

The Relationship Of Intimate Friendship With Self Disclosure To Psychological Well-Being In Second Account Instagram Users In Sidoarjo

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DOI : <https://doi.org/10.61796/icossh.v2i3.44>



Sections Info

Article history:

Submitted: April 10, 2025
Final Revised: May 15, 2025
Accepted: May 28, 2025
Published: June 05, 2025

Keywords:

Psychological well-being
Self disclosure
Intimate friendship
Second account instagram
Social media

ABSTRACT

Objective: This study aims to examine the relationship between intimate friendship and self-disclosure on psychological well-being among users of Instagram second accounts, who often utilize these platforms as safe spaces for emotional expression. **Method:** Employing a quantitative correlational approach, the study investigates the influence of intimate friendship and self-disclosure using multiple linear regression analysis. **Results:** The findings reveal a significant positive relationship between intimate friendship and psychological well-being ($r = 0.504$; $p < 0.001$), as well as between self-disclosure and psychological well-being ($r = 0.455$; $p < 0.001$). Furthermore, both variables simultaneously contribute to psychological well-being with a combined influence of 46% ($R^2 = 0.464$), suggesting that the remaining variance is accounted for by other external factors. **Novelty:** This research provides new empirical insights into the underexplored area of psychological well-being in the context of social media, particularly focusing on Instagram second account users. It emphasizes the psychological value of close interpersonal relationships and open communication in enhancing well-being within digital platforms.

INTRODUCTION

Actively interacting through social media can improve relationships between individuals that contribute positively to psychological well-being, H.-T. Chen & Li, 2017[1]. Currently, social media in Indonesia is very diverse, one of which is Instagram. Instagram is one of the popular social media platforms, according to the results of the We Are Social survey (2023) show that Instagram is ranked second with 14.3% of Instagram users in the world. Therefore, psychological well-being is a key factor that affects individual mental health, Choi & Noh, 2020[1]. According to Mieczkowski et al., 2020 the level of psychological well-being ability can be improved through social media, because social media can bring happiness and confidence to adults[2]. This opinion is supported by the results of a preliminary study conducted by that there are 64.7% of people agreeing that Instagram has an impact on a person's psychological well-being. [3]

Instagram users are free to post photos and videos through their accounts, so that other Instagram users can respond. Various responses can be given by other Instagram users, there are positive responses and also negative responses given, this makes the account owner feel uncomfortable using Instagram. This sense of discomfort makes Instagram users choose to create a second Instagram account that is different from their main account, or commonly referred to as a second account. This second account is usually more private and has fewer followers. According to McGregor, Li, 2019 The

second account is a "safe space" used to release emotional catharsis such as sadness, complaints, and individual rants[4] . In addition, the freedom to express or share thoughts and feelings on the second account occurs because the followers on the second Instagram account are people who really recognize the owner of the second Instagram account.

Instagram second account users can express themselves more freely because second account users are close friends who can be trusted by the owner of the second Instagram account[5] . This is in line with previous research conducted by Dayanti & Yulianita obtained survey results that 10% of the population is more active in using second accounts because the followers chosen by users are considered close and trusted because it is not easy to do judging[6] . The psychological well-being of Instagram second account users can be influenced by social support factors (friendship), and personality (self-disclosure) where individuals who have many personal and social competencies, such as self-acceptance, and self-disclosure are able to undergo harmonious relationships with the environment, effective coping skills tend to avoid conflict and stress, Ryff, 1955 . [7]

