

SELF-DISCLOSURE OVERVIEW OF WOMEN IN STARTING RELATIONSHIPS WITH MEN VIA BUMBLE APPLICATION DURING THE COVID-19 PANDEMIC

Deliana Setiawan¹, Gregorius Genep Sukendro^{1*}

¹Faculty of Communication Science, Universitas Tarumanagara, West Jakarta - 11440, Indonesia
Email: geneps@fikom.untar.ac.id

*Corresponding author

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ABSTRACT

Online dating apps are indeed one of the best choices for young people to find their soulmates, especially in the pandemic. 'Bumble' is one of the many dating applications that has the most active users in Indonesia. Many has overcome their boredom and loneliness through this dating application. In an effort to build a relationship with another person, one must have self disclosure to make progress and build a healthy relationship. This research will use the theory of self disclosure and interpersonal communication. This research will also use a qualitative approach with the objects that are self-disclosed and women who use Bumble. The processing of this research data comes from interviews, documentary and literature reviews. This research shows self-disclosure in Female will often happen immediately, but the female self disclosure also depends on how active and responsive their partner is. The depth of the relationship also depends on how fluent the conversation is, if the female feel comfortable then the relationship will last.

Keywords: Self-disclosure, Interpersonal communication, Dating apps, Bumble

1. PREFACE

The very fast spread of the COVID-19 virus has made the Indonesian government take a policy to implement Large-Scale Social Restrictions (PSBB) and the Enforcement of Restrictions on Community Activities (PPKM). With a policy like this, people who usually work outside the home have to get used to a new culture, namely WFH or commonly known as Work From Home. As well as making people who usually do things or do activities offline, they have to do it online or online through their respective gadgets or devices. According to survey data conducted by the Association of Indonesian Internet Service Providers (APJII) regarding the penetration of internet users in Indonesia, the transition of all activities from offline to online has made the intensity of internet use jump very rapidly since the pandemic in Indonesia took place. In addition to rapidly increasing internet users, online dating application users in Indonesia have also greatly increased during the pandemic.

Online dating applications are indeed the choice of young people to find a life partner, especially in the midst of the COVID-19 pandemic like now. According to DeGenova (2005), there are several benefits in using online dating applications or online dating, namely providing opportunities for each individual to communicate and providing opportunities for individuals to refine their character through indirect communication before meeting face to face or face to face [1]. According to research, it was found that 28% of people use dating apps for convenience reasons and 7% of people use them for fun only [2]. Sawyer et al. (2018) also found that 90% of his research participants used dating apps to find friends to chat with. Bumble is one of the most popular online dating applications among people today [3]. That way they can reduce the feeling of loneliness and boredom caused by the impact of the COVID-19 pandemic, namely Work From Home (WFH), Large-Scale Social Restrictions (PSBB), and the Enforcement of Community Activity Restrictions (PPKM). Loneliness can be overcome by building

relationships with other people. To build this relationship, interpersonal communication can be carried out with someone to avoid becoming lonely by using online dating applications such as Bumble. To build a relationship with others, self-disclosure or self-disclosure has an important role in the continuity of a relationship. According to a study, Jourard (1964) suggests three dimensions in self-disclosure: the dimension of breadth or what can be called breadth, then depth or what can be called depth, and the last is the target or target for self-disclosure [1].

But there are so many cases of fraud that occur through online dating applications, which hampers the process of individual self-disclosure. According to Fletcher (2021), there were as many as 32,792 cases of fraud through online dating applications reported during the pandemic in 2020. From the results of the study, it is said that men are more involved in being fraudsters on the internet than women. Based on this phenomenon, the authors examine "Self-Disclosure In Women In Starting Relationships With Men Through Online Dating Applications During the COVID-19 Pandemic" Because based on this, the authors feel the need to conduct research to get a more in-depth picture of openness to women. to men you meet on online dating apps to start a relationship during the COVID-19 pandemic. The researcher also uses interpersonal communication theory and self-disclosure theory in this case. The purpose of this study was to find an overview of openness in women to start a relationship with men through online dating applications during the COVID-19 pandemic. The hope is that researchers can find out the factors that shape openness in women when starting a relationship through online dating applications.

