

## Conference Paper

# Mediation of Social Support on The Effect of Self Disclosure on Psychological Well-being in Unmarried Early Adults in Malang City

Angga Yuni Mantara<sup>1\*</sup> and Gita<sup>2</sup><sup>1,2</sup>Psychology, Universitas Negeri Malang, Malang, Indonesia**Abstract.**

This study aims to determine how big influence self-disclosure has on psychological well-being with social support mediation in unmarried early adults in Malang City. The study was conducted using quantitative methods with participants from Malang City residents who aged between 18-40 years old and were unmarried. The data were collected by using a questionnaire containing questions or statements regarding the variables to be measured which will be distributed through Google Form. The collected data were analyzed using normality test, linearity test, and regression test. The results indicated that social support affects psychological well-being than self-disclosure itself. In this study, face-to-face interaction was what created the interaction.

**Keywords:** self-disclosure, psychological well-being, social support, early adulthoodCorresponding Author: Angga  
Yuni Mantara; email:  
anggamanta.fpsi@um.ac.id**Published** 21 November 2022Publishing services provided by  
Knowledge E

© Angga Yuni Mantara and  
Gita. This article is distributed  
under the terms of the [Creative  
Commons Attribution License](#),  
which permits unrestricted use  
and redistribution provided that  
the original author and source  
are credited.

Selection and Peer-review under  
the responsibility of the ICoPsy  
Conference Committee.

## 1. Introduction and Literature Review

Everyone will feel changes in life as they get older, such as in early adulthood, one of which is a change in the psychological aspect [1]. Individuals who enter early adulthood will feel emotional tension, such as fears and worries because early adulthood has developmental tasks. The developmental tasks in question are, among others: entering the world of work, entering marriage, building a household, playing a role in society, having a good career, and being required to adapt to have a group of friends or good social relations [2]. If individuals in early adulthood have not been able to fulfill their developmental tasks, it will have an impact on their psychological well-being. [3] showed that marital status would make them happier, although this study was only proved for men, while in women their happiness was not significantly influenced by the marital status. However, marital problems are not only part of the task of individual development, but also affect how he/she will see his/her relationships with other people and affect the psychological well-being he/she has.

**OPEN ACCESS**

[2] revealed that unmarried young adults will feel lonely so that their psychological well-being decreases. In fact, according to [4], welfare is very necessary because it can direct individual behavior that focuses on life goals, fights for a better life and develops life with potential. Furthermore, psychological well-being becomes the basic construction of how individuals can evaluate themselves and describe the fulfillment of psychological functioning criteria in a positive way [5].

According to [6], psychological well-being can be achieved when individuals are able to develop positive social relationships. Positive social relationships as a psychological need that refers to the feeling of connectedness to each other are obtained from human interaction[7,8]. Furthermore, research shows that feelings of social connectedness with interaction have a positive effect on well-being, whereas social isolation and isolation have a negative impact on well-being [9]. From this description, the social interactions carried out develop positive social relationships so they have a positive impact on psychological well-being. This is also reinforced by the development of technology, where the use of communication tools is an extension of social interaction and relationships [10].

The communication process demands the disclosure of information from the communicant to the communicator, so that openness becomes one of the most important aspects. This is in line with research showing that people who are more open, they will have positive interactions and better psychological well-being [11,12]. So here we see that there is a fairly strong influence between openness and a person's psychological well-being.

Talking about self-disclosure, according to [13], self-disclosure is essential in forming close relationships with other people. Other research states that self-disclosure is an act of disclosing information about oneself with certain people which is done intentionally, using verbal or accompanying words[14,15]. Information about oneself does not only include intimate and highly sensitive information (such as personal feelings, thoughts, hopes, and fears), but can also include less sensitive information such as tastes and preferences [15]. Therefore, self-disclosure does not have to be profound to be meaningful. Shallow self-disclosure, such as small talk is key in initiating interactions that then move on to a more personal level of self-disclosure [14]. Therefore, self-disclosure can provide good mental health because someone who expresses himself easily is more likely to survive positively. Several things also influence how they interpret openness and its relation to one's welfare, one of which is social support.

