



Tweeting through troubles: Exploring the connection between self-disclosure on the autobase Twitter account and emotion-focused coping strategies

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Abstract

Social media Twitter, especially autobase @Jogjamnfs account should be used to inquire about things related to Yogyakarta. However, the followers of this account use it to do self-disclosure. In connection with that the sender cannot show his capability in managing this emotion that comes to the tweet that they send. Therefore, this research aims to find out the relations between self disclosure that is conducted through social media twitter on @Jogjamnfs account with senders' emotion focused coping. Participants of this research are 392 followers of @Jogjamnfs account. The method used in this research is a quantitative research method with correlational design. The sampling of this research used accidental sampling. The result of this research shows that there is a significant positive relationship between self disclosure and senders' emotion focused coping ($p=0.000$ and $r=0.33$). It means that if there is an increase of self disclosure than related to emotion focused coping increasing and vice versa. The followers of @Jogjamnfs account on average have self disclosure behavior at medium level with high emotion focused coping.

Keywords: *self-disclosure, emotion-focused coping, Twitter*

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Introduction

The current era of globalization has made information technology a part of everyone's lives. One trend in information technology is the use of the Internet. The internet has become a trend because the facilities provided by the internet make it easier for people to communicate with each other.

The internet is not only used as a medium to communicate between individuals, but it has become part of individual needs (Bungin, 2006). This opinion is in line with what Ardianto (2007) describes: the internet is inhabited by millions of people who use it every day to communicate or search for information. The need to seek information and communicate places social media as a place to access these things.

Social media provides the widest possible space for individuals to access various things. This space provides a place for people to express themselves or express all thoughts because on social media, people have the right to write whatever they want. This is closely related to self-disclosure.

According to Devito (2011), Self-disclosure is a form of human need to want to be heard, understood, and responded to by others about something that happens to them. Sharing something that happens to individuals on social media is a form of expression, which, according to Taylor (2000), is one of the goals of self-disclosure. Self-disclosure can be done by individuals virtually through social media applications anywhere and anytime.

One of the most popular autobases used by Twitter users in Yogyakarta to ask questions about all things general is the @Jogjamnfs account. Users share their personal stories openly to get a response from other users who can give feedback to the message's sender. In general, in the real world, individuals will only share this information with those closest to them or those they trust, but on Twitter it is the opposite, so it is known to a wide audience (Devito, 2011).

The limitations in the real world related to the existing social space make social media users often do self-disclosure on social media, namely Twitter and one of them is on the @jogjamnfs account. This is in line with what Ida Ruwaida (in Vilien, 2021) said that social space in the real world is increasingly limited and emotional ties are quite low, especially in big cities, which can lead to changes in the patterns of interaction that exist in society, in the end digital technology becomes a tool for channeling emotions or catharsis through social media.

According to Ahsyari (2015) when individuals experience emotional exhaustion, a psychological response emerges, namely stress, emotional exhaustion caused by problems related to the life development tasks of individuals, namely life burdens, workloads, internal or external problems, and so on. According to Rathus & Nevid (in Runtu and Kurniawan, 2017), the cause of stress is due to internal demands and external demands, which ultimately make a person psychologically and physiologically depressed. With this, individuals must make efforts to avoid prolonged stress.

To cope with stress are needed to reduce or eliminate the stress. Efforts or efforts to overcome stress are called stress coping. Lazarus and Folkman (1984) revealed that there are two functions of coping, namely overcoming problems that become sources of stress and changing an internal emotional response to sources of stress. These two functions lead to a theory about the types of coping, namely problem-focused coping and emotion-focused coping.

According to Hamilton and Fagot (in Lestarianita & Fakhurrozi, 2007), Problem-focused coping is an attempt to directly overcome a problem that is a source of stress without involving emotions. While emotion-focused coping tends to avoid risk and use feelings and emotional management to minimize stress.

