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The Relationship Between Self-Control and Tendencies Towards Narcissistic Behaviour In Teenagers Using Social Media TikTok

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Original Article

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Abstract. This study examines the relationship between self-control and narcissistic tendencies among adolescent TikTok users. This study aims to understand how the level of self-control impacts narcissistic behavior in adolescents who frequently use TikTok, given the popularity of this application and its potential influence on self-presentation and social validation seeking among adolescents. This study used a quantitative correlational approach, using a questionnaire to collect data from 150 respondents at SMA N 93 Jakarta. The analysis included descriptive statistics, normality tests, linearity tests, and Pearson correlations to test the relationship between self-control (independent variable) and narcissistic behavior (dependent variable) among TikTok users. This study found a significant relationship between self-control and narcissistic behavior among TikTok users, with a Pearson correlation coefficient of 0.393, indicating a weak correlation. Most respondents showed moderate levels of self-control and narcissistic tendencies. The results of the study indicate that increasing self-control can help reduce narcissistic behavior in adolescents. This study concludes that increasing self-control can reduce narcissistic behavior tendencies in adolescent TikTok users. Most respondents showed moderate levels of self-control, making it important to develop educational programs that focus on self-control skills to support the psychological development of adolescents in the digital era.

Introduction

In this modern era, the development of psychology as a scientific discipline is increasingly rapid and diverse. Various new findings in psychological research have made significant contributions to our understanding of human behavior, emotional, cognitive, and social. This study aims to explain certain psychological phenomena that are relevant to today's society, as well as provide a deeper understanding of how individuals interact with their environment. The rise of narcissistic behavior among adolescents is not without reason. This behavior is often associated with the use of social media which can be easily accessed by young people today. In adolescence, the depiction of narcissistic behavior is as a form of seeking attention, displaying attractiveness and also gaining recognition from others. The use of social media is one of their efforts to show off or present themselves to the general public as their existence through uploading photos or videos. Humans use social media as a medium of communication, so they don't feel lonely (Sesva et al., 2022; Syahputra et al., 2022). But in reality, they ignore the people and the world around them (Lubis, Rosyida, Wulandari, & Sandya, 2019).

The results of a survey from We Are Social showed that as of January 2020 there were 175.4 million internet users and 160 million of them used social media, an increase of 12 million (8.1%) compared to the previous year. The number of social media users in Indonesia decreased in 2023. A survey from We Are Social also showed that the number of active social media users in Indonesia was 167 million people in January 2023. This number is equivalent to 60.4% of the domestic population. The number of active social media users in January 2023 decreased by 12.57% compared to the previous year which was 191 million people. The research results also show that the majority of social media users are residents aged 13-34 (79.7%) or around 127.52 million people (Utomo, 2020).

Based on the We Are Social report, TikTok users in the world are estimated to reach 1.08 billion by July 2023. The majority of users are people aged 18-24 years. The TikTok application which is currently popular with the public is experienced by people across professions. So that users are increasing every day. TikTok social media is a media in the form of audio visuals that can be seen and heard and the many features offered. Another reason is that it can entertain yourself and others, can be done anywhere, anytime, any style and with anyone and can increase popularity. In terms of service, the TikTok application provides service features that are easily accessible to the public. Although made in China, TikTok has various language services that can be accessed by all people around the world. The service features provided are diverse, so that people can use videos, music, themes, genres and work according to the wishes of the community. Someone becomes too creative for the sake of funny and interesting videos so that they are unable to judge what is appropriate and what is not. They become like not thinking first before recording what they do. Maybe they only think about how to make good, interesting videos and get a lot of responses from viewers without caring about what they show is good or bad for others or themselves (Aprilia, 2018). Narcissism is a personality disorder related to self-fixation. This includes feelings of uniqueness, the need for admiration from others, and concerns about being the center of attention. The characteristics of narcissistic individuals are those who show madness and obsession with themselves and show aspirations to achieve self-satisfaction, achieve dominance, and satisfy ambition (Meng & Leung, 2021). The American Psychiatric Association (Prahara, 2014) states that narcissism is a personality pattern of individuals characterized by showing excessive behavior towards power, success, beauty, and a great need to be admired by others and a lack of empathy. Yaqin (2016) also explains that the behavior of individuals who tend to be narcissistic has negative impacts, such as individuals who are obsessed with appearing perfect, have difficulty concentrating when studying or doing activities, and get negative responses from the surrounding environment. This often gives rise to feelings of envy and a crisis of self-confidence.