This is proved by research showing that self-disclosure will function more positively on psychological well-being if it is fully mediated by social support [16]. Welfare can also

be found in someone who has high social support. Early adulthood, which incidentally is a problematic period [1], requires social support, and that social support comes from self-disclosure [15]. With social support, a person will feel that he/she is cared for by the attention given by others. Social support refers to social benefits such as emotional assistance, information, and instruments that people feel, express, and get from human interactions [17]. Social support is a means for a person to gain positive influence, stability, and recognition of self-esteem in one's life [18]. Social support shows the quantity of social relationships and trust in assistance. Social support consists of five types which are emotional support, belongingness support, informational support, instrumental support, and validation support [19]. In addition, the form of social support can be in the form of actions and can be in the form of a person's perception of comfort, availability of assistance, and care [20].

Given that everyone needs support, self-disclosure is considered the main route to get that support [8]. Social support is very influential on self-disclosure [16]. Self-disclosure is the most important form of communication [21]. Self-disclosure allows others to provide feedback, so the revealer is more aware of the other person's concern for their needs. The awareness of needed support is considered to reduce psychological stress, such as depression and loneliness [18]. In addition, social support resulting from self-disclosure can predict higher levels of self-esteem and happiness [4]. Self-disclosure is also a sign and cause of a healthy personality. Self-disclosure is seen as a characteristic of a person who is relatively stable and is related to other positive things [22]. In addition, the most consistent and frequently cited research on interpersonal self-disclosure is reciprocity on openness. This relates to the possibility that an individual with other individuals will reveal to each other about themselves as a response and as a comparable level of intimacy [23].

[24] tested the method of self-disclosure therapy to several vulnerable groups. As a result, their interactions with friends and family were able to reduce the symptoms of depression they experienced. [25] found that someone who is able to be positive, open, and able to adapt to his environment can be ascertained that the individual has a fairly high psychological well-being, but if someone is less able to be open, it can be ascertained that his psychological well-being is low. Research conducted by [26] also confirms this opinion, that social support fully mediates the relationship between self-disclosure and psychological well-being where greater social support is associated with greater psychological well-being. Several studies also show that there is an influence between self-disclosure and psychological well being [11,27,28,12].

It can be assumed that social support has a mediating role in the relationship between self-disclosure and psychological well-being. Departing from these problems, the question arises, how is the influence of self-disclosure to the psychological well-being mediated by social support in unmarried early adulthood? We suspect that individuals who are more open about themselves will influence how they perceive happiness itself. This is reinforced by the existence of social support for the individual obtained from the surrounding environment.

## 2. Method

### 2.1. Research methods and research subjects

This study used quantitative research methods. The participants in this study were 60 residents of Malang City with an age ranged of 18-40 years old with 38 women and 22 men. Participants had a mean age of  $M = 20.4$  ( $SD = 1.88$ ). Participants were asked to fill out the consent form that was attached to the questionnaire.

### 2.2. Research instruments

This study used 3 main measuring tools, which were the self-disclosure scale, the psychological well-being scale, and the social support scale.

#### 2.2.1. Self Disclosure Scale: Self Disclosure Scale

The self-disclosure measuring instrument used was the Self Disclosure Scale (SDS) [29]. The original SDS scale consisted of 18 items and used measurements based on the dimensions intended disclosure factor, amount factor, positive-negative factor, honesty-accuracy factor, control of general depth factor, and relevance-message nature factor [30]. The scale used was a Likert scale with a range of 1-5 where 1 is “very unrelatable” and 5 is “very relatable”.