Self-Disclosure Theory

In Interpersonal Communication in Communication Psychology, one of the most important elements for building relationships is self-disclosure or self-disclosure. According to Jourard (1964) self-disclosure or self-disclosure has the meaning in the form of talking about oneself to others so that others know what someone thinks, feels and wants [4]. This is also in line with DeVito's stated that self-disclosure, or what is commonly referred to as self-disclosure, has the meaning of revealing information related to oneself to others [5]. Aspects of information according to (Jourard, 1971) related to oneself or personally include: attitudes or opinions, tastes and interests, work or education, physical, financial, personality [6].

According to Cozby (1973); Derlega et al. (1993); Altman & Taylor (1973), self-disclosure is aimed at providing information through verbal or verbal communication about aspects of oneself in the form of demographic information, thoughts, feelings, and experiences to others which aims to achieve close relationships [1]. Meanwhile, according to Corsini in Rezi (2018), self-disclosure is a form of process that involves individuals with other individuals to open up to each other voluntarily and is a deliberate activity [5]. According to DeVito, self-disclosure or self-disclosure also has a goal as a process for creating relationships, increasing attachment to relationships and closeness to relationships, or improving relationships between individuals with each other, and can also be used as a way to end a relationship [5]. According to a study, Jourard (1964) suggests three dimensions of self-disclosure: the breadth, depth, and finally the target for self-disclosure [1]. Also suggests that there are several factors that can influence self-disclosure or self-disclosure, namely, internal factors or oneself that lead to how one's personality is genuine or true, such as individuals who having an extroverted nature tends to be very easy to disclose to other individuals, on the other hand if an individual has an introverted nature it will tend to be difficult or difficult to do self-disclosure, then the next factor is cultural background,

gender or gender, interlocutor or listener factor, which leads to whom individuals can trust to make self-disclosure and the latter is a topic of conversation [5].

Self-Disclosure Theory in Women

According to Paula J. C & Janet W. K, humans are creatures who are open, free to choose meaning in situations, and take responsibility for decisions that live continuously and participate in developing multidimensional relationships and superior patterns with various possibilities. In this case, humans are divided into two genders, namely women and men [7]. According to the book *Gender and Career Women* the term gender was first introduced by Robert Stoller (1968) to distinguish human roles and functions based on defining socio-cultural characteristics based on biological characteristics [8]. The *Women Studies Encyclopedia* explains that gender is a cultural concept, trying to make a difference or can be called a distinction in terms of mentality, roles, behavior, and emotional characteristics between women and men that develop in society. Gender is defined as a description of women and men's behavior, traits, and attitudes. In this case it is concluded that there are differences in character or nature between women and men. According to Jourard (1964), self-disclosure in women occurs because there is an expectation for women to help and please individuals to increase self-disclosure in women [4]. In general, men are less open than women, suggesting that women are more likely to be open to fear, weaknesses and strengths [2]. Women are also more emotional while men prefer to hold back. In the context of self-disclosure, Jourard (1964) also explains that women are more accustomed to self-disclosure [4]. There is also a stereotype that a woman communicates more about herself than a man. This case shows that women like to talk with other people. Women can also take advantage of time to communicate with other people and in these conversations can also contain the delivery of opinions, feelings, desires, and fears about something.

