



THE EFFECT OF USING TIKTOK ON THE SATISFACTION OF LIFE OF LATE ADOLESCENTS

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Abstract

The development of internet technology is very fast, the types of social media are very diverse, one of which is the Tik tok application. The use of the Tiktok application continues to develop. The tiktok application can provide a sense of satisfaction for application users. Where, users of the Tiktok social media feel satisfied when they are in contact with the Tiktok application. This study aims to determine the effect of using Tiktok on the life satisfaction of late teenagers at the University Palopo, to describe what are the effects of using Tiktok on life satisfaction of late adolescents. This research is entitled The effect of using tick marks on life satisfaction in late teenagers at the University of Palopo in 2023. The research method used for this research is a quantitative method. In this study, data were collected using a questionnaire given to the research sample concerned. before the questionnaire is used, the researcher will first test the measuring instrument by testing the validity and reliability. The results showed that there was an effect of using Tiktok on the life satisfaction of late teenagers, as evidenced by the t count of $57.719 > t$ table; $1,990$. In addition, based on the significance value of the coefficients table, the $nsig$ value is obtained. $0.000 < 0.05$, so it can be concluded that there is an influence that the use of tiktok has a positive effect on the life satisfaction of late teenagers at the University of Palopo in 2023.

Keywords: *Effect, use of tiktok, life satisfaction, late teenagers.*

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INTRODUCTION

Globalisation is a process that positioning society globally to reach all aspects of life, both in the economic, social and cultural fields and even in other matters. (Bagus, 2018). The development of technology today has a significant impact on lines of life. The development of the internet can make it easier to communicate and reach the whole world. (Prianbodo, 2018). The internet is an information media which stores various sources of information, making it easier for users to find something they want. (Mutia, 2019). The development of the internet, especially social media is very diverse such as the use of Tiktok (Krisnani, 2020). Tiktok is an application

that can have an influence on life. Tiktok is used by users easily so that users can make good short videos and can be shown to other users. (Makhmudah, 2019).

According to Ilham Gemiharto (2019) that Tiktok is a short video sharing application to meet user needs that have not been met by existing applications at this time. This TikTok application was launched in September 2016. Since its launch, the TikTok application has continued to increase in its use, it was recorded that in 2021 there were 70 million active Tktok users, in 2022 there were 191 million active TikTok users. According to Nadila Trisukma Devi (2022) that Tiktok is the fourth most used application with a percentage of 63.1%. Indonesia itself is ranked seventh in the longest duration of using the TikTok application which has an average of around 23.1 hours / month. The use of the TikTok application has indeed become something that we encounter everywhere, teenagers are motivated to show their abilities in certain fields through TikTok to the public (Susilowati, 2018). TikTok can have a negative impact and also a positive impact. The negative impact of Tiktok is that teenagers are more dominant in dealing with mobile phones than other activities (Nurul, 2020).

Through TikTok, teenagers like to imitate swaying or like to sway, so that teenagers and children imitate adults as models (Batoebara, 2020), by dancing But on the other hand, the spectacle presented sometimes also makes teenagers compare themselves with what they see on social media so that envy arises and negative emotions arise. (Kesi et al., 2019). This is confirmed by rusijono (2019) that currently adolescents experience changes in themselves, this is because at this time adolescents experience the dynamics of change in themselves both physically and psychologically, which can occur both in the family, and in society. In this study, researchers focused on individual self-assessment of themselves, namely life satisfaction. Life satisfaction is one of the main components of individual well-being (Harahap, 2020). Life satisfaction is an individual's cognitive assessment process.

Previous research that examines Tiktok and satisfaction is Arvianti (2022). Research conducted by Arvianti (2020) with the title The relationship between Tiktok User Self Esteem and Life satisfaction. The equation of previous research with current research is both about using the Tiktok application on life satisfaction. The difference between the research conducted by Arvianti and the current research is that Arvianti's research (2020) focuses on the relationship between self-esteem and life satisfaction. The research conducted by researchers focuses on the effect of using TikTok on teenagers' life satisfaction. The result of his research is that there is a positive relationship between self-esteem and the satisfaction of using Tiktok with a correlation value of $p < 0.005$ and $R = 662$. The results of the study reveal that most TikTok users in Indonesia have satisfaction in terms of self-esteem and seeking information, and spending time. Meanwhile, what the researcher did was more focused on the effect of using TikTok on the satisfaction of teenagers' lives. The purpose of this study is to determine the effect of using TikTok on teenagers' life satisfaction. The life satisfaction in question is related to the ability of adolescents (Self-Esteem), which consists of social support received by individuals. (Amelia, 2019).

