

**A SELF DISCLOSURE ON SOCIAL MEDIA AS  
DETERMINATION OF TECHNICAL REFERENCE COUNSELING  
(A PHENOMENOLOGICAL STUDY ON FACEBOOK STATUS IN UNIVERSITY  
STUDENTS DARUL ULUM JOMBANG)**

Suhudi\*

\*Post Graduate University Darul Ulum Jombang,  
email: suhudimahga@gmail.com

**ABSTRACT:** This study is based on the phenomenon of self-disclosure of teenagers through facebook. Facebook is actually created as a communication medium, turned out to be the right place as a venue for self-disclosure. Researchers focused with the student self disclosure form consisting of social acceptance, the development of relationship, self-expression, clarification of self and social control. The different between one and other teenagers facebook status are showing the diversity of the personality of each teenagers. The method in this research is qualitative with phenomenology approach that is more sensitive and can adapt to many influences and patterns of face value. Phenomenology approach is expected to be able to explain a social phenomenon of this kind in depth. Furthermore, personality reflected in their respective facebook status is expected to be a reference to establish appropriate counseling techniques to the teenager if he/she as a counselee in a counseling activities. It is expected that the counseling process has been studying personality counselee like this will be carried out more quickly and accurately.

**Keywords:** self disclosure, teenagers, facebook

*"The medium is the message"*. Thus McLuhan (in Mercy, 2005) argues forcefully that over time, the shape of the mass media alone can give effect to the public. Its influence is not what the media, but the media type of communication used, whether in print, television, or internet. Teori mc Luhan, called the theory of the extension of the senses (sense extension theory), which states that the media is an extension of the human senses; phone is an extension of the ear and television is an extension of the eye. Mc Luhan wrote, "Operationally and practical medium is the message. This means that the consequences of personal and social aspects of mediayakni for self renewal kitatimbul for the new scale is entered in our lives by ourselves or by the expansion of new technologies. The media is the message for the media to form and control the scale and form of human relationships and actions".

Information technology today has grown massively and rapidly. The technology has managed to change the shape of human society, from local human society into a global human society. When inipemanfaatan Information and Communication Technology (ICT) has covered many areas of life marked a change in human civilization menujumasyarakat information. The Internet is growing so rapidly as the culture of modern society, said to be a culture for over internet cyber community berbagaiaktifitas like to think, be creative, and action can be expressed in it,

whenever and wherever. Its presence has formed a separate world known as cyberspace (cyberspace) ataudunia apparent is a world of computer-based communication menawarkanrealitas new virtual form (not directly and not real).

Speed in accessing information has become mandatory for every person on this earth. Almost all circles utilizing dariteknologi results. This was answered by the Internet that allows every person to obtain and disseminate information quickly, cheaply and menjangkauwilayah very broad. Community of people who joined in it also becoming increasingly rising. Tendency for people to concentrate in cyberspace is evidence that the Internet has brought easiness bagimasyarakat. For some people this phenomenon has changed human behavior in interacting with other humans, either individualmaupun in groups. In addition, technological advances akanberjalan course coincided with the emergence dikemasyarakatan changes, particularly with respect to the youthfulness.

Teens in a transitional period between children and adults is a period where the disclosure itself is becoming a necessity. Psychologically, adolescence is a time in which the individual integrate into adult society, the age at which children no longer felt below the level of those who are older but are in the same level, at least in the problems hak.Elizabeth B. Hurlock (2009) berpendapatbahwa adolescence usually begins when children become sexually mature and ended when they reached a mature age legally. However, research on changes in behavior, attitudes and values throughout adolescence not only shows that every time a change occurs more rapidly at the beginning of adolescence rather than the final stage of adolescence, but it shows that the behavior, attitudes and values in early adolescence differently at the end of adolescence.

One of the attitudes and values that many committed by juveniles is the final level of self-disclosure. Self-disclosure is done rema may include information that is descriptive and evaluative. How to convey descriptive diketahuiketika the teens can share information about their own identity. In evaluative, the young people do with communicating feelings, circumstances, and the problems experienced. In this case, the self-disclosure mediated social as facebook on one side dapatmembuat people share. However, on the other hand can also fuels is dangerous disputes between users.

