

The Impact of Instagram “@Menjadimania.Id” on Adolescents’ Self-Confidence



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ABSTRACT: Adolescents are individuals who are either in a state of unstable emotional development or whose feelings are subject to interpretation based on what they see, hear, and read. Teenagers' self-confidence can be bolstered by Instagram @menjadimania.id, as seen by the comments and conversations on the platform. The purpose of this study is to ascertain how Instagram @menjadimania.id, particularly its followers, contributes to the development of teenage self-confidence. Constructivist theory and phenomenological techniques are employed in this study, which takes a descriptive qualitative approach. The symbolic interaction theory is the theory that was applied in this study. The results of this research show that the informants appear more confident in their abilities so that they are much more able to think positively. In addition, they can adapt to the social environment and overcome all problems efficiently. Data were collected through observation, in-depth interviews, and document study. This is evident from the way the informant experiences self, ideas, and social behaviours. It all begins with the informant's fascination with the feeds, Instagram's stories, and reels on Instagram at @menjadimania.id.

KEYWORDS: Instagram, Confidence, Symbolic Interaction, Adolescents

INTRODUCTION

Instagram's social media presence has had a significant impact or effect on every individual who sees, reads, and listens to anything they encounter on social media. The many features provided can allow each adolescent to interact, resulting in changes in themselves, thoughts, and actions in society. This occurs because of numerous types of improvements and advances in information technology in this globalization era.

According to Hootsuite (We are Social) survey statistics, Instagram social media users in Indonesia in February 2022 accounted for 84.8% of the entire population, or 274.9 million individuals. Whereas the number of Instagram users in Indonesia was expected to expand by 85 million in 2022, it has now reached 99.15 million. (Riyanto, 2022)

Adolescence is the period of a person's mental, emotional, physical, and social maturation. Adolescence is defined as the period between the ages of 12 and 24 years old by the World Health Organization (WHO). Early adolescents are vulnerable between the ages of 12 and 15 years, middle adolescents are vulnerable between the ages of 15 and 18 years, and late adolescents are vulnerable between the ages of 18 and 24 years.

Adolescence is a time when teens encounter a wide range of behaviours and acts, and the sense of self-confidence they develop might stem from interactions amongst teenagers. In fact, engagement is possible due to the involvement of social media platforms such as Instagram.

Instagram @menjadimania.id is an Instagram account that was founded in July 2018 by Rhaka Ghanisatria, an entrepreneur who wanted to make the Instagram account @menjadimania.id a forum for sharing and hearing various stories related to life from various points of view so that it could become a platform. in providing a glimmer of hope to those who are dealing with a variety of issues in their lives.

Rhaka Ghaniatria was supported in processing the Instagram account @menjadimania.id by two of her friends, Adam Alfares Abednego and Levina Purnamadewi. The Instagram account @menjadimania.id posts content about life's issues in the form of a story or storytelling, so that readers, particularly followers of @menjadimania.id, are taken away by the themes conveyed in the content they publish.



Picture 1. @menjadimania.id

Source: Instagram

The content is in the form of photographs or movies that contain phrases or sentences about common difficulties that arise and are felt in everyday life, particularly in the lives of teenagers. The information generated evokes emotions and feelings in readers or followers, allowing the feelings to boost self-confidence.

The Instagram account @menjadimania.id presents content differently from other accounts, including @boycandra, which focuses on a single sort of language placed in a video and music that is always present in every upload. as given. Furthermore, there isn't much interaction on Instagram between other users and the @boycandra account.

Meanwhile, on Instagram @menjadimania.id, it concentrates on innovative phrases generated using various forms of writing in an endeavour to draw and bring readers to be affected and feel the message delivered. The offered content is also presented in video form, specifically a figure speaking, which is uploaded to Instagram reels @menjadimania.id.

Every day, Instagram @menjadimania.id interacts with its followers. The connection takes place via Instagram stories published by @menjadimania.id, which includes a column for @menjadimania.id followers to remark on how they feel. In addition, engagement occurs by responding to comments made by readers or followers in submitted posts. However, there is interaction not just by the Instagram account @menjadimania.id, but also by its followers.

