

# The Advantage of Self-Disclosure in Improving Interpersonal Communication Students of MTs Lab IKIP Al Washliyah

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## Abstract

This study aims to find out the relationship between self-disclosure and interpersonal communication of MTs Lab IKIP Al Washliyah students. The research design used descriptive correlational with quantitative methods. Data collection techniques used a questionnaire. The questionnaires were self-disclosure questionnaire and interpersonal communication questionnaire. The self-disclosure questionnaire amount 34 statements and the interpersonal communication questionnaire amount 35 statements which were previously tested and analyzed to obtain validity and reliability. Based on the results of research in MTs Lab IKIP Al Washliyah Medan using the calculation of product moment correlation of the two variables of self-disclosure (X) and interpersonal communication (Y) that  $r_{\text{observed}} 0,435 > r_{\text{table}} 0,284$ . Then it is revealed that there is a significant relationship between self-disclosure and student interpersonal communication.

**Keywords:** Self-Disclosure, Interpersonal Communication, Students.

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## INTRODUCTION

Interpersonal communication is a daily activity that is mostly done by humans as social beings. When making social interactions, teenagers learn to socialize in building good relationships with family, friends, and others, but in reality, students are unable to communicate well in their environment. According to Trenholm and Jensen [1] defines interpersonal communication as communication between two people that takes place face to face, (dyadic communication). The natures of this communication are : a. spontaneous and informal, b. receiving maximum feedback, c. participants have a flexible role.

Agus M. Hardjana [2] said interpersonal communication is a face-to-face interaction between two or several people, where the sender can deliver the message directly and the recipient of the message can receive and respond directly as well. A similar opinion was stated by Deddy Mulyana [3] that interpersonal communication is a communication between people face to face, which allows each participant to capture other people's reactions directly, both verbally and non-verbally.

Another definition was delivered by Arni Muhammad [1], interpersonal communication is the

process of exchanging information between a person with at least one other person or usually between two people who can be directly known by their feedback (direct communication). Furthermore Indriyo Gitisudarmo and Agus Mulyono [1] explained, interpersonal communication is face-to-face communication, person-to-person interaction, two-ways, verbal and non-verbal, as well as various information and feelings between individuals or between individuals in small groups.

From the definition according to experts above, it can be concluded that interpersonal communication is the process of delivering and receiving messages between the sender of the message and the recipient, both directly and indirectly.

The main problems in interpersonal communication are usually caused by an individual's concern over others' judgments about themselves related to what is conveyed to others. The response from family, peers, school environment, and neighbourhood, generally becomes a source of frustration for teenagers. Teenagers in their social relationships are guided to have skills in good communication with others, because success in getting along can increase teenagers' confidence and the most severe punishment for groups is rejected by their

environment, in the process of interpersonal communication not only the contents of the message you want delivered, but rather how the effect of the message itself on the interpersonal relations of communication actors. The existence of interpersonal communication is very important, because adolescents as social beings always carry out activities and interpersonal communication activities even though sometimes the teenager is not aware of this, to actualize this kind of communication must be started from open themselves and open other people. So that in social life, we can understand each other and get the desired information, someone will be isolated if they never interact with others. Students as a part of the community, are required to make open interaction with others in the environment where students interact, the environment for them is their school, in communicating with friends and the surrounding, students basically open up and positive attitude that supports interpersonal communication, according to Devito [4] a. Openness, b. empathy, c. supportive attitude, d. positive attitude.

Self-disclosure is one of the important concepts in interpersonal communication. This is because opening up is one way for humans to have friendship or closer friendship. Johnson [5] said that opening up is expressing a situation both in the past and being faced. With the disclosure it appears that opening up has two sides, namely being open to others and being open for others.

Liliweri [6] mentions opening up is the beginning of interpersonal contact, the first relationship that connects a person with others. Therefore opening up gives effect to relations that are open to, that is relationships that cause to self-disclosure, are open to others and are open for others.

From the above experts' opinion, it can be concluded that self-disclosure is one's ability to express feelings, thoughts experienced by individuals to other individuals, or to express things that exist within one that will make individuals become more intimate and feel more comfortable in communication. According to Altman Taylor (Journal of Personality and Social Psychology Vol 1, No, 02, June 2012) that if a relationship develops at a more intimate level, then openness to oneself in terms of freedom and depth will increase and that increase can be felt by the individual concerned comfortably therefore interpersonal communication skills have an important role in the process of communication between students, or with teachers in order to produce an effective communication, therefore we need a social skill to relate to others and one of them is self-disclosure.

