

ABSTRAK

Penelitian ini bertujuan untuk mengetahui gambaran *self disclosure* pada masa *emerging adulthood* yang memiliki *second account* instagram di Kabupaten Bireuen. Penelitian ini menggunakan metode penelitian kuantitatif deskriptif dengan teknik *Non probability sampling*. *Non probability sampling* adalah teknik pengambilan sampel yang memberikan peluang yang sama bagi setiap unsur populasi untuk menjadi anggota sampel dengan teknik *accidental Sampling*. Sampel pada penelitian ini berjumlah sembilan puluh enam responden. Analisis data menggunakan analisis *univariat*. Hasil penelitian menunjukkan bahwa *self disclosure* pada masa *emerging adulthood* yang memiliki *second account* instagram di Kabupaten Bireuen termasuk dalam kategori tinggi. Hal ini menunjukkan bahwa pada fase *emerging adulthood* individu cenderung mengungkapkan dirinya lebih intens dan terpercaya di *second account* instagram dikarenakan pada media tersebut hanya diikuti oleh orang yang dipercayai untuk mengetahui informasi mengenai dirinya. Penelitian ini juga diperkuat oleh kategori berdasarkan jenis kelamin, usia *emerging adulthood* dan aspek teori yang menunjukkan kategorisasi tinggi.

Kata kunci: *emerging adulthood, second account Instagram, self disclosure*

ABSTRACT

This study aims to describe the self-disclosure of individuals in the emerging adulthood phase who have a second Instagram account in Bireuen Regency. The research employs a descriptive quantitative method using a non-probability sampling technique. Non-probability sampling is a sampling technique that does not provide equal opportunities for every element of the population to be selected as a sample, and this study specifically used accidental sampling. The sample consisted of ninety-six respondents. Data were analyzed using univariate analysis. The results of the study indicate that the level of self-disclosure among individuals in the emerging adulthood phase who own a second Instagram account in Bireuen Regency falls into the high category. This suggests that during the emerging adulthood stage, individuals tend to disclose themselves more intensely and openly on their second Instagram accounts. This behavior is attributed to the fact that such accounts are usually followed only by trusted individuals who are deemed worthy of receiving personal information. This finding is also supported by categorization based on gender, age within the emerging adulthood range, and theoretical aspects of self-disclosure, all of which show consistently high levels of disclosure

Keywords: *emerging adulthood, second Instagram account, self-disclosure*