

**STUDI KOMPARASI PENGARUH *ONLINE DISINHIBITION EFFECT*
TERHADAP *MORAL DISENGAGEMENT* PADA DEWASA AWAL
PENGGUNA INSTAGRAM DAN X DI BANDUNG RAYA**

SKRIPSI

Disusun untuk memperoleh gelar Sarjana Psikologi pada Program Studi Psikologi
Universitas Pendidikan Indonesia



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FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA**

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh
gelar Sarjana Psikologi pada Fakultas Ilmu Pendidikan

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KATA PENGANTAR

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Segala puji bagi Allah Subhānahu wa Ta‘ālā atas limpahan rahmat dan karunia-Nya, peneliti dapat menyelesaikan penyusunan skripsi bertajuk “*Studi Komparasi Pengaruh Online Disinhibition Effect terhadap Moral Disengagement pada Dewasa Awal Pengguna Instagram dan X di Bandung Raya*” sebagai salah satu syarat memperoleh gelar Sarjana Psikologi.

Penelitian ini dilatarbelakangi oleh maraknya fenomena perilaku berisiko seperti *cyberaggression* di ruang digital. Sebagai bagian dari *civitas academica* bidang psikologi, peneliti merasa terpanggil untuk mengkaji mekanisme psikologis yang mendasari fenomena tersebut.

Penelitian ini diharapkan dapat memberi kontribusi teoretis bagi pengembangan khazanah keilmuan bidang psikologi, serta secara praktis dapat dimanfaatkan sebagai rujukan dasar pengembangan intervensi pencegahan perilaku berisiko di ruang digital. Peneliti menyadari sepenuhnya berbagai keterbatasan dalam penelitian ini. Kritik dan saran konstruktif sangat diharapkan untuk penyempurnaan di masa mendatang.

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Dengan ini saya menyatakan bahwa skripsi berjudul “Studi Komparasi Pengaruh *Online Disinhibition Effect* Terhadap *Moral Disengagement* Pada Dewasa Awal Pengguna Instagram dan X di Bandung Raya” merupakan hasil karya saya sendiri, tanpa mengandung unsur plagiarisme atau penjiplakan dari karya pihak lain. Seluruh kutipan dan referensi telah disusun sesuai dengan kaidah dan etika keilmuan yang berlaku dalam masyarakat akademik. Apabila di kemudian hari ditemukan pelanggaran etika akademik atau terdapat klaim atas orisinalitas karya ini, saya bersedia menerima segala konsekuensi yang ditetapkan sesuai ketentuan yang berlaku.

Bandung, Juli 2025
Peneliti

Aqmal Maulana Saputra

ABSTRAK

Aqmal Maulana Saputra (2106943). *Studi Komparasi Pengaruh Online Disinhibition Effect Terhadap Moral Disengagement Pada Dewasa Awal Pengguna Instagram dan X di Bandung Raya.* Skripsi Program Studi Psikologi. FIP UPI. Bandung (2025).

Penelitian ini bertujuan membandingkan pengaruh *online disinhibition effect* (ODE) terhadap *moral disengagement* (MD) dalam konteks *cyberaggression* pada dewasa awal pengguna dominan Instagram dan X (Twitter) di Bandung Raya. Sebanyak 446 responden (258 kelompok Instagram dan 188 X (Twitter)), dihimpun melalui *accidental sampling*. Instrumen ODE diadaptasi dari Cheung et al. (2021), sementara instrumen MD diadaptasi dari Hymel et al. (2005). Seluruh instrumen menunjukkan reliabilitas memadai, dengan α pada kelompok Instagram: 0,910 (ODE), 0,946 (MD), dan X (Twitter): 0,931 (ODE), 0,957 (MD). Hasil regresi menunjukkan bahwa ODE memprediksi MD secara signifikan positif pada kedua kelompok, dengan pengaruh lebih kuat pada pengguna dominan X (Twitter) ($B = 0,862$; $\beta = 0,785$; $R^2 = 0,617$) dibanding pengguna Instagram ($B = 0,653$; $\beta = 0,554$; $R^2 = 0,307$), dengan perbedaan signifikan berdasarkan uji interaksi ($p = 0.010$). Secara deskriptif, skor ODE dan MD signifikan lebih tinggi pada pengguna X (Twitter) ($M = 82,50$) dibanding Instagram ($M = 72,97$). Analisa perbandingan menunjukkan bahwa laki-laki secara konsisten memiliki tingkat MD yang signifikan lebih tinggi dibanding perempuan pada kedua platform, sementara ODE signifikan lebih tinggi pada laki-laki hanya pada platform X (Twitter). Tidak ditemukan perbedaan signifikan tingkat variabel berdasarkan kelompok usia. Temuan lainnya menunjukkan bahwa pengguna Instagram dominan mengakses konten hiburan (25,58%), edukasi (16,66%), dan fashion (8,53%), sedangkan pengguna X (Twitter) lebih banyak mengakses konten berita/opini publik (34,57%), olahraga (14,89%), dan teknologi (12,76%).

Kata Kunci: online disinhibition effect, moral disengagement, media sosial, dewasa awal, Instagram, X (Twitter)

ABSTRACT

Aqmal Maulana Saputra (2106943). A Comparative Study of the Influence of the Online Disinhibition Effect on Moral Disengagement Among Emerging Adults Using Instagram and X in Greater Bandung. Skripsi Program Studi Psikologi. FIP UPI. Bandung (2025).

This study aims to compare the influence of the online disinhibition effect (ODE) on moral disengagement (MD) in the context of cyberaggression among young adults who are dominant users of Instagram and X (Twitter) in Greater Bandung. A total of 446 respondents (258 in the Instagram group and 188 in the X (Twitter) group) were collected through accidental sampling. The ODE instrument was adapted from Cheung et al. (2021), while the MD instrument was adapted from Hymel et al. (2005). All instruments demonstrated adequate reliability, with α values for the Instagram group: 0.910 (ODE), 0.946 (MD), and X (Twitter): 0.931 (ODE), 0.957 (MD). Regression results indicate that ODE significantly and positively predicts MD in both groups, with a stronger effect on dominant X (Twitter) users ($B = 0.862$; $\beta = 0.785$; $R^2 = 0.617$) compared to Instagram users ($B = 0.653$; $\beta = 0.554$; $R^2 = 0.307$), with a significant difference based on the interaction test ($p = 0.010$). Descriptively, ODE and MD scores were significantly higher among X (Twitter) users ($M = 82.50$) than Instagram users ($M = 72.97$). Comparative analysis shows that males consistently have significantly higher MD levels than females on both platforms, while ODE is significantly higher in males only on the X (Twitter) platform. No significant differences in variable levels were found based on age groups. Other findings indicate that Instagram users predominantly access entertainment content (25.58%), education (16.66%), and fashion (8.53%), while X (Twitter) users more frequently access news/public opinion content (34.57%), sports (14.89%), and technology (12.76%).

Keywords: online disinhibition effect, moral disengagement, social media, young adults, Instagram, X (Twitter)

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