



The Relationship Between Self-Control and Self-Esteem with Narcissistic Behavior in Teenage Tiktok Users

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Article Info

Article history:

Received 28 December 2023

Received in revised form 17

January 2024

Accepted 5 February 2024

Keywords:

Self-control

Self-Esteem

Narcissistic Behavior

Abstract

This research aims to determine the relationship between self-control and self-esteem and narcissistic behavior in adolescent Tiktok users at SMA Negeri 2 Gorontalo City. This research uses a correlational quantitative design with a population of 840 students, a sample size of 90 students using purposive sampling techniques. The data collection method uses a self-control scale, self-esteem scale and narcissistic behavior scale using multiple correlation analysis techniques (Multivariate Correlation) with the SPSS 23.0 for Windows program. Data analysis on the correlation coefficient between self-control variables and narcissistic behavior resulted in a value of $R = -0.514$ $p = 0.000$ and the relationship between self-esteem and narcissistic behavior was $R = -0.668$ $p = 0.000$. This means, it can be said, there is a significant negative relationship between self-control and narcissistic behavior and there is also a significant negative relationship between self-esteem and narcissistic behavior in teenage Tiktok users. Furthermore, the results of multiple correlations to measure the relationship between self-control and self-esteem with narcissistic behavior obtained a value of $R = 0.670$, R Square 0.449 and $p = 0.000$ ($p < 0.05$). This shows, there is a relationship between self-control and self-esteem and narcissistic behavior in teenage Tiktok users at SMA Negeri 2 Gorontalo City.

Introduction

The rapid development of technology has unwittingly affected every aspect of human life. Currently, social media is used by the younger generation, not only to seek information, learn or expand knowledge, but can also affect the formation of personality, attitudes and character formation for adolescents, there are many ways used by society to connect with others, one of which is social media (Wijayanti & Amir, 2020). Social networks that are currently being Boom in all circles, one of which is the Tiktok application. Quoted from DataIndonesia.id (Sadya, 2023) Data from *We Are Social* Indonesia ranks second, as the most Tiktok users in the world after America with the number of users is expected to reach 1.05 billion by January 2023.

In adolescence, a person begins to go through a period of searching for self-identity and self-recognition. One of the ways teenagers choose is to become active users on social media to show their existence and no doubt, teenagers become fans of Tiktok social media. (Abdad, 2016). This has had an impact on the social life of its users both positive and negative impacts. Using Tiktok social media excessively and continuously can lead to bad behavior if you don't have a good self-concept. One form is problems that lead to mental health or personality disorders, namely narcissistic. (Rischita, 2021) narcissistic behavior is excessive self-love, which can also be interpreted as excessive attention to oneself. To some extent, self-love can be considered normal, but if it is excessive and disturbs oneself or others, it is considered a deviation or personality disorder. Any person who has behaviors that lead to narcissism will

be characterized by individuals who will be more self-centered and more likely to be indifferent or less empathetic by proudly demonstrating their abilities, accomplishments, and lives excessively. TikTok users will do anything to chase the amount *like* and behave strangely to get maximum effect (Sari et al., 2023). Teenagers who have narcissistic personality tendencies while using TikTok social media should have the ability to control their behavior. According to Apsari One of the most common important narcissistic causes is psychological factors where narcissistic individuals have low self-control (Abdad et al., 2018). The results of interviews obtained in the field show that students often create content on TikTok in a day can be 10 videos and upload them to various social media platforms. By the time they upload the video, they feel themselves beautiful and boost their confidence. They also often feel they are better and tend to look down on others.

Averil (Laeli, 2018) Reveal that self-control (*Self Control*) is a person's ability to change behavior, manage unwanted information by interpreting and choosing actions based on what is believed. Teenagers who have narcissistic personality tendencies while using TikTok social media should have the ability to control their behavior. Teens who use social media have different levels of self-control. People who have good self-control can direct, guide, and limit their behavior when using social media by considering the benefits and impacts it causes. Conversely, people who have low self-control cannot direct, guide, and limit their behavior when using social media without considering the benefits and impacts it causes.

