



Insecure Behavior of Students using Social Media and its Implications in Counseling Services

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ABSTRACT

*This research is motivated by the insecure behavior of students who use social media. Researchers see that there are various problems that arise because social media users focus primarily on student insecure behavior. The purpose of this research is to find out the forms of insecure behavior of students who use social media, to find out the causes of insecure behavior of students who use social media, to find out the effects of the insecure behavior of students who use social media, to find out the implications of counseling services on the insecure behavior of students who use social media. The method used is a qualitative method with a descriptive approach. Data collection techniques are by observation, interviews and documentation. The primary data source in this study is the student occupants of the limo boarding house. The technique of data analysis and data interpretation is to collect data from interviews and observations, make conclusions and verify the data. The technique used to guarantee data validity is data triangulation, namely source triangulation, technical triangulation, and time triangulation. The results of the study found that the insecure behavior of students who use social media and its implications for counseling services at the Limo Kaum boarding house can change students' mindsets and insecure behavior, related to the use of social media to become healthier, positive, and adaptive. **Keywords:** Insecure Behavior, Social Media, Implications*

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INTRODUCTION

In the current era of globalization, technology is developing rapidly, both communication and information technology. Various forms of information from all corners of the world can be immediately known thanks to technology. Communication technology is increasingly modern, making it very easy for humans to interact and socialize using internet technology. The internet connects one computer device to another computer device so that they can be connected to each other. The internet in Indonesia is experiencing very rapid development, with the internet humans can connect and communicate with other humans in all parts of the world through social media.

The evolution that occurred in the field of technology and internet innovation has caused not only new media to emerge. Various aspects of human life, such as communication and interaction, are also experiencing changes that were never expected before. The world seems to have no boundaries (borderless) there are no secrets that can be covered. We can find out other people's activities through social media, while we don't know and have never met face to face or been outside the network (offline) with that person. Various means of communication have been developed, starting from the development of cell phones or cellphones to the internet, which has increased its function as a very effective communication network. The current means of communication is communication using social media which is in great demand such as Facebook, Twitter, YouTube, Instagram to Path etc., (Widowati, 2020).

Social media itself according to Van Dijk (2013), quoted by Nasrullah (2015:11) in a social media book that "social media is a media platform that focuses on the existence of users that facilitates them in their activities and collaborations, because of that social media can be seen as an online medium (facilitator) that strengthens the relationship between users as well as a social bond". Nasrullah (2015: 11) defines social media as a medium on the internet that allows users to represent themselves and interact, work together, share, communicate with other users, and form social bonds virtually. The common characteristic of each social media is the openness of dialogue between users. Social media can be changed by time and rearranged by the creator, or in certain sites, can be changed by a community. Besides that, social media also provides and forms new ways of communicating (Pranyoto & Geli, 2020). The negative impact of social media is able to influence a person's behavior in seeing himself, causing a feeling of distrust of himself or currently known as insecure.

According to Maslow in (in Daniel, 2021), insecure is a situation when individuals feel insecure, think of the surrounding environment as a threatening forest and most humans are dangerous and selfish. Meanwhile, according to Chafsoh, (2020), insecure also means an individual who compares himself to others, has high expectations, and has low self-esteem. Because of feelings of inferiority, individuals will perceive that they are not accepted by the surrounding environment because they do

not meet the standard criteria. According to psychology, insecurity is an emotion that arises when someone evaluates himself as lower than others regarding something special and related to his life, as well as events that cause evaluations that can cause negative responses (Mardiana et al, 2021). A high sense of insecurity can make students not fully believe in their abilities, lack meaning in life, are less grateful for the strengths that exist in them because they only think about the shortcomings that exist in themselves, causing less insight and interaction with their friends. . Like a student who feels insecure when he sees posts by his friends on social media (Ria et al., 2023; Silvianetri et al., 2023).

This feeling of insecurity also does not only grow due to external factors, internal factors such as a lack of self-love also have a big effect on the high and low levels of insecurity within us. Loving yourself is being grateful for what you have. By learning to love ourselves, we can also explore potential that we have never realized. For this reason, counseling services are needed so that the behavior of the students living in the limo boarding house can be in a better direction, so the handling process must be carried out appropriately, so this insecure behavior will be reduced and will foster high self-confidence

Based on the theoretical concept above, it can be understood that insecure is a state of feeling insecure or uncomfortable. According to researchers, insecure is a feeling of insecurity, shame, fear, anxiety or feeling insecure.

