

Perspective of the Meaning in Life Within Active Social Media User

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Abstract

The main idea of this research was to seek what is the meaning in life of social media using aspects that Stegers once develop, that are search and presence as aspects of meaning in life. Participants were 290 people out of 1000 social media users that were connected with researcher's social media who voluntarily participate in completing online survey, that they can accessed through their social media, period of data collection was taken between 2015 – 2017. The results revealed, and interesting facts 1) those at later life stages, as in general reported a greater presence of meaning in their lives, whereas 2) those at earlier life stages reported higher levels of searching for meaning, 3) correlations testing revealed that the presence of meaning has similar relations to well-being across life stages, whereas searching for meaning is more strongly associated with well-being deficits at later life stages.

Keywords :meaning, purpose, existential, meaning, wellbeing, life

INTRODUCTION

Human face challenges in their lives, with all limitations that they have. Challenges and limitations faced by someone, will have different degrees of adjustment between one to another human. Frank (NOBLE, 1997) mentioned that human, has their freedom to choose the suitable attitude according to their will. In this point, human has their right to determine their life. As Vos (Vos, 2015) mentioned that human being overcomes difficulties and stress, will depend on many factors. One of the factors, according to Vos (Vos, 2015) is the experience of a human being in the

meaning of his life. Thus, the meaning of life contributes to the way humans face their challenges and limitations.

The meaning of life influences the human perspective on the pressure of his life. The more

depressed people are about their lives, the lower their self-understanding of the life they have lived. Life stress or stress is the response of human adaptation to situations that are perceived as "a change" or "threat" to one's well-being (Glinow, 2014).

There is an overlapping meaning between the meaning of life and happiness. According to Baumeister (2013) in some ways, the meaning of life is a prerequisite for getting happiness, but in practice humans interpret happiness as meaning for life itself. In reality, Benmester (2015) found that there was a difference between the meaning of life and happiness based on a survey of 400 Americans, aged between 18 and 78 years, and when filling out the survey respondents were not given any information about the definition of happiness. and meaning in life, so that respondents respond according to their own minds. The results of the study show that: 1) respondents assume that the most important thing is to get what they want and need in the context of the meaning of life and happiness, 2) respondents think there is a time frame (future and past), 3) respondents think that there is a social life affect the interpretation of the meaning of life and happiness, 4) respondents assume the following things struggle for life, problems and pressures become a marker of the meaning of life and happiness, 5) respondents assume that there are self-factors and personal identities that influence the meaning of life and happiness. Thus, humans respond to the meaning of life not infrequently "overlapping" with happiness, and thus often misinterpreting what is meant by the meaning of life and happiness itself.

People, on the hand need to interact with other people, in order to fulfill their needs to socialize with others. People use social media as their preferred medium to communicate with others, using of what is called as proliferation digital and mobile technologies (Kalpathy Subramanian, 2017) Emotional involvement more required in interaction between humans, this much better than interacting with computer (Rilling, JK; Sanfey, AG; Aronson, AJ; Nystrom, LE and Cohen, 2004). On the other hand, internet use experiences a significant increase from

year to year, and this also apply in Indonesia. Based on the picture below, it can be seen that internet users in Indonesia from 2015 to 2017 and predicted to be up to 2022 will experience an increase. As quoted in statista.com (2017), number of Indonesia's internet user grows more than 50 % compared with 2012, from 23,25 million users to 89.32 million internet users (Statista, 2018). According to emarketer.com (2019), Indonesia is the fifth country among 25 countries that has the largest number of internet users. According to report made by We Are Social and Hootsuite, Indonesia is country with social media users grow as 13 percent with three billion people, that can be considered as social media user (The Jakarta Post, n.d.) Moreover, according to data taken from Statista (Statista, 2018) there is a fact that as third quarter 2017, there is 49 percent of total population in Indonesia that were active with social media users. This means that almost 50 % of total population in Indonesia spends their day with social media. Then this phenomena to researchers, is an interesting fact to explore and to know what would meaning in life among those internet users, more specifically social media users.

Humans have a strong desire to understand themselves and the world around them, by showing cognitive activity and behavior in order to support these desires (Epstein, 1985; Heine, Proulx, & Vohs, 2006; Higgins, 2000; Janoff-Bulman, 1992; Ryff & Singer, 1998). Theoretically, humans experience the presence of meaning when humans understand themselves and the world, understand their suitability with the world, and identify what is achieved in their lives (Steger.). Thus, people who are considered motivated both to possess and seek meaning in life. However, each person has differences regarding the extent to which these people actively seek meaning. In a study conducted by Steger et al (Michael F. Steger, 2009) it was revealed about the search for meaning in life as the strength, intensity, and activity of desires and efforts to build and / or enhance their understanding of the meaning, meaning and purpose of their lives.

