

The Connection Between Students at SMA Hang Tuah 5's Self Esteem and Self-Control With Narcissistic Behavior of Tiktok Users

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ABSTRACT

Objective: This study aims to analyze the relationship between self-esteem and self-control with narcissistic behavior among TikTok users at Hang Tuah 5 Senior High School. **Method:** A quantitative correlational approach was employed, with saturated sampling involving 221 students. Data were collected through validated scales measuring narcissistic behavior, self-esteem, and self-control. **Results:** The findings revealed a positive correlation between self-esteem and narcissistic behavior, and a negative correlation between self-control and narcissistic behavior. Specifically, adolescents with higher self-esteem were more likely to exhibit narcissistic behavior due to their desire for attention and validation on social media, while those with lower self-control were less capable of regulating their behavior, leading to increased narcissistic tendencies. **Novelty:** This study provides new insights into the psychological dynamics influencing narcissistic behavior among adolescents in the digital era. It underscores the importance of enhancing self-control to mitigate excessive narcissism and offers a foundation for developing targeted psychological interventions for youth social media users.

INTRODUCTION

The Tiktok application is currently popular in various professions, so the number continues to increase every day. The reason people use TikTok is that it can entertain themselves and others can be done anytime and anywhere in various ways, with anyone, and can also help increase popularity [1]. TikTok offers easily accessible features as a service. TikTok uses many languages around the world, even though it originated in China. The huge variety of features allows users to create videos, music, themes, genres, and creations according to their preferences.

As of October 2023, there are approximately 106.51 million Indonesian users on TikTok, according to a We Are Social report [2]. This makes the country with the second highest number of TikTok users in the world. The increase recorded an additional 27.91 million people compared to the survey results in 2023 [3]. 40% of TikTok users in Indonesia consist of teenagers in the age range of 14-24 years. The majority of TikTok users in Indonesia come from big cities. However, research shows that unsupervised TikTok use can lead to narcissism in adolescents [4].

In Hurlock's view, adolescence is in a transitional period, where a person experiences physical and mental changes from childhood to adulthood, including biological, psychological, and social changes [5]. Sorensen states that adolescence is a period of transition from the development of the ego of previously dependent children, then trying to achieve maturity and independence. Meanwhile, Stanly has a view of

adolescence as a phase of storm and pressure, where adolescents' feelings can change and are difficult to predict. Adolescents experience other psychological changes as they age, including physical, emotional, and social, as well as intellectual changes. All of these changes can lead to a variety of specific problems during adolescence [6].

Teens feel valued when their videos on TikTok receive many likes, positive comments or followers. Social approval, i.e. the recognition of others, affects this sense of self-worth. However, while it can boost teens' self-esteem, it can also lower it, depending on the reactions and recognition they receive. TikTok social media used correctly produces benefits for its users [7]. Studies on the influence of the TikTok app on social processes found that, as an entertainment medium, enhancing creativity, and providing a source of information, TikTok has several benefits. TikTok can also be used to make new friends. However, more and more 13-year-olds are actively using TikTok. The average TikTok user is between 14 and 24 years old, according to sindonews.com. TikTok is still used inappropriately by many people despite its many advantages. As shown by previous research by Rosdiana, incorrect use can have a negative impact on users [8]. About the influence of the Tiktok application on social processes among adolescents in the East Rabodomp Village, Raba District, Bima City. The results of this study indicate that Tiktok social media has several negative impacts, including narcissistic behavior, lack of focus in learning, high egoism, and competition with friends. Observing that Tiktok users are teenagers needs attention because these teenagers are in a transitional period that is vulnerable to new things. From this previous research, it can be said that if the negative impact of using the TikTok application continues to be attached to adolescents, it will cause several problems, one of which is narcissistic behavior.

