Improving Mental Health of Adolescents through Self-Presentation

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Abstract

Mental health is currently the problem faced by youth especially during the pandemic of COVID-19. Adolescents use of social media is also increasing due to this coronavirus pandemic. This situation have risk of increasing the risk of lower mental health of Adolescent as the impact of posting their self-presentation through a social media such as *Instagram. Instagram* is a social media platform that has a rapid user growth. Indonesia is one of the countries with highest number of users. *Instagram* users recorded as of May 2020 had reached 9.2 million users. *Instagram* as social media is a means for users to present themselves to wide audience. Self-presentation can be in the form posting photos or videos on their *Instagram* social media accounts. By posting photos, user hope to get feedback in the form of likes and comments. This research aims at the improving mental health of adolescent through self-presentation. This research used is secondary data obtained from journal database. The sample was 35 scientific articles obtained from the basis of screening journal that has been screened using pre determine inclusion criteria. The result found that self-presentation on social media *Instagram* was related to giving or managing impression, popular, self-disclosure, narcissistic behavior, self-image and self-esteem that in turn will result in lowering adolescent mental health if it is not manage well.

Keywords : *Mental Health***,** *Instagram, Self-presentation.*

Introduction

Health is a maximum condition both physically, mentally, spiritually, and socially which enable everyone to live productively socially and economically. Mental health is a problem that always a concern of society. The many improvements in mental health such as an increase in mental illness patients, incidents of suicide, make mental health problems that hard to ignore.

According to WHO (World Health Organization), 20% of the population is experiencing mental health. The most common types of mental health are depression and anxiety. Meanwhile, 75% of mental emotional disorder are common before the age of 24 years or the teenage age range. According to RISKESDAS (2018) the number of people who experience mental emotional disorders is 19 million Indonesians aged 15 years and over, while more than 12 million other people were thoughts to have depression. This figure tends to increase from the previous years.

According to Santrock, several factors that can trigger mental emotional problems. They are the family environment, school environment, peer environment, community environment, and social media. Social media is media on the internet that allows internet users to present themselves and interact, cooperate, and share information with other users. One of the most used social media platforms, with 80% of people using the *Instagram* social media application.

The number of active *Instagram* users in the world has increased, from 300 million to 400 million people. The number of monthly active users of social media *Instagram* surpassed 1 billion as of June 2019, more significant growth compared to *Facebook* and Snapchat.

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As of June 2019, Indonesia is in the fourth rank of countries experiencing the highest growth of active *Instagram* users with 62 million increase from 2018. The growth of *Instagram* social media users in Indonesia reached 69.2 million as of May 2020. *Instagram* social media users are mostly women as much as 51%, while for men, 49%. 59% of *Instagram* social media users in Indonesia are 18-24 years old, while 30% of users are 25-34 years old, and the remaining 11% are over 35 years old. Based on description above, the age of 18-24 years were categorized as late adolescence.

The development of social media *Instagram* in society will shape the diversity of social media users. Users use *Instagram* social media as a medium to express themselves or also as a business medium. Currently, social media has its own power to influence individuals, one of which is by making *Instagram* social media a place to present themselves. When interacting with other people, especially in cyberspace, individual attention focused in how other people think according to that individual thinking. It is necessary to do self-presentation, by adjusting the impression that other people perceive about themselves. *Instagram*'s specialty in using photos of media for delivering message allows social media as a place to present oneself. The desire to make a perfect and suitable impression on others by doing your best to look perfect. The purpose of this research was to determine the relationship contained in self-presentation with self-esteem in social media *Instagram* using a literature review.

Method

The data used in this research was a secondary data from google scholar, *SprigerLink*, *Science Direct* and *DOAJ.org* articles that were screened were screened by the title, abstract using key words adolescent and self-presentation. Inclusion criteria were applied in selecting articles, namely the maximum journal publication period of 5 years, using Indonesian or English, adolescent and adult research subjects, full text journal type, open access and can be downloaded in Pdf format. The total number of 35 articles were found after screening using inclusion criteria.

Articles that match the inclusion criteria were then collected and put into database including the author's name, the publication date, the title of study, the research subject, and a summary of the research results. An analysis was carried out on the abstract and full text of the journal to be read and examined.

Result

1. Based on table 1 that Research on *Instagram*'s social media continues to increase over time. In 2020 research is still small because the year 2020 is still running so that it allows research Regarding social media, especially *Instagram*, it is still ongoing.

Table 1 Distribution Characteristic of Articles.

Category	N	%
Publication year		
2015	3	8.6
2016	8	22.8
2017	6	17.2
2018	9	25.7
2019	6	17.1
2020	3	8.6
Total	35	100
Research sites		
Indonesia	26	74.5
German	1	2.8
United States of America	5	14.3
South Korea	1	2.8
Russia	1	2.8
Spanish	1	2.8
Total	35	100

The country used for the study of the literature review article was Indonesia. This is because the growth of *Instagram* users in Indonesia is quite fast.This is because the growth of *Instagram* users in Indonesia is quite fast. This is evidenced by the fact that in 2019 Indonesia is the fourth country to occupy the country with the highest number of *Instagram* users. The review from 35 articles showed that self-presentation affects or relates to impression management [1,2,3,4,5,6,7,8], popularity [9,10,11,12] , self-disclosure [13,14,15,16,17,18,19,20] , narcissistic behavior [21], self-image [22,23] and self-esteem [24,25,26,27,28,29,30,31,32,33,34,35] .