Dating Apps

New media are media that offer message creation and delivery of messages related to digitization, convergence, interaction, and network development [9]. The term is used to describe the characteristics of media that are different from those that have existed so far. Like television, radio, magazines, newspapers which are classified as old media or can be referred to as old media, while the internet which contains interactive content is classified as new media or can be called new media [9]. Social media (social media), commonly known as social networking, is one part of new media. One of the social media that is being used by many people today is an online dating application or dating apps. Online dating has also become a common activity for every individual who wants to form a new relationship [10]. An online dating application or online dating application is needed to carry out online dating activities. According to DeGenova, there are benefits in using online dating applications or online dating, such as providing opportunities for each individual to communicate and providing opportunities for individuals to re-screen each other's individual characters through indirect communication before meeting face to face or meet in person [11].

Social Penetration Theory

According Interpersonal communication is an important communication activity to build or maintain interpersonal or interpersonal relationships with individuals [12]. In interpersonal communication there are several stages to build a relationship. According to Irwin Altman and Dalmas Taylor revealing that to develop a relationship's intimacy, there are stages of social penetration theory [13]. The stages of interpersonal relationships are: 1) Orientation stage, which can be described as the outermost layer of onion skin, in this layer or stage the information provided is impersonal. The exchange of information is also fairly general, such as asking or

exchanging information about names, addresses, ages, ethnicities and the like. Usually this information occurs or flows during our communication with people we just know; 2) The effective exchange stage is described as the second layer of onion skin. At this stage is the initial stage to obtain more in-depth information, such as exchanging information about the interests or preferences of each individual. If it is felt at this stage or the conversation will benefit, the individual will proceed to the next stage; 3) The exchange stage is effective or described as the third layer of onion skin. At this stage, the individual focuses his feelings on a deeper and more personal level, for example, regarding information concerning the personal experiences of individuals with each other. Individuals have begun to open up to their more personal information, such as being willing to tell about life problems or personal problems experienced by individuals; 4) The last stage is the stable exchange stage or can be described as the core layer of the onion. This last stage is very intimate and allows couples to predict each other's actions and individual responses well. The information exchanged is very deep and has become more core from each individual's personality to each other, such as values, self-concept, or deepest emotional feelings.

2. RESEARCH METHOD

Research Approach

In this study, the researcher wanted to find out how the description of women's openness to men found in online dating applications in starting a relationship during the COVID-19 pandemic. This study uses a descriptive qualitative approach. According to Jane Richie, in the book *Qualitative Research Methods in the Field of Education* qualitative research is an attempt to present the social world and its perspectives in the world, in terms of concepts, behaviors, perceptions, and issues about humans being studied [14]. The notion of qualitative research is research that aims to understand the phenomena experienced by research subjects. This descriptive qualitative approach is by this study because it is in line with the formulation of the problem, namely wanting to know the description of self-disclosure in women in starting relationships with men through online dating applications during the COVID-19 pandemic.

Research Methods

According to Sutanta (2019), a case study is a research method to develop an in-depth analysis of a subject matter of "what/what", "how", or "why" about a single case or multiple cases of contemporary phenomena using qualitative research methods. The case raised by the researcher is the openness of women to men in using online dating applications during the COVID-19 pandemic. With this, the researcher wants to explore the issue of openness or self-disclosure to women. So the researchers used a case study method to explore self-disclosure in women in starting relationships with men through online dating applications during the COVID-19 pandemic.

According to Tatang M. Amirin in Rahmadi (2011), research subjects are sources of places to obtain research information or more precisely interpreted as information obtained or obtained by someone or something about it. In this study, the research subjects were women who had used the online dating application "Bumble" since the COVID-19 pandemic. Women who will be research subjects are women who live in Jakarta and are aged 18-24 years. According to Sugiyono (2009), the object of research is an attribute or nature or value of people, objects or activities that have certain variations determined by researchers to be studied and then drawn conclusions. In this study, the object of research is self-disclosure.