#### 2.2.2. Psychological Well Being Scale: Psychological Well Being Scale

The instrument used for *psychological well being* measurement is the Psychological Well Being Scale (PWBS) which had been adapted from [31]. The original PWBS scale consisted of 42 items and used measurements based on the dimensions of

self-acceptance, positive relationships with others, environmental control, life goals, personal growth, and independence. The scale used was a Likert scale with a range of 1-5 where 1 is "very unrelatable" and 5 was "very relatable".

### 2.2.3. Social Support Scale: Multi-Dimensional Support Scale

The support scale measuring instrument used was the Multi-Dimensional Support Scale (MDSS). The original MDSS scale consisted of 7 items and used measurements based on the dimensions of confidence availability, supervisor adequacy, supervisor availability, peer adequacy, and peer availability [32] The scale used was a Likert scale with a range of 1-5 where 1 is "very inappropriate" and 5 is "very appropriate". In this study we focused on peer support and superior availability.

### 2.2.4. Data collection technique

In this study, researchers used data collection techniques in the form of questionnaires, which was a data collection technique in the form of questions or written statements for the participants to be answered. Questionnaires were generated, distributed, and collected online by using Google Forms.

### 2.2.5. Data analysis technique

The data that had been collected were analyzed using three tests. The first was the validity and reliability test, followed by the assumption test, and the last was the hypothesis test. This test used two applications, which were JASP 0.16.3 and SPSS 22.

## 3. Result and Discussion

### 3.1. Validity and reliability test

After testing the validity of the self-disclosure scale instrument, we found that of the 18 items, item number 16 was declared invalid with a fit index of .18 ( $p = .14$ ). Chi-square analysis of the other 17 items resulted in a model fit value of  $p = .17$  with CFI = .96, RMSEA = .05. The results of reliability testing using Cronbach alpha showed that the existing items are reliable ( $\alpha = .71$ ).

Next test was the analysis of the psychological well-being instrument. This instrument had 42 items, some items were declared not in accordance with the context with a fit index below .3 and left 31 items with total aspects still represented by 4-6 items by each aspect. The chi-square test resulted in the value of  $p \leq .001$  with CFI = .98 and RMSEA = .07. Reliability testing using Cronbach alpha also showed results that indicate that the item was reliable when measuring psychological well-being ( $\alpha = .89$ ).

Final test was the social support instrument. Out of 7 available items, item number 3 was declared invalid because it had a fit index below .3 with a chi-square test resulting in the absolute value of the fit model  $p = .73$ . In addition, the reliability test using Cronbach's alpha showed that the items compiled were declared reliable ( $\alpha = .88$ ).

## 3.2. Assumption test

### 3.2.1. Normality

The normality test was carried out to see whether the research data had residual values that were normally distributed. This test used the Kolmogorov-Smirnov analysis method because the number of respondents was quite large. The data was normally distributed if the significance value or  $p$  is  $> .05$ . In this test, we found that in the normality test, the self-disclosure data were not normally distributed ( $D(60) = .12$ ,  $p = .04$ ). However, we found some data that became *outliers* in data entry, so respondents numbered 9, 10, 11, and 24 were excluded from the analysis. From the second analysis, we found that all instruments showed the shape of the data according to the normal curve  $D(56) = .07$ -.10,  $p = .20$ .

### 3.2.2. Linearity

Linearity test was done because before doing regression analysis, linearity test was needed. Linearity is used test to determine whether the regression line between X and Y forms a linear line or not [35]. If it forms a linear line, it will be continued with multiple regression analysis because there are 2 independent variables. Between variables it can be said that there is a linear relationship if the significance of Deviation from Linearity or  $p > .05$ . From the results of the analysis, the relationship between self-disclosure ( $F(21) = 1.04$ ,  $p = .45$ ) and social support ( $F(17) = 1.66$ ,  $p = .10$ ) on psychological well being has a linear relationship.