Psychological well-being is currently a topic that is widely discussed in various empirical studies, as well as being the focus and attention of the public, Lewis, 2014[8] . Psychological well being is a person's need to feel better psychologically. According to Ryff, 2008[9] Psychological well-being is a fulfillment of the needs of human growth that can be influenced by the context of human life around him. In addition, psychological well-being can be referred to as an individual's perception of a sense of well-being both physically and mentally, and can express himself well. According to Ryff, 1989, the aspects of psychological well-being are: 1.) Self-acceptance, which is having a positive attitude towards oneself, recognizing and accepting aspects of oneself both good and bad 2.) Positive relationship with others (positive relation with others), having satisfaction, warmth, trusted relationships with others. 3.) Autonomy, which is being able to make your own decisions, being independent, and being able to resist social pressure. 4.) Environmental mastery, competent in organizing the environment for effective use of existing opportunities. 5.) Purpose in life, feeling the meaning of life in the past and future. 6.) Personal growth, which is the feeling of being able to go through the development stage of being open to new experiences, as well as realizing the potential that exists in oneself and making improvements in life every time . [10]

Factors that can affect psychological well-being according to Ryff, 2008 are: 1.) Social support is a behavior that supports a person based on positive emotions from people who are important to them, such as friends, family, or partners. 2.) Personality, namely individuals have a sociable personality, full of enthusiasm, and can control their relationships with other individuals, which will foster positive emotions. 3.) Age, where psychological well-being is considered an aspect that changes with age. 4.) Gender, associated with one's happiness. 5.) Socioeconomic status, relates to individuals with

social levels where those with higher incomes tend to be happier and less stressed. 6.) Religiosity, associated with transferring all of life's problems to God .[11]

Individuals who have high psychological well being have positive impacts such as recognizing and accepting good and bad aspects of themselves, evaluating themselves personally, and having a feeling of consistent development , Ryff, 2014[12] In addition, low psychological well-being will also have a negative impact on themselves and others. Personally, the negative impacts include feeling dissatisfied with oneself, relying on others to make important decisions, lacking the ability to develop new attitudes and behaviors, finding it difficult to manage daily affairs, and having few goals or objectives. Interpersonally, it has a negative impact that results in individuals lacking close and trusting relationships with others, isolated and frustrated in interpersonal relationships, unwilling to be invited to maintain important relationships with others, Ryyff, 2014. . [12]

The emergence of a second Instagram account is a form of self-disclosure for Instagram users because of the limitations in expressing or expressing thoughts and feelings when using the main account[4] . Wheelers[7] states that self-disclosure is a person's ability to disclose information about oneself to others. It can be concluded that self-disclosure activities share information carried out by individuals including thoughts, feelings, desires, motivations and ideas to other individuals that are personal, both positive and negative things to build relationship attachment. Aspects of self disclosure according to Wheelers[7] are: 1.) Intended disclosure, refers to the desire and awareness of individuals in conducting self-disclosure 2.) Amount, related to the number of disclosures that become the frequency of information 3.) positive/negative nature of disclosure, refers to the disclosure of an individual's information related to himself 4.) honesty/accuracy, is the honesty and accuracy of individuals in disclosing information about themselves 5.) General depth control of disclosure, refers to the depth of information that individuals must disclose related to themselves to others[13] . According to Devito, 1995[7] there are several factors that affect self-disclosure, namely: 1.) dyadic effect 2.) audience size 3.) topic of discussion 4.) valence 5.) gender 6.) race, nationality, and age 7.) partners in the relationship. The characteristics of self-disclosure according to Adler[7] are: oneself is the subject of conversation, has a purpose and purpose, is shown to others, is honest, reveals something, contains information that others cannot get from other sources, obtains intimate communication from the conversation. A person who makes self-disclosure only when he feels comfortable, close, and trusts other individuals, with the hope that the information provided can be maintained and not spread to others[14] . Individual self-disclosure can be influenced by the individual's friendship relationship[15] . This is in line with the statement of Derlega et al., (in Firual & Hariyadi, 2022) that individuals tend to do self-disclosure to people we like or love. In this case, the two individuals have basically established a fairly long friendship or romantic relationship.