According to Apsari (in Kusuma, Setyanto & Khasan, 2019) Narcissistic individuals like to show off comments from others who acknowledge their uniqueness, success or idealism that they uphold. This is done when narcissistic individuals feel that their self-esteem is starting to be threatened when receiving input or criticism that corrects their habits or mindset. The demand for continuous attention does not come from selfishness but from their need to get rid of feelings of inadequacy and low self-esteem (Sabekti, Yusuf, & Pradanie, 2019)

The Diagnostic and Statistical Manual of Mental Disorder-Fourth Edition (DSM-IV) mentions the characteristics of someone who has narcissistic behavior, Exaggerated views of their own potential arrogance, Focus on their own interests, such as success, intelligence, self-grace, Believing that they are unique and only deserve to associate with special people or people with high status, The desire to be praised to the extreme, Having feelings that consider themselves entitled to everything. One of the important factors causing narcissism is the psychological factor where narcissistic individuals have low self-control. As a teenager, one of the developmental tasks that can be passed is to strengthen self-control or the ability to control oneself. This must be passed by adolescents in order to achieve optimal development. However, in reality some adolescents are still unable to develop self-control according to developmental tasks (Kay in Yusuf, 2016). According to Papalia (in Harahap, 2021) self-control is an

individual's ability to adjust behavior to what is considered and socially accepted by society. When viewed from the type of self-control According to Block and Block (in Afandi 2012:21), there are three classifications of self-control, including: a) over control is a form of excessive control. This can cause a person to control and restrain themselves from reacting to a stimulus; b) under control, is a form of low self-control. someone who has under control will have a tendency to release free impulses without careful calculation; c) appropriate control, is a form of adaptive self-control, people with self-control like this will allow them to control their impulses appropriately. In relation to adolescents, the ability to control oneself can help adolescents control themselves and regulate their behavior.

According to Swastika (2017) in his research, self-control is a person's belief or ability to be able to direct himself, guide himself, regulate himself and organize his behavior and decisions in carrying out a need and the consequences that will be produced. Factors that influence self-control are external factors (from oneself) and internal factors (from the surrounding environment) according to Gufron & Rismawati (in Swastika, 2017). In contrast to low self-control, individuals with good self-control will consider carefully whether their actions will hurt or harm others and themselves (Paramithasari & Dewi, 2013). Good self-control in adolescents can inhibit the occurrence of undesirable behavioral tendencies when using TikTok, as well as restrain themselves from doing something that is detrimental to themselves and others (Marsela & Supriatna, 2019). According to Iranda & Neviyarni (2020) Adolescents with low self-control enjoy taking risks and breaking rules without thinking about the long-term effects, while adolescents with high self-control will be aware of the consequences and long-term effects of deviant behavior and are often faced with people who judge adolescents from their appearance alone. Self-control is important for taking action when facing negative situations. Adolescents who can control themselves well from negative things will definitely get positive things in life.

Method

Based on the results of the study conducted at SMA N 93 Jakarta, it can be concluded that there is a significant relationship between self-control and narcissistic behavior in adolescents who use social media Tiktok. This study involved 150 respondents from grades X and XI, who provided data through questionnaires distributed online. The results of the analysis showed that the self-control variable (X) had an average value of 78.56 with a standard deviation of 9.296, while the narcissistic behavior variable (Y) had an average value of 109.81 with a standard deviation of 12.125. From the descriptive analysis, it can be seen that the majority of students have a moderate self-control category, with 57% of respondents in that category. This shows that most students have the ability to control themselves in various situations, although there are still a small number of students who are in the very low and low categories. On the other hand, students' narcissistic behavior also shows that 47% are in the moderate category, indicating that although there is a tendency for narcissistic behavior, not all students show this behavior to the extreme.

Participant
The total number of respondents in this study was 150 students, with 52.7% female students and 47.3% male students. All respondents were from class X at SMA N 93 East Jakarta.

Sampling Procedure
The sampling technique used in this study is the Purposive Sampling Technique. According to Sugiyono (2018) the Purposive Sampling Technique is a sampling technique with certain considerations/characteristics.