The onset of narcissistic behavior in a person is also caused by another factor, namely self-esteem (Veronica & Febrieta, 2022). Self-esteem according to Coopersmith is the result of an evaluation that expresses an attitude of acceptance or rejection and shows how much the individual believes that he is capable, meaningful, successful, valuable by his personal standards and values (Laeli et al., 2018). When teenagers get a lot *like*, comments, and *Follower* for their videos on the TikTok app, they find it valuable. Such self-worth is determined by social approval, which is demonstrated by the approval of others. States that narcissistic people like to flaunt about the comments of others who admit that he is unique, successful, or has high idealism. When someone with narcissism feels their self-esteem begins to be threatened when they receive criticism or suggestions that change the way they think or act. So that his need for constant attention does not come from selfishness, but from the need to eliminate feelings of insufficiency and lack of self-esteem (Lete et al., 2019). In line with Burrow & Rainone (2017) which says that people with low self-esteem use social media to get the approval of others to be accepted in the environment, while people with high self-esteem use it to become popular.

Methods

This study used a quantitative approach with a correlational type. The population in this study was students at SMA Negeri 2 Gorontalo which amounted to 840 students. To determine the sample using *purposive sampling technique*. *Purposive sampling technique* is a sampling technique based on certain criteria (Sahir, 2022). The sample in this study amounted to 90 students from class XI and class XII according to the specified criteria, namely aged 16-18 years and who used Tiktok social media. The measuring tools used in this study are: (1) narcissistic behavior scale, arranged based on aspects of narcissistic behavior according to Aqilah (2021). (2) self-control scale, arranged based on aspects of self-control according to averil (Rischita, 2021). (3) self-esteem scale, arranged based on aspects of self-control according to Coopersmith (Utari, 2019).

The data analysis used in this study is a multiple correlation analysis technique, in this analysis will see the relationship partially or only involving one independent variable (independent) and

dependent variable (dependent) and *will see how the degree of relationship between several independent variables (X1 and X2) with dependent variables (Y) together.*

Results and Discussion

The measuring instrument used in this study used two scales, namely the behavioral scale narcissistic, self-control scale and self-esteem scale. The scale details are as follows: (1) The narcissistic behavior scale consists of 30 items, arranged based on *favorable* 16 unfavorable items 14 items, with details of aspects as follows: authority (*Authority*) 4 items, self-fulfillment (*Self Sufficiency*) 5 items, superiority (*Superiority*) 5 items, *exhibitionism* (*Exhibitionism*) 4 items, exploitativeness (*Exploitativeness*) 5 items, arrogance (*Vanity*) 5 items, and *Entitlement* 4 items; (2) The self-control scale consists of 20 items, arranged based on *favorable* 10 items and *unfavorable* 10 items, with detailed aspects as follows: behavioral control (*Behavioral Control*) 7 items, *cognitive* control (*Cognitive Control*) 5 items, behavior control (*Decisional Control*) 8 items; (3) The Self-Esteem Scale consists of 24 items, arranged based on *favorable* 13 items and *unfavorable* 11 items, with detailed aspects as follows: Power 5 items, Significance 13 items, virtue 2 items, ability (*Competence*) 6 items.

Univariate Results

From the results of univariate analysis produced the distribution, frequency and characteristics of respondents from the variables studied, as in the following table:

Descriptive statistics

Table 1. Description of Variable Statistics

Variable	Min	Max	Mean	Std. Deviation
Self-Control	42	80	61	9.485
Self-Esteem	53	91	73	8.704
Narcissistic Behavior	58	87	76	5.074

Source: Processed data, 2023

Self-Control (X1) obtained a minimum value of 42, a maximum value of 80, an average value of 61 and a standard deviation of 9,485, for the Self-Esteem variable (X2) obtained a minimum value of 53, a maximum value of 91, an average value of 73 and a standard deviation of 8,704, while in the variable of Narcissistic Behavior (Y) obtained a minimum value of 58, a maximum value of 87, an average value of 76, and a standard deviation of 5,074.

Categories Self-Control

Table 2. Categorization of Self-Control

Self-Control	Frequency	Percentage
Low	11	12,2 %
Keep	55	61,1%
Tall	24	26,7 %
Total	90	100

Source: Processed data, 2023Based on the table above, it can be seen that respondents who have Self-Control with a low category as many as 11 respondents (12.2%), medium category as many as 55 respondents (61.1%) and for the high category as many as 24 respondents (26.7%).