In interpersonal communication, basically students open themselves to be able to establish good relationships with other friends. Based on previous research conducted by Laila Rahmawati entitled "The relationship between self-disclosure and students' interpersonal communication skills in students of class VIII SMP N 1 Melati Sleman". The results of the study note that there is a positive relationship between self-disclosure and interpersonal communication skills of VIII grade students of SMP N 1 Melati, this is indicated by the correlation coefficient ( $r$ ) of 0.593 and  $p = 0.000$  ( $p < 0.05$ ). Based on the correlation results it can be seen that one of the factors that influence interpersonal communication skills is self-disclosure. The higher the students' self-disclosure, the higher the students' interpersonal communication skills. Based on calculations, it can be shown that the effective contribution of self-disclosure to interpersonal communication skills is 35.2%, while the contribution of 64.8% comes from other factors.

In relation with the explanation above, the school or supervisors are expected to be able to establish students to have good interpersonal communication between others, especially the ability in self-disclosure. Openness is done for students in school so that social relationships are more open and close in social relationships, the more someone opens up the more other people will understand and understand someone else so that the higher the social acceptance of others towards that person, so students are expected to be able to interact and to have good social skills and relationships at school and in the neighbourhood and also to have good interpersonal communication in daily life by fostering an attitude of opening up to others and expressing reactions or responses to situations faced or information received from others by involving feelings.

Based on the background and problems described above, the researcher considers that this interpersonal communication and self-disclosure needs to be reviewed scientifically by conducting research with title "The Advantage of Self-Disclosure in Improving Interpersonal Communication Students of Mts Lab IKIP Al Washliyah".

## RESEARCH METHOD

Quantitative research methods are considered as the most effective because the research data in the form of numbers and analysis using statistics based on populations and certain samples with the aim to test the hypothesis that has been set [7]. In this study used a descriptive correlational type of research using quantitative research, the relationship between variable X (self-disclosure) with Y variable (interpersonal communication).



Design Fig-3.1: Research Design

According to Muri Yusuf [8] the population is essential and needs to get close attention if the researcher wants to conclude a result that is reliable and appropriate for the area or the research object.

Sugiyono [9] argues that the population is a generalization area consisting of: objects / subjects that have certain qualities and characteristics determined by researchers to be studied and then drawn conclusions. According to Baile [8] states the population or universe is the total number of analysis units. While Spiegel also stated that the population is the whole unit (which has been determined) regarding and from which the desired information. According to Arikunto the population is the entire subject of the study, all elements in the study area, the population in this study were all students of MTs Lab IKIP Al Washliyah, estimated to 239 students.

The sample is a part of the chosen population and represents that population Muri Yusuf [8]. According to Sax (in Muri Yusuf) stated a limited amount of elements selected from a population. Meanwhile, according to Sugiyono [9] argues that the sample is part of the number and characteristics of the population.

According to Arikunto [10] "Samples are a portion taken from the population that can represent the population which is used as a source of information using certain techniques". Seeing the large population of this study, the researcher in determining the number of samples refers to the opinion of Arikunto [11] which states that: large subjects can be taken between 10-15% or 20-25% or more, depending on the ability of researchers in terms of time, energy and funds and the narrow breadth of the area; observation of each subject and the size of the risk be certified by the researcher".

Because the number of population is more than 100, the researcher uses random sampling, which is

taken 20% of the total population, 20% of 239 students are 48 students who are sampled in this study.

$$\frac{20}{100} \times 239 = 48$$

**Data Collection Technique**

According to Arikunto [10] data collection techniques are ways that can be used by researchers to collect data. This data collection is intended to obtain materials that are accurate, relevant and reliable. To obtain the data, the research is using the reliable data collection techniques and procedures, as well as its tools.

**Questionnaire**

Arikunto [10] stated that a questionnaire is a collection of questions asked in writing to someone (who in this case is called a respondent), and how to answer is also done in writing.

To obtain accurate data in this study, the data collection procedure conducted by the research is using a questionnaire, it is used because it can save time and can collect data or information needed with relatively short time.

Each respondent will receive the same question or statement and possible answers and make it easier for researchers to manage and analyze the obtained data.

Data obtained through a questionnaire in the form of a rating scale (graded scale) is a subjective measure that is made on a scale or a statement followed by columns that indicate levels [11].

According to the Likert Scale, each option is given a value, to obtain data about the Relationship of Self-Disclosure with Interpersonal Communication, according to alternative answers in the form of scores:

**Table-II: Questionnaire assessment criteria**

No.	Positive Statement		Negative Statement	
	Score	Information	Score	Information
1	4	Very Agree	1	Very Disagree
2	3	Agree	2	Disagree
3	2	Disagree	3	Agree
4	1	Very Disagree	4	Very Agree

**Data Analysis Technique**

Data analysis techniques are the methods performed on the data, both in the form of presentation,

manipulation of processing using formulas, testing, and interpretation.