Instrument

Data collection in this study used a questionnaire technique, also known as a survey. In the questionnaire, the researcher used a Likert scale model as a measurement tool. Data collection carried out in this study provided a questionnaire on the relationship between self-control and narcissistic behavioral tendencies in adolescent users of TikTok social media to students of SMA N 93 Jakarta class X, for the 2023/2024 Academic Year. The questionnaire used a 4-point Likert Scale model including answer choices; Strongly agree, agree, disagree, strongly disagree.

Procedures

The variables tested are the independent variable, namely self-control (X), and the dependent variable, namely narcissistic behavior (Y). Testing of both variables must be carried out after the trial study is considered valid and reliable. In this study, researchers are conducting a trial study before distributing questionnaires to students at SMA N 93 Jakarta, resulting in a valid and reliable questionnaire. Invalid items have been removed, Allowing the questionnaire to determine whether there is a significant relationship, hypothesis testing is carried out. The hypotheses that can be tested statistically in this study are as follows:

Ha: There is a relationship between self-control and narcissistic behavior

Ho: There is no relationship between self-control and narcissistic behavior

Data Analysis

The data analysis technique used in this study and the researcher will use Statistical Product and Service Solutions (SPSS) ver. 22 for Windows. The analysis technique used in testing the variables is the normality test, linearity test, hypothesis test, correlation analysis test.

Result and Discussion

The results of the variable (X) are Self-Control with a minimum value of 34, a maximum value of 136, a mean of 78.56 and a standard deviation of 9.296. While the variable (Y) is Narcissistic Behavior with a minimum value of 64, a maximum value of 163, a mean of 109.81 and a standard deviation of 12.125.

Table 1. Description of Self-Control

No	Categori	Interval	Respondent	Persentase
1	Very low	$X < 65$	8	5%
2	Low	$65 < X \leq 74$	22	15%
3	Moderat	$74 < X \leq 83$	85	57%
4	High	$83 < X \leq 93$	31	21%
5	Very High	$X > 93$	42	3%
	Total		150	

Based on the results of the Self-control description table (x) above, it can be seen that there are 8 students of class X of SMA N 93 Jakarta who have a very low Self-Control intensity and a percentage of 5%, then there are 22 students who have a low Self-Control intensity and a percentage of 15%, then there are 85 students who have a moderate Self-Control intensity and a percentage of 57.00%, then there are 31 students who have a high Self-Control intensity and a percentage of 21%, then there are 42 students who have a very high Self-Control category and a percentage of 3%. This shows that the description of the Self-Control variable (x) is in the moderate category. This score is then used as a basis for determining the categorization of narcissistic behavior data presented in Table 2.

Table 2. Narcissistic Behavior

No	Categori	Interval	Respondent	Persentase
1	Very Low	X < 28	10	7%
2	Low	28 < X ≤ 32	25	17%
3	Moderat	32 < X ≤ 36	71	47%
4	High	36 < X ≤ 40	39	26%
5	Very High	X > 40	5	3%
	Total		150	

Based on the results of the Narcissistic Behavior (Y) description table above, it can be seen that there are 10 students of class X SMA N 93 Jakarta who have a very low Narcissistic Behavior intensity and a percentage of 7%, then there are 25 students who have a low Narcissistic Behavior intensity and a percentage of 17%, then there are 71 students who have a moderate Narcissistic Behavior intensity and a percentage of 47%, then there are 39 students who have a high Narcissistic Behavior intensity and a percentage of 26%, then there are 5 students who have a very high Narcissistic Behavior category and a percentage of 3%. If abnormal results are obtained, the T-test or F-test results will be invalid. In this study, the researcher used a normality test with the Kolmogorov-Smirnov test method. If the significance value (Asymp, sig) > 0.05, then the data in this study is normally distributed, and if (Asymp, sig) < 0.05 then the data is not normally distributed (Ghozli, 2011).

Table 3. Normality Test

Variabel	Asymp. Sig	Information
X	0,200	Normal
Y	0,200	Normal
XY	0,200	Normal

Based on the results of the table above, it is known that the significance value for Self-Control and Narcissistic Behavior is 0.200, because the Asymp. sig. (2-tailed) value for Self-Control and Narcissistic Behavior is greater than 0.05 as in the basis of decision making in the One-Sample Kolmogorov-Smirnov Test, then it can be concluded that the data is said to be normally distributed, thus the normality requirements are met.

Table 4. Linearity Test

Variabel	F	Significance	Information
XY	0,860	0,686	Linear

Based on the results of the linearity test above, the sig.Deviation From Linearity value is 0.686 > 0.05. Because the significance value is greater than 0.05, it can be concluded that there is a linear relationship between the Self-Control variable (X) and the Narcissistic Behavior variable (Y).