### 3.2.3. Homoscedasticity

Homoscedasticity is the variance of the dependent variable that appears in the regression analysis having consistency with the independent variable. Testing for homoscedasticity violations is one of the most important tests, this is because the F-test is more sensitive than normality-test and produces an inaccurate F coefficient [36]. Homoscedasticity test was measured using the glejser test. The Glejser test was carried out by regressing the value of the absolute residual model variable. The homoscedasticity test showed that there was no violation of homoscedasticity in the existing variables, both in the self-disclosure variable ( $\beta = .35$ ,  $t(55) = 1.78$ ,  $p = .08$ ) and social support ( $\beta = .07$ ,  $t(55) = .28$ ,  $p = .78$ ).

### 3.2.4. Multicollinearity

Multicollinearity is a situation where there is a correlation between two independent variables being tested, especially in multiple regression. Multicollinearity does not affect the power in simultaneous prediction, but will affect the predictive value of the existing independent variables. The results of the analysis showed that there were no symptoms of multicollinearity (social support, psychological well being = .99, VIF = 1.01; self-disclosure, psychological well being = .99, VIF = 1.01).

## 3.3. Hypothesis testing

Hypothesis testing in this study used regression test. [33], regression test was used to predict how far the changes in the value of the dependent variable, if the value of the independent variable is manipulated, changed, increased or decreased. In addition, the regression test was used to make a decision whether the increase and decrease in the dependent variable can be done through increasing the independent variable or not. So, the regression test is very important to do to see the effect of self-disclosure on psychological well being with social support mediation.

The results of the mediation model analysis showed that there was no significant direct effect of self-disclosure on psychological well being ( $b = .37$ ,  $t = .96$ ,  $p = .34$ ). Furthermore, there is no significant indirect effect of self disclosure on psychological well being through social support ( $b = .26$ ,  $t = .81$ ,  $p = .42$ ), but social support has a significant effect on psychological well being ( $b = 2.09$ ,  $t = 5.41$ ,  $p < .01$ ).

TABLE 1: Regression test of Self-disclosure on Psychological Well-being d.

Relationship	Total effect	Direct effect	Indirect effect	Confidence interval		t-statistics
				Lower bound	Upper bound	
Self disclosure social support psychological well being	.37 (.34)	.26 (.42)	.12	-.40	.56	.81

## 4. Conclusion and Suggestions

### 4.1. Conclusion

The results of the study which show that there is no direct effect of self-disclosure on psychological well-being are actually quite interesting findings. Previous research conducted by [4] showed that there was a significant influence between self-disclosure on psychological well being. This is presumably because even though they revealed about their current condition, especially because they are not married, while the observer is their own relatively intense circle of friendship, then this is not very influential and is not considered strong enough to relieve someone’s burden (relief). This study also refutes the research conducted by [35] and [16] that there is a significant influence between self-disclosure on social support, but in the same study it is also emphasized that this effect only appears in interactions that do not involve face-to-face interactions and occur in an online context, while the research conditions we conducted focused on face-to-face interactions between the respondent and the people around him/her.

While the only variable that has a significant influence in this study which is social support for psychological well being is not surprising. The role of social support in improving psychological well-being is due to the results of the meta-analysis conducted by [36] who collected research on these two variables from 1985 to 2008, even though it showed quite weak results, but 60% of people felt the impact from the existence of social support for their psychological well being.

### 4.2. Suggestions

For further research, it is necessary to do the same research and do it online. This is because the online context provides a wider range of interactions, allows for anonymity, and the number of people who provide support is greater. This is because the research conducted by [35] and [16] was carried out in that setting. Anonymity will make others



more open [37], and the number is more influential for someone in receiving support than the closeness between them [36].