Data/facts collected are about the relationship of self-disclosure with the interpersonal communication of MTs Al Washliyah students in Tanjung Morawa. Then the techniques used in the study are:

### Correlation Test

Data analysis method used in observing the relationship between Self-Disclosure (independent variables) and interpersonal communication (dependent variables) is a product moment correlation technique with the following formula:

$$r_{xy} = \frac{N\sum XY - (\sum X)(\sum Y)}{\sqrt{\{N\sum X^2 - (\sum X)^2\}\{N\sum Y^2 - (\sum Y)^2\}}}$$

(Arikunto, [10])

Information:

- $r_{xy}$  : The correlation coefficient between the independent and dependent variables
- $\sum XY$  : The total number of multiplications between the independent and dependent variables
- $\sum X$  : The sum of the overall points for each subject
- $\sum Y$  : The total score for each subject
- $\sum X^2$  : The sum of the squares of the X score
- $\sum Y^2$  : The sum of the squares of the Y score
- N : Number of samples studied

### Normality Test

Data normality test is conducted to know whether the data obtained from the test results come from populations that are normally distributed or not. The normality test used is the Kolmogorov-smirnov test which was described according to Sugiyono [7].

$$KD = 1,36 \frac{\sqrt{n1 + n2}}{\sqrt{n1 \cdot n2}}$$

n1= total respondent  
n2= total expected respondent

### Linearity Test

Linearity test is used to find out whether the analyzed data have a linear relationship. The linearity can be known by using the f test, where r is the correlation value, n is the number of samples, and k is the number of variables.

$$F_{count} = \frac{r^2(n-k-l)}{k(l-r^2)}$$

- F= correlation line value
- n= total respondent
- k= total variable
- r= correlation coefficient between X and Y variable

## RESULT TEST

### Analysis Requirement Testing Trial Implementation

The trial of self-confidence and interpersonal communication questionnaire were conducted by researchers on July 18th 2018 till August 30th 2018. The trial test was conducted at the MTs AL-WASHLIYAH.

After the questionnaire has been collected, a study of the questionnaire is then conducted by creating a value format based on the scores on each of the questionnaires, then the scores which are the subject's choice on each item are tabulated, then recapitulated in the Excel computer program for the purposes of validity analysis and item depth question.

### Validity Test

#### Self-Disclosure Questionnaire Trial

Self-Disclosure questionnaire test was distributed to 33 samples, which served to find out whether the instrument was appropriate to be used to obtain student self-disclosure data, using the product moment formula. After the calculated correlation coefficient is calculated then obtained valid items from 40 items total is 34 items, while invalid items are 6 items, for example calculating the validity correlation coefficient on item number 1 obtained  $r_{observed} = 0.700$  with  $N = 30$ . At a significant level  $\alpha = 5\%$ ,  $r_{table}$  is obtained = 0.344 from these results it can be seen that  $r_{count}$  is greater than  $r_{table}$  ( $0.700 > 0.344$ ) thus item 1 is declared valid and is used in data collection.

#### Interpersonal communication questionnaire Trial

Interpersonal communication trials were distributed on 33 samples to find out whether the instrument was suitable for obtaining students' interpersonal communication data, using the product moment formula. After the data is calculated the correlation coefficient valid items obtained from the number of 40 questionnaires are 35 items, while the items that invalid are 5 items, for example calculation of the correlation coefficient validity in item number 1 obtained  $r_{observed} = 0.608$  with  $N = 33$ .

At a significant level  $\alpha = 5\%$ , then  $r_{table} = 0.44$  is obtained from this it can be seen that  $r_{observed}$  is greater than  $r_{table}$  ( $0.608 > 0.344$ ) thus item 1 is declared valid and can be used in data collection.

### Reliability Test

#### Reliability Test of Self-Disclosure questionnaire data

The reliability test is carried out to find out whether the instrument has the same results or can be used repeatedly, using the Alpha formula, then it is found that  $r_{11} = 0.9860$  and after consultation with the correlation index is included in the very high category. It can be concluded that the self-disclosure questionnaire meets the reliability criteria so that it can be used as a data collection tool to determine the sample.

### Reliability Test of Interpersonal Communication questionnaire data

This reliability test is carried out to find out whether the instrument has the same results or can be used repeatedly, using the Alpha formula, then it is found that  $r_{11} = 0.9668$ . And after being consulted with the correlation index included in the category of very high. It can be concluded that the interpersonal communication questionnaire fulfills the reliability criteria so that it can be used as a data collection tool to determine the sample.

