Descriptive Study on the Self-Concept Levels of Instagram Users among Education Faculty Students at Kristen Indonesia University

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Abstract

This study aims to find out, understand, and describe how the self-concept level of FKIP students uses Instagram. The method applied in this research is a type of quantitative research with a descriptive approach. The sampling technique in this study used a purposive sampling method. The total sample was 101 people and grouped by gender, age, Study Program at FKIP UKI, and duration of use of Instagram in three categories. This data collection method uses Google Meet because it can reach FKIP students at the Indonesian Christian University. In this study, in processing research and descriptive data analysis using SPSS version 25 while in self-concept categorization the analysis processing used JASP (Jeffrey's Amazing Statistics Program) version 0.17.3. In this study, the subjects sampled were active students of the Indonesian Christian University FKIP who are also Instagram users. Based on the analysis carried out in this study, the results found that male students had a percentage of 15%, for students aged 18 years, there was a proportion of 25%, in the Guidance and Counseling Study Program, it was found that as many as 12.5% and on the duration of using Instagram for less than 30 minutes it is explained that there are 27.27% which are included in the high category.

Keywords: *Self Concept, Student, Instagram.*

Introduction

Self-concept is a combination of thoughts, desires, and perceptions that an individual has about themselves (Burns in Hariyadi & Darmuki, 2019). This self-concept has the potential to develop an individual in a positive or negative direction. A negative self-concept may emerge when someone evaluates themselves in a detrimental way, which can potentially lead to feelings of dissatisfaction and self-blame. On the other hand, individuals with a positive view of their self-concept tend to process information effectively and accept both their strengths and weaknesses (Oktavia, 2022).

The importance of understanding self-concept becomes increasingly relevant, especially among university students, who often find themselves in the transitional period between adolescence and adulthood. During this phase, they encounter various challenges and changes that can impact

their self-concept. Social environments, peer groups, and family also play a significant role in shaping the self-concept of university students (Febri & Rahmi, 2019).

In addition to real-world interactions, online interactions through social media also influence individuals' understanding of themselves. One of the popular social media platforms is Instagram. According to Maryam (2022), Instagram has become highly popular among university students, and its usage is often associated with sharing personal achievements and profiles. However, the use of social media such as Instagram not only has positive impacts but also the potential for negative consequences, such as the Fear of Missing Out (FOMO) phenomenon and cyberbullying. FOMO can lead to low self-esteem and anxiety, while cyberbullying can have serious effects on victims, including depression and feelings of insecurity (Cahyadi, 2021; Azanella, 2021).

Considering the significant impact of social media, especially Instagram, on the self-concept of university students, this research aims to explore the self-concept levels of university students who are active Instagram users at the Faculty of Education and Teacher Training (FKIP) of the Indonesian Christian University. This study will provide a deeper understanding of how social media interactions can affect how students perceive themselves and to what extent their self-concept is influenced by Instagram usage.

Furthermore, this research will delve into the methodology employed, the data collected, and the research findings. With a better understanding of the impact of social media, particularly Instagram, on university students' self-concept, we can identify ways to mitigate the negative effects and enhance positive self-understanding in this digital era.

Method

This research employs a quantitative method with a descriptive approach. The quantitative method adheres to scientific principles such as being concrete, objective, measurable, rational, and systematic (Sugiyono, 2018). This method is used to evaluate a specific population or sample, using commonly unstructured sampling techniques. Research instruments are used to collect data, and hypotheses are tested through quantitative and statistical analysis. The descriptive approach is utilized in this research to provide an overview or description of the research subjects using the data or samples that have been collected, without conducting in-depth analysis or making general conclusions (Sugiyono, 2018).

RESULTS AND DISCUSSION
Descriptive Analysis

In this study, data was analyzed using descriptive analysis, which was conducted using the SPSS version 25 software. Before proceeding with further analysis, the researcher examined various statistics within the descriptive analysis, such as the mean, median, mode, standard deviation, variance, range, minimum, and maximum values of the data. These statistics were calculated to gain a comprehensive understanding of the dataset and provide insights into the self-concept levels and the impact of Instagram usage on the participants.