## References

- [1] Putri AF. Pentingnya Orang Dewasa Awal Menyelesaikan Tugas Perkembangannya. *SCHOULID: Indonesian Journal of School Counseling*. 2019;3(2):35–40. <https://doi.org/10.23916/08430011>
- [2] Rachmawati A. Hubungan Keterbukaan Diri Dengan Kesejahteraan Psikologis Pada Usia Dewasa Muda yang *Belum Menikah* [PhD Thesis]. Universitas Muhammadiyah Surakarta; Indonesia; 2016.
- [3] Hori M, Kamo Y. Gender differences in happiness: The effects of marriage, social roles, and social support in East Asia. *Applied Research in Quality of Life*. 2018;13(4):839–857. <https://doi.org/10.1007/s11482-017-9559-y>
- [4] Luo M, Hancock JT. Self-disclosure and social media: Motivations, mechanisms and psychological well-being. *Current Opinion in Psychology*. 2020;31:110–115. <https://doi.org/10.1016/j.copsyc.2019.08.019>
- [5] Ryff CD. Psychological well-being in adult life. *Current Directions in Psychological Science*. 1995;4(4):99–104. <https://doi.org/10.1111/1467-8721.ep10772395>
- [6] Ryff CD. Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*. 1989;57(6):1069–1081. <https://doi.org/10.1037/0022-3514.57.6.1069>
- [7] Cohen S, Wills TA. Stress, social support, and the buffering hypothesis. *APA PsycArticles*. 98;2:310-357 <https://psycnet.apa.org/doi/10.1037/0033-2909.98.2.310>
- [8] Derlega VJ, Metts S, Petronio S, Margulis ST. *Self-disclosure*. Newbury Park, CA: Sage Publications; 1993.
- [9] Ryan RM, Deci EL. Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*. 2000;55(1):68–78. <https://doi.org/10.1037/0003-066X.55.1.68>
- [10] Johnson G. Real-time versus delayed-time cmc: Objective and subjective impact on learning. *Australian Association for Research in Education*. 2012;1–10.
- [11] Bejakovich T, Flett R. “Are you sure?”: Relations between sexual identity, certainty, disclosure, and psychological well-being. *Journal of Gay & Lesbian Mental Health*. 2018;22(2):139–161. <https://doi.org/10.1080/19359705.2018.1427647>

- [12] Soleymani M, Stefanov K, Kang S-H, Ondras J, Gratch J. Multimodal analysis and estimation of intimate self-disclosure. *2019 International Conference on Multimodal Interaction*; 2019. p. 59–68. <https://doi.org/10.1145/3340555.3353737>
- [13] Altman I, Taylor DA. *Social penetration: the development of interpersonal relationship*. Holt, Rinehart & Winston. 1973.
- [14] Masaviru M, Rose M, Peter M. The influence of self-disclosure on the use of contraceptives among couples in Changamwe Constituency, Mombasa County. *New Media and Mass Communication*. 2015;40:76–86.
- [15] Masur PK. The theory of situational privacy and self-disclosure. In: Situational privacy and self-disclosure. *Springer, Cham*; 2019.131-182. <https://doi.org/10.1007/978-3-319-78884-5>
- [16] Lee K-T, Noh M-J, Koo D-M. Lonely people are no longer lonely on social networking sites: The mediating role of self-disclosure and social support. *Cyberpsychology, Behavior, and Social Networking*. 2013;16(6):413–418. <https://doi.org/10.1089/cyber.2012.0553>
- [17] Trepte S, Masur PK, Scharkow M. Mutual friends' social support and self-disclosure in face-to-face and instant messenger communication. *The Journal of Social Psychology*. 2018;158(4):430–445. <https://doi.org/10.1080/00224545.2017.1398707>
- [18] Seo M, Kim J, Yang H. Frequent interaction and fast feedback predict perceived social support: Using crawled and self-reported data of face-book users. *Journal of Computer-Mediated Communication*. 2016;21(4):282–297. <https://doi.org/10.1111/jcc4.12160>
- [19] Nick EA, Cole DA, Cho S-J, Smith DK, Carter TG, Zelkowitz RL. The online social support scale: Measure development and validation. *Psychological Assessment*. 2018;30(9):1127–1143. <https://doi.org/10.1037/pas0000558>
- [20] Altman I, Taylor DA. *Social penetration: The development of interpersonal relationships*. New York: Holt, Rinehart & Winston; 1973.
- [21] Sarafino EP, Smith TW. *Health psychology: Biopsychosocial interactions*. 8th ed. New Jersey: John Wiley & Sons; 2014.
- [22] DeVito JA. The interpersonal communication book. *Instructor*. 2019;1:18.
- [23] Farber BA. *Self-disclosure in psychotherapy*. New York: Guilford Press; 2006.
- [24] Steinberg S. *An introduction to communication studies*. 1st ed. South Africa: Juta and Company Ltd; 2007.
- [25] Gibson MF. Opening up: Therapist self-disclosure in theory, research, and practice. *Clinical Social Work Journal*. 2012;40(3):287–296. <http://dx.doi.org/10.1007/s10615-012-0391-4>