This is in line with narcissistic behavior at Hang Tuah 5 High School in Sidoarjo. From a survey conducted by researchers, the results showed that 25 students (69%) felt that they were important people, 27 students (75%) had thoughts of being praised excessively, 27 students (75%) considered themselves better than others making them feel unique, 25 students (69%) exaggerated talents and achievements, 31 students (100%) liked to imagine in terms of strength, success, beauty, and good looks, 28 students (78%) did not care about the feelings of others, and 22 students (61%) had an arrogant nature. From the initial survey that has been carried out, it is evident that there is narcissistic behavior in a number of students at Hang Tuah 5 High School.

Raskin & Terry explain that individuals with high narcissistic behavior may have a tendency to see and judge anything based on their own orientation. According to Raskin and Terry's theory, there are seven elements: authority, self-sufficiency, superiority, exhibitionism, exploitativeness, vanity, and entitlement [9].

Fausiah & Widury narcissistic tendencies can be defined as unrealistic feelings about oneself, in which individuals feel they are very important, feel special, and expect special treatment from others [10]. In psychology, narcissistic tendencies are categorized as one of the personality disorders, but then it is not always considered a personality disorder. In most cases, individuals who have narcissistic tendencies are unaware of their own real condition and how others see them. Their self-adjustment process can be

disrupted by this ignorance [11]. Those who experience narcissism tend to be very self-focused, always emphasizing that they are perfect, and consider their hopes and desires more important than all other things [12]. Freud stated that narcissism is a state in which individuals feel admiration for themselves, often noticing their beauty or prowess by looking in the mirror. Those who are narcissistic usually seek to gain popularity in various ways, one of which is by establishing relationships with other people. They also tend to concentrate on their personal pleasure rather than considering the needs or feelings of others [13].

Teenagers will experience the negative impact of this narcissistic behavior. Narcissism arises when a person focuses on their appearance, desires the attention of others, and seeks social recognition [7]. In society's view, narcissistic tendencies are often perceived as excessive pride in oneself that has no negative impact, either on oneself or others. Many assume that narcissism is normal and common. However, this response is inaccurate, as uncontrolled narcissistic tendencies can have a negative impact on both the individual and their social relationships with others. Excessive narcissism can lead to difficulties in establishing healthy relationships and cause psychological and social problems [14].

According to Mitchell, there are five factors that are thought to trigger narcissistic tendencies, including the expectation of special treatment from others, lack of empathy for others, difficulty in showing affection, low self-control, and irrationality [15]. Sedikides shared his research findings on the various factors that contribute to narcissism, including: a. Unstable self-esteem and reliance on social communication leads to fragile self-esteem and vulnerability to criticism. People who lack self-esteem will play social media longer. b. Depression is a negative thought about oneself, the future, the world as well as a feeling of guilt and a constant lack of faith in life. Those who are depressed believe that they need attention, and if not, they usually blame others and despair c. Difficulty building close relationships with others leads to a feeling of discomfort known as loneliness d. Subjective well-being relates to cognitive appraisals of social media use. Subjective well-being relates to a person's cognitive and emotional assessment of their own life.

Self-esteem is one of the components that influence this narcissistic behavior, according to Hardika [16]. Self-esteem, according to Coopersmith, is the result of an evaluation that shows a person's attitude of acceptance or rejection and shows how much a person believes that they are able, important, successful, and valuable according to their personal values and standards. Teenagers feel valuable when their videos on the TikTok app get lots of likes, comments and followers. Social approval, shown by the approval of others, determines the self-esteem [17].

Self-control, according to Laeli, is one of the components that can influence the tendency for narcissism. Self-control is defined as the ability to regulate, shape, manage, and focus one's behavior in a more positive direction [17]. Adolescents who lack self-control often exhibit narcissistic behavior on TikTok, while adolescent TikTok users with high self-control usually have lower narcissistic behavior [18]. A study conducted by

Wijayanti found a negative relationship between self-control factors and narcissism in students who use Instagram. The level of self-control is related to the level of narcissism, where narcissistic behavior tends to be high when self-control is low.

