

RESEARCH ARTICLE

# THE RELATIONSHIP BETWEEN SELF-ACCEPTANCE AND THE NARCISSISTIC TENDENCIES OF STUDENTS USING INSTAGRAM SOCIAL MEDIA

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## ABSTRACT

This study aims to determine the relationship between self-acceptance and narcissistic tendencies in students who use Instagram social media in Sidoarjo. The hypothesis proposed is that researchers argue that there is a relationship between self-acceptance and narcissistic tendencies. The method used is quantitative with a correlational approach. The population in this study was 23,039 and the sample was 85 using G-Power with random sampling technique. The result is a significant relationship that obtained a value ( $r_{xy}$ ) of 0.285. Hypothesis testing shows a significance value of 0.008, so the hypothesis can be accepted, and R Square is 8.1%. So it can be concluded that self-acceptance is weak against narcissistic tendencies, for that further researchers are expected to add other variables that have coverage of narcissistic tendencies.

**Keywords:** *Instagram, Narcissistic Tendencies, Self Acceptance*

## INTRODUCTION

The internet has become one of the media that is often used by Indonesians, both children and adults, besides that the internet has become a lifestyle and a necessity for doing all their activities (Muslimin & Yusuf, 2020). According to we are social, the use of social media in Indonesia amounted to 167 million people in January 2023 (Darmawan et al., 2023). The average Indonesian accessing social media spends 3 hours a day and Instagram is a social media that is also used by Indonesians (Chabibi et al., 2019). The use of Instagram in Indonesia is 85 million (86.6%) while in the world there are 1.32 billion as of January 2023. The use of Instagram social media at the age of 18-24 years is 30.8%. At the age of 25-34 years as much as 30.3% and at the age of 35-44 years with a value of 15.7% (GoodStats, 2023). From the explanation above, it can be concluded that the most use of Instagram is at the age of 18-24 years and the age of 24-34 years. Social media such as Instagram is

able to change human behavior in various ways including cognitive and social aspects. When viewed from the social aspect, namely the lack of direct interaction and communication between individuals and other individuals, then from the cognitive aspect is that someone will increasingly show who he is and wants to be recognized by others (Hardika et al., 2019). Students who actively upload their photos and videos on Instagram just to get likes and recognition from other Instagram users are closely related to narcissistic tendencies (Bella Kusuma et al., 2019). In addition, people who like to take pictures of themselves on social media also like to boast about themselves to others (Rahmawati & Warastri, 2022) [6]. Students with narcissistic tendencies will post their activities on Instagram and their achievements that they have achieved, such as if they get a high GPA related to the achievements they have achieved, they will share it on Instagram because they want people to know the achievements they have made, after

which there is a sense of satisfaction with themselves when many positive comments about themselves, so they will continue to post and highlight themselves to the people around them as perfect people (Dalimunthe & Br Sihombing, 2020). Someone who likes to highlight themselves to social media through stories or feeds is characteristic of a narcissistic person. This is according to Sigmund Freud who explains the characteristics of his tendency is someone who wants to be admired, lack of empathy and if there are people who are better than him, there is a feeling of envy in his heart (Muliani, 2021). Individuals with narcissistic tendencies will feel that they are everything to fulfill the satisfaction that exists in them including beautifying themselves by using various things to make them look attractive such as editing their photos first before uploading them on Instagram, one of which is using an application to beautify themselves or by using filters (Putri et al., 2021). This makes the individual feel happy and satisfied because positive comments from others make him more interested in doing everything to get a lot of likes including doing various ways to make himself look different from others (Rahmaridha & Aviani, 2022). Therefore, it can be concluded that narcissistic tendencies are a form of personality that loves oneself excessively by wanting to be admired by many people, likes the center of attention, lacks empathy for others and likes it when many compliments make him feel happy. Narcissistic tendencies are a form of excessive self-love, individuals who have narcissistic tendencies will present themselves as well as possible to get praise from others, feel they are special, selfish and want to be admired (Lestari et al., 2020). That is because according to Raskin and Terry narcissistic tendencies are influenced by 7 aspects, namely the first aspect of Authority, namely narcissistic tendencies whose behavior can be seen from behavior that looks prominent than those around them because they prefer leadership and are more dominant in making their own decisions without thinking first. Second Self Sufficiency is someone who feels highly capable of meeting all their needs, this aspect is also associated with assertiveness, independence, self-confidence and a desire for achievement. Third Superiority is a tendency that