Pengungkapan diri menurut Omarzu (dalam Taylor, 2009) adalah berbentuk pada hal-hal sebagai berikut. (1) Penerimaan Sosial. Dorongan yang menyebabkan remaja mau mengikuti hal-hal yang dituntut oleh lingkungannya adalah kecemasan akan menghadapi sanksi sosial berupa ancaman dan tidak adanya rasa kasih sayang dari orang lain. Kalau kecemasan ini terlalu berat, akibat yang ditimbulkan adalah hambatan tingkah laku. Remaja yang bersangkutan jadi serba ragu-ragu, serba takut-takut, dan tidak berani melakukan sesuatu. Dalam keadaan yang ekstrim, remaja yang bersangkutan bisa menjurus kepada keadaan cemas yang *neurotic* (gangguan jiwa). Akan tetapi, dalam dosis yang tepat kecemasan ini mendorong remaja untuk lebih bertanggung jawab, hati-hati, dan menjaga tingkah lakunya agar selalu sesuai dengan nilai dan norma. (2) Pengembangan Hubungan. Berbagi informasi pribadi dan keyakinan pribadi adalah salah satu cara untuk mengawali hubungan dan bergerak ke arah informasi. Untuk lebih menguasai tugas perkembangan sebagai remaja, mereka mempunyai minat baru untuk menjalin hubungan-hubungan baru dalam arti yang lebih luas dan lebih matang, khususnya yang erat kaitannya dengan lawan jenis. Dalam memainkan peran yang tepat dengan seksnya, para remaja diharuskan untuk memperoleh konsep yang dimiliki ketika masih anak-anak. Dorongan untuk melakukan hal ini datang dari tekanan-tekanan sosial tetapi terlebih terletak pada keingintahuan mereka tentang hubungan asmara. (3) Ekspresi Diri. Terkadang kita berbicara tentang perasaan kita untuk melepaskan “perasaan di dada”. Setelah beraktivitas seharian, kita mungkin ingin memberitahu teman kita tentang betapa jengkelnya kita pada seseorang di tempat kita bekerja dan bagaimana kesalnya perasaan yang tidak dihargai. Mengekspresikan perasaan dapat mengurangi stres. (4)

Klarifikasi Diri. Dalam proses berbagi perasaan atau pengalaman pribadi pada orang lain, kita mungkin mendapatkan pemahaman dan kesadaran yang lebih luas. Berbicara kepada kawan tentang problem kita mungkin bisa menjelaskan pemikiran kita tentang situasi. Orang lain mungkin akan mengatakan bahwa reaksi kita adalah “wajar” atau mengatakan pemikiran kita “terlalu bukan-bukan”. Pendengar akan memberikan informasi yang berguna tentang realitas sosial. Salah satu bentuk dari perkembangan intelektual remaja adalah perkembangan kognitif. Dalam perkembangan kognitif remaja mengalami pengembangan di dalam moral dan penimbangan (*moral development and judgment*) atau kemampuan berpikir tentang benar dan salah. Sebagian pengembangan moral remaja tergantung pada munculnya empati, rasa malu, dan rasa bersalah. Internalisasi moralitas dimulai dengan empati (*empathy*) atau kemampuan untuk memposisikan diri ke dalam perasaan orang lain. Sejak masa kremaja-kremaja, kita telah menunjukkan rasa empati yang bersifat elementer. Sebagai bukti bahwa remaja telah mempunyai rasa moralitas adalah mereka mampu menimbang konsekuensi dari sudut pandang kepentingan pribadi dan kepentingan orang-orang di sekitar mereka. (5) Kontrol Sosial. Mungkin kita mengungkapkan atau menyembunyikan informasi tentang diri kita sebagai kontrol sosial. Misalnya, kita mungkin sengaja tidak berbicara tentang diri kita untuk melindungi privasi. Kita mungkin pula mengungkapkan topik atau ide yang berkesan baik di mata pendengar.