Counseling is an effort to help individuals through a process of personal interaction between the counselor and the counselee so that the counselee is able to understand himself and his environment, is able to make decisions and set goals based on the values he believes in so that the counselee feels happy and his behavior is effective (Ramlah, 2018) (Mazidah et al., 2022). According to Burk and Steffire quoted by Jhon Mcleod, counseling services indicate a professional relationship between an expert counselor and a client. This relationship is individual to individual, although in practice it involves more than one person. Counseling is designed to assist clients in understanding and explaining their views on things or on life, and to help achieve their self-determination goals through well-planned and meaningful recovery for their lives and through solving emotional problems or interpersonal character (Jhon Mcleod, 2010).

The purpose of counseling services is to provide assistance to students in developing their potential optimally. According to Fatur Rahman (Restu, 2015: 04), the main objective of guidance and counseling services is to provide support for achieving personality maturity, social skills, academic abilities, and lead to the formation of individual career maturity which is expected to be useful in the future. (Widodo et al., 2021)

The counseling process which is the center of counseling services is carried out in accordance with established professional rules and ethical codes. Counselor is a profession, Professional demands, counselors must have sufficient personal qualities to demonstrate the professionalism of behavior and activities. Counselors who have a stable personality will be very aware of their profession, which must be supported by personal, academic, social and professional competencies. The effectiveness of counseling is largely determined by the personal qualities of the counselor. Effective counseling depends on the quality of the relationship between client and counselor. The importance of the quality of the counselor's relationship with the client is shown through the counselor's ability to be congruence, empathy, unconditional positive regard, and respect for the client. (Evi Aeni et al, 2022)

METHOD

The research that researchers use is a qualitative method with a case study approach. This research was used to dig deeper into information about insecure behavior, the factors that influence insecurity, and comprehensive guidance services provided by counseling to insecure behavior. This research was carried out precisely at the Limo Kaum Boarding House (Batusangkar) Jln. Sudirman Kuburajo Limo Kaum. Research time until the time is not specified. The subjects in this study were 15 student residents of the Batusangkar limo boarding house, of the 15 people the sample taken was only 5 people. The instrument in this study was the researcher himself, by following the interview guidelines that had been made. Source of data in this study comes from Primary Data and Secondary Data. The primary data here are the students of the boarding house at Limo Kaum Batusangkar and the mother/father of the boarding house. There are 5 students who live in boarding houses who will become informants. While the secondary data in this study includes documentation, field data notes and other supporting data. Data collection techniques carried out include observation, interviews and documentation.

To analyze the data, researchers used the theory of Miles and Huberman which stated that the data collection process carried out 3 important activities including data reduction, data display, and verification (Asmita & Masril, 2022) (Asmita, 2021). In this study, researchers collected data at two different times for each research subject. In general it is done in the morning and evening.

RESULTS AND DISCUSSION

Based on the analysis of data from the research results that the author has obtained, the following findings were found:

1. Forms of insecure behavior of students using social media

Based on the results of the research conducted by the researchers, the insecure behavior of students using social media can vary. Insecure students are often caught in a comparison war with others on social media. They may feel dissatisfied with themselves or feel less worthy when they see posts by others who look better or are happier. This can lead to low self-confidence and feelings of insecurity. Also in this study, researchers found that students were very focused on what they saw on social media, so they often made standards on social media as a form of evaluating people in real life. Insecure students often compare themselves with other people which makes students feel less confident. The intensity of excessive use of social media greatly affects students' lack of self-confidence, the perfect picture on social media makes students often even feel dissatisfied and worried about themselves every day. Insecurity is a natural feeling in humans. However, insecurity must still be overcome because students who lack self-confidence can hinder their development. Referring to several studies such as those conducted by Winasty, it is true that a crisis of self-confidence due to social media does not occur in every individual. However, we also have to be wiser in using social media because it affects our thoughts and lives in the future. (D. Winasty and S. Dr. Daliman, 2021)

Social media currently has such a big impact on students' feelings of insecurity and self-confidence. because students usually see that the various people they meet on social media have perfect lives, unlike their personal lives. Students often compare their lives with other people seen on social media. One of the most frequently compared things is physical problems. This explanation is in line with the opinion (Walgito, 2000) which explains that self-confidence is a belief in one's own ability in one's life to accept reality, so as to develop self-awareness to think positively and independently. As for self-confidence in a person, it can be seen in the aspects of independence, optimism, selflessness and tolerance, having confidence in one's own abilities, having reasonable ambitions and being resistant to trials.

From the results of the research the researchers found that there was a feeling of discomfort for students in interacting with peers on social media, in social media many things did not match the reality, according to one student he thought everything on social media was mostly just mere form of pretense. Concerns about how social media might affect college students have existed since the advent of social media itself. This statement is corroborated by research on media effects which shows that the influence of the media influences the attitudes and behavior of its users (Kaveri S and

David S, 2010: 123). Students feel that interacting on social media is not as comfortable as interacting in person.