In strengthening the data for this research, the data collection methods used are primary and secondary. Primary data includes interviews and documentation studies, while secondary data includes literature studies. The interview method used in collecting data in this study was semi-structured interview. Researchers will provide questions that have been made and provide probing questions to get more detailed and accurate information. The questions used are open-ended questions and closed-ended questions. For the documentation study, the research used photos and profiles of sources on online dating applications. Researchers hope that studying the documentation of photos and profiles of sources in online dating applications can support the collection of research data. Furthermore, for literature study, in this study, the authors used books and several previous journals that had information relevant to the research problem.

In this study, the data processing and analysis process begins by collecting the results of interviews with resource persons or informants and also collecting data from books and journals related to this research to obtain conclusions. Then the writer processes and analyzes the data to get a conclusion.

In this study, the authors use triangulation of data sources [15]. Triangulation of data sources is a method carried out by digging for the truth of certain information through various methods and sources of data acquisition [16]. For example, researchers can use involved observation, written documents, archives, historical documents, official records, personal notes or writings, and pictures or photos in addition to interviews and observations. Each of these methods will refer to different evidence or data, which in turn will provide a different view of the phenomenon to be studied. To obtain data collection using triangulation of data sources, the authors collect data from various data sources, one of which is interviews and documentation studies, in which researchers explore the truth of information by interviewing informants and using documentation studies to view informants' profiles in the online dating application "Bumble" to obtain researched information. In addition, researchers also use different or more than one informants to check the truth of the information. Through various perspectives or views, it is hoped that researchers will obtain results that are close to the truth.

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3. RESULT AND DISCUSSION

Starting an Interpersonal Relationship

In interpersonal communication relationships, according to Floyd (2011) in the book *Interpersonal Communication Concepts and Empirical Studies* in all the outlines of relationships starting with interpersonal attraction which from the beginning can develop into a cause of

togetherness in relationships. The author found findings on two informants which showed that they basically would swipe right or like if the opposite sex had an interest in that person in terms of physical attraction or if they had the same interest or similarity with the opposite sex. According to the book *Interpersonal Communication*, several factors cause people to be attracted to certain individuals, namely: similarity, closeness, reinforcement, physical and personality attractiveness, socioeconomic and educational status [15]. In the online dating application Bumble, there is a profile or bio that can show the background or individual preferences so that someone who meets on the online dating application can first see the profile of the opposite sex so that they can match similarities and others until they finally match.

Relationship Stages in Interpersonal Communication

Social penetration theory explains the role of self-disclosure, intimacy, and communication in the development of interpersonal relationships [17]. The two informants, namely JH and TT, indicated that there were stages of penetration with the opposite sex whom he met on the online dating application Bumble, starting from the outer to the inner layers. The two informants have different stages, some have reached the inside and some have only reached the outside. Informants TT and JH first passed the orientation stage or the outer layer of onions, where when they first matched with the opposite sex they met on the online dating application Bumble, the conversation that started first asked for their name, place of residence, age and so on. Furthermore, resource persons TT and JH also passed the effective exchange stage, this stage is the second layer stage on onions. They share information about each other's hobbies and preferences. Basically, this stage of effective exchange is referred to as small talk according to TT and JH sources. The third stage is the effective exchange stage, this stage is the third layer on the onion skin. At this stage, the individual focuses on deeper and more personal feelings. JH's resource person has passed at this stage but not TT's resource person. The TT resource person only stopped at the effective exchange stage because he felt he did not match the opposite sex he met on the online dating application Bumble, while the JH resource person, who was already at this stage, continued to the next stage, namely the last stage, namely the stable exchange stage or the onion core layer, at this stage. This information discussed is very deep, for example, the deepest emotional feelings.