Self-disclosure is related to individual psychological well-being. According to Luo & Hancock, 2020 (in Soputan, 2021) when someone self-discloses on social media, it can affect their psychological well-being. Based on the results of research conducted by [1] regarding self-disclosure and psychological well-being in young adult women in the capital city through social media instagram, the results of a positive relationship on psychological well-being with self-disclosure of social media users instagram. Where individuals who have high self-disclosure will tend to have a higher level of psychological well-being.

Having an intimate friendship can encourage someone to do self-disclosure because someone will disclose themselves only to friends who feel close [4]. Intimate friendship according to Sharabany, 1994 is a form of relationship, where individuals will seek closeness by knowing about other people, and specifically exchanging secrets about themselves to others [13]. Aspects of intimate friendship according to Sharabany [13] are: 1.) honesty and spontaneity 2.) sensitivity and understanding 3.) closeness 4.) exclusivity 5.) giving and sharing 6.) acceptance and sacrifice 7.) similar activities 8.) trust and loyalty.

Intimate friendship is related to individual psychological well-being where the level of happiness can be seen from the familiarity of individuals with other individuals that the high and low happiness of a person is related to the familiarity of individuals with their friends which leads to friendly relationships [17]. When a person is happy and satisfied, he will feel that he has gained inner well-being. Someone who is close to each other allows for high self-disclosure. As in previous research conducted [4], it was found that there was a significant positive relationship between intimate friendship and self-disclosure on early adult Instagram second account users. Where the higher the intimate friendship carried out by Instagram second account users, the higher the self-disclosure made by individuals on their Instagram second account. [4]

This research is important to do considering the results of an initial survey conducted by researchers on second account instagram users, by distributing questionnaires with aspects of psychological well-being to 15 respondents showed as many as 29.78% who had low psychological well-being, indicated in the aspects of self-acceptance by 13.33%, positive relationships with others by 76.67%, independence by 36.67%, mastery of the environment by 40%, life goals by 16.67%, and personal development by 40%. Based on the description above, it can be concluded that there are problems in psychological well being in second account instagram users, especially in the aspect of positive relationships with others. These results are in line with research conducted by Savitri, 2019 conducted on social media users, which showed that 26% or as many as 104 out of 400 people had low psychological well-being [12]. Seeing the existing phenomenon, researchers are interested in conducting research on "The relationship between intimate friendship and self-disclosure on psychological well-being in second account isntagram users". Where researchers see intimate friendship and self-

disclosure as variables that affect psychological well-being. In this study, psychological well-being is the dependent variable, while intimate friendship is the independent variable (X1), and self-disclosure is the independent variable (X2).

The formulation of the problem in this study is to see if there is a relationship between intimate friendship with self-disclosure on psychological well-being in users of second account isntagram, or the absence of a relationship between intimate friendship with self-disclosure on psychological well-being in users of second account instagram. Based on previous research conducted by Utami and Duryati, 2023 with the title "The relationship between self-disclosure and psychological well being in students", it can be seen that the topic to be raised by researchers has a difference in variables, namely intimate friendship as an independent variable (XI), researchers see intimate friendship as one of the factors that affect individual psychological well being, namely the social support factor which according to Ryff can be interpreted as a sense of comfort, attention, appreciation, and help felt by individuals who are usually obtained from their partners, families and friendships[18] . Then there are other differences, namely the subject, where the research to be conducted by the researcher the subject is a second account Instagram user. The existence of this research is expected that second instagram users can improve psychological well being by being more open to their.

