The 2nd International Conference on Psychology and Education (ICPE 2023)
Department of Psychology, Faculty of Education
Universitas Negeri Surabaya, Surabaya, October 3rd, 2023

Self Disclosure in Interpersonal Relationships : A Literature Study

Tria Fita Mei Linda[1], Meir Tasya Ilza Shafira[2], Rinjani Ayu Aistra[3], Indah Zuhriyatul Jannah[4]

[1,2,3,4] *Department of Psychology, Universitas Negeri Surabaya, Surabaya, Indonesia*

tria.21010@mhs.unesa.ac.id ; Meir.21054@mhs.unesa.ac.id ;rinjani.21131@mhs.unesa.ac.id ;
indah.21161@mhs.unesa.ac.id

Abstract: This article aims to discuss more broadly about self-disclosure in interpersonal relationships using the literature study method. By using data obtained from credible secondary sources, such as books and journals that are no more than 10 years old, both published nationally and for international journals. Self-disclosure has an important role in interpersonal relationships. Effective disclosures contribute to greater intimacy, trust, and closeness in a relationship, so sharing personal information is a means of building and maintaining relationships. This research aims to investigate the extent of self-disclosure in interpersonal relationships. The method employed is a literature review, where researchers utilize previous studies as reference sources to support and reinforce the conducted research. The findings from this research indicate that self-disclosure can influence individuals in forming interpersonal relationships.

Keywords: *Interpersonal Relationship, Literature Review , Self-disclosure.*

1   INTRODUCTION

As social beings, of course we will always need other people, both within the family and in the surrounding environment. Humans are said to be social beings because they always want to be in a relationship with other people. This is supported by Aristotle's opinion that social beings are zoon politicon or predestined to live in society and also interact with other people. That way humans will always try and also build interpersonal relationships. This interpersonal relationship is defined as a situation where thoughts, emotions and feelings are interconnected and have reciprocity (Liu, 2015). This interpersonal relationship is a basic thing that is owned by every individual, the greater the individual's needs, the more time he will spend interacting and building interpersonal relationships. This interpersonal relationship will develop from the socialization process carried out and also includes communication, trust, mutual knowledge between individuals with one another. Furthermore, in interpersonal relationships there are also stages, namely forming, strengthening relationships, terminating relationships. This interpersonal relationship the longer it lasts or processes, the more intimate the closeness it will be in groups or friendships. Furthermore, self-disclosure is how a person can convey feelings, thoughts, desires and many others related to the individual self (Mutia & Ridha, 2019). Besides that, it can also be said as a way for individuals to be able to provide information about themselves to others.

There is also research that has been conducted by (Hasniar et al., 2018), regarding self-disclosure in forming levels of interpersonal relationships which shows the result that self-disclosure or self-openness can improve interpersonal relationships. But there are still many young people who still have difficulty building interpersonal relationships in the community. Therefore, this study aims to discuss more deeply about self-disclosure in interpersonal relationships using the literature study method.

2   MATERIALS AND METHODS

This study employs the literature review method. As per Sugiyono (2013), literature reviews are scholarly inquiries into reference materials spanning a variety of aspects, including those that relate to values, culture, and societal norms. The data for this study comes from reputable secondary sources, such as books and journals that adhere to national and international standards. During the implementation phase, our study conducts a thorough literature review

of relevant theories concerning the variables of interest, with a specific emphasis on interpersonal relationships and self-disclosure. Additionally, our research will examine multiple measurement tools, such as the Self-Disclosure Index (SDI), that improve comprehension of the self-disclosure variables being investigated. Additionally, this research will review relevant previous studies to enhance the discussion.

3   RESULTS

Interpersonal relationships is an interaction or relationship between two or more people that involves communication, exchange of information, and social interaction. This involves the way individuals influence, interact, and form bonds with others in various contexts, including family, friendship, romantic, professional, or social. In interpersonal relationships, individuals interact with each other through verbal and nonverbal communication. They share thoughts, feelings, needs, and experiences. Communication can occur in person, such as a face-to-face conversation, or through communication media such as the telephone, text messages, or social media. Therefore, interpersonal relationships and communication are two things that are interrelated and cannot be separated.

One aspect of interpersonal communication according to Iswandi (2016), is self-disclosure. Self disclosure is an opening process of individual information to other individuals. Sidney Jourard marked whether interpersonal communication is healthy or not by looking at the openness that occurs in communication (Iswandi, 2016). Meanwhile, according to Liliweri (2015) self-disclosure is a way for individuals to express feelings, thoughts, aspirations, and others about themselves to others which will be beneficial for self-development and effective communication. Self-disclosure is the process of sharing information by one person to another in the form of communication (Gusmawati, Taufik, & Ifdil, 2016). Based on some of the opinions above, it can be concluded that self-disclosure is a way for individuals to share information about themselves with others and will have a good impact on interpersonal relationships. In interpersonal communication, the element of openness is part of improving interpersonal relationships. Based on the results of research conducted by Pratiwi on students at SMA Adabiah 2 Padang about the openness of students regarding the willingness to open up to others is in the good category (Pratiwi & Sukma, 2013). Student openness already refers to the student's desire to express who themself to others.