has a very strong feeling of being the best, greatest and most perfect. Fourth Exhibitionist is someone who focuses on their physical appearance because they want to get praise from others such as always uploading their photos and videos on social media, doing Instagram live with the aim of being praised by many people and getting lots of likes and comments. Fifth Exploitativeness is an attitude that always underestimates others to increase self-esteem. Sixth Vanity is an attitude that always avoids if other people give advice and input or can be said to be arrogant and haughty. Seventh Entitlement is someone who has a selfish nature will choose his own desires without considering the surrounding environment even though it is against other people (Muliani, 2021). In research conducted by Retno Dian Veronica and Ditta Febrieta at Bhayangkara University, Jakarta Raya regarding narcissistic tendencies, there were 99 respondents with a percentage of 70.7% in the high category because individuals who use their Instagram accounts to share their activities feel very happy when they get a lot of likes from other people, besides that individuals also want themselves to be praised and always be the center of attention. In the moderate category there were 41 respondents with a percentage of 29.3%, namely individuals are sometimes interested in uploading their activities on Instagram because they want to get likes and compliments from others and want to be the center of attention (Dian Veronica & Febrieta, 2022). Whereas in research conducted by Fajar Rezki Wahyuni, Widyastuti, Muhammad Nur Hidayat Nurdin regarding narcissistic tendencies is very high with 22 respondents with a percentage of 7%, and 52 respondents with a percentage of 17% high narcissistic tendencies because individuals really like to share their daily activities on Instagram in the form of photos or videos, the more often they get attention and praise from others, the more interested individuals are in continuing to share their activities on Instagram, individuals want to be admired by others and consider themselves important. In the medium category, the percentage is 42% with 125 respondents because individuals only use their social relationships to get attention. In the low category, the percentage is 25% with 75 respondents because they are able to make the best use of their social media, when getting praise and

likes from others individuals are able to control their feelings well when uploading their activities on Instagram, besides that if there are people who criticize them individuals are willing to accept the criticism (Wahyuni et al., 2022). In the previous article, it was found that students experienced narcissistic tendencies in the high category. This is evidenced by an initial survey conducted by researchers on Instagram students domiciled in Sidoarjo getting 31 respondents. In the aspect of authority, most students get 23% who feel better if they can lead, have a natural talent for influencing others and are able to be a good leader, then like to be responsible when making decisions and have a will to power, besides having authority over others, even so few students like it when they do things for others and feel born to be a leader. In the aspect of self-fulfillment, most students get 14% which is the behavior shown that students always know what they are doing, will never feel satisfied before getting everything they deserve, can live life in any way they want, want to do something in the eyes of the world, however, only a few students really feel that everyone likes when they listen to their stories. In the Superiority aspect, the data obtained is 33%, which shows that most students have a strong belief that they will achieve success in the future, really appreciate the praise given and feel confident in their ability to be a great person, some of them also feel extraordinary and enjoy being the center of attention, although only a few really feel happy to be the center of attention. In the aspect of exhibitionism, most students get 16% which is the behavior shown that students like when looking in the mirror and like to see their body shape and always follow the latest trends. In the aspect of feeling attractive, most students get 3%, where students feel that they are special people, even so only a few students feel that they will get angry when people do not pay attention to their appearance when they are in public. In the aspect of Arrogance, most students obtained 8% where students felt that they could make people believe in whatever I said, sometimes liked to show off when they were in their environment, however, only a small number of students felt that they were not humble and when there was the right opportunity they tended to show off what they had. In the aspect of Rights, obtaining 3% where only a few students

indicate that individuals hope that someday there will be someone who writes their biography. From these data, it can be seen that students who use Instagram in Sidoarjo mostly experience narcissistic tendencies. Narcissistic tendencies can be caused by various factors that influence it, one of which is self-acceptance (Permatasari, 2022). Meanwhile, according to Lubis, narcissistic tendencies are also caused by factors of self-acceptance that are lacking due to unrealistic expectations (Sundoro et al., 2022). If these expectations are more realistic, a person will be more satisfied with himself and what he has achieved or has (Permatasari, 2022). Self-acceptance is someone who is willing to accept all his shortcomings and make the shortcomings he has as a better person in the future, besides being able to appreciate himself with what he has today and always believe in his own abilities (Ulfa, 2022). Therefore, students who do not love themselves are certainly poor self-acceptance, which makes their narcissistic tendencies higher and vice versa if their self-acceptance is good, their narcissistic tendencies are low, Self-acceptance is a positive attitude towards oneself to accept all shortcomings and advantages. This is in line with research conducted by Leni Maszura on self-acceptance with narcissistic tendencies related in her research it is said that community members in the city of Medan every time they want to upload a photo they will edit it first so that it looks attractive to look at because if it is not edited they will feel like there is something missing about themselves and feel dissatisfied with their photos (Maszura, 2016). Whereas in research conducted by Dinda Marito Br Sihombing, self-acceptance is related to narcissistic tendencies, saying that medan area university students often upload photos on Instagram and even buy likes so that other people know if they look like a lot, then dislike if they are not beautiful, feel there is something missing (sihombing, 2018) [18]. A sense of dissatisfaction with oneself and always saying that one is less attractive makes a person less accepting of himself with what he has, poor self-acceptance occurs when a person always exaggerates his shortcomings, if his self-acceptance is good the individual will think realistically when others see him so that the individual will assess himself positively and not