Discussion

The use of social media *Instagram* need to be done self-presentation to attract other users. Shaping social media self-presentation consist of a variety of things. *Instagram* is one of the social media that can be used as a mean to present yourself. *Instagram*'s social media focused on photos or videos so users can more easily organize the impression they want to present or want to show to a wide audience. In the cycle of life is a show of human audience, in its journey everyone is free to express as desired.

In Erving Goffman's Theory, social life is divided into two area of front stage is a place where one can display an impression that they want to be shown- unlike a backstage that only one person or few people can see what's not happening on the front stage. The front stage is the side that people want to show and know, the front stage here is *Instagram* social media. It support appearance such as costume, language style, place, setting, and expression that adolescent want to display.

Instagram users also want to show their existence in cyberspace by posting photos of themselves, with the aim of getting attention from other user or followers in the form of likes and comments. The more likes and followers on their *Instagram* account, user will assume that they are increasingly popular. User using *Instagram* usually aim to look increasing popular, follow trends, expand connection, fill free time, as a means to communicate, as a means to do business or make business, share experiences or moment, have many friends. Photo and videos posted were edited to make the resulting photos or videos more interesting. Location addition can also allow user to get feedback from other

users. Sometimes the addition of popular hashtags can increase the feedback that users get in order to increase the like of the photos they post. This indirectly make user have their fun in playing *Instagram* social media.

Self-disclosure made on social media can be photos and captions. In addition, an individual who uses *Instagram* social media is more comfortable and satisfied with his need in presenting himself or also expressing himself by using *Instastory* contained in *Instagram* social media. Now *Instagram* has also started to become a lifestyle that must be done so that it can be makes its users addicted to *Instagram*;s social media use and it can also make individuals become someone who is too open so that the user's privacy is lees guarded. But nowadays there are also users who post photos and caption post about their personal issues. In addition to following lifestyle trends, user especially teenagers need recognition from their social environment even more in friendships. Teenagers would be more proud if he had a more modern lifestyle. They will more easily get recognition from the public when they have a trendy lifestyle. The behavior of coping photo/videos/stories o *Instagram* can also be a form of expression of the user's emotions.

Individual with high narcissism tend to post selfies and photos that he or she takes herself. Update their profile picture more often, and spend more time compare to their peers. Indirectly they also rate a person's profile picture directly physical. Adolescent post selfies they take to their *Instagram* social media. Besides that, one of the factors that influence narcissism is self-esteem. Individu with a narcissistic personality have a need to get appreciation and appreciation from others for the sake of forming their self-esteem. This is the reason someone uses *Instagram* social media to meet these needs. People who have narcissistic behavior are more likely to have low self-esteem. Narcissistic behavior prefers to show off themselves and think about how other people perceive themselves as more special than others.

Self-image is a perception of oneself pay as an identity card that is used to be introduced to the world about oneself. Individuals usually want to present a good self-image as well as an impression. Self-image is more often associated with physical appearance such as clothes hair, size and grooming. So that many individuals want

to wear clothes as possible, neat as possible, style their hair to display a good self-image. Likewise, *Instagram* social media users are competing to show their self-image, by making themselves unique and having their own characteristics, so that they can attract the attention of other users want to display usually wants to look wise, friendly, perfectionist, glamorous, etc. Self-image can also different from the individual's own personality. *Instagram* users deliberately create their self-image on social media to make them look or attractive by editing photos or videos to be posted.

Sharing selfies on *Instagram* social media is one form of activity to present themselves to others. A person's goal to present themselves on *Instagram* social media one of them is to increase their self-esteem. The social media of *Instagram* can influence user to judge themselves in front of others. This self-perception shows that the views of others have important value that can influence self assessment in assessing self-worth, self-acceptance of what they want to express through action. Such assessments can be referred to as self-esteem. Self-esteem was gained depending on other users' recognition and rating of photos or videos they post and present on *Instagram* social media.

Conclusion

Someone's self-presentation behavior on *Instagram* social media is shown to form their higher self esteem. *Instagram* users want them to be recognized in front of a wide audience so they are competing to show or show themselves as best and attractive as possible. so that suggestions that can be done for *Instagram* social media users are expected to have self-control in using *Instagram* social media. such as intensity of use and limiting hours on the use of *Instagram* social media besides that, give a moment not to use *Instagram* social media if someone is Experiencing saturation in its use. Because many *Instagram* social media users are teenagers, schools or universities can educate about the use of social media that is healthy and good for them Mental and physical.

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