Emotion-focused coping is in line with the phenomenon in the @Jogjamnfs account, which is the disclosure of feelings by the senders related to problems in their lives. Someone who uses emotion-focused coping perceives that the resources they have to solve problems are not adequate enough to take constructive action by reducing, relieving, and regulating emotional

distress (Mariyanti, 2013). Emotion-focused coping is also a pressure reduction strategy where individuals respond to situations in an emotional way, especially using defensive judgment (Adimas, 2016).

Emotion-focused coping is only a temporary solution to a problem; it is effective in reducing pressure in stressful conditions. Someone who uses emotion-focused coping tends to take actions related to affection or emotions, such as seeking social support and doing activities that make themselves happy. This is certainly evident in the reality that the tendency of senders who reveal themselves or tell their problems to others using features on the @Jogjamnfs account.

Based on the background of the problem and observations made by researchers on twitter social media focusing on the @Jogjamnfs autobase account regarding the phenomenon of self-disclosure of menfess senders and the tendency of senders to be less able to manage emotional reactions that arise, the researchers are interested in conducting research on the relationship between self-disclosure on Twitter Social Media on @Jogjamnfs account with emotion-focused coping sender.

Methods

This research uses a quantitative approach. The type of research used in this study is correlational research. Correlational research is research that is carried out as a way to investigate the extent to which variations in a variable are related to other variables.

The research was conducted on Twitter Social Media on the @Jogjamnfs account which was carried out in June - July 2022. The population of this study were followers of the @Jogjamnfs account. The population of this study was 11,347 follower accounts. The sampling technique used was accidental sampling technique and the sample was followers of the @Jogjamnfs account totaling 392 people.

Data, Instruments, and Data Collection Techniques

The data collection technique used in this study is a questionnaire presented in an online form. The instrument used in this study is the online self-disclosure scale by Blau (2011) which was developed from Leung's RSDS scale (2002). Each aspect consists of three statements with a total of three aspects (Depth, Intention, Honesty), so the total consists of nine statements. The data collection instrument for the emotion focused coping variable uses a revised version of the ways of coping scale which totals 66 items and is only simplified or taken 38 items related to aspects of emotion-focused coping in Folkman, S., Lazarus, R. S., Dunkel-Schetter, C., DeLongis, A., & Gruen, R. (1986). After testing, there are items that fall from the emotion-focused coping scale, which totals nine items.

Data Analysis Technique

Data analysis in this study descriptive analysis aims to provide a description of the variable data obtained from the research subject group and not for hypothesis testing. This study used the Kolmogorov-Smirnov normality test with the help of SPSS 25. The linearity test in this study was conducted as a way to determine whether each variable in this study, namely the independent variable (self-disclosure) and the dependent variable (emotion focused coping) had a linear relationship or not. This study tests the hypothesis using the correlation test method, because it has the aim of determining the closeness of the relationship between two variables.

Result and Discussion

Result

Self-disclosure analysis data is divided into three levels, namely low, medium and high. A total of 55.9% of respondents at a moderate level, 39% at a high level and the remaining 5.1% at a low level. Although most have self-disclosure at a moderate level, it does not rule out the possibility of being high. This is because self-disclosure from certain individual conditions, for example, individuals who experience certain diseases, children with special needs, individuals who have experienced crime, and so on, will tend to reveal themselves through social media to get support from others who have also experienced similar conditions (Kim L.S., 2016).

In the description of emotion-focused coping variables, 55.1% of respondents have a high level of emotion-focused coping, and 44.9% are at a moderate level. Tromholt's (2016) research shows that social media does not enable a person to solve problems.

However, other research by Bazarova, Choi, Sosik, Cosley & Whitlock (2015) that individuals who share emotions on social media widely tend to get satisfaction and negative emotions in the messages conveyed can be channeled and get feedback from others so that these individuals can feel satisfied. Not only that, Wachholtz, Lee, and Kim (2016) revealed that the higher a person's emotion-focused coping, the more self-blame and rejection that perceives the surrounding stimulus as a threat and can affect the way the stimulus works as a way to control good emotions towards solving an individual's problem.