Such as research conducted by Kusuma with the title "self-control and narcissistic tendencies in instagram social media users" with 981 respondents [18]. Based on the results of the hypothesis, self-control is proven to have a significant influence on narcissistic tendencies. Researchers have answered the research hypothesis about the correlation between narcissistic tendencies and self-control in Instagram users of SMA Negeri 7 Surakarta. It is expected that people have self-control ability so that they can control the use of social media, especially Instagram. So this is the lower the self-control, the higher the tendency of narcissistic behavior. Then in previous research which showed a significant negative relationship from self-esteem to narcissism conducted by Mega entitled "Narcissistic Behavior and Self Esteem towards the Use of Tiktok Social Media in High School Students" The results of hypothesis testing show that there is a significant positive correlation between the self-esteem variable and the tendency of narcissistic behavior [8].

The uniqueness of this research is that the author uses subjects who use the TikTok application, while in previous studies using the Instagram application. As this study uses three variables, and where a combination of 3 variables is still a little examined. Then based on previous research, it can be concluded that there is a relationship between self-control and self-esteem with narcissistic behavior in teenage TikTok users. There is this phenomenon and some of the research from high narcissistic behavior in Indonesia, especially in the city of Sidoarjo, which makes researchers want to conduct research related to narcissistic behavior aimed at adolescents. So that's why researchers want to take the topic of the relationship between self-control and self-esteem with narcissistic behavior in teenage TikTok users at Hang Tuah 5 High School in Sidoarjo. The hypothesis of this study is that there is a negative and significant relationship between the narcissistic behavior of students who use Tiktok and their own self-confidence and independence. That is, narcissistic behavior is positively correlated with lower levels of self-control and confidence. This study aims to determine whether there is a relationship between self-control and self-esteem with narcissistic behavior shown by Hang Tuah 5 high school students in Sidoarjo who use TikTok.

RESEARCH METHOD

This study uses a quantitative method with a correlational type. The dependent variable (Y) shows narcissistic behavior, while the independent variable (X) shows independence and self-confidence. This study involved 221 students of Hang Tuah 5 High School in Sidoarjo. Saturated sampling takes a sample from every person in the population. This technique is usually used on relatively small populations. Census is also a term for saturated sampling, which means everyone is sampled [19]. The sample in this study amounted to 221 students from class X. The measuring instruments used in this study are (1) narcissistic behavior scale, adapted from Aprilia [20]. The use of this scale

is arranged based on aspects of narcissistic behavioral tendencies, namely authority, independence, superiority, showing off, exploitation, lies, and rights with an Alpha Cronbach reliability value of 0.948. Scale (2) is a self-control scale adapted from Sapitri [21] consisting of fifteen statements with four answer options that refer to Tangney, Baumeister and Boone which include self-discipline, intention or not intention, healthy habits, work ethics, and trust are five elements with an alphacronbach reliability value of 0.858. Scale (3) is a self-esteem scale adapted from Mauliddiyah [22] which consists of 18 questions compiled from aspects of self-esteem according to Coopersmith, namely strength, meaningfulness, virtue, and ability with Cronbach's alpha reliability of 0.932.

For this study, the data analysis used multiple correlation analysis, in this analysis will see the relationship partially or only involving one independent variable (independent) and the dependent variable (dependent) and will see how the relationship between the independent variables (X1 and X2) and the dependent variable (Y) as a whole.

RESULTS AND DISCUSSION

Results

Collation test analysis is used to examine how self-esteem and self-control variables relate to narcissistic behavior. The results of the correlation test using the JASP application version 16.0.4.0 are as follows

Table 1. Kolmogorov-Smirnov Normality Test

Variables	Statistics	p
Self-esteem	0.056	0.138
Self-control	0.061	0.132
Narcissistic Behavior	0.067	0.139

From the results of table 1 in the Kolmogorov-Smirnov normality test, it shows that the three variables are normally distributed. This is indicated by the residual value which is greater than 0.05, namely (p) = 0.138 for the self-esteem variable, (p) = 0.132 for the self-control variable, and (p) = 0.139 for the narcissistic behavior variable.