Relationship Depth

Self-disclosure according to Sears has two characteristics, namely descriptive nature or evaluative nature. Descriptive can be interpreted as an individual who reveals facts about himself that others do not know. While evaluative is an individual who expresses opinions or feelings deeply about himself, for example things he likes or dislikes [18]. According to Jourard (1964), the dimension of depth of self-disclosure refers to four levels of self-disclosure, namely: never telling others about aspects of oneself, speaking in general, telling full and very detailed stories, and lying or misinterpreting aspects of oneself so that the given to others in the form of a false self-image [1]. In this dimension, JH's resource person is now in the stage of lying or misinterpreting aspects of oneself so that what is given to others is a wrong self-image. After all, JH's interviewee feels that he still needs time to be more open with his partner because JH's interviewee is afraid of rejection from his partner if himself to be more open or to be himself. This is also in line with Devito's theory (2011), which says that one of the negative impacts of self-disclosure includes intrapersonal difficulties, such as the occurrence of unwanted reactions or behavior from individuals and individuals can avoid or refuse not approach as before [19]. In contrast to JH's interviewee, TT's interviewee indicated that he and the opposite sex whom he had met on online dating applications were at the level of speaking in general. Resource persons

JH and resource persons TT also pointed out that to become more open with the opposite sex, several stages of the process are needed as well. This is also in line with the book *Interpersonal Communication*, Relationships do not become intimate and intimate suddenly but must go through a series of stages first [15]. Then the pattern of self-disclosure that is done face-to-face and through the media will also be different, if through the media, self-disclosure or self-disclosure will occur at the beginning of the relationship. Various studies also show that individuals often do self-disclosure in interacting or socializing through the internet [20]. According to the informant, the topics discussed can also affect the depth of a relationship at the beginning of the match on the online dating application Bumble, if the topics discussed match the individual, the conversation or communication will continue and can go to a deeper stage.

Breadth of Language

According to Jourard (1964), the dimension of breadth refers to the scope of the material disclosed and all of the material is described in six categories of information about oneself, namely attitudes and opinions; taste and interest; work or college; money; personality; and body [1]. Resource persons TT and JH have different personalities so that the openness factor in the breadth of discussion given to pairs of the opposite sex is also different, resource TT has an introverted personality, so that the breadth of discussion given is also limited. there is a limit to the breadth of the discussion. In addition, the breadth of the discussion can also occur and become wider if there is reciprocity.

4. CONCLUSIONS AND RECOMMENDATIONS

After conducting research to find out the description of the openness of women to men who are met in online dating applications in starting a relationship during the COVID-19 pandemic, the authors conclude several conclusions that are the results of the research, namely self-disclosure that occurs in the online dating application Bumble, which occurred at the beginning when matched, the pattern used in self-disclosure with online dating applications is different compared to face-to-face (direct) communication. Self-disclosure carried out in face-to-face communication often occurs after a long-standing relationship, while in media communication such as online dating applications, self-disclosure is carried out at the beginning of the relationship and then only to the face-to-face meeting stage. Self-disclosure in women also varies depending on their personality (extrovert or introvert), if a woman has a sociable personality it will be faster and easier to open up, whereas if a woman is not good at socializing it will take more time to be open and the boundaries of breadth the topics are also different, there are those who think that topics that are generally basic become very personal to certain people, even on the contrary there are those who think that basic topics are not a problem and can easily be opened up. To open or self-disclosure to a wider discussion also takes time, the information shared will also develop in line with the intimacy of the relationship. The depth of a relationship on openness in online dating applications depends on the conversations that occur between individuals with the opposite sex, if the communication between individuals with the opposite sex is deemed very suitable and runs for a long time, then the depth of the relationship will deepen, such as from online dating applications can move to other social media even to meet. But if the conversation doesn't match at the beginning of the match, the relationship will stop at that moment. This shows that the depth of a relationship will develop along with the dimensions of the breadth of self-disclosure. The COVID-19 pandemic has also affected some individuals to experience the depth of their relationship when they want to self-disclose from the online dating application Bumble, because when a pair of individuals want to meet to know more about the online dating application, they are hindered by government policies such as PPKM so they cannot meet on the internet. in public places, and if they meet in private places such as cars and

other private places, sometimes women are worried because they do not recognize and trust the opposite sex they meet.

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