

## Conference Paper

# Adaptation of the Online Disinhibition Effect Scale

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## Abstract.

The phenomenon of online disinhibition prompts individuals to relax their internal boundaries, as they can deviate from social norms, particularly in virtual environments. Individuals tend to engage in behaviors that may cause disruption to others and pose potential harm to themselves. We assume that internet usage is expected to remain significant in the coming years, so a tool is needed to assess this phenomenon. We use The Confirmatory Factor Analysis tool to test adapted version of The Online Disinhibition Effect scale from English to Bahasa Indonesia. The analysis findings indicated that the tool is suitable for characterizing the online disinhibition effect  $X_2(6, 252) = .48, p = .49$ . It means that this instrument is suitable for use in Indonesia.

**Keywords:** Instruments, ODE, online

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## 1. Introduction and Literature Review

Nowadays, computer-mediated communication (CMC) is growing along with the development of the internet based on broadband networks which allow for higher speeds for internet access than in previous periods and are also cheaper. As a result, internet usage has various objectives, including communication and higher usage of social networking systems (SNS) through social media. However, we believe that the use of social media will have many problems, such as the use of social media during school hours if the user is a student, loss of communication cues, and it is difficulty in impressing others through CMC [1,2]. In addition, the more intense the use of the internet and communication via computers, the more information people share on social media.

The duration of social media use in Indonesia is above the world's average internet and social media use. From data released by We Are Social and Hootsuite, a UK-based digital service, there are 4.95 billion internet users in the world, 92.1% of whom access the internet via their cell phones, with an average access duration of 6 hours and 58 minutes per day [3]. Compared to global data, Indonesia's position has a longer access

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time of 8 hours and 36 minutes. In addition, intense use of cell phones is dominated by connecting with other people (95.6%) and social media (95.2%). This data shows how intense internet use is for someone in social media and connecting with others. However, this is different from a readiness to use technology and fortify oneself from the effects of using the internet itself, both positive and negative.

The use of the internet brings up several separate psychological phenomena that had never happened in previous periods. One is related to a person's tendency to express himself because someone loses control and feels shallow control over what has been conveyed. The tendency for a person to loosen his boundaries and start expressing feelings or what he feels to others is often called the online disinhibition effect (ODE) [4]. ODE was a side effect of internet use on individuals. In this condition, a person expresses himself more than in direct face-to-face interactions [4,5]. Furthermore, interaction using a computer differs from face-to-face interaction for several reasons. Individuals can regulate how much they want to be seen by others as a form of impression management [6,7].

Some aspects define ODE. First, dissociative anonymity is the uncertainty of a person's identity in online conditions where we cannot verify a user's real identity. Second, invisibility is the condition that one individual and another cannot observe each other. Next, asynchronicity is a communication that occurs has a was not online in real-time between stimulus and response so that a person can control the message being delivered. Next was solipsistic introjection, defined as the ability to imagine the interlocutor's expression, emotion, or other communication-related things. Next, dissociative imagination is the tendency of a person to imagine himself as separate between real-life identity and virtual identity. The last, minimization of authority, is a condition of the minimal role of authority who can control behavior or even have no control over the behavior of external parties on individual behavior [8]. However, ODE divides into two kinds of behavior, benign and toxic disinhibition.

According to Suler, the phenomenon of online disinhibition can be attributed to both toxic and benign factors [8]. The phenomenon of toxic disinhibition is characterized by the tendency of individuals to engage in behaviors such as verbal aggression, harassment, criticism, anger, hatred, threats, and consumption of explicit and illicit content, including pornography and violent material. Toxic disinhibition refers to the phenomenon where individuals engage in harmful behaviors towards themselves and others in online interactions, often with minimal regard for social norms or boundaries. Regrettably, certain maladaptive individual behaviors exhibit a preference for online interactions, thereby resulting in a widespread prevalence of such behaviors

in cyberspace [9]. The benign disinhibition effect refers to the phenomenon whereby individuals tend to express their deepest personal thoughts and emotions, including feelings, fears, hopes, altruistic tendencies, generosity, and kindness, in a manner that differs from their real-life behavior. The benign disinhibition effect is a phenomenon that motivates individuals to engage in prosocial behavior and divulge personal information about themselves. Nonetheless, the phenomenon of online behavior disinhibition has been observed in two distinct forms. It is important to note that this effect is not devoid of potential hazards.