Students who are insecure are afraid not to be connected with the latest trends or events that are currently viral on social media. They feel the need to continue to monitor and be involved in everything that happens on the platform so they don't feel sidelined or deemed irrelevant. Fear of missing out can affect mental well-being and reinforce feelings of insecurity.

This insecure relationship with social media makes students see that the various people they meet on social media have a perfect life, unlike their personal lives. Students often compare their lives with other people seen on social media. One of the most frequently compared things is physical problems. (Muhammad, 2021)

Causes of insecure behavior of students using social media

According to psychology, insecurity is an emotion that arises when someone evaluates himself as lower than others regarding something special and related to his life, as well as events that cause evaluations that can cause negative responses (Mardiana et al, 2021). From the results of interviews with researchers who have been conducted by researchers, the causes of insecure behavior of students using social media at the limo boarding house are caused by several factors, including social comparison. Social media often creates an environment in which people compare themselves to others. Students feel insecure or inadequate when they see posts that depict lives or achievements that appear to be better than their own. This excessive comparison can lead to feelings of worthlessness and insecurity. Social acceptance Social media is often a platform where users seek social validation and acceptance from others. If a student doesn't receive the expected number of "likes" or positive comments on their posts, it can make them feel insecure and doubt themselves. Unrealistic standards of beauty. Social media is full of pictures and images that depict beauty standards that are often unrealistic. College students feel insecure about their physical appearance when they are constantly exposed to these "perfect" images. Ambiguity of identity. The use of social media can sometimes confuse individual identities. Students feel insecure as they constantly try to build a socially acceptable image and identity on social media, but often feel unable to live up to the expectations set by the platform.

The results of this study explain that the causes of insecure behavior of students who use social media can have a negative impact on students' mental health, such as feelings of depression, sadness, and insecurity as well as daily routines are factors that can contribute to the negative impact of social media on students' mental health to form supportive and healthy social relationships. This explanation is in line with the opinion in the American Journal of Epidemiology in the book Itaroihanah

(2021: 169) which also states that an individual's mental well-being can become more negative due to the use of a social media application.

In line with that, this is also proven by the results of research by Valentina et al, (2022) stating that feelings of insecurity are feelings that are often felt by adolescents. Events that are often encountered in everyday life include appearance, body shape, differences in skin color, and even the abilities of each individual. According to Tasya, Talitha (2021) in her article entitled "The Meaning of Insecure, the causes and how to overcome it". The causes of someone experiencing insecure behavior are: (1) An environment that lacks affection, a good environment will produce good social interaction as well. However, if a person lives and lives in an environment that is not good, especially an environment that does not give enough affection, it can cause that person to experience a feeling of insecurity because he does not get maximum love. The affection that can be obtained is not only love that comes from family, but love that comes from the educational environment and society needs to be felt by everyone so that no one is insecure. (2) Often get failures or rejections If a person has often had failures or rejections, the possibility of insecure appearing inside him is greater. This is because his every wish never materializes and feels that everything he does is in vain. (3) Being looked down upon by others when interacting with other people sometimes does not go smoothly and even does not rule out the possibility that we are looked down upon by others. However, without realizing it, if someone is underestimated by others, it can cause feelings of insecurity. Things like this cause someone to be insecure away from social interaction activities. (4) Everything wants to be done perfectly. Someone who has a perfectionist nature usually when something is not perfect or far from what is expected, that person will feel insecure. If you feel insecure, you will feel disappointed and even blame yourself. (5) Receiving bullying or bullying. Bullying usually occurs in childhood and can occur in society and education. Bullying is very dangerous because it can cause victims to become easily afraid of meeting their friends, even in the long term they (victims of bullying) can experience insecurity and find it difficult to establish relationships with other people.

Effects of insecure behavior of students using social media

The effect of the insecure behavior of students who use social media that researchers find is the fact that social media users have a negative effect on them which affects feelings of inferiority, excessive use of social media and constant comparisons with others can cause low self-esteem in students. They are unable to live up to the standards set by others in terms of appearance, achievement, or social life.

Mental health disorders. Insecure behavior related to social media can contribute to the development of mental health disorders such as anxiety, depression, or eating disorders. Comparing yourself to the perfect pictures or achievements of others

posted on social media can create high levels of stress and feelings of dissatisfaction with yourself. Emotional instability, insecure on social media also causes significant emotional decline. Students feel happy and satisfied when they get validation and attention from others on social media. However, they can also feel angry, sad, or jealous when they see someone else's life that seems better than theirs.

