Does Instagram's Like Affected Teenager Self-Worth?

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Abstract--*This literature review was conducted to identify that instagram's like affected teenager self-worth. We know that instagram has become a phenomenal social platform with 800 million user around the world. While, Indonesia has become the big 3 instagram's user, after America and Brazil with about 60 million user. Instagram was super phenomenal among teenager, like every teenager are active instagram users, and while teenage is an age to search identity, so it's so much important to know that teenage self is worth it. Well we know that instagram provides picture, followers, comments, likes, direct message etc. which make people get in touch easily with other people, building a good relationship, make us feel happy while receiving likes, comments and other responses from others. Besides that, there are a pressure for someone to get likes, some comments and followers that can produce a high anxiety, social pressure and it can make our self-feel unworthy. These phenomena correlated with a part of self esteem, called self-worth. Self-worth is how someone see their own value or worth as a person. While knowing source of self-worth, achieve something, approval and acceptance from others, virtue or one's judgment of moral adequacy are sources of self-worth which can easily gained by instagram's like, means that we can also get self-worth by instagram's like. The result of this study found that, instagram's like is affected self-worth.*

Key words--*instagram, teenager, self-worth*

I. INTRODUCTION

Nowadays, people use social media, every people, everyone from kids, teenage, till adulthood even late adulthood. It just like something that all of us should have, since we can do everything on social media, we can doing interaction, chatting, calls, we can trading, doing virtual shopping, everything we need, social media serve us. Theres so much kind of social media, the most popular is facebook, twitter, and instagram. Wiederhold[1] said that social media is a revolution, it presented people with an opportunity to express themselves and interacted with others in an interesting way. However, while social media provide friendship sharing and interaction, social media also have some negative vibes and few are quite as detrimental to a person's health and well-being as Instagram. While Wiederhold said, instagram was noted as the most destructive platform for disturbing time and quality for sleep, shaping an body image, and fear of missing out from a circle if we don't follow others movement. If we compare instagram to other social networks, instagram could lead us to thinking about unrealistic expectations, feeling worst, and low having a low self-esteem.

Talking about self-esteem, there's a part of self-esteem which is important yet so risky influenced by instagram, that is self-worth. Words by words, *self-worth* defined as taste of someone's value as a person Self-worth is important for teenager, according to Ericson psychosocial stage, teenager is on the fourth stage of whole life. In this transition age, teenage energy was transformed to get knowledge and intellectual ability. This stage

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called identity vs identity confusion, where someone faced on a needs to find identity and what teenage will do on their life. On this "finding identity" stage, it's so much important to know that teenage self is worth it, while we know that instagram is suspected can affect teenage self-worth, we have to make sure that teenage get their super good self-worth so they'll feel worthy and get positive image of their self on finding identity stage, if teenager didn't have self-worth so they can't find their identity till they can't living their live because teenager doesn't know who they are, teenager don't know what supposed to do, don't know their self well, and this self-worth can be affected of instagram's like so this research is super important to do.

II. LITERATURE REVIEW

Instagram

Instagram ia an application for everyone, especially those who have proper devices, because its application require some term which is fit to photos in a high pixels[4]. Through Instagram, someone can upload photos or videos, publish them, and showing them on others timeline. People who use instagram called instagrames. Instagramers can easily share photos and videos with others on their timeline with caption and hashtag to receive comment and likes on their timeline posts by their followers.

Instagram has become a phenomenal social platform with 800 million users per January 2018. Indonesia has become the big 3 instagram user after America and Brazil with amount 60 million users. According to Lee et al. people have five social and psychological motives when using instagram, they are archive or collecting moment, social interaction, expressing their self, escapism, and peeking, but these motives are not always without negative consequences. By uploading different photos and videos, people can choose what they want to show on Instagram. This is absolutely just to get positive thing from like or comment from their followers.

Every instagram post consist of like and comment button, so its users can clicking the like button to show their approval and tap the comment button to express their thought of a content on the photo/video. Ting Tingbeside that fun thing, people tend to get like or followers on instagram, meanwhile, there is a pressure to receive comment followers and likes which can culminate social pressure and also high anxiety. In fact, an account on instagram can detect someone on mental illness. Current study shown that computer script can be used to detecting depression by knowing its dominate color and with who they socialize.

In Indonesia, some people offering follower needs, likes and comments on social medias like youtube, instagram, even twitter, in addition to website visitor services.Other services that can be chosen by clients are auto-followers and likes. Especially for follower services, there are three types of needs: active, passive, and mixed. Saptaji (the seller) said he served clients from various circles, ranging from ordinary people, celebrities, celebrities, celebrity agencies, companies, fashion brands, to political figures.The process of purchasing services is easy. Buyers need to provide a username without a passcode so it can be processed for 30 minutes to 24 hours, by various price.

For millennials, having so much followers and 'like' seems like quietly important, it define their social status, when you have so much followers and like, you sit on the high class of social status. Usually, people who used to buy followers and likes are coming from personal accounts, that is, those who want to become"selebgram" celebrity on instagram. It means that for the sake of popularity in social media, a lot of people are willing to spend on buying followers and 'like.

Self-worth

Self-worth is a value, it's the appraisal that our brain us importance and significance as a person Selby, Words by words self-worth defines as the taste of someones value as a person.