METHODS

This research was conducted at Universitas Palopo from January to February 2023. The type of research used in this study is quantitative with a correlational design. Researchers collected data by distributing questionnaires. The population in this study were all students of the Faculty of Teacher Training and Education (FKIP) at Universitas Palopo, totalling 421 people. The

sampling technique used purposive sampling technique, based on the criteria: FKIP students, active TikTok users and aged 19 to 21 years.

The number of samples in this study was determined based on the Slovin formula:

$$n = \frac{N}{1 + Ne^2}$$

Description: n = Sample size, N = Population size, and e = Desired critical value (limit of accuracy) / margin of error max. (Rukajat, 2018). In this study, the total population was 421 people. So, if applied in the formula will get the number of samples as follows:

$$n = \frac{421}{1 + 421 \times 0.01^2}$$

$$n = \frac{421}{5.21}$$

$$n = 80,8$$

$$n = 81 \text{ person}$$

Based on the formula above, the sample used in this study was 81 students.

Aspects of the Independent Variable (Use of Tiktok), namely (1) Impact of Using Tiktok and (2) Creativity of Using Tiktok. While the indicators are (1) There are positive and negative impacts in using Tik Tok social media, (2) There is their creativity in using Tik Tok social media (Ambar Kuswati, 2021). Aspects of the Dependent Variable (Late Adolescent Life Satisfaction) include Self-Esteem, and (2) Social Support. Indicators of Self-Esteem include (1) Confident (2) Successful, and (3) Valuable. Indicators of Social Support include (1) Financial, (2) Information, and (3) Appreciation (Amelia, 2019). Answers from the sample were given a score of 1-5.

Information for scores 1 = strongly disagree, 2 = disagree, 3, less agree, 4 = agree and 5 = strongly agree. The data analysis method in this study uses simple regression analysis and data management is carried out quantitatively. Researchers used the statistical product and service solution (SPSS) version 20 program.

RESULTS AND DISCUSSION

Research Results

1. Description of Research Variables

a. Description of the use of tiktok

Interval	Frequency	Percentage	Category
81-100%	22	27%	Very High
61-80%	56	69%	High
41-60%	0	0	Medium
21-40%	3	4%	Low
0-20%	0	0	Very Low
Total	81	100%	

The table above shows that the use of tiktok in the very high category was 22 respondents (27%), the high category was 56 respondents (69%), none in the medium category (0%) and the low category was 3 respondents (4%).

b. Description of life satisfaction of late adolescents

Interval	Frequency	Percentage	Category
81-100%	15	19%	Very High
61-80%	50	62%	High
41-60%	14	17%	Medium
21-40%	2	2%	Low
0-20%	0	0	Very Low
Total	81	100%	

From the categorisation results above, it shows that the life satisfaction of late adolescents is in the very high category as many as 15 respondents (19%), high category as many as 50 respondents (62%), medium category as many as 14 respondents (17%), low category by 2% and very low 0%.

2. Normality Test

The normality test conducted by researchers aims to determine the distribution of research data, whether the research conducted is normally distributed or not. The results of the normality test can be seen in the following table:

Normality Test Table

One Sample Kolmogorov-Smirnov Test		Unstandardized Predicted Value
N		81
Para Meter Normal ^{a,b}	Mean	,0000000
	Std. Deviation	7,59576701
Most Extreme Different	Absolute	,002
	Positive	,002
	Negative	-,095
Kolmogorov-Smirnov Z		,413
Asymp. Sig. (2-tailed)		,413
a. Test distribution is Normal.		
b. Calculated from data.		

Source: Research Data Analysis, 2023

The results of the normality test show that the significance value is $0.413 > 0.05$, it can be concluded that the residual value is normally distributed.

3. Simple Linear Regression

Simple regression analysis is the relationship between the independent variable and the dependent variable. The equation of simple linear regression analysis:

$$Y = a + bX$$

The results of the calculation of the values are as follows:

Regression coefficient table

Model	<i>Coefficients</i>				
	<i>Unstandardized Coefficients</i>		<i>Standardized Coefficients</i>	<i>t</i>	<i>Sig.</i>
	<i>B</i>	<i>Std. Error</i>	<i>Beta</i>		
(Constant)	2,205	1,016		2,170	,033
¹ Penggunaan Tiktok	,585	,010	,988	57,719	,000

Dependent Variable: Life Satisfaction

Source: Research Data Analysis, 2023

Based on the Coefiesients table, it is found that the constant value (a) is 2.205, the value of using tiktok (Variable X) is 0.585. The regression equation, namely:

$$Y=a+bX$$

$$Y=2,205 +0,585 X$$

The constant of 2.205 means that the constant value of the teenage life satisfaction variable is 2.205. The regression coefficient X of 0.585 states that every 1% increase in Tiktok usage, the value of life satisfaction increases by 0.585. So, researchers can conclude that the use of TikTok has a positive effect on the life satisfaction of late adolescents.