Table 2. Linearity Test Results

Model Summary - Narcissistic Behavior									
Model	R	R ²	Adjusted R ²	RMSE	R ² Change	F Change	df1	df2	p
H ₀	0.000	0.000	0.000	5.254	0.000		0	332	
H ₁	0.581	0.355	0.349	4.165	0.378	93.531	2	329	<.001

The results from Table 2 in the linearity test show that the model examining the relationship between the independent variables (which are not specifically mentioned in the table, but are assumed to influence narcissistic behavior) and narcissistic behavior has a linear relationship. This is indicated by the R² Change value of 0.378, which means that

changes in the independent variables can explain 37.8% of the variability in narcissistic behavior. In addition, the significance of $p < 0.001$ ($p < 0.05$) indicates that the relationship between the independent variables and narcissistic behavior is highly statistically significant.

Table 3. Correlation Test Results

Variables		Self-esteem	Self-control
Narcissistic Behavior	Pearson's r	0,754	-0.755
	p-value	<.001	<.001
Upper 95% CI		0.672	-0.609
Lower 95% CI		0.711	-0.698

The results of the Pearson correlation test presented in Table 3 revealed significant relationships between the variables of Self-esteem, Self-control, and Narcissistic Behavior. A strong positive correlation was found between Self-esteem and Narcissistic Behavior ($r = 0.754$, $p < 0.001$), indicating that the higher the level of self-esteem, the higher the tendency of narcissistic behavior. Conversely, there is a strong negative correlation between Self-control and Narcissistic Behavior ($r = -0.755$, $p < 0.001$), indicating that the higher the level of self-control, the lower the tendency of narcissistic behavior. Both of these correlations had high significance levels and 95% confidence intervals that did not cross zero, confirming the strength and direction of the observed relationships.

Table 4. Narcissistic Behavior Categorization

Category	Total	Percentage
High >107	38	17,19%
Medium 89-107	143	64.71%
Low <89	40	18.10%
Total	221	100%

The table above shows that 38 students (17.19%) have a high level of narcissistic behavior, 143 students (64.71%) have moderate narcissistic behavior, and 40 students (18.10%) have a low level of narcissistic behavior. The total number of students analyzed was 221. The average (mean) level of narcissistic behavior of Hang Tuah 5 high school students is 57.64. Based on the predetermined categories, it can be concluded that the average Hang Tuah 5 high school student tends to have a moderate level of Narcissism.

Table 5. Self-esteem Categorization

Category	Total	Percentage
High >94	54	24.43%

Category	Total	Percentage
Medium 80-94	123	55.66%
Low <80	44	19.19%
Total	221	100%

Based on the table above, it can be seen that 54 students (24.43%) have a level of self-esteem that is classified as high, 123 students (55.66%) have a moderate level of self-esteem, and 44 students (19.91%) have a low level of self-esteem. The total number of students analyzed was 221. The average (mean) level of self-esteem of Hang Tuah 5 high school students is 57.64. Based on the predetermined categories, it can be concluded that the average student of Hang Tuah 5 High School tends to have a moderate level of self-esteem.

Table 6. Self-control Categorization

Category	Total	Percentage
High >98	61	27.60%
Medium 80-98	120	54.30%
Low <80	40	18.10%
Total	221	100%

Based on the table presented, the analysis results show the distribution of self-control levels in the sample studied. Of the total 221 respondents, the majority, namely 120 students (54.30%), were in the moderate self-control category. Meanwhile, 61 students (27.60%) have a high level of self-control, and 40 students (18.10%) have a low level of self-control. Overall, it can be concluded that the majority of respondents showed a moderate level of self-control.

An R value of 0.754 was found as a result of the multiple linear regression analysis. The R value indicates a high correlation between the variables of self-esteem, self-control, and narcissism. However, there is a value with a coefficient of determination (R Square) of 0.755 and a significant level of 0.000 ($p < 0.05$) to show the relationship between the variables of self-esteem and self-control with narcissism. This shows that self-esteem and self-control have a 75.5% relationship with narcissism. Thus, the researcher's hypothesis can be accepted. Self-esteem by 43.8% and self-control by 31.7% each made an effective contribution.