Naturally, one of the most crucial things to focus on during the adolescent development era is for every youngster to acquire a strong feeling of self-confidence. Being self-assured means that one believes oneself to be unaffected by other people and that one will approach everything with responsibility and optimism. As a result, Instagram has helped a lot of teens begin to develop their sense of self-worth. Every adolescent is expected to be able to accept themselves and deal with challenges more effectively in the future. This research yielded a problem formulation: what function does Instagram @menjadimania.id have in boosting teens' self-confidence? The purpose of this study is to determine the effect of Instagram @menjadimania.id in the development of self-confidence in teens, specifically teenagers who follow Instagram @menjadimania.id.

Symbolic Interaction

Symbolic interaction is a hypothesis that describes how people perceive themselves, their thoughts, and society. George Herbert Mead pioneered this notion (2019). as a process of engagement wherein communication takes place as a means of understanding something for every single person. This clarifies that the meaning that is ascribed to other people, things, or events will influence the motivation of individuals to act (Hutapea et al., 2022).

According to this social theory, every person could act or behave toward themselves. For example, a person may reprimand, praise, or blame themselves. As a result, Mead (2019) clarifies the following three key ideas in this theory:

1) Self

Self is a relationship between an individual and another human that results in an idea about the individual's self. In that sense, self is a notion that describes the self as an individual forms because of a social experience. To comprehend the concept of self, everyone must assume the position of another person to reflect that individual's self. This allows everyone to know and grasp who he/she is and how he/she evolves toward himself.

2) Mind

Mind is a term in symbolic interaction theory that is utilized as a process of interaction activities with oneself. This is because the ability to engage with oneself will be critical for every activity in human life.

3) Society

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Society is a social network established by interactions in society where people give meaning to their own activities as well as the actions of others. Giving meaning is accomplished using symbols, which produces a situation in which both of them influence each other, particularly responding to themselves or others. (Zanki, 2020)

Building Self-Confidence through Human Interaction

Every human being needs engagement or conversation with other humans to evaluate themselves and others (Purwatiningsih et al., 2020). Interactions that occur or are carried out at this time can undoubtedly be done in a variety of ways, allowing someone to respond rapidly to the outcomes of understanding the meaning of the encounter. As a result, interactions might occur directly or indirectly.

Depending on how each person perceives an interaction or the rights they encounter, these two encounters have the potential to alter them, transforming them into more confident people. This is so that a person's contacts with others can help them form meanings that might lead to thoughts, behaviours, and self-judgment about themselves or other people in society.

The significance of everyone’s interactions undoubtedly has a significant impact on how they judge themselves, as well as the ideas and actions they will take in society. The contact allows everyone to develop their self-confidence, allowing them to construct an opinion about themselves, their thoughts, and their activities in society, which is as follows:

- a) Self-ability enables someone to overcome adversity.
- b) Positive thought relaxes a person's mind.
- c) A person's life experience enables them to adapt.

RESEARCH METHODS

A qualitative methodology with descriptive research features is used in this study. Investigating and comprehending the significance of individual or group behaviour that explains a social issue is the process of qualitative research (Sugiyono, 2022:4). A constructivist paradigm is used with a phenomenological approach in this study.

Participants in this study included youths between the ages of 12 and 24 who actively participated in reading and watching the @menjadimania.id Instagram account, as well as teenagers who followed the account. The purpose of this study is to gather the experiences of five informants who are willing to talk about how Instagram @menjadimania.id helped them become more confident.

In this study, primary and secondary data are used. In-depth interviews with the five informants and observation were used to gather primary data. In the meantime, secondary data was gathered from a range of sources, including books, journals, records, and other papers. The purpose of this data collection method was to gather information for study. The data analysis methods employed in this study are derived from the theories of Stevick, Colaizzi, and Keen, (Kuswarno, 2009) there are.

- a. Determine the scope of the phenomenon being studied.
- b. Create a list of statements.
- c. Data collecting
- d. Carrying out the Cluster of Meaning stages, namely textual descriptive and structural descriptive.
- e. Complete the essence description stage.
- f. Report the study's findings.

