

Enhancing Student Self-Disclosure Through Instagram Direct Message Counseling: A Prototype Guide for SMKN 7 Malang

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Abstract

This study discusses the development of a prototype utilizing direct messaging (Instagram) to enhance self-disclosure among students at SMKN 7 Malang. Self-disclosure is crucial for adolescents, and social media plays a significant role in enhancing self-disclosure and in the field of education, including learning processes and information dissemination. However, social media can also have negative impacts such as addiction and new digital brain behaviors. Schools need to provide quality guidance and counseling services to students to effectively enhance self-disclosure. The approach used in guidance and counseling should emphasize efforts to build quality interpersonal relationships and focus on empowering students to understand the importance of enhancing self-disclosure. Guidance and counseling services in schools play an essential role as a platform for students to express their feelings and receive professional help. Through counseling services, students can obtain a safe and comfortable space to express concerns, obstacles, or feelings that are difficult to share with others. Counselors will help students develop self-disclosure, thereby allowing them to have self-awareness, make appropriate decisions, and build effective coping strategies.

Keywords: prototype development; self-disclosure; counseling platform

1. Introduction

Self-disclosure is the process by which we reveal personal aspects of our feelings and behavior towards other people (Maryam, 2018). At first glance they may seem the same with expressing other ideas, the main difference between self-disclosure is that the information disclosed may include personal aspects to other information which may be confidential or very sensitive. As stated by Devito (2011) that self-disclosure is a type of communication when information about the self that is usually kept secret is told to others (Devito, 2011).

Self-disclosure is an activity of sharing feelings and information intimately with others other people (Morton, in Sears et al, 2008, in Maryam, 2018). Meanwhile, according to Leary, McDonald and Tangney (in Agus, 2016) self-disclosure is completeness psychology that allows self-reflection to influence the experience of consciousness, which underlies all types of perceptions, beliefs and feelings about oneself as well which allows someone to regulate their own behavior. Self disclosure is very important, therefore special handling and containers are needed to grow this self-disclosure for students.

From the results of observations and interviews that have been conducted regarding the needs of the students to increase self-disclosure, the author found that there is a way to increasing self-disclosure is effective by using social media platforms, because at social media, especially the direct message feature from Instagram, can be a starting point for people students to start learning to increase their self-disclosure.

Social Media is a tool to convey information from someone to someone other people or groups (organizations), to achieve individual goals or objectives group. Media has an important role in the field of education, especially for achievement of the learning process, including the use of social media in it a variety of content and features containing various fields of information

important that is comprehensive (universal) (Saputra, 2021). Social media as an intermediary the internet that users use to represent themselves and interact, share, communicate, collaborate with other users, and form social ties indirectly (Nasrullah, 2016).

The benefits of social media itself apart from being a place of giving and a source online information can also facilitate long-distance communication with other people. Besides the various benefits of social media, of course there is a negative side, namely: habits of digital brain behavior which are used to and even addicted to social media there are several behavioral consequences of the new digital brain. Some new digital brain behaviors are hyperactivity, lack of attention, and depression (Dewi & Saryanto., 2017).

With the presence of internet technology, it is easier for people to communicate with various platforms, namely Electronic mail (E-mail), Line, WhatsApp, Facebook, Twitter, Instagram, Tiktok, Google Plus and several more well-known social media-based websites have emerged with social networking sites (Stainbank & Gurr, 2016). One of the social networking sites instagram has become a phenomenon in many circles. Instagram comes with two versions different. The first version is in the form of a website (web version) that can be accessed directly on your PC or laptop by visiting the page www.instagram.com. Second version is the mobile version, with this version users can use instagram on your cellphone or smartphone.

Schools need to get guidance and counseling that has quality standards high In particular, the purpose of guidance and counseling is the translation of goals general guidance and counseling. The specific objectives of guidance and counseling are associated with conditions or problems experienced by students. Specific objectives of guidance and counseling can help individuals develop religious life, social life, career insight and planning, family life and citizenship life as well as problem solving abilities, responsible abilities, abilities self-control, and independence. (Yarmis Syukur, 2019).

2. Method

The research and development stages according to Borg and Gall (1983) consist of 10, namely (1) potential and problems; (2) data collection; (3) product design; (4) design validation; (5) design revision; (6) small group trials; (7) revision; (8) large group trials; (9) revision; and (10) mass production. Based on these 10 stages, researchers used 3 stages of research and development taking into account limited research time and availability of development costs. There are 3 stages used, namely: (1) potential and problems; (2) data collection; (3) product design.

2.1 Identify potential and problems

This stage involves identifying the problem or need that you want to solve through product development. The research began by identifying challenges or shortcomings in providing counseling services via social media platforms such as Instagram. Problems that may be identified include limited access or lack of easily accessible guidance.

2.2 Data collection

Data collection was carried out by conducting literature reviews, developing objectives and development plans. First, conduct a literature review about online counseling services, communication theories in the context of social media, and the use of direct messages for counseling. This review helps in understanding best practices and builds a theoretical foundation for the development of counseling guidelines. Second, setting clear goals such as developing easy-to-use counseling guides via Instagram direct messages, increasing the

accessibility of counseling services, and improving the quality of interactions between counselors and clients. Third, prepare a development plan that includes time, resources and product prototype testing stages.

2.3 Product Design

Design a product prototype based on information obtained from the previous stage. Developing a counseling guide that can be accessed via Instagram direct messages, including content design, user interface, and relevant features such as interaction and ethics guidelines in online counseling.

