

Peran Self-Esteem sebagai mediator dalam hubungan antara disregulasi emosi dan problematic social media use (PSMU) pada mahasiswa = The Role of Self-Esteem as a mediator in the relationship between emotional dysregulation and problematic social media use (PSMU) among university students

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Abstrak

Media sosial saat ini tercatat sebagai media yang paling banyak digunakan oleh Masyarakat Indonesia. Mahasiswa, yang diketahui termasuk sebagai kelompok yang paling banyak menghabiskan waktu di media sosial, menjadi kelompok yang rentan mengembangkan penggunaan media sosial bermasalah atau dikenal dengan istilah problematic social media use (PSMU). Disregulasi emosi, yakni kesulitan dalam meregulasi emosi secara efektif diketahui berkorelasi positif dengan PSMU. Pada mahasiswa, self-esteem juga ditemukan berhubungan negatif dengan disregulasi emosi dan PSMU. Penelitian ini bertujuan untuk mengetahui peran self-esteem sebagai mediator antara disregulasi emosi dan PSMU. Partisipan sejumlah 357 mahasiswa aktif (86% perempuan, M usia = 20.9, SD = 1.72). Disregulasi emosi diukur menggunakan Brief Version of Difficulties in Emotion Regulation Scale (DERS-16), self-esteem diukur menggunakan Rosenberg Self-Esteem Scale (RSES), dan PSMU diukur dengan Bergen Social Media Addiction Scale (BSMAS). Berdasarkan hasil analisis mediasi menggunakan PROCESS Hayes, disregulasi emosi secara signifikan memprediksi PSMU secara langsung ($\beta = 0.146, p < 0.001$) dan memprediksi self-esteem secara negatif ($\beta = -0.282, p < 0.001$). Namun, self-esteem tidak memprediksi PSMU secara signifikan ($\beta = -0.040, p = 0.324$) dan efek mediasi ditemukan tidak signifikan ($\beta = 0.011, p > 0.05$). Temuan ini menunjukkan bahwa hubungan antara disregulasi emosi dan PSMU bersifat langsung, tanpa dimediasi oleh self-esteem.

.....Social media is currently recorded as the most widely used medium by the Indonesian population. University students, who are known to be among the groups that spend the most time on social media, are particularly vulnerable to developing problematic social media use (PSMU). Emotion dysregulation—defined as difficulty in regulating emotions effectively—has been found to be positively correlated with PSMU. Among university students, self-esteem is also negatively associated with both emotion dysregulation and PSMU. This study aimed to examine the role of self-esteem as a mediator between emotion dysregulation and PSMU. Participants were 357 active university students (86% female, M age = 20.9, SD = 1.72). Emotion dysregulation was measured using the Brief Version of the Difficulties in Emotion Regulation Scale (DERS-16), self-esteem was measured using the Rosenberg Self-Esteem Scale (RSES), and PSMU was measured using the Bergen Social Media Addiction Scale (BSMAS). Mediation analysis using Hayes' PROCESS showed that emotion dysregulation significantly predicted PSMU directly ($\beta = 0.146, p < .001$) and negatively predicted self-esteem ($\beta = -0.282, p < .001$). However, self-esteem did not significantly predict PSMU ($\beta = -0.040, p = .324$), resulting in a non-significant mediation effect ($\beta = 0.011, p > .05$). These findings suggest that the relationship between emotion dysregulation and PSMU is direct and not mediated by self-esteem.