RESEARCH METHOD

This research uses a correlational quantitative method, where this research involves research subjects that are in accordance with the variations or indicators of the variables to be studied. In this study, there are three variables, namely the independent variable (XI) *intimate friendship*, (X2) *self-disclosure*, and the dependent variable (Y), namely *psychological well-being*. The population of this study are *Instagram second account* users. The number of samples in this study were 254 samples, referring to Ridwan[19] , explaining that "The sampling technique if the research population is not known with certainty, the convenience sampling technique will be used". As in the research conducted by Ghifari, 2021, which was conducted on Instagram users whose population was *unknown*, the *Unknown Population* formula was used, namely at least 100 people in determining the sample size[19] . Sugiyono said that the sample is a small number in the population and is considered to represent it[20] . The sample criteria in this study are male or female, aged 18-25 years, have a *second Instagram account* that is not an *online shop account*, use a *second Instagram account* to interact with close friends, and live in Sidoarjo. The sampling technique used in this research is *accidental sampling* technique. The *accidental* sampling technique is a sampling technique by chance, which means that anyone who happens to meet the researcher can be used as a sample if it is suitable as a data source, Sugiyono 2015 .[4]

The data collection tool used in this study is the psychological scale method. The scale method according to Azwar is a method that uses a list of questions that contain aspects to be measured and must be answered by the research subject in order to obtain a complete and precise measure[21] . The type of scale used in this study is a Likert scale

where this scale has statements that support and do not support. This scale uses four answer categories, namely Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS).

The instrument used in this study consists of 3 measuring instruments, namely the first *intimate friendship* scale adapted from Miranda and compiled based on aspects of *intimate friendship* according to Sharabany which has a reliability value of 0.848. The second is the *self-disclosure* scale adapted from Miranda and compiled based on aspects of *self-disclosure* according to Wheeles which has a reliability value of 0.903. The third is the *psychological well being* scale adapted from Maulida and compiled based on aspects of *psychological well being* according to Ryff, which has a reliability value of 0.617.

The data collection technique for this study was carried out by distributing scales through google form. The analysis technique used to analyze the data from this study is to use *multiple linear regression* analysis using the help of JASP software version 18.0. Multiple linear regression analysis is an equation model that explains the relationship of one independent variable (Y) with two or more independent variables (X1, X2, ...Xn) to predict the value of the independent variable / response (Y. [22]

RESULTS AND DISCUSSION

Results

➤ Descriptive Test

Descriptive analysis in the study was conducted to determine the general description Regarding the response of the research sample to the X1, X2, and Y variables obtained in the field.

Table 1. Frequency distribution of respondent characteristics based on gender and age.

Characterics	Category			Distribution	Precentage
	Low	Medium	High		
Gender					
Male	21	103	21	145	57%
Female	17	64	28	109	43%
Age					
18	4	26	7	37	14%
19	7	29	7	43	17%
20	6	24	10	40	16%
21	6	19	7	32	13%
22	7	20	5	32	13%
23	6	23	8	37	14%
24	2	26	5	33	13%

Based on table 1, it can be seen that the total number of respondents is mostly male, 145 (57%), most of whom are 20 years old (16%).

Table 2. Descriptive analysis

Descriptive Statistics	X1	X2	Y
Valid	254	254	254
Mean	118.980	61.594	61.327
Std. Deviation	16.345	8.140	6.738
Minimum	70.000	36.000	45.000
Maximum	140.000	72.000	72.000

Based on the results of descriptive tests, it can be seen that the data distribution obtained by the intimate friendship variable (X1) has a minimum value of 70, a maximum of 140, with an average value of 118, and a standard deviation of 16. While the Self Disclosure variable (X2) has a minimum value of 36, a maximum of 72, a standard deviation of 8, and an average value of 61. And for the Psychological well-being variable (Y) has a minimum value of 45, a maximum of 72, a standard deviation of 6, and an average value of 61.

➤ Normality Test

The normality test is used to see whether the data obtained meets the data requirements or does not meet the data requirements. The normality test in this study was carried out by utilizing JASP software version 18.0. If the Kolmogorov-Smirnov value above 0.05 is reached, then the normality test has been done well and optimally and it can be interpreted that the data is distributed following a normal pattern. The

Test	Statistic	p
Kolmogorov-Smirnov	0.078	0.092

following are the results of the normality test:

Table 3. Analysis test results

Based on the results of the Kolmogorov-Smirnov normality test, the significance value is 0.092 ($p > 0.05$), it can be concluded that the normality test is fulfilled or normally distributed.