Self-disclosure by Omarzu (in Taylor, 2009) is shaped on the following matters. (1) Social acceptance. The impetus that causes teens want to follow things that are demanded by the environment is social anxiety will face penalties in the form of threats and lack of affection from others. If the anxiety is too severe, the impact is the barrier behavior. Adolescent concerned so completely hesitation, completely timid, and did not dare do anything. In extreme circumstances, adolescents concerned could lead to the neurotic anxiety state (mental disorder). However, in the correct dosage of this anxiety encourage teens to be more responsible, careful, and keep his behavior and compliance with norms and values. (2) Development of Relations. Sharing of personal information and personal beliefs is one way to start a relationship and move towards the information. To master the task of development as teenagers, they have a new interest to forge new relationships in the wider sense and more mature, especially those closely associated with the opposite sex. In playing its proper role by sex, teens are required to obtain the concept possessed when still a child. The impetus for this came from social pressures but first lies in their curiosity about the affair. (3) The expression Diri. Terkadang we talk about our feelings to let go "feeling in the chest". After the move all day, we mungkin want to tell our friends about how annoyed we are to someone in which we work and how upset feeling unappreciated. Expressing feelings can reduce stress. (4) Clarification Diri. Dalam process of sharing feelings or personal experiences to others, we may gain understanding and greater awareness. Talking to friends about the problems we may explain our thinking about the situation. People might say that our reaction was "fair" or saying we thought "too nonsensical". Listeners will provide useful information about the reality sosial. Salah one form of intellectual development of adolescents is cognitive development. In the cognitive development of the adolescent experience in the development of moral and weighing (*development and moral judgment*) or the ability to think about right and wrong. Most of the moral development of adolescents depends on the emergence of empathy, shame, and guilt. Internalization morality begins with empathy (*empathy*) or the ability to position themselves into the feelings of others. Since the time kremaja-kremaja, we have shown empathy rudimentary. As evidence that the teen does have a sense of morality are they capable of weighing the consequences from the standpoint of personal interests and the interests of the people around them. (5) Social Control. Maybe we reveal or hide information about ourselves as social control. For example, we might accidentally not talk

about ourselves in order to protect privacy. We may also mengungkapakan topic or idea that is memorable in the eyes of the listener.

Furthermore, on the side lainbimbingankonseling believe that each individual is unique and special. None of the individuals who are born less than any other individual. Each has advantages and disadvantages. Guidance and counseling is very aware of the importance of understanding the uniqueness and otherness within each and every individual. Understanding in each and every counselee should be able to penetrate the personality types that exist within each individual in depth.

In connection with this, the researchers saw that the self-written disclosure teen facebook status is a picture of adolescent personality is concerned. Thus, it can give due consideration to the counselor in deciding the techniques and approaches that will be selected for counseling. Selection of techniques and appropriate counseling approach in this regard is important yangt. When the technique chosen by a counselor inaccurate and does not match the counselee's personality, then the problem is going to be addressed will encounter difficulties. Conversely, if the personalities that exist in each counselee has been well understood, then the counselor will be able to help settle matters quickly and precisely counselees.

By reading the context, the researchers took the initiative to explore two facebook accounts of two students who are studying in high sebuahperguruan in Jombang, Universitas Darul Ulum. The two men are candidates counselee from a counselor at the Faculty of Education Department of Guidance and Counseling. The results of this study will be the researcher goes to a counselor prior to counsel both the counselee.

## **THEORY AND CONCEPTS**

### **Self Disclosure**

De Vito (1997) states that self-disclosure is a kind of communication regarding information about the individual that is usually hidden but on the contrary, it was communicated to others. Self-disclosure facilitate the development and establishment of interpersonal relationships pure and meaningful. According to Barak (2007), Disclosure of self refers to the communication behavior in which someone expresses aspects of themselves with personal information, experiences, personal thoughts and personal feelings. Furthermore, Sears (2009) explains that the behavior of self-disclosure has several benefits such as add information about yourself, coping skills, effective communication, meaningful relationships, and the establishment of mental health.

### **juvenile**

Adolescence is a transition period between childhood to adulthood, or a period of a dozen years, or if someone shows a particular behavior as unruly, easily aroused feelings and so forth (Sarwono, 2003). According to Piaget (in Hurlock, 1980) is psychologically adolescence is the age at which individuals integrate into adult society, the age at which children are no longer feeling below the level of those who are older, but to the same extent, at least in matters of rights. Integration in society (adults) had many of the effective, more or less associated with puberty. Including intellectual changes are striking. Intellectual transformation that is typical of the way these teens nerpikir enable it to achieve integration into the social relationship of adults, which in fact a period common characteristic of these developments.

## **Facebook**

Facebook, a social networking site of the most famous in the world. Online social networking site that was discovered by Mark Zuckerberg started since February 2004. At first specifically designed for students of Harvard University, but now can be used by everyone and experienced rapid development. Based on data reported from [www.compete.com](http://www.compete.com) (2016), were rated of first as facebook social networking sites are most widely used in the world every month by the active users, and this achievement beat social Tweeter networking sites, which is ranked second.

