

Relationship between Intensity of Using Social Media and Interpersonal Communication Skills in Guidance Counseling Student at Semarang State University

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Abstract

Social media has become a part of society in the world. The main purpose of social media is to make it easier for individuals to communicate and make relationships with others. Now the growth of social media actually causes individuals to be far away from friend around him. This study aims to determine the relationship between the intensity of the using social media and interpersonal communication skills. This research is a correlational quantitative study. The subjects in this study were 46 students in Guidance and Counseling at Semarang State University. The data collected will be analyzed using product moment techniques from Carl Pearson. The result showed that intensity of using social media is not correlate with interpersonal communication skills in guidance and counseling student at Semarang State University.

Keywords: Social Media, Interpersonal Skills, Students

1. Introduction

Humans are social creatures. Research conducted by Tubbs and Moss (2001) states that as much as 75 percent of human time is used to communicate. Communication is an important aspect for human life (Wisnuwardhani and Mashoedi, 2012). Communication can create human and other human relations which will ultimately facilitate his life. Besides that communication is also a medium for sharing expressions and influencing each other.

If viewed from theory, it is known that communication has many kinds. One kind of communication is interpersonal communication. According to Devito (2011) interpersonal communication is communication that affect each other. Interpersonal communication is an important communication because interpersonal communication has a considerable influence on the happiness of one's life (Supratiknya, 2003).

Interpersonal communication is important communication because the low interpersonal communication skills will obstruct one's social and intellectual development (Supratiknya, 2003). So that someone who has poor interpersonal communication skills will have an impact on one's difficulties in developing the abilities that he has (Oktaviani et al., 2018).

But now intrapersonal communication seems to be diminished activity in recent human interaction. This can be seen from the use of social media which actually distances the close and triggers symptoms of psychological illness. Some researchers have conducted studies on the influence of social media on a person's psychology. One of the studies that has been conducted is the Taqwa study (2018) concluded that the more often people are social media so the quality of their mental health will decline. In addition, Brooks (2015) research also states that social media has a negative relationship with one's subjective happiness. This means that people who are often social media have low happiness than people who rarely use social media.

From the two studies researchers felt it was important to examine whether one's intensity in social media also relates to one's communication skills. This is based on the fact that intrapersonal communication skills are an important skill for everyone. In addition, this study can also be a reference for further researchers regarding the relationship between the intensity of social media and one's communication skills.

2. Social Media

2.1 Definition of Social Media

Social media is a computer-based communication tool that is used between humans to share, exchange information and communicate in internet (Jalonen, 2014). The main feature of social media is communicating without meet directly with friend. So that people can stay connected even though they are

long distance. Currently there are various social media available on the internet. Popular media include: Facebook, Line, Whatsapp, Instagram and others (Kemp, 2015).

2.2 Social Media Forms

Social media is not limited to media in the form of writing or drawing, but also includes video, sound or a combination of images, videos and sounds. The forms of social media according to Jalonen (2014) include: a) Wikis which is an encyclopedia social media that allows people to add or edit the information presented; b) Blogs are social media in the form of online journals that contain articles from authors; c) Podcasts and Videocast are subscription and audio and video sites like iTunes, or Youtube; d) Instant messages for example like Whatsapp, Line, Telegram etc.

2.3 Social Media Intensity

Intensity is a level. The intensity of the use of social media is how far the use of social media is integrated with social behavior and user routines and how far the emotional connections that occur to users (Jenkins et al, 2013)

3. Interpersonal Communication

3.1 Definition of Interpersonal Communication

Devito (2011) says that interpersonal communication skills are the ability to communicate effectively with others. While according to (Maryadi, 2010) interpersonal communication is "a person's ability to convey information, messages, ideas that contain meaning from a group to achieve the purpose of understanding". From the two meanings, it can be concluded that interpersonal communication is a skill for communicating effectively and understood by the other person.

3.2 Function of Interpersonal Communication Skills

According to Enjang (2009) Interpersonal communication has functions namely: (1) Meeting social and psychological needs; (2) Develop self-awareness; (3) Mature social conventions; (4) Consistency of relationships with others; (5) Get a lot of information; (6) Can influence or be influenced by others.

3.3 Aspects of Interpersonal Communication Skills

Devito (2011) describes that there are 5 aspects in interpersonal communication. The five aspects are: a) Openness, which is the willingness to respond happily to information received in the face of inter-personal relationships; b) Empathy, which is to feel what others feel; c) A supportive attitude, that is, each party communicating has a commitment to support the implementation of open interactions; d) Positive feelings, positive feelings that a person has towards himself and others, so as to encourage others to be more active in creating a good communication atmosphere; and the last is e) Equality, which is a condition in which both parties who communicate with each other respect, are useful and have something important to contribute, and can communicate feelings and respect for differences in opinions and beliefs.

4. Research Methods

The research method used in this study is quantitative correlational to determine whether There is a relationship between the intensity of social media use and student communication skills. The sample in this study were 46 students. The instrument used to uncover interpersonal communication skills is a psychological scale. While the tool to uncover the intensity of the use of social media is the questionnaire on the intensity of the use of social media. The scale of the research used in this study was a Likert scale with four answer choices. The data collected in the study was analyzed using a moment product from Carl Pearson.

5. Results and Discussion

The results of data analysis using the moment product technique from Carl Pearson showed a correlation score of 0.12 with a significance value of 0.41. The results of the significance value is > 0.05 indicate that there is no correlation between the x and y variables in the study. It can be concluded that the intensity of social media is not related to interpersonal communication skills in the Guidance and Counseling students of Semarang State University.

This result may be due to a person's high intensity in social media, not necessarily someone who is experiencing social media addiction which can reduce other aspects of development, in this case interpersonal communication skills.

The results of this kind of research are also found in other studies on the same theme. As found by Rizki (2017), it turns out that there is no relationship between the intensity of the use of social media and self-esteem. So that someone who has high intensity with social media can also have good self-esteem because he does not compare himself with others.

6. Conclusion

Based on the results of the research analysis, it can be concluded that there is no relationship between the intensity of social media use and interpersonal communication skills in the Guidance and Counseling students of Semarang State University. For further researchers it is recommended to reconsider the number of respondents to be studied and use more varied research methods.

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