➤ Multicollinearity Test

Table 4. Multicollinearity test results

Variable	Tolerance	VIF
Intimate Friendship (X1)	1.000	1.000
Self Disclosure (X2)	1.000	1.000

The Tolerance value for variables X1 and X2 is $1,000 > 0.1$. While the VIF value for variables X1 and X2 is $1,000 < 10$. So it can be concluded that there is no multicollinearity in the two independent variables in this study.

➤ Hypothesis test

Table 5. Hypothesis test results X1 to Y, X2 to Y

Model		Unstandardized	Standard Error	Standardized	t	p
H ₁	(Intercept)	13.406	3.248		4.128	< .001
	X1	0.208	0.019	0.504	10.950	< .001
	X2	0.377	0.038	0.455	9.881	< .001

Based on the results of hypothesis testing in the table, it can be seen that the value of $r = 0.504$ and $p < .001$ (< 0.05) for the relationship between X1 and Y so it can be concluded that H1 accepted, which means that there is a significant positive relationship between Intimate friendship (X1) and Psychological well-being (Y). Furthermore, for H2, it is known that the value of $r = 0.455$ and the value of $p < .001$ (< 0.05) for the relationship between X2 and Y so it can be concluded that H2 is accepted, which means that there is a significant positive relationship between Self Disclosure (X2) and Psychological well-being (Y).

Table 6. Hypothesis test result X1 and X2 on Y

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	5375.571	2	2687.785	110.409	< .001
	Residual	6110.307	251	24.344		
	Total	11485.878	253			

Based on this table, it can be seen that Intimate Friendship (X1) and Self Disclosure (X2) have a significant relationship to Psychological well-being (Y) simultaneously and together with a p value $< .001$. So it can be concluded that H3 is accepted, which means there is a relationship between Intimate Friendship (X1) and Self Disclosure (X2) on Psychological well-being (Y).

➤ Determination Test

Table 7. Determination test

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	6.738
H ₁	0.684	0.468	0.464	4.934

In the analysis results, it can be seen that the R² value = is 0.464. This value means that the variables of intimate friendship and self-disclosure have an influence of 46% on psychological well-being. While the rest are other factors that influence the psychological well-being variable and are not the focus of this study.

Discussion

This study shows that there is a significant relationship between intimate friendship and self-disclosure on psychological well-being in Instagram second account users. The results of multiple linear regression analysis confirm that both independent variables contribute significantly to the level of psychological well-being.

The relationship between intimate friendship and Psychological Well-being, the results of the first hypothesis test (H1), which states that there is a relationship between Intimate Friendship and Psychological Well-being, is accepted with a significance value of $r = 0.504$ and a p value of <0.05 , which indicates that Intimate Friendship contributes significantly to the level of Psychological Well-being in second account instagram users. This means that there is a significant positive relationship between intimate friendship and psychological well-being in second account instagram users, where the higher the intimate friendship, the higher the level of psychological well-being owned and vice versa. These results are in accordance with previous research conducted by Farida and Tjiptorini, which states that the level of individual happiness is strongly influenced by familiarity in friendly relationships, where this familiarity can increase feelings of happiness and individual psychological well-being[23] . When someone is feeling happy and satisfied, he will feel that he is getting well-being within himself. . [17]

The relationship of self-disclosure to Psychological well-being, the second hypothesis (H2), which states

that self disclosure is related to psychological well-being, is accepted. The results of the hypothesis analysis show the value of $r = 0.455$ and the significance of $p < .001$ (<0.05) for the relationship between X2 and Y so it can be concluded that H2 is accepted, which means that there is a significant relationship between Self Disclosure (X2) and Psychological well-being (Y) on Instagram second account users. These results are also in accordance with previous research conducted by Luo & Hancock, 2020 (in Soputan, 2021) states that self-disclosure is related to individual psychological well-being, where when someone self-discloses on social media, it can affect their psychological . Users who tend to do self-disclosure have a higher level of psychological well-being, as shown by