Table 1. Statistical Description Analysis

Descriptive Statistics
Self-concept scale

N	Valid	101
	Missing	0
Mean		99.34
Median		98.00
Mode		95
Std. Deviation		10.09
Variance		101.88
Range		51
Minimum		75
Maximum		126

From Table 1, the results of the descriptive statistical analysis are considered. Based on the analysis, the number of subjects in this study is 101 respondents. Among the self-concept variables, the mean is 99.34, the median is 98.00, the mode is 95, the standard deviation is 10.09, the variance is 101.88, the range is 51, the minimum value is 75, and the maximum value is 126.

Analisis Berdasarkan Pengkategorian

In this research, a hierarchical grouping consisting of three levels, namely low, moderate, and high, was applied. Azwar, as cited in Ratnasari & Abbasi (2020), states that the purpose of the classification process is to categorize individuals into different categories in an ordered manner, based on the attributes measured along a continuum. The data analysis method applied in this study is descriptive analysis. The aim of this descriptive analysis approach is to depict data regarding the levels of self-concept among university students using Instagram so that this information can be explained more comprehensively, and the analysis results can serve as the basis for drawing conclusions.

Regarding the levels of self-concept, the norm for the low category is within the range $X \leq M-1SD$, while the moderate category falls within the range $M-1SD<X<M+1SD$, and the high category is situated in the range $X \geq M+1SD$ (Azwar, as cited in Ralianti, Santoso & Probowati, 2022). These norm rules will be applied to interpret the levels of self-concept both overall and based on variables such as age, gender (male and female), program of study, and the duration of Instagram usage.

In this research, JASP (Jeffrey's Amazing Statistics Program) version 0.17.3 software is used to analyze the categorized data results.

Table 2. Categorization Norms

Categorization Norms	Category
$X \leq M-1SD$	Low
$M-1SD<X<M+1SD$	Moderate
$X \geq M+1SD$	HIgh

Explanation:
X: Score on the measurement scale
M: Empirical mean/average value
SD: Empirical standard deviation

Tabel 3. Norma Kategorisasi Konsep Diri

Norma Kategorisasi	Kategori
X ≤ 89	Rendah
89 < X < 109	Sedang
X ≥ 109	Tinggi

Based on Table 3, the categorization of self-concept for the 101 respondents is as follows: if the self-concept score is less than or equal to 89, it falls into the low category; if the self-concept score is greater than 89 and less than 109, it falls into the moderate category, and if the self-concept score is greater than or equal to 109, it falls into the high category.

Table 4. Categorization of Self-Concept

	Category			
Self-Concept	LOW	MODERATE	HIGH	Total

		Category		
Self-Concept		**LOW**	**MODERATE**	**HIGH**	**Total**
Total	Count	16.00	69.00	16.00	101.00
	% within row	15.80 %	68.30 %	15.80 %	100.00 %

From Table 4, it can be observed that out of a total of 101 respondents, there are different categories of self-concept, namely high, moderate, and low. With a distribution of 15.8%, individuals have a high level of self-concept, 68.3% have a moderate level of self-concept, and 15.8% have a low level of self-concept.

Table 5. Categorization of Self-Concept Levels Based on Gender

		Kategori			
Gender		**LOW**	**MODERATE**	**HIGH**	**Total**
Male	Count	5.00	12.00	3.00	20.00
	% within row	25.00 %	60.00 %	15.00 %	100.00 %
Female	Count	10.00	58.00	13.00	81.00
	% within row	12.35 %	71.60 %	16.05 %	100.00 %
Total	Count	15.00	70.00	16.00	101.00
	% within row	14.85 %	69.31 %	15.84 %	100.00 %

From Table 5, it can be observed that out of a total of 101 respondents, there are different categories of self-concept between males and females among university students who use Instagram. Among the 20 male respondents, 15% have a high self-concept, 60% have a moderate self-concept, and 25% have a low self-concept. In the female group, which comprises 81 respondents, there are 16.05% with a high level of self-concept, 71.6% with a moderate level of self-concept, and 12.35% with a low level of self-concept.