Table 5. Pearson correlation test

Variabel	Significance	Pearson Correlation
Self-Control	0,000	0,393
Narcissistic Behavior	0,000	0,393

The decision-making criteria can be seen that: If the significance value (Sig.) Is less than <0.05 then there is a relationship, and if the significance value (Sig.) Is greater than >0.05 then there is no relationship. Based on the results of the correlation test between Self-Control and Narcissistic Behavior in students, it can be seen that the significance results obtained are 0.000. So 0.000 <0.05. Because the significance value is less than 0.05, the significance value of this

Correlation Test shows that there is a relationship between Self-Control and Narcissistic Behavior in Students at SMA N 93 Jakarta, with a correlation value of 0.393. So, the level of relationship between Self-Control and Narcissistic Behavior is Weak.

Fatfouta et al. (2017) also found comparable results, demonstrating that antagonistic (but less so agentic) narcissism was most consistently associated with a lack of forgiveness. In summary, the primary reason for narcissism's association with aggression/revenge is its socially noxious (i.e., antagonistic) aspect. It is important to note that the notion that narcissism is associated with antisocial tendencies is not a novel concept and has been extensively replicated in the literature (e.g., "threatened egotism"; Reidy et al., 2010). However, the literature lacks a narcissism-specific examination of the facets and an examination of specific trait characteristics that could potentially assist narcissists, particularly antagonistic narcissists, in overcoming such tendencies. In particular, it would be of theoretical and practical significance to comprehend how antagonistic narcissists' social malevolence could be reduced. Uncovering a potential antagonism-inhibiting disposition is a critical research objective, given the extensive social repercussions of the antagonistic narcissism facet (Leckelt et al., 2015; Miller et al., 2017; Rentzsch et al., 2021; Wurst et al., 2017).

The theory further posits that individuals with low self-control are typically self-centered, indifferent to the suffering of others, and preoccupied with immediate gratification. In a broader sense, trait self-control is the ability to modify or override one's own behavior in response to undesirable behavioral tendencies, such as resisting temptations, engaging in irresponsible behaviors, or engaging in activities for pleasure and enjoyment (de Ridder et al., 2012). Furthermore, trait self-control has been defined as the capacity to reduce (or, prevent) problematic impulses (Ent et al., 2015). In fact, individuals who exhibit high levels of trait self-control tend to exhibit lower levels of antisocial behavior (DeWall et al., 2011). High trait self-control has also been discussed as a "buffer" against socially maladaptive behaviors, such as aggressiveness or vengeful inclinations, which are directly relevant to the present investigation (Externbrink et al., 2019; Gali´c & Ru˘zoj˘ci´c, 2017). The rationale behind this is that high self-control levels are more likely to attenuate undesirable behavioral tendencies, thereby reducing the likelihood of the expression of feelings of wrath and desires for revenge. For instance, Finkel et al. (2009) demonstrated that individuals are able to overcome their violent impulses during interpersonal conflicts as a result of their enhanced self-control. Similarly, anger-driven aggression has been the subject of discussion in relation to self-control training (Denson, 2015). Therefore, self-control is a promising candidate for the reduction of revenge/aggression in the antisocial tendencies of narcissists.

The implications of this study suggest that efforts to improve self-control in adolescents can be an important strategy in preventing or reducing narcissistic behavior triggered by the use of social media such as TikTok. Schools, especially BK (Guidance and Counseling) teachers, can design intervention programs or training that focus on strengthening self-control, such as training in emotional management, decision-making, and self-reflection. In addition, parents also need to be involved in supervising their children's use of social media so that adolescents do not get caught up in excessive validation seeking that can trigger narcissistic behavior. This study also serves as a basis for educational policy makers to strengthen character curricula that instill the values of empathy and self-control from an early age.

Conclusion

The results showed a significant relationship between self-control and narcissistic behavior in adolescent TikTok users, with a positive correlation of 0.393 ($p < 0.05$). The majority of students were in the medium category for both variables. This means that the lower the self-control, the higher the tendency for narcissistic behavior. These findings support the theory that

self-control acts as a protector against antisocial behavior. Further researchers are advised to explore self-control enhancement interventions to suppress narcissistic behavior, as well as consider other variables such as duration of social media use or family parenting patterns.

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