Categories Self-esteem

Table 3. Self-Esteem Categorization

Self-Esteem	Frequency	Percentage
Low	12	13,3 %
Keep	54	60,0 %
Tall	24	26,7 %
Total	90	100

Source: Processed data, 2023

Based on the table above, it can be seen that respondents who have low self-esteem as many as 12 respondents (13.3%), medium category as many as 54 respondents (60.0%) and for high category as many as 24 respondents (26.7%).

Categories Narcissistic Behavior

Table 4. Self-Esteem Categorization

Narcissistic behavior	Frequency	Percentage
Low	9	10,0 %
Keep	57	63,0 %
Tall	24	26,7 %
Total	90	100

Based on the table above, it can be seen that respondents who have Narcissistic Behavior with a low category as many as 9 respondents (10.0%), medium category as many as 57 respondents (63.0%) and for the high category as many as 24 respondents (26.7%).

Results of Classical Assumptions

Normality Test Results

The results of the Normalization Test with *One Sample Kolmogorov Smirnov test* obtained a Significance value of each variable > 0.05 . On the variables Self-control niai Sig. $0.018 > 0.05$. On the variable Self-esteem the value of Sig. $0.160 > 0.05$ and on the variable Narcissistic behavior the value of Sig. $0.200 > 0.05$. Then it can be concluded that the distribution of data on each variable normally distributed.

Linearity Test Results

Based on the linearity test table, Self-Control of Narcissistic Behavior is 0.193, of which $0.193 > 0.05$. Then there is a significant value between the relationship of Self-Esteem to Narcissistic Behavior of 0.391, where $0.391 > 0.05$. So it can be concluded that the relationship of each independent variable to the dependent is linear.

Table 4. Correlation Coefficient Test Results (Partial)

Variable	r calculates	r table	Sig.
Self-Control – Narcissistic Behavior	- 0,514	0,207	,000
Self-esteem – narcissistic behavior	- 0,668	0,207	,000

Source: Processed data, 2023

Self-control (X1) with narcissistic behavior (Y) is $0.000 < 0.05$, the calculated r value for the relationship between self-control variables and narcissistic behavior obtained a value of - 0.514 or equal to 51.40%. The negative sign on the calculated r value means that the variable has a

negative (opposite) direction relationship with narcissistic behavior (Y). That is, the higher the self-control, the lower the narcissistic behavior, and vice versa, the lower the self-control, the higher the narcissistic behavior

Self-esteem is known to be the value of Sig. between Self-esteem (X2) and narcissistic behavior (Y) is $0.000 < 0.05$, the calculated r value for the relationship between self-esteem variables and narcissistic behavior obtained a value of - 0.668 or equal to 66.80%. The negative sign on the calculated r value means that the variable has a negative (opposite) direction relationship with narcissistic behavior (Y). That is, the higher the self-esteem, the lower the narcissistic behavior, and vice versa, the lower the self-esteem, the higher the narcissistic behavior.

Table 5. Correlation Coefficient Test (Simultaneous)

Change Statistics				
R Square Change	F Change	df1	df2	Sig. F Change
.449	35.446	2	87	.000

Source: Processed data, 2023

The value of Sig. F *change* in the multiple correlation test is 0.000. Since the values of Sig. $0.000 < 0.05$, it can be concluded that self-control and self-esteem simultaneously (together) correlate with narcissistic or significant behavior.

The value of R *Square on the coefficient of determination to see how much influence between the variable (X1-X2) to the variable (Y) with a value of 0.449. Which means that the variables of self-control and self-esteem simultaneously (together) affect narcissistic behavior with a contribution of 44.9% while the remaining 55.1% is influenced by other variables that are not studied.*

Discussion

Larson et al. (2015) said that one of the factors that influence narcissism in individuals is self-control. So Laeli et al. (2018) states that self-control is needed to regulate the actions carried out by adolescents, so it is expected that adolescents are able to avoid narcissistic behavior on their social networks. Researchers found that the level of self-control in students at SMA Negeri 2 Kota Gorontalo showed a tendency to behave narcissistically with a moderate category. This means that sometimes individuals can still try to control themselves in uploading video or photo content, be able to control, and limit behavior but sometimes can also be *lost* or excessive and unable to control behavior, depending on how much students understand themselves and how to use social media well. The results of the hypothesis test show that the higher the student's self-control, the lower the tendency to behave narcissistically on social media tiktok, on the contrary, the lower the student's self-control in utilizing social media tiktok, the higher the tendency to behave narcissistically