Table 6. Categorization of Self-Concept Levels Based on Age

		Category			
Age		**LOW**	**MODERATE**	**HIGH**	**Total**
18	Count	1.00	2.00	1.00	4.00
	% within row	25.00 %	50.00 %	25.00 %	100.00 %
19	Count	0.00	10.00	2.00	12.00
	% within row	0.00 %	83.33 %	16.67 %	100.00 %
20	Count	4.00	14.00	2.00	20.00
	% within row	20.00 %	70.00 %	10.00 %	100.00 %
21	Count	3.00	9.00	5.00	17.00
	% within row	17.65 %	52.94 %	29.41 %	100.00 %
22	Count	3.00	23.00	2.00	28.00
	% within row	10.71 %	82.14 %	7.14 %	100.00 %
23	Count	3.00	9.00	3.00	15.00
	% within row	20.00 %	60.00 %	20.00 %	100.00 %
4	Count	1.00	2.00	1.00	4.00
	% within row	25.00 %	50.00 %	25.00 %	100.00 %
25	Count	0.00	1.00	0.00	1.00
	% within row	0.00 %	100.00 %	0.00 %	100.00 %
Total	Count	15.00	70.00	16.00	101.00
	% within row	14.85 %	69.31 %	15.84 %	100.00 %

From Table 6, it can be explained that out of a total of 101 students, for respondents aged 18, with a total of 4 respondents, 25% fall into the high self-concept category, 50% fall into the moderate self-concept category, and 25% fall into the low self-concept category. Respondents aged 19, with a total of 12 respondents, reveal that 16.67% have a high self-concept, 83.33% have a moderate self-

concept, and 0% are in the low self-concept category. In the 20-year-old age group, with a total of 20 respondents, 10% fall into the high self-concept category, while 70% fall into the moderate self-concept category, and 20% fall into the low self-concept category. Additionally, for respondents aged 21, with a total of 17.

From Table 6, it is explained that among the respondents, there are various levels of self-concept based on their age. For respondents aged 18, there are 29.41% with a high self-concept, 52.94% with a moderate self-concept, and 17.65% with a low self-concept. For respondents aged 19, 16.67% have a high self-concept, 83.33% have a moderate self-concept, and none are in the low self-concept category. In the 20-year-old age group, 10% have a high self-concept, 70% have a moderate self-concept, and 20% have a low self-concept. Additionally, for respondents aged 21, 29.41% have a high self-concept, 52.94% have a moderate self-concept, and 17.65% have a low self-concept.

For respondents aged 22, out of a total of 28 respondents, 7.14% have a high self-concept, 82.14% have a moderate self-concept, and 10.71% have a low self-concept. Respondents aged 23, with a total of 15 respondents, have 20% with a high self-concept, 60% with a moderate self-concept, and 20% in the low self-concept category. In the 24-year-old age group, out of a total of 4 respondents, 25% have a high self-concept, 50% have a moderate self-concept, and 25% have a low self-concept. On the other hand, respondents aged 25 have a total of 1 respondent, and only the moderate category has a total result, while there are no results for the high and low categories.

Tabel 7. Categorization of Self-Concept Levels Based on Program of Study

Program Study		Category		
		Low	Moderate	High	Total
Bimbingan dan Konseling	Count	3.00	32.00	5.00	40.00
	% within row	7.50 %	80.00 %	12.50 %	100.00 %
Pendidikan Agama Kristen	Count	3.00	3.00	1.00	7.00
	% within row	42.86 %	42.86 %	14.29 %	100.00 %
Pendidikan Biologi	Count	5.00	18.00	3.00	26.00
	% within row	19.23 %	69.23 %	11.54 %	100.00 %
Pendidikan Fisika	Count	2.00	7.00	3.00	12.00
	% within row	16.67 %	58.33 %	25.00 %	100.00 %
Pendidikan Kimia	Count	1.00	6.00	2.00	9.00
	% within row	11.11 %	66.67 %	22.22 %	100.00 %
Pendidikan Matematika	Count	1.00	4.00	2.00	7.00
	% within row	14.29 %	57.14 %	28.57 %	100.00 %
Total	Count	15.00	70.00	16.00	101.00
		14.85 %	69.31 %	15.84 %	100.00 %

Counseling program with a total of 40 respondents, 12.5% have a high self-concept, 80% have a moderate self-concept, and 7.5% fall into the low self-concept category. In the Christian Religious Education program, there are 7 respondents, with 14.29% in the high self-concept category, 42.86% in the moderate self-concept category, and 42.86% in the low self-concept category.

For the Biology Education program, with a total of 26 respondents, 11.54% are in the high self-concept category, 69.23% are in the moderate self-concept category, and 19.23% are in the low self-concept category. In the Physics Education program, with a total of 12 respondents, 25% have a high self-concept, 58.33% have a moderate self-concept, and 16.67% fall into the low self-concept category. In the Chemistry Education program, with 9 respondents, 22.22% are in the high self-concept category, 66.67% are in the moderate self-concept category, and 11.11% are in the low self-concept category. In the Mathematics

Education program, with 7 respondents, 28.57% have a high self-concept, 57.14% have a moderate self-concept, and 14.29% are in the low self-concept category.