Discussion

The analysis showed that narcissism and self-esteem were positively correlated: the higher the self-esteem, the more narcissistic behaviors. Conversely, there is a negative relationship between self-control and narcissism: the lower the self-control, the more narcissistic behaviors. Therefore, the hypothesis of this study can be accepted. A positive significant relationship was found between self-esteem and student narcissism [23]. There is also a negative significant relationship between self-control and student

narcissism [24]. This indicates that high narcissistic behavior is associated with low self-control, and high narcissistic behavior is associated with high self-esteem. From the results, self-esteem is the more dominant contribution. Therefore, narcissistic behavior needs to be considered by this factor. It can be adjusted by Mitchell's statement that self-control is a factor of this narcissism [25]. Based on the facts in the field, it shows that there are 38 students who have high narcissistic behavior.

Narcissistic behavior by teenagers can be shown in their daily routines and also in cyberspace. Narcissistic behavior that occurs in the daily lives of teenagers. Currently social media is *booming*, especially TikTok. Many teenagers spend their activities playing TikTok or just *scrolling fyp*. This will not be a problem if accessing TikTok is only reasonable, but it will be a problem if this can interfere with activities. Every teenager who accesses TikTok tends to want to get high attention and praise [26]. This can make teenagers have narcissistic behavior. For some people this narcissistic behavior is normal or commonplace behavior. As for some people, they are even proud of their narcissistic behavior [27]. This narcissistic behavior if left alone will cause other problems such as stress, depression, or trauma, so this narcissistic behavior needs to be considered considering the rapid development of social media [28].

A teenager who has high self-confidence craves attention and praise. According to Compersmith, self-confident teens tend to engage in narcissistic behavior on TikTok because they need acceptance from others and their friends both in person and through social media [29]. Teens who have high self-confidence feel accepted, needed, and required to show their abilities. As a result, these teens use social media like TikTok to get positive comments to gain a sense of worth.

Teenagers usually need attention and recognition [30]. However, this becomes unnatural if it is excessive or interferes with their productive activities, such as studying. While seeking attention, recognition or appreciation through social media is common, teens who don't find it in the real world can face problems [31].

Adolescents who have low self-control will show narcissistic behavior, but young people who are highly self-controlled can control themselves well and narcissistic behavior hardly appears at all. Thus, the hypothesis of this study can be accepted because adolescents who have a high level of self-control can control themselves well and narcissistic behavior almost does not appear at all [32]. Then he will consider what he will do to his social media, especially TikTok, such as uploading too many photos or videos, editing TikTok content before giving comments, and replying to messages wisely.

Adolescents who lack self-control also face difficulties to control themselves when facing difficult situations. They also face difficulties in everyday life to act as they wish without considering the consequences. one of the actions taken by teenagers who use social media, especially TikTok, their behavior is in the form of uploading photos or videos on their TikTok which can interfere with others in achieving optimal self-development. In this study, there is a negative relationship between self-control and narcissistic behavior at SMA 5 Hang Tuah 5 Sidoarjo.

CONCLUSION

Fundamental Finding: This study found a significant positive relationship between self-esteem and narcissistic behavior, and a significant negative relationship between self-control and narcissistic behavior among adolescent TikTok users. Adolescents with high self-esteem are more likely to exhibit narcissistic behavior due to their need for attention and validation, while those with low self-control struggle to regulate their behavior on social media, making them more susceptible to narcissism. **Implication:** These findings highlight the importance of addressing both psychological traits – self-esteem and self-control – in efforts to prevent the development of narcissistic tendencies, particularly in digital environments. Educational programs and digital literacy campaigns that promote healthy self-concept and impulse control may help mitigate the psychological risks associated with excessive social media use. **Limitation:** However, this study is limited by its cross-sectional design and reliance on self-reported data, which may not fully capture the complexity of behavioral dynamics or causal relationships. **Future Research:** Further studies are recommended to explore additional psychological, environmental, and social media-related variables that may contribute to adolescent narcissism, using longitudinal or experimental approaches to strengthen causal inferences and intervention design.

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