have to be perfect to be liked by many people, if the individual cannot accept himself realistically he will continue to reject all his shortcomings and accentuate his strengths excessively. This is what causes high narcissistic tendencies, namely poor self-acceptance. A person with high narcissistic tendencies will continue to display themselves on social media, which will make it difficult to build relationships with others because individuals lack empathy due to their indifference. Therefore, the bad impact is that individuals who consider other people are not important and the most important thing is themselves, individuals will not care about others, and consider that they are very important and people should know that (Riyanita & Supradewi, 2019). Individuals will continue to share their activities on Instagram 3-5 photos a day, if many people like individuals will continue to share their activities on social media such as studying, going to a cafe, watching movies, getting good grades and so on (Muliati, 2022).

## METHOD

The type of research used is a quantitative method with a correlational approach. In this study, researchers want to know if there is a relationship between self-acceptance and narcissistic tendencies in students who use Instagram social media in Sidoarjo. Researchers argue that there is a relationship between self-acceptance and narcissistic tendencies in students who use Instagram social media, so the goal is to find out the relationship between self-acceptance and narcissistic tendencies in students who use Instagram social media.

The population in this study were students in Sidoarjo, which amounted to 23,039 when viewed from the Central Statistics Agency in 2022 and the sample was 85 students using G-Power. The sampling technique used is random sampling which if the population is too large with a limited period of time the researcher can use a sample taken from the population on a sample taken randomly, so that the conclusions of the research results can be generalized to the population from which the sample was taken (Sugiyono, 2020). The scale used is the narcissistic tendency scale adapted from

Raskin and Terry with a reliability of 0.730 which has been tested on 30 participants and using spss, for scoring using force choice, which is choosing between narcissistic and non-narcissistic responses. While the self-acceptance scale adopted from research conducted by Salsabila Ayu Permatasari with a reliability of 0.746, to assess using a Likert scale.

Data analysis in this study using Pearson product moment which in this study will examine the relationship between variable X self-acceptance with variable Y narcissistic tendencies. Before analyzing the data using Pearson product moment, normality test and linearity test will be carried out. The data analysis uses the SPSS version 30.0 for windows application.

## RESULTS

According to (Sugiyono, 2020) Cronbach's Alpha is said to be reliable if it is more than 0.06, if it is less than 0.06 it is said to be invalid. Based on the data in the table below, it shows that the reliability of narcissistic tendencies is 0.748, so the data can be said to be valid. Then for reliability on self-acceptance shows 0.762, so the data can also be said to be valid.

Table 1. Reliability of Self-Acceptance and Narcissistic Tendencies

No	Variable	Cronbach's Alpha	N of Items
1	Self-Acceptance	.748	16
2	Narcissistic Tendencies	.762	16

Source: SPSS version 30.0 for windows

According to (Sugiyono, 2020) parametric statistics are to test the normality first because if the data is not normal then hypothesis testing cannot be used, so that in normality testing if the significance value is more than 0.05 then the data is considered normal, and vice versa if the significance value is less than 0.05 then the data is considered abnormal. In this study using Kolmogorov-Smirnov through

SPSS with a value of Asymp. Sig. (2-tailed) 0.060 so it can be concluded that the data is normal.

Table 2. One-Sample Kolmogorov-Smirnov Test

<b>Unstandardized Residual</b>	
N	85
Asymp. Sig. (2-tailed)	060

Source: SPSS version 30.0 for windows

According to (Sugiyono, 2020), the linear test is used to test whether the independent variable and the dependent variable have a linear relationship, so that in linearity testing if the significance value of deviation from linearity is more than 0.05 then there is a linear relationship between the independent variable and the dependent variable, and vice versa if the significance value of deviation from linearity is less than 0.05 then there is no linear relationship between the independent variable and the dependent variable. In this study, the significance value is 0.653 so it can be concluded that the data is linear because it is more than 0.05.

Table 3. Anova Table of Self-Acceptance and Narcissistic Tendencies

	<b>F</b>	<b>Sig.</b>
Deviation From Linearity	844	653

Source: SPSS version 30.0 for windows

According to (Pasaribu et al., 2021) there are several correlation criteria, namely:

<b>Correlation coefficient</b>	<b>interpretation</b>
0,80-1,00	Very high
0,60-0,80	High
0,40-0,60	Medium
0,20-0,40	low
0,00-0,20	Very low

Based on the results of the Pearson correlation test on the data of 0.285, the correlation between self-acceptance and narcissistic tendencies is weak.