When discovered in 2004, Facebook is a social utility that helps people to communicate more efficiently with friends, family and coworkers or between friends in various institutions and levels of education. Facebook aims to connect the human social relations. Any person may register on Facebook and interact with the people they know in an environment of mutual trust. "Facebook site is one form of networking sites social what widely used today. Social networking itself according Wikipedia is a social structure which is formed of vertices (generally are individuals or organizations) are tied with one or specific types of relationships such as values, visions, ideas, friends, descent, and others. (<https://id.wikipedia.org/wiki/networking> social)

So it is with this facebook site which also has function to show street where users touch because of the similarity of sociality, ranging from those that are known from daily life to the family. The facebookers can join on city communities, jobs, schools, colleges, and certain areas. On Facebook, we can also establish communication with friends. Layanan Facebook relationship is web based system provides a collection of various ways for can interact like updating personal profiles, write comments, chat, send messages, videos, blogs, diskusigrup , and others.

## **METHOD**

In this study, researchers will use descriptive qualitative research methodologies. As mentioned by Sugiono (2011), that the method of qualitative and descriptive formulation of the problem, researchers will explore and photograph the social situation researched widely and deeply.

Qualitative research has several advantages, thus becoming a consideration for researchers to use this method. Some of the reasons why researchers using this method are: First, qualitative research methods more easily when faced with a double reality, in this case the relationship of researchers and research subjects (student / protégé). Second, this method can present the direct nature of the relationship between researchers and research subjects. Third, this method is more sensitive and more able to adjust to patterns of values encountered. Fourth, researchers are faculty in the subject of this research study, so using qualitative methods, is expected to facilitate the implementation process of the research, because researchers have to understand the geography and sociological point of research.

Data from this study were obtained from the two data sources, namely primary data and secondary data. According to Nasution (2004) primary data is data that can be obtained directly from the field or place of study. According to Lofland (1984) that the primary source of data in qualitative research is that words and actions. Words and actions are the source of data obtained from the field by observing or interviewing. Researchers used this data to obtain information directly on the disclosure themselves. In concrete terms this primary data in the form of facebook status of 2

students majoring in guidance and counseling at the University Darul Ulum Jombang. While the secondary data is the data obtained from the reading materials and various other sources. Researchers use this secondary data to strengthen and complement the discovery of information that has been gathered through direct interviews with graduate student. Secondary data from the study of which are books on the techniques and approach to counseling, student profiles archives and documents faculty of education science.

Furthermore, phenomenology as an approach used in this study. The word comes from the Greek phenomenology, phenomenon, which means something that looks seen as disproportionate. In the Indonesian language commonly used term symptoms. Thus, phenomenology is a stream that talk about the phenomenon or anything that appeared (Praja, 2010).

Phenomenology by Husserl (in Kuswarno, 2009) should be able to find meaning and essence of the experience. Methodologically, phenomenology duty to explain things in Themselves, by knowing what comes before consciousness, and understand the meaning of the essence, the intuition and self-reflection. The process incorporates what it seems, and what is in the picture people have it. You could say this is a merger between the real and the ideal. Data was analyzed using the phenomenological approach transdental (classical phenomenology). Conceived by Edmund Husserl (1859-1938) physicist and mathematician who then focusing on the fundamental issues of how we can know the world. The focus of attention is the thesis that in our daily lives, the essence of the object and the experience becomes blurred with concepts that are taken for granted (taken of granted) who later became a general truth. Because of the vagueness of this essence, he believes that the core business is to purify the phenomenology of the natural attitude of everyday life with the goal of translating as an object for study philosophy carefully and in order to describe and take into account its essential structure.

The purpose of this purification according to Husserl has been achieved through the method of epoche. These methods include the administration of brackets (bracketing) or postpone natural attitudes of the things of life are taken for granted in order to gain a greater understanding of the phenomenon investigated pure. According to the phenomenology transdental flow, true understanding on a phenomenon can be judged only if personal biases, history, values, and interests, can be purified (to put it in a unit of the experience) based on the time of the investigation.