METHODS

This study uses a quantitative approach, with survey method. Social media users being connected to researchers were considered as the population. Sampling method used in this research was accidental sampling. Instrument used in this research use Steger's instrument of Meaning in Life Questionnaire (MLQ), a 10 item, measure two aspects in meaning in life they

are 1) the presence and 2) the search. We analyze results from survey by displaying results in average, between aspects 1) the presence, 2) the search.

RESULT AND DISCUSSION

Respondents who rounded out the survey were then recognized dependent on sexual orientation, age, length of work, and last training. The information is then classified and given spellbinding measurements as pursues:

Gender	
Male	168 (58 %)
Female	122 (42 %)
Age (in years)	
< 20	30 (10,34 %)
20-25	96 (33,1 %)
26-30	63 (21,72 %)
31 - 35	40 (13,79 %)
36 - 40	28 (9,65 %)
41 - 45	23 (7,93 %)
46 - 50	8 (2,75 %)
51 - 55	0 (0 %)
56 - 60	2 (0,6 %)
Years of working experience	
< 1	84 (28 %)
1-3	136 (46,4 %)
> 3	70 (24 %)
Latest Education	
High school	160 (55,17 %)
Diploma I	5 (1,73 %)
Diploma II	0 (0 %)
Diploma III	33 (11,37 %)
Bachelor	83 (28,26 %)
Postgraduate	9 (3,1 %)

Based on these data it is known that the majority of respondents were male respondents as many as 168 respondents (58%), while female respondents in this study were 122 respondents (42%).

Based on these data, it can be seen that the majority of respondents in this study were 20-25 years old as many as 96 respondents (33.1%). This shows that the majority of respondents are still in the productive age and classified as young.

Based on these data, that the majority of respondents' working duration in this study were 1-3 years as many as 116 respondents (46.4%). This also shows that the majority of employees involved in this study are employees who have long worked for the company and are under three years old.

Also, it can be seen that the final majority of the respondents' education in this study was 83 undergraduate (S-1) (33.2%). Most of the respondents who have the last degree (S1) are employees with a work period of 1-3 years or are new employees.

PRESENCE

Table 1. I understand my life's meaning

	Frequency	Percent	Valid Percent	Cumulative Percent
Absolutly untrue	2	.7	.7	.7
Mostly untrue	5	1.7	1.7	2.4
Somewhate true	6	2.1	2.1	4.5
Cant say true or false	35	12.0	12.0	16.4
Somewhat true	43	14.7	14.7	31.2
Mostly true	125	42.8	42.8	74.0
Absolutly true	76	26.0	26.0	100.0
Total	292	100.0	100.0	

The results of the frequency of respondents' answers to the statement "Understand my life's meaning.", It can be concluded that the answer most chosen by respondents is mostly true with a percentage of 42%, which means the respondents feel partially true they understand the meaning of life.

Table 2. My life has a clear sense of purpose

	Frequency	Percent	Valid Percent	Cumulative Percent
Absolutly untrue	1	.3	.3	.3
Mostly untrue	5	1.7	1.7	2.1
Somewhate true	9	3.1	3.1	5.1
Cant say true or false	28	9.6	9.6	14.7
Somewhat true	49	16.8	16.8	31.5
Mostly true	85	29.1	29.1	60.6
Absolutly true	115	39.4	39.4	100.0
Total	292	100.0	100.0	

The results of the frequency of respondents' answers to the statement " My life has a clear sense of purpose.", it can be concluded that the answer most chosen by respondents is absolutly true with a percentage of 39.4%, which means the respondent feels absolutly true in statement " My life has a clear sense of purpose".

Table 3. have a good sense of what makes my life meaningful

	Frequency	Percent	Valid Percent	Cumulative Percent
Absolutly untrue	4	1.4	1.4	1.4
Mostly untrue	2	.7	.7	2.1
Somewhate true	5	1.7	1.7	3.8
Cant say true or false	32	11.0	11.0	14.7
Somewhat true	56	19.2	19.2	33.9
Mostly true	96	32.9	32.9	66.8
Absolutly true	97	33.2	33.2	100.0
Total	292	100.0	100.0	

The results of the frequency of respondents' answers to the statement " My have a good sense of what makes my life meaningful", it can be concluded that the answer most chosen by respondents is absolutly true with a percentage of 33.2%, which means the respondent feels absolutly true in statement " have a good sense of what makes my life meaningful".