Table 4. Pearson Product Moment

<b>No</b>	<b>Correlation</b>	<b>Self-Acceptance</b>	<b>Narcissistic Tendencies</b>
1	Pearson Correlation	.285	85
2	N	.285	85

Source: SPSS version 30.0 for windows

From the output on the data obtained R Square of 0.81 which means that there is an influence of the self-acceptance variable with narcissistic tendencies is 8,1%.

Table 5. Model Summary

<b>No</b>	<b>Model Summary</b>
1	R Square 081

Source: SPSS version 30.0 for windows

In hypothesis testing, if the significance value is less than  $<0.05$  then there is an influence between self-acceptance and narcissistic tendencies, and if the significance value is more than  $>0.05$  then there is no influence between acceptance and narcissistic tendencies. The data results show a significance

value of 0.008, meaning that there is an influence between self-acceptance and narcissistic tendencies.

Table 6. Coefficients

No		t	Sig.
1	Self-Acceptance	2.705	.008

Source: SPSS version 30.0 for windows

## DISCUSSION

Based on the results of the data, 85 participants who actively use Instagram, both women and men who study in the Sidoarjo area, get a correlation value ( $r_{xy}$ ) of 0.285 with a significance level of 0.008 ( $p < 0.05$ ) which means that self-acceptance with narcissistic tendencies is weak and there is a possibility of a relationship between self-acceptance and narcissistic tendencies. This is in line with previous research which shows the level of relationship is weak or in the negative direction which means that the lower the self-acceptance, the higher the narcissistic tendencies and vice versa if the higher the self-acceptance, the lower the narcissistic tendencies. this allows a person to create their own world without being affected by the outside world where people often show their appearance, a nature that is so dominant, arrogant, and selfish because they always want to get a lot of praise from others and put them down to make them feel better (Kartika et al., 2024). According to Santrock (Permatasari, 2022) self-acceptance is the power a person has to show his existence. While narcissistic according to chaplin is the view that loving himself excessively which means that individuals pay too much attention to themselves too much, consider themselves very important than other people, the smartest, and the best.

According to raskin & terry (Riyanita & Supradewi, 2019) someone who has narcissistic tendencies will always overvalue themselves, dislike if they get criticized by others, are more selfish so that their empathy is also reduced. Someone who has narcissistic tendencies has

several challenges in terms of self-acceptance, namely challenges from their environment and not being able to understand themselves, in line with what shareer said there are things that hinder a person's self-acceptance including: being uncomfortable with perceptions from society, environmental barriers and having significant emotional problems that can cause a lack of confidence in their ability to deal with various problems, thinking that they are not useful or valuable to others. (Permatasari, 2022).

Based on the results of the hypothesis, the significance value is 0.008, which means that there is an influence between self-acceptance and narcissistic tendencies in students who use Instagram social media in Sidoarjo, so the proposed hypothesis is accepted. This is in line with previous research conducted by Hairul Anwar Dalimute and Dinda Marito sihombing that the hypothesis can be accepted, this shows that self-acceptance affects narcissistic tendencies. Because if someone can accept all the shortcomings and advantages, his self-acceptance is good. Narcissistic tendencies in Medan Area students have a high level of tendency where their self-acceptance is poor where they feel they deserve to be privileged (Dalimunthe & Br Sihombing, 2020). In addition, Leni Maszura's research obtained negative results and stated that the higher a person's narcissistic tendencies, the lower his self-acceptance. Self-acceptance is a very important part for every individual because if someone who accepts himself then he will be able to maximize the potential he has. (sihombing, 2018). In this study also obtained an R Square value of 0.081 or 8.1% which means that self-acceptance of narcissistic tendencies is 8.1% and 91.9% is influenced by other variables.

## CONCLUSION

The conclusion of this study is that there is a significant relationship between self-acceptance and narcissistic tendencies, which obtained a value ( $r_{xy}$ ) of 0.285. this is because the higher the self-acceptance of Instagram social media users, the lower the narcissistic tendencies, and the lower the self-acceptance, the higher the narcissistic tendencies.

In this study, the hypothesis proposed is that there is a relationship between self-acceptance and narcissistic tendencies, the results show a significance value of 0.008 so that the hypothesis can be accepted, while R Square is 8.1%, which means that 91.9% of narcissistic tendencies are influenced by other variables.

Future research is expected to focus on other variables that have coverage with narcissistic tendencies. Although the effect of self-acceptance is small, it still has a role on narcissistic tendencies. This research increases our understanding of the factors, and characteristics of narcissistic individuals, especially in today's younger generation.

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#### DECLARATION OF POTENTIAL CONFLICT OF INTEREST

This research was conducted to complete the final project, the researcher continued the article from the proposal seminar that had been conducted last semester.

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