There are several stages of phenomenological analysis (Kuswarno, 2009), namely: (1) Epoche. Epoche is breaking with the experience and knowledge that we believe to be earlier. Therefore epoche give a completely new perspective to the object, then the epoche we can create an idea, a feeling, a new awareness and understanding. Epoche makes us enter into the internal world of pure, making it easier for the understanding of self and others. (2) Reduction of Phenomenology. When epoche is the first step to purify the object daripengalaman and early prejudice, then the task of phenomenological reduction is explained in the structure of language how the object was seen. Reductions will bring us back to how we experience things. Bring back the initial assumption and restore its natural qualities. Phenomenological reduction not only as a way to see, but also a way to hear a phenomenon with awareness and caution. (3) Variation Imagination. After reduction phenomenology, variations imagination appears to seek meanings that may be using their imagination, a frame of reference, separation and reversal, as well as the approach to the phenomenon of perspective, positions, roles, and functions are different. The aim is to achieve a structural description of an experience (how the phenomenon of talk about him). In other words explain the essential structure of the phenomenon. (4) Synthesis Meaning and Essence. The last

stage in the study of transcendental phenomenology is an intuitive integration of the fundamentals and structural description terkstural into one statement that describes the nature of the phenomenon as a whole. Thus, this stage is the stage of enforcement of the essence. According Husserls, the essence is something common and universally applicable, conditions or quality that makes something. Essence does not unfold perfectly. Synthesis textural fundamental structure will represent the essence in a certain time and place, from the viewpoint of a person's imaginative and reflective study of the phenomenon.

## RESULTS

Here are some examples of phrases that is updated via facebook status of two research subjects.

First Subject (SM)

**Tabel 1. Form of Self Disclosure Subject 1**

Number	Form of Self Disclosure	
1	Social Acceptance	How do you think my latest profile pictures?
2	Relationship development	Friends, these new pin bbq, whose interest please invite distinguished g ignored. Ok thank you
3	Self Expression	pleasure day can be taught at a young handsome lecturer #nokepo
4	Self Classification	So you consider everything I do is wrong? Ok whatever. Go on I do not care. I have a reason for it all.
5	Social Control	Only those who think well, that could be understood in everything I do. Ok. Good Night all.

Second Subject (HI)

**Tabel 2. Form of Self Disclosure Subject II**

NO	Form of Self Disclosure	
1	Social Acceptance	First Friday prayers let be handsome
2	Relationship development	Another bonus of 4 Jovem, passable ya can free pocket money. Its interests join ato wondered chat me!
3	Self Expression	have no problem despite the millions of raindrops beat me every day, but I was definitely right to be sad when I am to make you drop a tear away.
4	Self Classification	Scolds me if I am wrong, my friend, if I have to beat me. But please, do not ever leave it pal.
5	Social Control	Sincerity of love and affection can not be seen or heard, but can only be felt by the heart.

## DISCUSSION

The discussion stage in this study using research methods Transdental Husserl's phenomenology. This method has four in the implementation process. These four processes can further be used as a researcher to record the conditions on the ground at the time of the study. Through this process it can be seen how the image of themselves through self-disclosure in facebook account. The four processes are epoche, phenomenological reduction, variation of the imagination, as well as the synthesis of meaning and essence.

The first stage is to epoche, in the first process, the researchers releasing any estimates and assumptions about the subject of research. Moving on from the definition phase of the epoche which means delaying assumptions, judgments and interpretations to allow researchers to fully realize the existence of what is real. In other words, as long as researchers do research on the subject of research, early stage researchers are always trying not to interfere with what researchers know and interpret on self disclosure. Researchers at this stage trying to provide insights that are still empty on the subject of research.

The second stage is the reduction of phenomenology where researchers begin to portray the phenomenon appears. Identification and assessment through the experience of researchers began to be given. At this stage, the researcher to ask what is conveyed by each object of research by observation with mengkomparasikannya with the study of theory and techniques of counseling approaches.

The third phase is the variation of the imagination, where researchers use the imagination to question how each subject of study forming the experience and understanding of self-disclosure in facebook account. Through variation of the imagination, researchers identify conditions associated with the phenomenon and focus on what-what are the chances in the image of the personality through self-disclosure in facebook account research subjects.

The fourth and final stage is, the synthesis of the meaning and essence of this phase is the last stage in the study of phenomenology. Husserl defines the essence as something common and universally applicable. Essence never revealed perfectly. Synthesis fundamental structural and textural will represent the essence of this in a specific time and place, and the viewpoint of someone imaginative and reflective study of the phenomenon. Once the researchers conducted in-depth observations, researchers finally got a conclusion about the research subject's self-image.