4. Analysis of t test

This t test aims to test the extent of the influence of the independent variable, namely the use of tiktok social media on the life satisfaction of late adolescents.

T-test table

Model	<i>Coefficients</i>				
	<i>Unstandardized Coefficients</i>		<i>Standardized Coefficients</i>	<i>t</i>	<i>Sig.</i>
	<i>B</i>	<i>Std. Error</i>	<i>Beta</i>		
(Constant)	2,205	1,016		2,170	,033
¹ Penggunaan Tiktok	,585	,010	,988	57,719	,000

Dependent Variable: Life Satisfaction

Source: Research Data Analysis, 2023

Based on the T test table, to analyse the effect of X on Y, the researcher first looks for the t table value, with the formula:

$$T \text{ table} = t(a/2;n-k-1)$$

$$T \text{ table} = (0,025;79)$$

$$T \text{ table} = 1,990$$

Based on the results of SPSS processing, the Significance value of variable x is $0.000 < 0.05$ and the calculated t value is $57.719 > t \text{ table } 1.99$, it can be concluded that there is an effect of using tiktok social media on the life satisfaction of late adolescents. From the results of research

conducted by researchers, there is a relationship between the use of tiktok and the life satisfaction of late adolescents.

Discussion

The results of the research data analysis show that the use of Tiktok social media on active students at Universitas Palopo in 2023 towards life satisfaction is in the high category. From the results of this study, there is a positive influence on the variable use of TikTok social media on the life satisfaction of late adolescents.

In connection with the use of Tiktok social media. The use of TikTok social media has increased over time. The increase in its use is because Tiktok can be a channel to fill spare time, challenges, education, or something else. In addition, Tiktok is an entertaining media, especially by combining music and dance content. This is in accordance with Oktaheriyani's research (2020) with the results of video-based social media research getting negative attention from the public. According to Rahmawati (2018), Tiktok is a channel for filling information, Tiktok can be used as an entertaining media. Tiktok also has a positive influence, namely as entertainment, educational media, and others. This is a factor that causes TikTok users to feel satisfied.

Based on the results of the study, life satisfaction obtained from using TikTok social media includes satisfaction from within the user and social support from the community. Satisfaction from within the user such as self-confidence, and content about self. Satisfaction based on social or community support such as feeling valuable, and getting fast information. This is relevant to Sri Wahyuning's theory, (2021) that self-satisfaction in watching short video shows on Tiktok and uploading videos of work is an activity that can increase one's self-satisfaction. The results of this study indicate that teenagers' life satisfaction tends to be influenced by the presence of TikTok social media. Based on the significance value of the coefficients table, the significance value is obtained. $0.000 < 0.05$ and the t value is $57.719 > t$ table; 1.990. Researchers conclude that the first hypothesis in this study (H1) is accepted. Indicating that there is an influence of tiktok social media on the life satisfaction of late adolescents at Palopo University in 2023. This is relevant to the theory of Astuti (2020) which states that Tiktok greatly influences the lives of teenagers, especially the need for information.

Determinant Test Table (R^2)

Model Summary

Model	R	R square	Adjusted R square	Std. Error of the estimate
1	,988 ^a	,977	,977	2,727

a. Predictors: (constant), Use of Tiktok

Source: Research Data, 2023

Berdasarkan Tabel Uji Determinasi (R^2) the correlation or relationship value (R) is 0.988. Where the coefficient of determination is 0.977. Therefore, researchers can say that 2.3% is influenced by other variables not examined in this study.

SUMMARY

Conclusions

1. There is an effect of using Tiktok social media on the life satisfaction of late adolescents. This is evidenced by the Sig Value = 0.000 <0.05, and t count 57.719 > t table; 1.990).
2. The effect of using Tiktok is in the high category and life satisfaction as a result of TikTok is also high.
3. The direction of the correlation is positive, which means that the higher the level of life satisfaction of adolescents, the tendency to use Tiktok in late adolescents is high. The use of Tiktok Social Media has a positive effect on the life satisfaction of late adolescents. This is evidenced by the coefficient of determination of 97.7.

Suggestions

1. It is hoped that the results of the study can provide benefits in the form of input to conduct further research on the effect of using TikTok on the life satisfaction of late adolescents.
2. Students need to provide counselling and counseling regarding the benefits and importance of the TikTok application in everyday life.

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