### Normality Test

From the *kolmogorow smirnov* test result  $> 5\%$  obtained  $N=48$  is 0,198 with a significant level of 5%. Then  $P_{observed} > P_{table}$  (0.274  $>$  0.198). Thus stated normal distribution

### Linearity Test

From linearity test with significant level 5% df is 48. Then  $F_{observed} > F_{table}$  (5, 14  $>$  4, 05), thus stated distribution data was linear.

### Correlation Test

Correlation test was implemented by using calculation of the correlation coefficient with the product formula Momentvariable self-disclosure (X) with interpersonal communication (Y).

From the calculation results obtained by the correlation coefficient between self-disclosure (X) and interpersonal communication (Y) of 0,432.

## RESULTS AND DISCUSSION

The purpose of this study was to determine how much the level of students' self-disclosure and interpersonal communication, seeing how much the relationship effect of self-disclosure with students' interpersonal communication and whether there is a relationship of self-disclosure with interpersonal communication of students of MTs Al-Washilyah Tanjung Morawa 2018/2019 academic year. The questionnaire distributed by the independent variable (X) is self-disclosure and the dependent variable (Y) is interpersonal communication. From the data analysis it can be concluded that self-disclosure of 92.15% is categorized very high, while interpersonal communication of 91.05% is also categorized very high. The results of the analysis proved that there was a significant relationship between self-disclosure and interpersonal communication of MTs AL-WASHLIYAH Tanjung Morawa students in the 2018/2019 academic year. This is showed at the correlation obtained from the calculation of the product moment correlation ( $r_{observed} = 0,432 > r_{table} = 0,284$ ), and  $r_{observed} = 4,543 > r_{table} = 0,284$ .

Interpersonal communication is a very dominant activity in daily life, but it is not easy to provide a definition that can be accepted by all parties.

Like concepts in other social sciences, interpersonal communication also has many definitions in accordance with the perceptions of communication experts who provide limits definition.

Agus M. Hardjana [9] said interpersonal communication is a face-to-face interaction between two or several people, where the sender can deliver the message directly and the recipient of the message can receive and respond directly as well. A similar opinion was expressed by Deddy Mulyana [3] that interpersonal communication or interpersonal communication is communication between people face to face, which allows each participant to capture the reactions of others directly, both verbally and non-verbally.

Another definition put forward by Arni Muhammad [1], interpersonal communication is the process of exchanging information between a person with at least one other person or usually between two people who can be directly identified by their feedback (direct communication). Furthermore, Indriyo Gitisudarmo and Agus Mulyono [2] explained, interpersonal communication is face-to-face communication, person-to-person interaction, two-way, verbal and non-verbal, as well as various information and feelings between individuals or between individuals in small groups.

According to those many experts' definition, it can be concluded that interpersonal communication is the process of delivering and receiving messages between the sender of the message and the recipient, both directly and indirectly.

Self-disclosure is one of the important concepts in interpersonal communication. This is because opening up is one way for humans to have friendship or even closer friendship. Johnson [12] said that opening up is expressing a situation both in the past and being faced. With the disclosure it appears that opening up has two sides, namely being open to others and being open for others.

Liliweri [6] mentions opening up is the beginning of interpersonal contact, the first relationship that connects a person with others. Therefore opening up could deliver to open relations, that is relationships that both resulted to self-disclosure, open to others and open for others.

Why do we need to open up, because humans are social beings and creatures that have limitations, one of the things we need to open up is to fulfill the needs of life because we have limitations. Here are some reasons why we need to open up.

1. Humans have limitation; to overcome these limitations must build a good relationship with others. One of the good relationships arises from opening up to others.

2. Humans have hidden potential that is not known by them, but known by others. In order those other people are able to express the potential possessed by someone, one of them by opening up to others so that others can express it.
3. Humans have problems in life. For that, he needs the help of others to solve it.
4. Humans need a more harmonious life. Harmonious life can be realized through mutual acquaintance, mutual respect and understanding. Opening up basically builds a more intimate relationship with others.
5. Humans need truth. The truth can be obtained through someone's openness so that it becomes one of validation and produces a mutual understanding.
6. Humans have actions; they must be controlled and guarded. Good relationships are built through self-disclosure.
7. Humans also have a sense of mistrust of themselves so that they need help from others in growing trust.
8. Humans also have a sense of uncertainty about themselves. This condition can be reduced by opening up to others. Therefore, opening trust also builds trust.