Disruption of interpersonal relationships Excessive focus on oneself and constant worry about how others see them on social media can interfere with interpersonal relationships. Insecure college students have a hard time forming healthy and meaningful relationships because they are too fixated on how they look online or too busy comparing themselves to others. Decreased productivity. When college students spend too much time and energy monitoring their social media, they experience a decrease in academic productivity. Divided attention between coursework and social media can hinder their ability to study effectively and produce quality work. Excessive use of social media and constant comparison with others can cause students to feel inferior. They feel unable to live up to the standards set by others in terms of appearance, achievement, or social life. This can interfere with their self-confidence and mental well-being.

This explanation is in line with Rizky Melinda Sari's opinion (2022: 3) Feelings of insecurity will make a person feel less confident, often compare their own achievements with others, always feel that they are weak and worthless, therefore they must be able to get out of this insecure trap. , because if allowed to drag on it can have a negative impact on mental health. Furthermore, he also explained some of the negative effects of constantly feeling insecure, namely feeling worthless, being a passive person and experiencing mental health problems.

Implications of insecure student behavior in social media

From the results of the research conducted at the Limo Kauman boarding house, the implications of counseling services for the insecure behavior of students using social media at the Limo Kauan boarding house are as follows. Students experience feelings of insecurity or pressure after using social media. Students will seek help or advice from friends, family, or professionals they trust, telling friends and family can give students emotional support, wise advice, or views from a different point of view, giving students a positive perspective about themselves and helping to overcome feelings of insecurity or pressure that may arise due to interactions on social media, students believes that there is a very important need for support or counseling services that are more specifically related to emotional problems. Mental health and emotional well-being is very important for students and individuals in general, talking to others about feelings of insecurity and difficulties students are experiencing and conveying that discussing problems with close friends, family members, or seeking help

from professionals such as campus counselors can help students relieve feelings of insecurity and improve mental well-being, counseling services can help students who experience insecurities related to the use of social media with self-understanding, changing mindsets, and emotional support, counseling can overcome feelings of insecurity experienced by students, seek balance in the use of social media, and feel more confident.

This explanation is in line with Prayitno (2001: 88) What is meant by guidance is an effort to help students understand, accept, orient themselves in achieving optimal levels of development and adjustment to their environment. From this understanding, it can be stated the main elements of guidance as follows: (1) Guidance service is a process. This means that guidance services are not something that happens just once, but through certain twists and turns and in accordance with the dynamics that occur in the service. (2) Guidance is a process of providing assistance. Assistance here is not interpreted as material assistance such as money, gifts, donations and others, but assistance that is reflective for personal development for the individual being mentored. (3) Assistance is given to individuals, both individuals and groups. (4) Problem solving in guidance is carried out by and on the strength of the client. (5) Guidance is carried out using various materials, interactions, advice, or ideas, as well as certain tools, both from the client himself, the counselor and the environment. (6) Guidance is not only given to certain age groups, but covers all ages, from children, youth and adults. (7) Guidance is provided by people who are experts, namely those who have selected personalities and have received adequate education and training in the field of guidance and counseling. (8) The counselor should not impose his wishes on the client because the client has the right and obligation to determine the direction and path of his own life.

The results of this study explain that the implications of counseling services for students' insecure behavior using social media can help students who experience insecurity related to social media use with self-understanding, mindset changes, and emotional support. Counseling can overcome feelings of insecurity experienced by students, find a balance in using social media, and feel more confident.

CONCLUSION

Based on the findings of the researchers and the results of data analysis on the insecure behavior of students who use social media and their implications for counseling services, it can be concluded that:

- a. Forms of insecure behavior among students who use social media, such as feeling uncomfortable using social media, always comparing themselves, always having low self-esteem, developing a feeling of lack of self-confidence, and feeling uncomfortable when interacting on social media.

- b. The causes of insecure behavior among students who use social media are negative emotional influences, worries about physical appearance, daily routines and activities, disturbances in social relationships, and disturbances in focus and concentration. Understanding these factors can help overcome feelings of insecurity and develop healthier and more positive patterns of social media use.
- c. Effects of insecure behavior Negative Effects, Constantly feeling jealous, Jealous feelings are one of the fruits of insecure. In contrast to jealousy, envy usually refers to disliking other people's things, and being ashamed of oneself. Meanwhile the positive effects are, you are motivated to work hard, you want to learn new things, you want to take better care of yourself, and you make you more grateful.
- d. Implications of counseling services for insecure behavior of students who use social media Students have different approaches in managing their mental health related to the use of social media. Some rely on social support, seeking professional help, and implementing concrete strategies, while others rely more on themselves and sound solutions

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