Tabel 8. Categorization of Self-Concept Levels Based on Duration of Usage

Duration of Instagram Usage		Category			Total
		LOW	MODERATE	HIGH	
< 30 menit per hari	Count	6.00	18.00	9.00	33.00
	% within row	18.18 %	54.55 %	27.27 %	100.00 %
> 30 menit - 1 jam per hari	Count	2.00	27.00	5.00	34.00
	% within row	5.88 %	79.41 %	14.71 %	100.00 %
> 1 jam per hari	Count	7.00	25.00	2.00	34.00
	% within row	20.59 %	73.53 %	5.88 %	100.00 %
Total	Count	15.00	70.00	16.00	101.00
	% within row	14.85 %	69.31 %	15.84 %	100.00 %

From Table 8, it can be presented that out of a total of 101 students, those with an Instagram usage duration of less than 30 minutes, totaling 33 respondents, have 27.27% in the high self-concept category, 54.55% in the moderate self-concept category, and 18.18% in the low self-concept category.

For the duration of more than 30 minutes up to 1 hour, with 34 respondents, 14.71% fall into the high self-concept category, 79.41% have a moderate self-concept, and only 5.88% are in the low self-concept category.In the duration of more than one hour, with a total of 34 respondents, 5.88% have a high self-concept, 73.53% have a moderate self-concept, and 20.59% have a low self-concept.

Discussion

The study included a total of 101 university students who are Instagram users. The researchers categorized them into high,

moderate, and low self-concept levels based on gender, age, program of study, and Instagram usage duration. According to the analysis results by gender, it can be observed that the highest percentage of individuals in the high self-concept category was found among females, at 16.05%, while the highest percentage in the low self-concept category was among males, at 25%. From this explanation, it can be concluded that female university students tend to have a more positive self-concept, while male university students tend to have a less positive self-concept. This finding aligns with a study conducted by Damarhadi, Mujidin, and Prabawanti (2020), which found differences in self-concept between males and females. In general, the self-concept of males tends to be higher than that of females in various aspects, including physical, psychological, psychosocial, and psychospiritual aspects.

Age characteristics influence the self-concept of university students. Based on the analysis by age, it can be seen that the highest percentage in the high self-concept category in this study is among 21-year-olds, at 29.41%. Meanwhile, the majority of individuals with a low self-concept were found in the age range between 18 and 24 years, reaching 25%. From this explanation, it can be concluded that 21-year-old university students tend to have a positive self-concept, while university students in the age range of 18 to 24 years tend to have a less positive self-concept. According to Hulukati & Djibran (2018), individuals can be classified as university students when they enter the stage of adulthood, which generally occurs in the age range of 18-25 years, a period when physical and mental maturity develops. During this time, university students often face various challenges in higher education, which can influence how they perceive themselves, whether positively or negatively. This influence can stem from the social

environment, peers, as well as family, including the parents of the university students (Febri & Rahmi, 2019).

The analysis results indicate that all 101 respondents (100%) have Instagram accounts. The findings of a survey conducted by Handikasari, Jusup, and Johan (2018) show that students in the 18 to 25 age group are among the most active users of social media, with 89.7%. They even outnumber other age groups. Instagram is one of the most popular social media platforms in Indonesia. In a TNS (Taylor Nelson Sofres) Indonesia survey, it was stated that Instagram is favored by users in the 18-24 age group, with the majority being female (Wibisono, 2020).

Based on the analysis by program of study, it can be seen that the program with the highest percentage in the high self-concept category is Mathematics Education, with 28.57%, while the program with the highest percentage in the low self-concept category is Christian Religious Education, with 42.86%. From this explanation, it can be concluded that the Mathematics Education program has a positive self-concept, while the Christian Religious Education program has a less positive self-concept. Elide Prayitno, as cited in Syahraeni (2020), explained that in the cognitive domain, self-concept involves an individual's perception of intelligence, including problem-solving and academic achievement. Additionally, Slameto, as cited in Restian (2020), stated that cognitive style can be defined as attitudes, choices, or strategies that naturally determine how a person thinks and solves problems. In other words, self-concept related to cognition is an individual's belief in their ability to solve problems or achieve academic goals.