RESEARCH RESULT

The internet has had several beneficial effects on the informants' ability to develop self-confidence, according to the findings of the five informant interviews. Through social media, particularly Instagram, informants can more readily develop their self-confidence. Informants can develop their self-confidence by using Instagram @menjadimania.id, as evidenced by the fascinating statements that the account posts, which have the potential to evoke strong emotions in viewers.

This can also be noticed in the conversations that occur between fellow followers or between followers and Instagram users @menjadimania.id. This style of interaction is what leads informants to choose the account @menjadimania.id to increase their self-esteem. Instagram is a platform where Instagram users may search for numerous types of information.

The textual description will describe the experiences of the five informants, where the unique experiences acquired by the informants will be portrayed thoroughly and as they are according to what the informants encountered.

An Introduction to Using Instagram @menjadimania.id

The teenage informants discovered the Instagram account @menjadimania.id, which they all followed and were aware of approximately 2021, through their friends. Informants 1 and 2 were exposed to the @menjadimania.id account by their Instagram friends through stories, and they have been following it since 2021. Through a friend's introduction, informant 3 learned about Instagram user @menjadimania.id three months ago. After that, he followed the account and used his Instagram investigation to find the post there.

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Informant 4 has been following Instagram @menjadimania.id since 2020, when he discovered an Instagram account that may motivate him and discovered the Becoming Human account. Meanwhile, informant 5 has been following Instagram @menjadimania.id since 2019, when the informant discovered the post on his Instagram explorer. During the introduction process, the five informants differed, but one thing they all had in common was that they were both interested in the postings uploaded by @menjadimania.id.

Because of the feeds, Instagram’s stories, and reels features, the five informants were also interested in Instagram @menjadimania.id. Informants 3–5 are interested in Instagram stories, specifically Q&A or inquiry boxes. However, informant 1 was drawn to the reels feature since it was presented in an audio-visual format. Meanwhile, informant 2 was looking for a distinctive font and background.

As a result, the sensations and emotions sparked by messages contributed have the capacity to boost self-esteem. One of the three informants thought that the posted post included a description of their personality in addition to other distinctive features. Informant 2 found a problem related to what he was experiencing, and Informant 4 became inquisitive about the gathered photos and videos.

Interaction on Instagram@menjadimania.id

The engagement process was carried out by all informants on Instagram @menjadimania.id by delivering stories on Instagram stories and commenting on posts @menjadimania.id. Informants 1 and 3 interacted through Instagram stories, such as Q&A sessions. Informant 1 also commented on the post, and Informant 3 liked and commented as well. However, informants 2, 4, and 5 were not very active in communicating and only commented on posts that reflected how the informants felt.

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The posted posts reflect how all informants feel, causing all informants to interact. In fact, informant 1 believed that the post @menjadimania.id discussed how a person's own self was discussed, and informant 4 also interacted because there were so many individuals who responded with the same problem as the informant.

Instagram @menjadimania.id for the Individual Self

All informants agreed that the Instagram posts @menjadimania.id made them embrace and understand everything they had. As a result, all informants accepted all ideas, criticism, and failures they encountered. In fact, informant 4 felt that the role of Instagram @menjadimania.id helped informant 4 accept his mental and physical condition, while informant 2 felt that his abilities needed to be developed further.

All informants felt much more confidence in their abilities because they had firsthand experienced all the occurrences. This contrasts with informants 1 and 2, who have firsthand knowledge of occurrences involving other people, such as assisting the informant's friend with a problem. As a result, all informants are hoping that the role of Instagram @menjadimania.id would increase their self-esteem.

Informants 1, 2, 4, and 5 aspire to improve, think positively, and become more self-aware. In fact, informant 1 wishes that he will not have to view and be reminded of the Instagram post @menjadimania.id again. Meanwhile, informant 3 expects that Instagram @menjadimania.id would provide more posts and sharing to followers to foster a more positive sense of self-confidence.

Instagram @menjadimania.id as an Individual Mind

The role of Instagram @menjadimania.id makes all informants believe that the posted posts contain intriguing lines that can soothe the informants' thoughts, causing the five informants' minds to think more positively. In fact, informants 2 and 3 believed that the uploaded posts could help them solve a variety of problems. However, informant 1 believed that Instagram @menjadimania.id was a venue for increasing the informant's self-confidence, which may lead to more positive thoughts.