Lots of things affect Self-worth , they are the environments in where we live, study, and socialize, how we believe in our performance in different settings, what other people say to us, and the ost important is what we say to ourself. Of all the things that affect our sense of self-worth, self-talk is the most powerful way to increase our self-worth. That means it is very important to get into the habit of replacing unhelpful thoughts like 'I am a fool' or 'No one love me' with helpful ones like 'Im great' and 'At least my parents love me'. That is, it appears that people's general sense of self-worth is determined by three distinct factors; first, their positive and negative feelings about themselves, second, their specific beliefs about themselves, and the last is the way that they frame these beliefs.

There also another sources of self-worth, they are: outdoing others in competition, others approvals, academic competence, physical appearance, family love and support, being a virtuous or moral person, and God's love.

Kabir said that, we have to know these things to get our true self-worth. First of all we should know our sources of self-worth. Knowing what we love, what we interested in and doing some positive things that make us feel alive. The second is recognize our inner critic, it's our ego, feeling of worried if someone disapprove ourself. And then see a different perspective of self-care from self-consciousness. Self-care is a part of our self-worth. The last is be aware on social media. nowadays, social media is a source of approval from others, yet also source of envy and jealous of others, based on likes, followers and comments.

Teenager

Teenager or adolescence is an transition age from children to adulthood. According to the theory of psychosocial stages by Erikson, adolescence is included in the fourth stage of all stages of human development. In the transition phase from children to adult, teenage's energy has diverted to gain intellectual knowledge and abilities. This stage is the development stage of the ego identity vs. identity confusion, where the individual is faced with the need to find his identity and what he will do in life. Important thing in this stage is to explore alternative solutions to the role of individuals in life.

A study by Kaiser Family Foundation said that, teenager (11–18 years) spend their 27 minutes spending on social media each day . Previous study show that motives for why people using instagram were positively related to Instagram usage and self-presentation, and the number of Followers was also positively correlated with Instagram usage and self-presentation.

III. METHODOLOGY/MATERIALS

This literature study was conducted by looking for references that relevant to this study case, they are instagram, self-worth, and teenager. We used theoretical references from book, journals and other scientific literature which is used as sources of data to be reviewed.

IV. RESULTS AND FINDINGS

A well-known social media platform which is evolved nowadays is instagram. Instagram has become a phenomenal social platform with 800 million users per January 2018. We can do anything on instagram, like communicating with other, selling something, branding, knowing current activities of our friends, and so on. Those activities can be done by uploading photos, videos, giving like, comment, follow and unfollow. People try to upload good picture of their self, their moment to gain much instagram's like. besides, there is a pressure to receive comment, followers and likes which can lead us to hing anxiety problem and also social pressure Gaining instagram's like activities are addictive. People will feel loved, worthy if they get more like, otherwise, they will feel unworthy if they don't get much like. These phenomena caused a lot of instagram's like seller in Indonesia. People tend to buy like from seller just to show that there's so much people who liked their post, it make them feel worthy, even they buy it. This is correlated to an opinion from Rozi[10] that for millennials, having so much followers and 'like' seems like quietly important, it define their social status, when you have so much followers and like, you sit on the high class of social status. Usually, people who used to buy followers and likes are coming from personal accounts, that is, those who want to become"selebgram" celebrity on instagram. It means that for the sake of popularity in social media, a lot of people are willing to spend on buying followers and 'like.

Indonesia has become the big 3 instagram user after America and Brazil with amount 60 million users. While the most of the user is teenager. Teenager or adolescence is a transition age from children to adulthood. According to the theory of psychosocial stages by Erikson, adolescence is included in the fourth stage of all stages of human development. In the transition phase from children to adult, teenage's energy has diverted to gain intellectual knowledge and abilities. This stage is the development stage of the ego identity vs. identity confusion, where the individual is faced with the need to find his identity and what he will do in life. Important thing in this stage is to explore alternative solutions to the role of individuals in life[3]. On this finding identity stage, adolescence need a good insight which can make them know who they truly are, and they know whats the best for their self. Theres so much things that distract adolescence/teenager on this stage, some teenager choose to be a diligent student, some of them choose to be mischievous student, some of them choose to be confidence, some of them choose the opposite. It depends on what they know and what they want to be, it also depends on what they see their self as a human being, like they know the value of their own self. So teenager on this stage actually need a self-worth. We know that self-worth is the value that you placed on you, it's the appraisal that our brain makes of your importance and significance as a person if we don't gained self-worth we'll feel unworthy, we don't know the value of our self, we don't know who we are, so we can't define our identity.

There are so many things that affected self-worth , while some points of sources of self-worth are correlated with gaining instagram's like among teenager, as we know that Wiederhold[1] said that social media provide friendship sharing and interaction, while we know that teenager is a stage where we have to find our identity yet also time for having intense hangout with friends, that's why teenager need to be approved on their peer group, this is how self-worth play an important role on this stage, and the source of self-worth which highly correlated to instagram's like are others' approval, what other people's and what we say to us. We started from "what others approval" as we stated above, people feel loved, worthy, feel getting a high social status when they get much instagram's like, it feels like theres approval from other people. When we know we've been approved by others, we start to think what other people say to us, and we say it to our self, we ask our self. We'll like to say

"omg, I gained so much like, I know they love me" or "omg, theres no one like my instagram photos, does anybody hate me?" besides, Kabir[14] said that, to gain the best self-worth we should be aware on social media. Social media is a source of approval from others, yet also source of envy and jealous of others based on likes, followers and comments.

V. CONCLUSION

Based on the result and finding above, we know that there is a social media platform which become a place for gaining approval through "like" among teenager and it can affected teenager's self-worth on finding identity stage, that was instagram. When we gained so much like on instagram, we'll feel approved, we feel loved, worthy, so we start to think and say to our self that people like us, people loved us, and we'll feel worthy.

Acknowledgements

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