disclosure carried out by active social media users can show themselves and their interests and add to relationships in cyberspace.

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