All the informants have very helpful positive thoughts, and each of them channels these thoughts in a different way. Informants 2, 3, 4, and 5 used this to their advantage by working to better oneself, focusing on positive outcomes instead of negative ones, and maintaining their composure when dealing with issues so that they could be more thankful and appreciative of the numerous things that occurred. However, by sharing their experiences and recommendations, informant 1 directed it towards the informant's surroundings. Indeed, informant 3 directed his optimistic thoughts towards the surroundings in which he found himself.

This method of channelling positive thoughts provides numerous advantages to all informants in dealing with all challenges in their lives. Informants 1, 2, 4, and 5 felt significantly more calm, comfortable, and secure in their decision-making abilities. This contrasts with informant 3, who feels much more understanding and comprehends how things exist or occur in informant 3's surroundings because of the positive thought channelling that is carried out so that informant 3 can provide advice to many individuals.

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The Function of Instagram @menjadimania.id in society

Instagram @menjadimania.id has a function for everyone in society. This began with the adequacy of the material published by @menjadimania.id, which made all informants aware of the tactics or acts used in society. Because each informant has a unique story, there are discrepancies in the posts shared by @menjadimania.id. Informants 2 and 3 had similar posts about how we as humans must keep trying to make things happen.

Informants 4 and 5 had similar feelings regarding themselves, with informant 4 believing that posting slow yourself down and relax your thoughts signified that the informant was not alone in going through this phase. Meanwhile, informant 5 believed that the don't give up message made informant 5 unwilling to give up easy. In contrast to other informants, informant 1 like self-love and selfish articles because they help informant 1 understand how these two things work.

Since the experiences described in the posts were similar, it was clear that all of the informants had overcome comparable circumstances in their life. They had done so by embracing failure and other setbacks, still trying, and improving themselves. According to informants 1 and 5, the submitted posts had the power to transcend the events that they had personally experienced. By trying to better themselves and embracing what happened, informants 2 and 4 were able to move past the experiences. Informant 3 really searched Instagram @menjadimania.id for guidance on what to do after experiencing these situations.

Because of the variety of occurrences, all informants were able to adjust to what was offered in society. All informants are aware of the attitudes and actions that must be adopted by all informants. All informants adapt in different ways, with informants 1 and 5 attempting to lighten the mood by providing suggestions and positive things in the community context. Informants 2 and 4 tried not to be disappointed and behaved properly while being cool about everything that happened. Meanwhile, informant 3 was able to put into effect what steps should be performed in the community when something happened.

Synthesis

Teenagers must have self-confidence to understand themselves. Someone who is self-assured will be able to effortlessly adjust to society. Several traits of a confident individual are cited, including:

- a) Keep your cool when accomplishing something.
- b) Being able to overcome adversity.
- c) Have adequate physical and mental conditions and skills to support your look and life.
- d) Have adequate intelligence.
- e) Having life experiences that strengthen his mind.
- f) Always remain optimistic when dealing with issues.

A connection was discovered between the features of confident individuals and the outcomes of the textual and structural descriptions, based on the traits of confident people. First, the author gives a summary on how to follow and learn about @menjadimania.id on Instagram. From 2019, 2020, and 2021 until a few months ago, all the informants followed Instagram @menjadimania.id. This began with acquaintances introducing them on the platform and them discovering the account for themselves.

Following the introduction process, the presence of Instagram @menjadimania.id became a forum for increasing informants' self-confidence because the feeds, Instagram's story, and reels features were very interesting, particularly the sentences presented in these features, which could cause changing feelings and emotions. Change in one's own beliefs and actions in society.

Teenagers in this study connect with Instagram's three features because of users @menjadimania.id and followers; these interactions are driven by feeds, Instagram, and reels. Their responses were likewise implemented by extrapolating their meaning from the lines in the @menjadimania.id post to the informant and the immediate surroundings. As a result, the conversations had encouraged the informants to be more honest and upbeat to increase their confidence.