- [26] Qoniah H. *Religiusitas dan Self Disclosure Terhadap Psychological Well-Being pada Remaja Panti Asuhan Selama Pandemi COVID-19* [PhD Thesis]. Universitas Muhammadiyah Malang; Indonesia; 2021.
- [27] Taniguchi E, Thompson CM. Mental illness self-disclosure among college students: A pre-requisite of social support or a booster of social support benefits? *Journal of Mental Health (Abingdon, England)*. 2021;30(3):323–332. <https://doi.org/10.1080/09638237.2021.1922626>
- [28] Chaudoir SR, Quinn DM. Revealing concealable stigmatized identities: The impact of disclosure motivations and positive first-disclosure experiences on fear of disclosure and well-being. *Journal of Social Issues*. 2010;66(3):570–584. <https://doi.org/10.1111/j.1540-4560.2010.01663.x>
- [29] Lam KY-I. Disclosure and psychological well-being of sexually abused adolescents in Hong Kong. *Journal of Child Sexual Abuse*. 2015;24(7):731–752. <https://doi.org/10.1080/10538712.2015.1077364>
- [30] Wheeless LR, Grotz J. Conceptualization and measurement of reported self-disclosure. *Human Communication Research*. 1976;2(4):338–346. <https://doi.org/10.1111/j.1468-2958.1976.tb00494.x>
- [31] Wheeless LR. Self-disclosure and interpersonal solidarity: measurement, validation, and relationship. *Human Communication Research*. 1976;3(1):47-61. <https://doi.org/10.1111/j.1468-2958.1976.tb00503.x>
- [32] Abbott RA, Ploubidis GB, Huppert FA, Kuh D, Wadsworth ME, Croudace TJ. Psychometric evaluation and predictive validity of Ryff's psychological well-being items in a UK birth cohort sample of women. *Health and Quality of Life Outcomes*. 2006;4(1):76. <https://doi.org/10.1186/1477-7525-4-76>
- [33] Winefield HR, Winefield AH, Tiggemann M. Social support and psychological well-being in young adults: The multi-dimensional support scale. *Journal of Personality Assessment*. 1992;58(1):198–210. [https://doi.org/10.1207/s15327752jpa5801\\_17](https://doi.org/10.1207/s15327752jpa5801_17)
- [34] Sugiyono PD. *Statistika untuk penelitian*. Bandung: CV Alfabeta; 2006.
- [35] De Choudhury M, De S. Mental health discourse on reddit: Self-disclosure, social support, and anonymity. *Procidings of the Eighth International AAAI Conference on Weblogs and Social Media*. 2014;8(1):71–80.
- [36] Chu PS, Saucier DA, Hafner E. Meta-analysis of the relationships between social support and well-being in children and adolescents. *Journal of Social and Clinical Psychology*. 2010;29(6):624–645. <https://doi.org/10.1521/jscp.2010.29.6.624>

- [37] Joinson AN. Self-disclosure in computer-mediated communication: The role of self-awareness and visual anonymity. *European Journal of Social Psychology*. 2001;31(2):177–192. <http://dx.doi.org/10.1002/ejsp.36>