The phenomenon of deindividuation can be influenced by the dissociative anonymity or freedom of expression of an individual, leading to disinhibition of toxic behavior. Ultimately, the individual experiences a sense of disconnection or detachment from the collective entity. Individuals who experience detachment from a group may exhibit a greater tendency towards irresponsible behavior, which can result in negative emotional impacts on others. Furthermore, toxic disinhibition has been found to have a significant association with interaction asynchrony, dissociative imagination, and subjective norms [10,11], as well as with the maintenance of relationships with both longstanding companions and newly formed acquaintances [12]. However, it has been suggested that ODE may be mitigated by utilizing CMC in interpersonal communication [13], as well as by personal values that prioritize conflict avoidance and empathy [10].

The behavior in question poses various risks, such as the propensity to utilize inappropriate language, cause emotional harm to others, engage in blasphemous activities, and even make threats of physical harm. Additionally, individuals who exhibit a toxic disinhibition effect may be subject to legal repercussions under the Information and Electronic Transactions Act. Several negative behaviors exhibited by individuals include engaging in pranks on friends during games [14,15], using harsh language [16], engaging in bullying [17–21], perpetrating violence in intimate relationships [22], exhibiting a tendency towards self-harm [23], and even engaging in political hate and black campaigns [24,25]. On the contrary, the exposure of personal data, unauthorized data sharing, and illicit trade of minors' images for pedophilic purposes are potential hazards that individuals may face when divulging excessive personal information on the internet.

The objective of this investigation is to delineate personal attributes and establish a uniform measure of the online disinhibition effect via a suitable translation methodology. The objective of this study is to create a pertinent tool by modifying existing research to suit the Indonesian context via translation and adaptation to a valid and reliable scale. This is because the use of social media for a long duration can make a person

reduce their self-control when interacting with other people. so that the measurement of the possibility that someone does excessive self-disclosure due to high internet use is important. At present there is still no research that uses the online disinhibition effect by developing instruments related to ODE, so to support future research, appropriate instruments are needed and comply with scientific principles.

## 2. Method

The participants in this study were 252 people 68 men, 181 women, and three people who did not want to answer (M = 21, SD = 3.67). This research is descriptive quantitative research to test online item constructs disinhibition effect can be applied and adapted to the Indonesian context and language. Online scale disinhibition The adapted effect is the result of research from (2), who divides the online disinhibition effect into two dimensions, namely benign disinhibition into seven items and toxic disinhibition consisting of 4 items in the form of a Likert scale between 1 (very unlikely)-5 (very likely).

## 3. Results and Discussion

We tested the instrument’s construct validity using the alpha approach Cronbach with confirmatory factor analysis (CFA). Overall, from 11 items, 5 of 7 benign disinhibition items were valid, while all items of toxic disinhibition were valid because of a loading factor above 0.4 [26].

TABLE 1

Items	Aspect	Sig	loading factor
1	Benign Disinhibition	<.001	.782
2		<.001	.703
3		<.001	.704
4		<.001	.733
5		<.001	.327
6		<.001	.285
7		<.001	.253
1	Toxic Disinhibition	<.001	.750
2		<.001	.923
3		<.001	.608
4		<.001	.492

The Chi-Square Goodness of Fit Test is utilized to examine whether a given test exhibits dissimilar models. The obtained test outcomes indicate that the model has been

organized in accordance with the pre-existing theoretical framework, as evidenced by the X-squared value of 2 with 6 degrees of freedom and a resulting p-value of .49.

Following the assessment of the item's validity, the subsequent stage involved evaluating the reliability of the investigators. The Cronbach alpha coefficient with a value of .82 is employed in reliability testing. The findings indicate that instruments that have undergone the process of translation exhibit reliability, as the minimum standard for reliability is 0.70, as posited by Eisingerich & Rubera [27].

### 3.1. Conclusions and recommendations

Most research in this field is still focused on harmful or toxic disinhibition. This focus on toxic disinhibition is not entirely wrong because most of the research so far focused on how disinhibition plays a role in negative behaviors such as sexual harassment, victim blaming, pranking friends, negative comments, and bullying. However, on the other hand, special vigilance is needed at this time; there are many personal data thefts because many internet or social media users disclose their personal information through their social media accounts, such as date of birth, hobbies, or even mention the names of parents so that the data can be used as a medium to commit crimes, so benign disinhibition will be a separate threat in the future. So using instruments that measure both sides, either benign or toxic disinhibition, has the potential for continued use.

The limitations in this study are related to the representation of respondents who are not evenly distributed so that they cannot be generalized as a test tool that will suit all the characteristics of society as a whole in Indonesia. So the use of ODE instruments in various other contexts will increase the amount of data and more in-depth analysis of existing instruments.

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