Normality test results using Kolmogorov Smirnov yield significance 0.150 ($\text{sig} > 0.05$). The coefficient results that the data from this study are normally distributed. Linearity test results show that the Sig. Deviation from the linearity coefficient is 0.020 ($\text{sig} > 0.05$). These results indicate that there is a linear relationship between self-disclosure and emotion-focused coping.

Table 1. Correlation Test Results

Variables	N	Sig.	Pearson Correlation
Self disclosure X Emotion Focused Coping	392	0.000	0,339

The results show an r value of 0.339 which indicates that the level of relationship between self disclosure and emotion focused coping is classified as 0.339 low category. In addition to this, the coefficient shows that the direction of the relationship between self-disclosure and emotion focused coping is positive. A positive relationship means that if there is an increase in self disclosure, it is related to an increase in the sender's emotion-ly, if there is a decrease in self disclosure, it is also related to a decrease in emotion focused coping.

Discussion

Looking at the results of hypothesis testing, the hypothesis of this study has been answered, namely that there is a significant relationship between self-disclosure and emotion-focused coping on the @jogjamnfs Twitter account.

In addition, the coefficient shows that the direction of the relationship between self-disclosure and emotion-focused coping is positive. A positive relationship means that if self-disclosure increases, it is related to an increase in the sender's emotion-focused coping. Conversely, if self-disclosure decreases, it is also related to a decrease in emotion-focused coping. There is research on self-disclosure on social media and stress coping, including Haryati's (2019) discussion of emotion-focused coping. Based on these findings, it can be concluded that self-disclosure and emotion-focused coping have a significant relationship but a low level of relationship.

Research with variables similar to this study has also been conducted previously by Runtu and Kurniawan (2017), namely the Relationship between Self Disclosure through Social Media and Emotion Focused Coping in Early Adult Women. The study found no relationship between self-disclosure and emotion focused coping in early adult women or the hypothesis in the study was rejected. The results obtained are also different between this study and research conducted by Runtu and Kurniawan (2017), namely this study proves that using different subject populations can produce a relationship between the two variables.

The data of this study resulted in a moderate level of self-disclosure and emotion-focused coping at a high level. This happens because self-disclosure and emotion-focused coping have a positive relationship direction. If one variable increases, it is related to an increase in other variables. The emotion-focused coping aspect of the six aspects shows moderate behavior. In addition, in the self-disclosure aspect, two of the three aspects show high behavior and one other aspect shows moderate behavior. Based on these aspects, respondents who self-disclosed on the @jogjamnfs account intended to find a place to tell stories because not everyone has friends or closest people to spill their stories in daily life.

The effective contribution given by the self-disclosure variable with emotion-focused coping produces a coefficient that tends to be small, namely 11.5%. This means that emotion-focused coping, in this case, does not fully occur due to the influence of self-disclosure but can also be influenced by 89.5% of other variables. There is a possibility that even though the self-disclosure variable decreases, emotion-focused coping can still strengthen due to factors from other variables such as life satisfaction (Saputro, Sari, & Roudhotina, 2021), self-efficacy (Izzah & Insan, 2021), social support (Pradana, Farid, & Ekayati, 2021).

Conclusion

Based on the research that has been conducted, it can be concluded that there is a relationship between self-disclosure and emotion-focused coping in followers of the @Jogjamnfs Twitter account. This study also resulted in a positive relationship but at a low and significant level between self-disclosure and emotion-focused coping of @jogjamnfs Twitter account followers. The higher the self-disclosure, the higher the emotion-focused coping, and vice versa.

Suggestion

In this study, there are still limitations, so for future researchers, it is hoped that if using the same research theme, the subjects studied can be even more diverse so that the coverage will be wider. This research is only limited to the @Jogjamnfs twitter account, so it is hoped that future researchers can examine different populations. It is also recommended for future researchers to further expand research variables, for example, such as life satisfaction, self-efficacy, and social support.

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