

HUBUNGAN *ALEXITHYMIA* DENGAN KECANDUAN MEDIA SOSIAL PADA REMAJA DI JAKARTA SELATAN

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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara *Alexithymia* terhadap kecanduan media sosial pada remaja di Jakarta Selatan. *Alexithymia* ditandai dengan ketidakmampuan dalam mengenali dan mengekspresikan emosi serta pemikiran yang berorientasi eksternal sehingga mereka memiliki hubungan interpersonal yang buruk. Remaja dengan *alexithymia* cenderung menjadi kecanduan media sosial. Subjek penelitian adalah remaja yang berusia 13-19 tahun dan tinggal di Jakarta selatan. Pengambilan data menggunakan metode *consecutive sampling* dan *snowball sampling* dengan menyebarkan kuesioner menggunakan *link googleform*. Jumlah subjek penelitian sebanyak 207 orang (41 = laki-laki, 166 = perempuan). Skala yang digunakan adalah Toronto *Alexithymia* Scale (TAS-20) dan *Social Media Disorder* (SMD). Analisa data menggunakan metode *chi-square* pada SPSS 25. Hasil penelitian didapatkan 85 orang mengalami *alexithymia*, 88 mengalami kecanduan dan 62 orang mengalami *alexithymia* dan kecanduan media sosial. *p-value* didapatkan 0,000. Hal ini berarti terdapat hubungan antara *Alexithymia* dengan Kecanduan Media Sosial pada remaja di Jakarta Selatan.

Kata Kunci : Kecanduan Media Sosial, *Alexithymia*, Remaja

RELATIONSHIP BETWEEN *ALEXITHYMIA* AND SOCIAL MEDIA ADDICTION AMONG ADOLESCENTS IN JAKARTA SELATAN

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Abstract

This study aims to determine the relationship between Alexithymia towards social media addiction in adolescents in South Jakarta. Alexithymia is characterized by an inability to recognize and express emotions and have external oriented thoughts so that they have poor interpersonal relationships. Teenagers with alexithymial tend to become addicted to social media. The research subjects were adolescents aged 13-19 years and lived in south Jakarta. Retrieval of the data was using consecutive sampling and snowball sampling method by distributing questionnaires using the googleform link. The number of research subjects was 207 people (41 = men, 166 = women). the scale was used is the Toronto Alexithymia Scale (TAS-20) and Social Media Disorder (SMD). Data analysis using the chi-square method in SPSS 25. The results showed that 85 people had alexithymia, 88 were addicted and 62 people had alexithymia and were addicted to social media. p-value obtained is 0,000. This means that there is a relationship between Alexithymia and Social Media Addiction in adolescents in South Jakarta.

Keyword : Social Media Addiction, *Alexithymia*, Adolescents