Through research on the subject disclosure pengamatanself facebook either in the form of social acceptance, social development, self-expression, social clarification, and control sosial with the above steps, the researchers obtained the following results.

On the first subject, the way he interacts in its efforts to fulfill its social acceptance in tune with the pleasure principle disampikan by Freud. In the pleasure principle, mental basically trying hard to maintain the lowest possible quantity of stimulation or at least keeping it constant (Freud, 1920). Development of the first subject relationship is a form of Id which is filled with the energy of the instincts that seek to realize satisfying the needs that are instinctively based on the pleasure principle.

The first subject suffered an anxiety where such packaging is accompanied by beatings motor along definite lines. The first subject see anxiety as a universal reaction to situations of danger and ego as the only place for anxiety. Nelson and Jones (2011) found in another source of anxiety later cases will occur involuntarily when dangerous situations arise. Other sources of anxiety in a personality like this is generated by the ego when the danger of just such a threat and ego in a weakened state.

On the subject of the first technique of psychoanalysis more counseling is recommended, based on the suitability of the following table.

**Tabel 3. Technical Guidelines for Psychoanalysis**

Technique	Human Itself	Personality structure	Itself Counseling	conversion
<b>Psycho analysis</b>	<p>Man is essentially a deterministic (which is determined by the strength of man - power and drive - impulse inborn and developed in the first 5 years of his life)</p> <p>Humans contain energy system. While the human psychic energy called libido (libido is the energy for all life insigh)</p>	<p>n the human being consists of Id. Ego and super ego</p> <p>Personal healthy:</p> <p>Ego function realistically, can use effectively personality structure, her defense mechanisms function effectively</p> <p>Personal unwell: happen himself, his defense mechanisms do not function effectiveness and efficiently</p>	<p>Counseling can be said as the process assumes functioning in a healthy and realistic</p> <p>Counseling in the process to help individuals menydari unconsciousness</p> <ul style="list-style-type: none"> <li>• The counseling process mean change from unconsciousness to consciousness</li> </ul>	<p>Forming a character structure through: a. realize unconsciousness b. strengthen the ego</p> <ul style="list-style-type: none"> <li>• Achieve an understanding (insight)</li> <li>• To reconstruct basic personality</li> <li>• To help clients relive childhood experiences and express repressed conflicts</li> <li>• To gain an intellectual awareness</li> </ul>

Sumber : **Komparasi tujuh teknik konseling (As'ad, 2013)**

On the second subject, social interaction and the development of relationships that are disclosed in the disclosure itself on facebook leads to the way he related to people. It is referred to by Nelson and Jones (2011) as the ethics of life. First, they are able to identify themselves broadly with other human beings, so they tend to pursue the development of others in line with its development. Consequently, they are careful to keep janagan to violate the rights of others dive mengejartujuannya. Secondly, they seem able to make a clear demarcation between ends and means and between good and bad. The qualities that contribute to the ethical life of the people is the belief in the authority of internal and not external authority; no matter the meteri, such as money and status simbil; close attitude and respect for nature, and longing and seeking spiritual values is greater than the individual values.

The second way in clarifying the subjects themselves beresensi together with a statement at the age Rogers continued, "I do not know what you want to say, but I was ready to listen. We have half an hour, and I hope that within half an hour that we can know each other as deeply as possible, but we need not seek any. I guess that's my feeling. Do you want to say whatever comes to your mind?" (Raskin and Rogers, 2005). According to the clarification of social control and the second subject, anxiety is a state of anxiety or tension merupakn response to subsepsi so that an incongruity between self-concept and experience could enter the consciousness force a change in the concept of self-current.

Based on this, the person centered therapy techniques recommended to counsel the second subject. Consider the following table.

**Tabel 4. Technical Guidelines for Person Centered Therapy**

Technique	Human Itself	Personal Structure	Itself Conseling	Conversion
<b>Person Centered Therapy</b>	<p>Rogers build his theory is based on research and direct observations of real events, which in the end. he saw that man is essentially good.</p> <p>Rogers some conception of human nature (human being) is as follows:</p> <p>Humans grow through experience, either through feeling, thinking, awareness or discovery. Life is life today and over the behaviors otornatik determined by the events of the past, the values of life is today from the past, or future. Human beings are subjective, basis, essential human in her own personal life in the world of human relations subjektif. Familiarity is one way a person at most meet their needs.</p> <p>In general. every human being has needs to be free, spontaneous, jointly and mutually. Communication. Men have a tendency toward actualization.</p>	<p>The main concern at the developments or changes in personality, shg no personality structure. But there are three constructs dlm theory namely: the organism, the terrain is phenomenal, and self. Personal healthier if there is a balance between the actual self and the ideal self.</p>	<p>Assist in the development of personality is not solving counselee counselees</p>	<p>Creating a climate conducive to growth and development of private clients shg become a fully functioning, morbidly memer-insight Lukan past. K'ing relationship is open and unstructured.</p>