Based on the analysis by Instagram usage duration, it can be seen that the highest percentage in the high self-concept category is 27.27%; respondents in this study use Instagram for less than 30 minutes per day. Meanwhile, the highest percentage in the low self-concept category is obtained from users who spend more than 1 hour per day on Instagram, at 20.59%. From this explanation, it can be concluded that students who use Instagram for less than 30 minutes per day have a positive self-concept, but students who use Instagram for more than one hour every day have a negative self-concept. According to research conducted by Kusuma and Oktavianti (2020), the use of the TikTok app has an impact on shaping an individual's self-concept. The use of the app can shape an individual's self-concept in a positive or negative way. Additionally, a study conducted by Maulana, Afghan & Rynaldi (2019) stated that the use of the Instagram social media platform can influence an individual's self-esteem regarding the results of using social media affecting self-confidence in the social interaction process. In that study, Instagram was used as a medium to compare the characteristics and development of university students.

Self-concept can be defined as an individual's perspective, perception, and judgment of themselves; it is self-knowledge that arises from interactions with others in their environment. The process of creating self-concept does not only come from interactions in the real world but can also be formed through interactions in the virtual world. In the virtual world, individuals can freely express what they think or achieve in their respective accounts (Pratama, Mudjiyanto, Sitinah, Fernando & Sandi, 2020).

Based on the analysis, the highest and lowest self-concept levels both obtained a result of 15.8%. However, according to Fitts' theory as cited in Harumi & Marheni (2018), a person's self-concept can be divided into 8 dimensions: self-identity, self-behavior, self-receptor, self-physical, self-ethical, self-personal, self-family, and self-social. The analysis results show that the

respondents' self-concept in each domain tends to be positive.

The most important component of self-concept is self-identity, which relates to the fundamental question "Who am I?" and includes the labels and symbols individuals give to themselves to describe and shape their identity. As individuals age and interact with their environment, their understanding of themselves also evolves, allowing them to fill their self-concept with more complex aspects (Harumi & Marheni, 2018). Based on the analysis, the measurement of the self-identity domain indicates that the majority of respondents have low self-identity. Low self-identity indicates a lack of confidence in defining themselves. They generally have difficulty accepting themselves as they are and feel they have shortcomings in terms of appearance, education, job, environment, and life experiences. This can occur due to the routine use of Instagram social media activities every day. The ideal standards of living displayed on social media require teenagers to conform to one ideal standard, which can lead to feelings of insecurity, low self-esteem, and even the need for additional self-validation (Mahanani, Laraswati, Salsadilla, Nabilah & Wibowo, 2020).

Self-behavior includes an individual's perception of their behavior, which encompasses a complete understanding of "What am I doing?" This part also has a close connection to self-identity. When self-identity and self-behavior are in harmony, individuals experience alignment between their identity and actions, allowing them to recognize and accept both aspects of themselves. The relationship between these aspects is reflected in self as the evaluator (Harumi & Marheni, 2018). Based on the analysis, the measurement of the self-behavior domain indicates that the majority of respondents have low self-behavior. Low self-behavior indicates that respondents tend to have a propensity to give up easily when facing problems, do not approve that life is beautiful, and feel there is nothing to be proud of in their lives. The tendency to interact with social media makes their minds seem to apply a mindset that life must be consistent with what is present in the virtual world, which makes them constantly dissatisfied with what they have obtained, achieved, or their relationships with others. This statement aligns with Goffman's dramaturgy theory, which explains that various interpersonal interactions can occur on the front stage and back stage. Each person has personal goals in life that they want to achieve, using various strategies to reach those goals. When interacting or engaging in relationships with others, individuals will attempt to monitor their words, attitudes, and actions. All of these elements form a form of self-control where, during interactions with others, they seek to create a positive image that aligns with expectations (Darina, 2021).

The role of the self-judgment is to act as a bridge between an individual's self-identity and the roles played by the individual (Harumi & Marheni, 2018). Based on the analysis, the measurement of the self-judgment domain indicates that the majority of respondents have low self-judgment.

Low self-judgment indicates that respondents feel dissatisfied and not proud of the life path they have taken so far. They tend to feel as if they are useless because they have not achieved or obtained what others have or what conforms to the standards presented on social media. This aligns with research conducted by Sirajuddin & Siswanti (2023) that shows having an Instagram account can lead to feelings of envy, lack of self-confidence, and overthinking due to comparisons with others on the platform. Yesilyurt & Turhan's study (2020) suggests that spending too much time on social media can lead to low life satisfaction.