Palentina's research (2024) which found a significant positive relationship between self-disclosure and psychological well-being in users of the second Instagram account .[24]

The third hypothesis (H3), which states that there is a relationship between intimate friendship and self-disclosure simultaneously on psychological well-being, is accepted. The results of hypothesis testing show a significance value $p < .001$. So it can be concluded that H3 is accepted, which means that the two independent variables together affect the level of psychological well-being in second account users instagram. Based on previous research conducted by Graham and Barnfield in (Putra W., 2024) shows that intimacy in social relationships to the closest people and friends is a positive and significant influence on psychological well-being[25] . Another study conducted by Harahap & Handriyani (2023) on self-disclosure suggests that individuals who have a high motivation to share about themselves and actively do self-disclosure will tend to have positive psychological well-being. The prominent motivations are as an escape from bad experiences, a place for sharing, and a place for documentation .[1]

The results of the determination test analysis show that the known R^2 value = is 0.464. This value means that the variables of intimate friendship and self-disclosure have an influence of 46% on psychological well-being. While the rest are other factors that influence the psychological well-being variable and are not the focus of this study. The higher the intimate friendship and self-disclosure, the higher the level of psychological well-being of Instagram second account users. So that in order to have good psychological well-being and be able to avoid mental burden, Instagram second account users need to openly disclose themselves to their closest friends. In line with research conducted by Pina Palentina (2024) that one of the factors affecting psychological well-being is involving individuals to openly share feelings, thoughts and personal experiences with others. This contributes to psychological well-being because it allows individuals to cope with stress more effectively, reduce physical tension caused by pent-up stress, and get social support from their closest friends in the form of advice, empathy, and practical help that can improve the overall emotional and mental condition of individuals[24].

Psychological well-being is an important thing in human life. In addition, when a person is psychologically well, he will be able to manage his surroundings, and possibly have a positive impact on the people and environment around him, because Psychological well-being can also be defined as a psychological condition that functions well and positively towards oneself and others[24] . Psychological well-being consists of 6 dimensions, one of which is positive relationships with others, referring to the individual's ability to establish good relationships with others. Individuals who have good relationships with fellow human beings are able to create comfortable and trusting relationships with others, have concern for the welfare of others, show affection, empathy, and can understand the principles of give and take in relationships with others. Positive relationships are built based on mutual trust, support, and mutual openness to

fellow humans[26]. In addition, the ability to do self-disclosure should be owned so that psychological well-being becomes good and can help in maintaining relationships with others[27]. The importance of psychological well-being can make a person aware of what is lacking or missing in his life, provide happiness and reduce depression and reduce negative behavior.[28]

The limitations in this study are that this study only examines the relationship between intimate friendship and self-disclosure on psychological well-being without considering other factors such as social support from family, personality, or emotional experience.

CONCLUSION

Fundamental Finding : This study concludes that intimate friendship and self-disclosure significantly contribute to psychological well-being among Instagram second account users, with a combined influence of 46%, indicating that higher levels of friendship intimacy and openness in communication are associated with enhanced psychological well-being. **Implication** : The findings highlight the importance of fostering meaningful interpersonal connections and encouraging self-expression in digital contexts as a strategy to improve psychological well-being. This suggests that social media platforms, particularly second accounts used as personal spaces, can serve as effective tools for emotional support when used constructively. **Limitation** : However, the study is limited by its focus solely on the variables of intimate friendship and self-disclosure, without accounting for other influential factors such as family support, personality traits, or emotional history, which may also affect psychological well-being. **Future Research** : Subsequent studies are encouraged to adopt a more comprehensive approach by integrating additional psychological and social variables to better understand the multifaceted nature of well-being in online environments, as well as to explore the longitudinal impact of online interactions on mental health.

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