Informants learn to accept what they have in the role of Instagram @menjadimania.id for everyone. It might make it simpler for teenagers to grow into better versions of themselves. This occurs because of the motivational posts on Instagram by @menjadimania.id, which keep their self-confidence growing. Informants learn to accept and comprehend everything, including their own abilities, advice, criticism, and inability to accept their physical and mental states. The reason for this acceptance is that the informant has experienced a range of things, which has increased his self-assurance and faith in his skills.

In terms of Instagram @menjadimania.id's involvement in everyone's thinking, it helps all the teenagers who participated in this study feel that their thoughts are much more positive, especially in coping with the many challenges they are experiencing. These youngsters feel tranquil because of the pleasant thoughts that occur as a result of discovering numerous posts from @menjadimania.id that touch their feelings. Positive thoughts are channelled for the informant and the environment around him. Teenagers go through a lot of huge changes in which they become considerably calmer, relaxed, and confident in making judgments about the challenges they face.

Instagram @menjadimania.id plays a significant role in helping youth engage with society because of its application of positive thinking and self-confidence. According to the study's findings, the adolescents who served as informants claimed to be aware of the appropriate conduct and behaviours for the community. This is because the posts made on Instagram by @menjadimania.id reflect the sentiments of the youngsters, enabling them to make choices that will help them get past the issues

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they are facing. In addition, they can be aware of the behaviours and attitudes that are appropriate in order to adjust to the social context, such as defusing tensions in a particular circumstance.

Essence

Following the explanation of the textural and structural descriptions of individual experiences in building self-confidence in the role of Instagram @menjadimania.id, a synthesis of meaning regarding the experiences of all teenagers in building self-confidence in the role of Instagram @menjadimania.id is carried out. The next step is to collect the essence. Husserl defined essence as a concept that is interpreted broadly in terms of the meaning of a phenomenon (Moustakas, 1994). Based on the theory of symbolic interaction, essence will disclose the self-confidence that every teenager, particularly followers of Instagram @menjadimania.id, has regarding the function of Instagram @menjadimania.id.

Instagram @menjadimania.id in building teenagers' self-confidence

Following Instagram @menjadimania.id became popular in 2021, 2020, and 2019. People used the platform to boost their confidence because they were drawn to the feeds, stories, and reels features, which featured intriguing sentences that described users' personalities. For every action, attitude, and conduct to be accompanied with unique feelings and emotions. A lot of the interactions are done by individuals, such as commenting on posts from @menjadimania.id and sharing stories on Instagram stories by responding to Q&A sessions and offering votes.

Individuals make decisions through interactions because the postings they upload contain language that perfectly captures their feelings. As a result, people become more accepting and understanding of themselves and everything about them, including their flaws, successes, and physical and mental health, as a result of the posts that are uploaded.

The presence of submitted postings also contributes to a person's mental well-being because they provide calming words. People who are thinking positively tend to do various actions to harness their positive thoughts. Positive thought channelling is something that people do for both them and other people in their immediate vicinity.

Channelling good ideas makes people far more calm, peaceful, and confident in the face of something that might happen in the future, preventing them from acting rashly. The channelling of good ideas by an individual has a very favourable impact or effect on the individual themselves, especially when deciding to take action.

Individuals do not take out an action without first considering it through. The submitted postings are similar to individual difficulties, allowing individuals to better grasp and understand when making judgments in society. Individuals will adapt to the attitudes and activities that must be made in coping with a crisis so that individuals can supply solutions to many others in society.

CONCLUSION

According to the findings of the study, Instagram @menjadimania.id plays an essential role in the development of self-confidence in teenagers. Furthermore, the content offered by Instagram @menjadimania.id varies widely, beginning with the message content, which is presented as fascinating as possible through the feeds, reels, and Instagram's story features. The message's compelling substance may be seen in the phrases supplied in the form of writing and background that are crafted to match so that the message conveyed is packaged neatly, and it reaches the sentiments and emotions of the readers.

Instagram @menjadimania.id can communicate more messages and even closer interactions to its followers as content to grab the attention of its readers through numerous elements contained in it. Instagram which different knowledge will undoubtedly be something intriguing to utilize as a message in every post uploaded on Instagram @menjadimania.id.

The Instagram post @menjadimania.id enables an adolescent to comprehend what activities should be made and carried out because the uploaded post gives information or messages that are widely perceived.

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