This is in line with research conducted by (Yuangga & Susanti, 2019) For students at SMA Negeri 7 Surakarta, it shows that there is a significant negative relationship between self-control variables and narcissism tendencies in Instagram social media users. Furthermore, the level of self-esteem in students who tend to behave narcissistically at SMA Negeri 2 Gorontalo is in the medium category. Students who use TikTok tend to have moderate self-esteem because students tend to evaluate themselves in terms of acceptance, rejection and an indication of the amount of individual confidence in their abilities, meaningfulness, success, worth according to their standards and personal values (Abdillah & Maika, 2023). The results of the hypothesis test show that the higher the student's self-esteem, the lower the tendency to behave narcissistically on social media tiktok, on the contrary, the lower the self-esteem of students in utilizing social media tiktok, the higher the tendency to behave narcissistically.

These results are in line with research conducted (Dewi, 2019) that there is a significant negative relationship between *Self-esteem* with narcissistic behavior of Instagram social media users in high school students. Getting lower *self-esteem*, The higher the narcissistic behavior of Instagram social media use in students, and vice versa the higher *Self-esteem* The lower the narcissistic behavior of Instagram social media users in students. In general, learners have a desire to be recognized by those around them, especially peers so that behavior that tends to lead to narcissism sometimes occurs as a form of environmental influence. However, learners who fall into this category need to have *good self-control and self-esteem* so that behaviors that tend to lead to narcissism can be managed properly. The results of the Di hypothesis test to test the relationship together show that there is a strong correlation.

With the results of the above research, researchers can assume that the combination of the power of self-control and the existence of a sense of self-esteem will create a desire not to act excessively in using social media or narcissistic behavior that can harm others or yourself. Thus, the relationship between self-control and self-esteem can shape an individual to be wise in utilizing social media, especially TikTok to avoid the tendency to behave narcissistically.

Based on the results of research conducted by (Laeli et al., 2018) that there is a relationship between self-control, self-esteem, and narcissistic behavior. Self-control and self-esteem can be used as predictors for predicting narcissistic behavior. When self-control and self-esteem are high, narcissistic behavior occurs because self-control is needed to regulate impulsive behavior and prevent inappropriate behavior, and vice versa when self-control and self-esteem are low, it will be difficult to control behavior and tend to ask for praise from others at will because they feel they need recognition or judgment by often uploading content without paying attention to what is posted and ethics in social media (Wijayanti & Amir, 2020). As for the limitations in this study, namely in generalization, this study can only be applied to the population of adolescent students who are TikTok users who are the sample of this study, therefore it is difficult to generalize the results to a wider or different population such as older age groups or other social media users.

Conclusion

There was a significant negative relationship between self-control and narcissistic behavior in adolescent Tiktok users at SMA Negeri 2 Gorontalo. This means that the higher the self-control in students, the lower the narcissistic behavior. Conversely, the lower the self-control in students, the higher the narcissistic behavior. There is a significant negative relationship between self-esteem and narcissistic behavior in adolescent Tiktok users at SMA Negeri 2 Gorontalo. This means that the higher the self-esteem in students, the lower the narcissistic behavior. Conversely, the lower the self-esteem in students, the higher the narcissistic behavior. There is a relationship with a strong and significant correlation together between self-control and self-esteem with narcissistic behavior in adolescent Tiktok users at SMA Negeri 2 Gorontalo.

For students, especially Tiktok social media users at SMA Negeri 2 Gorontalo, self-control is needed and respond appropriately to current and future technology, because students should know the negative impacts, real world life is more important than life in the digital world. It is expected for parents to pay more attention to children's behavior in social media and provide understanding and understanding to children so that they use social media more wisely and beneficial for life. Researchers can then examine the development of more recent theories about variables of self-control, self-esteem, and narcissistic behavior. And it is expected that researchers will further increase the number of research samples or by adding other variables based on different time spans so that the scope can be broad.

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