Ethical-moral self refers to how individuals judge themselves based on moral and ethical standards. This involves an individual's view of how they relate to ethical and moral values, their spiritual connection, adherence to applicable norms, personal satisfaction in the religious dimension, and beliefs in the moral principles held, including an understanding of the difference between good and bad actions (Harumi & Marheni, 2018). Based on the analysis, the measurement of the ethical-moral self-domain indicates that the majority of respondents have a high ethical-moral self-concept. With a high ethical-moral self-concept, respondents tend to feel satisfied with their relationship with God and their actions towards it. They also feel they are fully obedient to religious teachings as they desire.

Religion serves as a framework that can influence human behavior. Low self-understanding in an individual is influenced by a lack of understanding of religious teachings or a low level of religious maturity. A low level of religious maturity can lead to low life enthusiasm and a tendency to be pessimistic in facing life's challenges. Religion plays an important role and has the power to provide individuals with tranquility. Individuals with high levels of spirituality are more confident that their self-concept will be positive, and this does not conflict with their religious knowledge. In religious studies, individuals are often encouraged to get to know themselves better, which will enhance their faith in God. Conversely, individuals with a negative self-concept tend to diminish their faith (Gumati & Juharah, 2020).

According to Harumi & Marheni (2018), physical self refers to one's concept of how they view themselves physically, which means being able to accept what they have. It includes their perception of health, appearance, body size, such as being tall, short, overweight, or thin, and what they

think of themselves in this regard. All of this impacts a person's self-concept. Based on the analysis, the measurement of the physical self-domain indicates that the majority of respondents have a low physical self-concept. A low physical self-concept suggests that respondents tend to be dissatisfied and not accepting of some aspects of their physical condition, such as appearance, health status, and sexuality. Respondents have uncomfortable thoughts about their current body shape and appearance. The physical appearance displayed on Instagram mostly portrays perfection, such as the ideal body and fair skin, fashionable appearances, etc. The use of Instagram social media supports the occurrence of negative thoughts related to an individual's physical self. The more time someone spends on social media, the more they are likely to compare themselves to others. They believe that other people's lives are more successful and happy, reducing their self-confidence. In the context of Instagram, the impact of such comparisons is stronger due to its audio-visual characteristics.

According to Jiang and Ngien (2020), a stronger impression is created by visual content. This means that the impressions of others are stronger compared to platforms like Facebook and Twitter that rely on words. According to Yang et al., as cited in Jiang & Ngien (2020), Instagram users have many opportunities to showcase themselves because it is a platform for sharing photos and videos. The study by Jiang & Ngien (2020) found that social comparison increases social anxiety. Social comparison triggers psychological responses and reduces self-esteem.

The Social Self reflects how individuals perceive their interactions with others in the context of society or the socialization process (Harumi & Marheni, 2018). Based on the analysis, the measurement of the social self-domain indicates that the majority of

respondents have a low social self-concept. A low social self-concept suggests that respondents feel less able to adapt and socialize with new people. Due to frequent interactions in the online world, respondents reported difficulty in adapting when meeting new people in the real world. They also feel increasingly individualistic. This is in line with the research of Ayub (2022), which suggests that the ease and speed of communication make students reluctant to interact with others. They often prefer to communicate via social media as it is seen as practical and efficient. As a result, students become less focused, including during face-to-face meetings with friends, where individuals tend to be preoccupied with their devices and engage less in direct conversations.

Additionally, according to Abuk and Iswahyudi (2019), social media usage has reduced the frequency of gathering and socializing with people in one's immediate vicinity, leading to a decrease in caring for others. People now prefer to interact through social media rather than engaging directly with others in the real world.

The Family Self reflects how individuals feel, think, and value themselves in their role as members of a family. It includes how well they feel they fit into their family roles and how they perceive their fulfillment of tasks and responsibilities as family members (Harumi & Marheni, 2018). Based on the analysis, the measurement of the family self-domain indicates that the majority of respondents have a low family self-concept. The fact that respondents don't feel entirely loved, trusted, or important to their family and friends indicates dissatisfaction in their relationships with them. Extended use of social media applications makes individuals less aware of their social lives in the real world, and it often leads to decreased interaction with family and friends. As Abuk

and Iswahyudi (2019) have noted, the phenomenon resulting from Facebook usage among junior high school students affects their social interaction. This includes excessive use of social media without time limits, excessive screen time, self-centeredness, lack of awareness of their surroundings, and decreased empathy for the real world.

