

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self – disclosure* di media sosial dengan stres pada perempuan. Hipotesis dari penelitian ini adalah ada hubungan negatif antara *self – disclosure* di media sosial dengan stres pada perempuan. Total subjek adalah 105 perempuan berusia 18 – 40 tahun. Subjek dipilih menggunakan purposive Sampling. Teknik pengumpulan data menggunakan skala *self – disclosure* di media sosial dan skala stres pada perempuan. Hasil analisis *product moment* dari Karl Pearson diperoleh nilai koefisien korelasi antara variabel *self – disclosure* di media sosial dengan stres pada perempuan $r = 0.341$ ($p < 0,050$). Hasil penelitian menunjukkan bahwa tidak ada hubungan yang negatif antara *self – disclosure* di media sosial dengan stres pada perempuan, jadi hipotesis ditolak.

Kata kunci: *Self – disclosure* di media sosial, stres pada perempuan.

ABSTRACT

This study aims to determine the relationship between self-disclosure on social media with stress on women. The hypothesis of this study is that there is a negative relationship between self-disclosure on social media and stress on women. Total subjects were 105 women aged 18-40 years. Subjects were selected using purposive sampling. Data collection techniques using self-disclosure scale on social media and stress scale on women. The product moment analysis result from Karl Pearson obtained the correlation coefficient between self-disclosure variables in social media and stress in women $r = 0.341$ ($p < 0.050$). The results showed that there was no negative relationship between self-disclosure on social media with stress on women, so the hypothesis was rejected.

Keywords: Self-disclosure on social media, stress on women.