Table 4. I have discovered a satisfying life purpose

	Frequency	Percent	Valid Percent	Cumulative Percent
Absolutly untrue	7	2.4	2.4	2.4
Mostly untrue	12	4.1	4.1	6.5
Somewhate true	26	8.9	8.9	15.4
Cant say true or false	68	23.3	23.3	38.7
Somewhat true	58	19.9	19.9	58.6
Mostly true	75	25.7	25.7	84.2
Absolutly true	46	15.8	15.8	100.0
Total	292	100.0	100.0	

The results of the frequency of respondents' answers to the statement " I have discovered a satisfying life purpose ", it can be concluded that the answer most chosen by respondents is mostly true with a percentage of 25.7%, which means the respondent feels mostly true in statement " I have discovered a satisfying life purpose".

Table 5. My life has no clear purpose

	Frequency	Percent	Valid Percent	Cumulative Percent
Absolutly untrue	10	3.4	3.4	3.4
Mostly untrue	7	2.4	2.4	5.8
Somewhate true	12	4.1	4.1	9.9
Cant say true or false	19	6.5	6.5	16.4
Somewhat true	28	9.6	9.6	26.0
Mostly true	40	13.7	13.7	39.7
Absolutly true	176	60.3	60.3	100.0
Total	292	100.0	100.0	

Based on the table 5, it can be seen that the results of the frequency of respondents' answers to the statement " My life has no clear purpose ", it can be concluded that the answer most chosen by respondents is absolutly true with a percentage of 60.3%, which means the respondent feels absolutly true in statement " My life has no clear purpose ".

SEARCH

Table 6. I am looking for something that makes my life feel meaningful

	Frequency	Percent	Valid Percent	Cumulative Percent
Absolutly untrue	6	2.1	2.1	2.1
Mostly untrue	3	1.0	1.0	3.1
Somewhate true	3	1.0	1.0	4.1
Cant say true or false	7	2.4	2.4	6.5
Somewhat true	23	7.9	7.9	14.4
Mostly true	72	24.7	24.7	39.0
Absolutly true	178	61.0	61.0	100.0
Total	292	100.0	100.0	

Based on the table 6, it can be seen that the results of the frequency of respondents' answers to the statement " I am looking for something that makes my life feel meaningful ", it can be concluded that the answer most chosen by respondents is absolutly true with a percentage of 61.3%, which means the respondent feels absolutly true that " I am looking for something in statement makes my life feel meaningful ".

Table 7. I am always looking to find my life's purpose

	Frequency	Percent	Valid Percent	Cumulative Percent
Absolutly untrue	9	3.1	3.1	3.1
Mostly untrue	7	2.4	2.4	5.5
Somewhate true	8	2.7	2.7	8.2
Cant say true or false	12	4.1	4.1	12.3
Somewhat true	27	9.2	9.2	21.6
Mostly true	80	27.4	27.4	49.0
Absolutly true	149	51.0	51.0	100.0
Total	292	100.0	100.0	

Based on the table 7, it can be seen that the results of the frequency of respondents' answers to the statement " I am always looking to find my life's purpose ", it can be concluded that the answer most chosen by respondents is absolutly true with a percentage of 51.0%, which means the respondent feels absolutly true in statement " I am always looking to find my life's purpose ".

Table 8. I am always searching for something that makes my life feel significant

	Frequency	Percent	Valid Percent	Cumulative Percent
Absolutly untrue	4	1.4	1.4	1.4
Mostly untrue	4	1.4	1.4	2.7
Somewhate true	5	1.7	1.7	4.5
Cant say true or false	22	7.5	7.5	12.0
Somewhat true	54	18.5	18.5	30.5
Mostly true	102	34.9	34.9	65.4
Absolutly true	101	34.6	34.6	100.0
Total	292	100.0	100.0	

Based on the table 8, it can be seen that the results of the frequency of respondents' answers to the statement " I am always searching for something that makes my life feel significant ", it can be concluded that the answer most chosen by respondents is mostly true with a percentage of 34.9%, which means the respondent feels absolutly true in statement " I am always searching for something that makes my life feel significant ".

Table 9. I am seeking a purpose or mission for my life

	Frequency	Percent	Valid Percent	Cumulative Percent
Absolutly untrue	16	5.5	5.5	5.5
Mostly untrue	6	2.1	2.1	7.5
Somewhate true	17	5.8	5.8	13.4
Cant say true or false	23	7.9	7.9	21.2
Somewhat true	62	21.2	21.2	42.5
Mostly true	69	23.6	23.6	66.1
Absolutly true	99	33.9	33.9	100.0
Total	292	100.0	100.0	

Based on the table 9, it can be seen that the results of the frequency of respondents' answers to the statement " I am seeking a purpose or mission for my life ", it can be concluded that the answer most chosen by respondents is absolutely true with a percentage of 33.9%, which means the respondent feels absolutely true in statement " I am seeking a purpose or mission for my life ".