Sumber : Komparasi tujuh teknik konseling (As'ad, 2013)

## CONCLUSIONS AND RECOMMENDATIONS

### Conclusion

The qualitative research study of the phenomenology of self disclosure in these two teen facebook account lead to the conclusion that these two subjects have different personalities. The first subject is based on the disclosure of her facebook account is recommended to use the counseling techniques of psychoanalysis to Freud, while for the second subject Rogers recommended counseling techniques, ie, person centered therapy.

### Suggestion

Based on the research results and refer to the benefits of the research, the suggestions can be put forward first is for educational institutions and educators. Educational institutions and educators as a container and a human being who has the capacity to educate and nurture each student participants should be lebihmnggunakan and use of media and technology to support the activities of learning, either in the form of teaching, learning, or research.

Second, the counselor. Counselee current circumstances varied, much affected by globalization and the media is a challenge that must be faced by counselors. Seyogiyanya counselors can better understand and appreciate the feelings and personality of each counselees. When the counselee feel valued properly, then the process of assistance and the search for a way out for the problem will be easier. Third, further research. Researchers can then be re-examining this research in the area and type of other subjects, such as adolescents in the juvenile stage or early teens In addition, further research could also carry out a further study, by examining the extent of the contribution of this study can help implementation of guidance and counseling.

## REFERENCES

As'ad. 2013. *Komparasi Tujuh Teknik Konseling*. Malang: Tidak diterbitkan.

Barak, dkk. 2007. *Degree and Reciprocity of Self-Disclosure in Online Forums*. *Cyber Psychology & Behavior*, 10, (3). ([https://www.researchgate.net/publication/6243745\\_Degree\\_and\\_Reciprocity\\_of\\_Self-Disclosure\\_in\\_Online\\_Forums](https://www.researchgate.net/publication/6243745_Degree_and_Reciprocity_of_Self-Disclosure_in_Online_Forums)). Diakses tanggal 03 Agustus 2016.

Devito, J.A. 1997. *Komunikasi Antar Manusia*. Kuliah Dasar. Edisi Kelima. Jakarta: professional Books.

Freud,S. 1920. *Beyond The Pleasure Principle*. London: Hogart Press.

Hurlock, H.B. 2006. *Psikologi Perkembangan Suatu Pendekatan Sepanjang Rentang Kehidupan*. Jakarta: Erlangga.

Kuswarno, E. 2009. *Metode Penelitian Komunikasi Fenomenologi*. Bandung: Widya Padjadjaran

Lofland, John & Lyn H.Lofland.1984. *Analyzing Social Setting A guide to Qualitative Observation and Analysis Belmont*. Col: Wadsworth Publishing Company.

- Nasution, S. 2004. *Metode Research*. Bumi Aksara: Jakarta
- Nelson dan Jones. 2011. *Teori dan Praktik Konseling dan Terapi. 4th Edition*. Yogyakarta: Pustaka Pelajar:
- Praja, S. J. 2010. *Aliran-aliran Filsafat dan Etika*. Jakarta: Kencana.
- Rakhmat, J. 2005. *Psikologi Sosial*. Bandung: Remaja Rosdakarya.
- Raskin, N. J. & Rogers, C.R. 2005. *Person Centered Therapy*. Belmont, CA: Thomson Brooks/Cole.
- Sears, D.O, dkk. 2009. *Psikologi Sosial Jilid 1*. Jakarta: Erlangga
- Sarwono, S.W. 2003. *Psikologi Remaja*. Jakarta: PT Raja Grafindo Persada.
- Sugiyono. 2011. *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung: Alfabeta.
- Wikipedia. [https://id.wikipedia.org/wiki/jejaring\\_sosial](https://id.wikipedia.org/wiki/jejaring_sosial). (Online). Diakses 09 Agustus 2016
- Compete. <https://id.facebook.org/> (Online). Diakses 09 Agustus 2016