3. Results and Discussion

3.1 Result

This research was carried out at SMKN 7 Malang, research was carried out using interview and observation methods regarding the Development of a Counseling Guide Prototype Using Direct Messages (Instagram) to Increase Student Self-Disclosure. Where this prototype development refers to the Borg and Gall (1971) development model. The first stage for researchers to conduct a preliminary study is to search for and dig up information regarding the needs of students at SMKN 7 Malang. After the researcher succeeded in getting the information. The second stage is conducting more in-depth research regarding constraints or needs what the students of SMKN 7 Malang need. After that the researcher carried out the steps. The third is development, where the researcher seeks to develop research results what he got was using prototype development using direct messages (instagram) to address the needs of students at SMKN 7 Malang in improving themselves disclosure.

3.2 Discussion

In today's digital era, social media has become an inseparable part the lives of teenagers, including students at SMKN 7 Malang. Guidance and counseling services at schools can utilize social media platforms, such as Instagram, as a forum for students to consult and pour out their hearts. This could be an alternative effective, especially for students who feel more comfortable expressing themselves the problem is through online media rather than face to face (Setiadi, 2016). Using Instagram as a counseling medium can provide several benefits, such as wide reach, familiarity built through digital interactions, as well ease of raising concerns anonymously. In addition, counselors can provide more structured responses and suggestions, and monitor student progress regularly via chat or direct message.

However, it is also necessary to consider several challenges, such as privacy restrictions, needs will train counselors in utilizing digital media, as well as the need to ensure confidentiality and security of student data. Counseling on social media is also not suitable complex cases that require direct and intensive interaction. Cases complex disorders such as serious mental disorders, psychiatric disorders, and neurological disorders requires direct and intensive interaction with skilled counseling experts and appropriate experience.

With the proper use of social media, guidance and counseling services at SMKN 7 Malang can be an effective forum for students to express their feelings and get professional help in solving their problems. There are also arrangements how to reply and respond to direct message messages and superior features in direct messages instagram. Steps to reply to and respond to direct message messages include: such as reading and analyzing the content of messages (identifying themes, feelings, etc. concerns expressed by users), respond in a relaxed and professional manner by using clear and short sentences. Focus on themes and feelings

expressed by users, Ensure enough time to reply to DMs, ask for help if needed, and keep all necessary information confidential for counseling.

Some of Instagram's DM features also help in the counseling process, such as quick replies, this feature allows users to immediately reply to incoming DMs with using the answer template that has been saved, so that the response process is on customer questions or complaints can be done more quickly. Another, This feature provides specific filters for each incoming message, so that DMs containing phrases, words, or certain emojis that are considered infringing will go into a hidden folder and see Who's Online, This feature will show who the user's friends are who are also online on Instagram, so users can quickly find out who is active.

Self-disclosure is disclosing information about oneself to others. This personal information such as a hobby of playing the piano or a believed thought. West and Turner (2008) said that self-disclosure can help form closeness and closeness to other people. Thus, self-disclosure is disclosure personal information that aims to establish familiarity and closeness to people others. According to Floyd (2009), self-disclosure is the act of conveying information about ourselves intentionally and we believe that the information is correct, but other people don't know yet. In communicating, there are two conditions that must be fulfilled for self-disclosure, namely that the individual must deliberately provide information about himself and the individual who reads must believe the information.

This can contribute to improved mental and emotional well-being students, as well as supporting a school environment that is more conducive to the learning process. In today's digital era, guidance and counseling services at SMKN 7 Malang have been utilized instagram social media as a forum for students to express their feelings and get professional help. The use of this digital platform has a lot of potential benefits for students and school counselors. For students, Instagram offers a sense of security and greater comfort in expressing their concerns.

Students who may feel awkward or reluctant to consult face to face directly, can be more open through digital interaction. Apart from that, features such as direct message or chat can provide a private space for students to share without feeling burdened (Magpiroh et al., 2024). From the counselor's perspective, using Instagram makes it possible them to reach more students and monitor the development of counseling regularly periodically. Counselors can provide more structured and reflective responses, as well follow up on cases that require special attention. This can increasing the effectiveness of guidance and counseling services at SMKN 7 Malang.

However, the use of digital media also brings its own challenges, such as ensure the confidentiality and security of student data, and require adaptation and training for counselors in managing digital-based counseling. Through that approach comprehensive and collaborative, guidance and counseling services at SMKN 7 Malang are expected can be a place that is safe, effective, and in accordance with the needs of students in this era digital today.

4. Conclusion

This research produces a product, namely regarding prototype development, where Students have a place to vent as an effort to increase self-disclosure using a place social media, namely direct messages (Instagram). Through Instagram, students of SMKN 7 Malang can easily interact and communicate with school counselors. Counselors can listen carefully, provide empathetic understanding, and help students find solutions to the problems faced.

In the process of making a prototype, of course there are still many shortcomings and there is still a long way to go from the word perfect. Therefore, hopefully we can give suggestions

to future researchers develop and refine further. Apart from that, researchers hope that guidance and counseling teachers can participate in developing and implementing this service. Suggestions for guidance and counseling, it is hoped that this counseling media on Instagram can help students develop self-awareness, make the right decisions, and build effective coping strategies. Apart from that, the use of Instagram also allows counselors to detect early signs of problems that may arise in students, so that they can provide timely intervention and prevent escalation of problems. Thus, service guidance and counseling at SMKN 7 Malang via Instagram is a very important forum valuable for students to express themselves, gain deep understanding, and obtain assistance in overcoming the various challenges faced.

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