### **The Advantage of Open up ourself**

Simply stated that opening oneself is useful in order to perfect oneself, because after all life is inseparable from other people's judgments. That evaluation is interpreted as a correction, enlightenment towards oneself and others. Johnson [5] mentions the benefits of opening up to interpersonal relationships including:

1. Opening up is the basis of a healthy relationship between two people. Without opening up, there will be no interpersonal relations.
2. Mutual openness, meaning that the more we are open to other people, the more other people open themselves to us.
3. People who want to open themselves to others usually have the nature of competent, open, extroverted, flexible, adaptive, and intelligent.
4. Interact familiarly and intimately, both with others and with yourself.
5. Build a realistic attitude, not pretending, honest and sincere.

Besides that, if we look at the implications of self-disclosure, which on one side is open to others, then other people respond with openness as well. Therefore we can formulate the benefits of self-disclosure in several important ways including:

1. Self-Disclosure is socially useful, where individuals build relationships through intimate communication. Socially self-disclosure becomes important in building harmony between one person and another.
2. Self-disclosure is useful in honing directed and focused skills.

3. Judging from the way people open themselves, one of which is to express a message, then self-disclosure is also useful as a part of easing one's psychological burden. When someone expresses his feelings or problems to others, it is clear that others will open themselves to him and provide empathy or solutions.
4. Self-disclosure is also useful in self-examination because by opening up someone is aware of their shortcomings and potential.

One positive attitude that is important to develop so that someone is skilled when conducting interpersonal communication is self-disclosure. This self-disclosure is a reaction or response from someone who gladly accepts information in facing personal relationships, and is a willingness to share familiar feelings, both descriptive and evaluative information. Devito [4] states that, the depth and openness of a person depends on the situation and the person invited to interact. Someone will be more open when interacting with fun and feel comfortable.

Individuals must open themselves to other people and be able to open themselves for others, so they can have good interpersonal relationships. Based on the study results, it is stated that there is a positive relationship between Self-Disclosure with students' interpersonal communication. This study also shows that one of the factors that influence students' interpersonal communication is self-disclosure. The higher the students' self-disclosure, the higher the student's interpersonal communication.

Effective interpersonal communication will deliver good interpersonal relationships. Thus there needs to be more openness within the individual to be able to communicate effectively which will then create good relationships with other individuals.

According to Altman Taylor (Journal of Personality and Social Psychology Vol 1, No, 02, June 2012) that if a relationship develops at a more intimate level, then openness to oneself in terms of freedom and depth will increase and the improvement can be felt by the individual concerned comfortably. Therefore interpersonal communication skills have an important role in the process of communication between students, or with teachers in order to produce an effective communication, therefore we need a social skill to relate to others and one of them is self-disclosure

Based on the opinions and journals above, it can be concluded that self-disclosure has a significant relationship with interpersonal communication. In this case the higher the self-disclosure, the higher the interpersonal communication a person has.

## CONCLUSION AND RECOMMENDATION

Based on the research results described in chapter IV, it can be concluded that students' self-disclosure is categorized high, while students' interpersonal communication is also categorized high, of the two variables there is a significant or positive relationship between self-confidence in students' interpersonal communication MTs Al-Washliyah Tanjung Morawa Academic Year 2018/2019

### Based on the research results described in chapter IV, it can be concluded

1. Self-disclosure of MTs Al-Washliyah students was 92,15%, categorized as very high value,
2. Interpersonal communication of MTs Al-Washliyah students was 91, 05%, categorized as very high value.
3. The relationship between two variables toward self-disclosure and interpersonal communication of students of MTs Al-Washliyah Tanjung Morawa 2018-2019 Academic Year, this was proven after analyzing the correlation test, the  $r_{\text{observed}}$  was obtained as broad as 0,432 while  $r_{\text{table}}$  was 0,284. This shows that the value of  $r_{\text{observed}} > r_{\text{table}}$  0,432 > 0,284.

## SUGGESTION

Based on the conclusions from the research results conducted on students of MTs Lab IKIP Al Washliyah Medan, then some suggestions can be made as follows:

1. For school  
The school can provide guidance to students by providing understanding and strengthening how students can improve self-disclosure and interpersonal communication.
2. For Guidance and Counselling Teacher  
Reviewing from the results of data analysis, it turns out that self-disclosure is related to interpersonal communication; moreover it is suggested to Guidance and Counselling teachers

to provide more instruction so that student openness can be more stabilized, so that later they can communicate interpersonally well in the future.

3. For further researcher  
It is expected to be able to increase self-disclosure in students' interpersonal communication. And it is expected to increase or expand the scope of research by using other variables, which can increase or influence interpersonal communication.

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