Table 10. I am searching for meaning in my life

	Frequency	Percent	Valid Percent	Cumulative Percent
Absolutely untrue	21	7.2	7.2	7.2
Mostly untrue	11	3.8	3.8	11.0
Somewhate true	12	4.1	4.1	15.1
Cant say true or false	28	9.6	9.6	24.7
Somewhat true	57	19.5	19.6	44.3
Mostly true	80	27.4	27.5	71.8
Absolutely true	82	28.1	28.2	100.0
Total	291	99.7	100.0	
Missing System	1	.3		
Total	292	100.0		

Based on the table 10, it can be seen that the results of the frequency of respondents' answers to the statement " I am searching for meaning in my life", it can be concluded that the answer most chosen by respondents is absolutely true with a percentage of 28.1%, which means the respondent feels absolutely true in statement " I am searching for meaning in my life ".

Table 11. Descriptive Statistics Presence

	N	Minimum	Maximum	Mean	Std. Deviat
I understand my life's meaning.	292	1.00	7.00	5.7089	1.1988
My life has a clear sense of purpose.	292	1.00	7.00	5.8562	1.2517
I have a good sense of what makes my life meaningful.	292	1.00	7.00	5.7740	1.2339
I have discovered a satisfying life purpose.	292	1.00	7.00	4.9418	1.4945
My life has no clear purpose.	292	1.00	7.00	5.9863	1.6053
Presence	292	2.40	7.00	5.6534	.96660
Valid N (listwise)	292				

Based on the table above, presence data has a value that tends to be high, because the average value obtained is 5.65. the highest data is in question number 9 "My life has no clear purpose." But this data must be reversed, meaning "My life has a clear purpose". With a value of 5.98 and the lowest data is in question number 6 "I have discovered a satisfying life purpose", with a value of 4.94.

Table 12. Descriptive Statistics Search

	N	Minimum	Maximum	Mean	Std. Deviat
I understand my life's meaning.	292	1.00	7.00	6.3082	1.2102
My life has a clear sense of purpose.	292	1.00	7.00	6.0034	1.4748
I have a good sense of what makes my life meaningful.	292	1.00	7.00	5.8356	1.2353
I have discovered a satisfying life purpose.	292	1.00	7.00	5.4384	1.6682
My life has no clear purpose.	291	1.00	7.00	5.2577	1.7613
Search	291	1.00	7.00	5.7663	1.1375
Valid N (listwise)	291				

Based on the table above, data search has a value that tends to be high, because the average value obtained is 5.76. the highest data in search is in question number 2 "I am looking for something that makes my life feel meaningful. With a value of 6.30 and the lowest data in search is in question number 5 "I am searching for meaning in my life."

According to the results, what can be discussed are as follows. Respondents shows high results both in presence and search. This probably interesting, as Rose, Zask and Burton (2016) cited in her work, that Steger (Steger, 2009) define meaning in life consists of two aspects, this is what Steger mentioned as the presence and the search. These two aspects considered to be important is someone's life, because people should seek for what makes them life worthful (Ryff, C., & Singer, 1998) While on the other hand, people are nowadays tends to switch their socialization method from having a close face to face relationship into digital model of socialization, or through social media as medium. This also supported according to findings from Global Digital Report 2018 (digitalreport.wearesocial.com, 2018), that mentioning three takeaways as follow. 1) number of internet user risen up 7 percent year on year in 2018, 2) users of social media risen up to 13 percent year on year, and 3) number of mobile phone users risen up to 4 percent year on year. The fact of social media users are increasing would be very interesting, why would they do such things, and whether they have a unique profile of meaning in life?. Surprisingly, according to the results, the search and the presence within social media users are positive, where majority of respondent seems to perceive their having positive meaning in life, and there is no differences between two aspects (the presence and the search). Will that be possible that social media users are not having problems with meaning in life? According to this result, then the result strengthen this conclusion. What can be implied from this result, is that social media users

CONCLUSIONS

Based on the results of the research described, the authors can draw some conclusions, as follows:

1. For presence data has a value that tends to be high, because the average value obtained is 5.65
2. The highest data in presence is in question number 9 "My life has no clear purpose." But this data must be reversed, meaning "My life has a clear purpose". With a value of 5.98.
3. The lowest data in presence is in question number 6 "I have discovered a satisfying life purpose". With a value of 4.94.
4. For data search has a value that tends to be high, because the average value obtained is 5.76
5. The highest data in search is in question number 2 "I am looking for something that makes my life feel meaningful". With a value of 6.30
6. The lowest data in search is in question number 5 "I am searching for meaning in my life."
7. From both data between present and search, higher search value is obtained. This means that people are more likely to be looking for the meaning of life.

More people already know the meaning of life, because in part "My life has a clear purpose" has a high value. But, On the other hand, people who have understood the meaning of their lives have not felt satisfaction. While there are still some people who do not know the meaning of their lives. Because some people give value to point "I am looking for something that makes my life feel meaningful".

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