The Personal Self, or Personal Self-concept, reflects an individual's view of themselves, whether conscious or not. It is more dependent on a person's satisfaction with themselves and how they feel in their role as themselves. As individuals go through life, there are moments of uncertainty about their internal abilities that can hinder their personal growth (Harumi & Marheni, 2018). Based on the analysis, the measurement of the personal self-domain indicates that the majority of respondents have a low personal self-concept. Regardless of physical conditions and their relationships with others, a low personal self-concept suggests that this group is not particularly satisfied with their own condition. In this era of digital technology, many people imitate the personalities of others to gain recognition from those around them. This can significantly impact the formation of a personal self where they may always feel unhappy and less fortunate because they believe their lives do not meet the standards displayed on social media. This perspective aligns with research by Choi, Williams & Kim (2020), which suggests that people nowadays are busy constructing identities on social media, ranging from idealized self-images to more authentic portrayals. It highlights the need for specific research on identity construction in society. This means that Instagram content depicting idealized self-images influences how people perceive themselves and makes them question how they view themselves.

CONCLUSION

(Hasnaria Margaretha, Eustalia Wigunawati, Renatha Ernawati)

Based on the analysis and discussion of the data conducted on Instagram users among students at the Faculty of Education of Kristen University Indonesia, the research results are as follows:

Based on this research analysis, it was found that 15% of male students are categorized as high, 60% as moderate, and 25% as low. On the other hand, for female students, there is a percentage of 16.05% in the high category, 71.6% in the moderate category, and 15% in the low category.

Data analysis of the research indicates that for 18-year-old students, the proportion in the high category is 25%, the proportion in the moderate category is 50%, and the proportion in the low category is 25%. For 19-year-old students, 16.67% fall into the high category, while 83.33% are in the moderate category, and none in the low category. Among 20-year-old students, 10% are in the high category, followed by 70% in the moderate category, and 20% in the low category. For 21-year-old students, there is a proportion of 29.41% in the high category, 52.94% in the moderate category, and 17.65% in the low category. For 22-year-old students, 7.14% are in the high category, while 82.14% are in the moderate category, and 10.71% are in the low category. Among 23-year-old students, 20% are in the high category, followed by 60% in the moderate category, and 20% in the low category. For 24-year-old students, 25% are in the high category, 50% in the moderate category, and 25% in the low category. Meanwhile, for 25-year-old students, it is described that only the moderate category has a total result of 100%, while there are no results for the high and low categories.

Based on the data analysis in the Counseling and Guidance Study Program, it was found that 12.5% fall into the high category, 80% are in the moderate category, while the remaining 7.5% fall into the low category. In the Christian Religious Education Study Program, it is known that

14.29% are in the high category. Meanwhile, 42.86% are in the moderate category, and 42.86% are in the low category. In the Biology Education Study Program, it was found that 11.54% are in the high category, 69.23% are in the moderate category, while 19.23% are in the low category. In the Physics Education Study Program, 25% fall into the high category. A total of 58.33% are in the moderate category, while 16.67% are in the low category. In the Chemistry Education Study Program, 22.22% fall into the high category, 66.67% are in the moderate category, while 11.11% are in the low category. In the Mathematics Education Study Program, 28.57% are in the high category, 57.14% are in the moderate category, while 14.29% are in the low category.

In the data analysis of this research, for Instagram usage duration of less than 30 minutes, it is described that 27.27% fall into the high category, while 54.55% are in the moderate self-concept category, and 18.18% are in the low category. Meanwhile, for usage duration of more than 30 minutes up to 1 hour, it is described that 14.71% are in the high self-concept category, 79.41% are in the moderate category, while about 5.88% are in the low category. For usage duration of more than 1 hour, it is described that 5.88% fall into the high category, 73.53% are in the moderate category, while 20.59% are in the low category.

The formation of high, moderate, and low self-concepts among students is influenced by six aspects, which are self-identity, self-evaluation, personal behavior, self-acceptance, physical self-perception, ethical self based on individual observations considering moral and ethical values in life, personal self formed based on the level of satisfaction and self-confidence, family self related to an individual's relationship with their family, social self related to one's role in fulfilling responsibilities and tasks in society, and social self related to individual

perception of social interaction with others in society, specifically related to their self-concept as Instagram users.

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