Self-disclosure involves several dimensions that must be understood. This is a process in which two or more people interact as a "discloser" and a "disclosure target" or recipient of information. In this process, the roles of the revealer and target can alternate or exchange roles, which is often referred to as reciprocal roles. In addition, when there is an episode of self-disclosure, both the disclosing party and the recipient will give reactions involving cognitive, emotional and behavioral aspects (Derlega et al., 1993). Although self-disclosure is usually associated with verbal communication, it can also include nonverbal messages intended to communicate information that the recipient may not otherwise know. Verbal messages may include statements such as "I feel" and "I think," while nonverbal messages may include facial expressions, body language, clothing, or artifacts owned by the disclosing party, such as such as wearing a cross or star representative of religious affiliation or a ring signifying relationship commitment (Catona & Greene, 2016).

Self-disclosure is often associated with levels of topic breadth (the variety of topics disclosed) and depth (the degree of intimacy of the disclosure) according to traditional definitions (Altman & Taylor, 1973). The concept of informativeness also appears in terms of the extent of information provided by a disclosure message about the revealer and the target. In addition, self-disclosure is evaluated from the perspective of its effectiveness. Disclosure effectiveness refers to the extent to which the discloser and the target of the disclosure successfully achieve the goals they set, either for themselves, others, or their relationship. This effectiveness focuses on expected responses, such as strengthening relationships, providing emotional or practical support, or, conversely, failing to maintain information boundaries, for example by spreading gossip. In many current models of self-disclosure, the discloser's perception of the recipient's anticipated response is also considered an important variable (Catona & Greene, 2016).

Currently, there is no doubt in the literature that self-disclosure has a positive impact on individual well-being and interpersonal relationships. Talking about feelings, thoughts, and emotions with others has clear benefits. Research has revealed that the process of self-disclosure triggers activity in neural and cognitive mechanisms comparable to the activity that occurs when receiving a desired reward, such as food or sexual intercourse. In addition, self-disclosure plays a role in helping individuals overcome stress. By expressing feelings and thoughts to an intimate partner, a person can overcome potentially disturbing concerns and reduce physical tension. In fact, this effect still applies when self-disclosure is done through online communication (Willems et al., 2020).

Furthermore, self-disclosure strengthens social connections and supports an individual's social network. These social connections and support, in turn, are important predictors of physical and psychological well-being. In fact,

The 2ⁿᵈ International Conference on Psychology and Education (ICPE 2023)
Department of Psychology, Faculty of Education
Universitas Negeri Surabaya, Surabaya, October 3ʳᵈ, 2023

results from a large meta-analysis show that the impact of social connectedness on longevity is more significant than other protective factors, such as physical activity (Willems et al., 2020).

There is a research entitled "Self Disclosure in Forming Levels of Interpersonal Relations from a Gender Perspective in the Male and Female Dormitories of STAIN Parepare" conducted by Hasniar et al. (2018). This study examines the self-disclosure ability of the dormitory residents at STAIN Parepare. One way to understand yourself as part of the interpersonal relationships process is to use "The Johari Windows". The Johari Windows provides a useful way to think about the dynamics of self-awareness regarding behaviour, feelings, and motives. The size of the relationship level is as follows:

1) Open Self

This open area contains all the information, behaviour, attitudes, feelings, desires, motivations, ideas, and so on that is known by oneself and by others. One of the things that underlies self-disclosure is association that is able to please personal hearts so that they are able to carry out interpersonal relationships up to the stage of open self with their dormitory friends.

2) Blind Self

The blind area contains information about yourself that others know but don't know about yourself. Conceptually, the resource person gives an idea to the researcher that of the many routines in the dormitory, one of them is cleanliness, which often gives rise to judgments about a person from other people, even though the research is not known to the person who is the object of the assessment. The relationship that occurs in the male dormitory of STAIN Parepare is not much different from the relationship that occurs in the female dormitory. Relationships that are built will experience development. So that the relationship will be dealing with open areas. There is a discrepancy based on the unconsciousness of fellow dormitories because they are too familiar and so on.

From the results of the analysis of the data obtained, researchers can conclude that in the male and female dormitories of STAIN Parepare in the development of relationships. So what happens is feeling comfortable and happy with the association of fellow dormitory friends and reaching the intimate stage. This relationship does not rule out the possibility of giving birth to self-unconsciousness personally in maintaining this relationship, we often make mistakes outside of our desires and are not aware of these mistakes. Because the existence of a blind area will make communication ineffective, so we must try not to make this area too big in us. Eliminating it completely is impossible, but we must try to reduce it.

3) Unknown Self

Dark areas are parts of yourself that neither you nor others know about. This is information that has sunk into the subconscious or something that has been forgotten from attention. Basically, disclosing ourselves to others, known as the concept of self-disclosure, has two extremes. At one extreme, we tell other people everything about ourselves. Here it means that the hidden self area is very small. At the other extreme, we reflect absolutely nothing about ourselves to others. People like this are generally afraid to open up to others for fear of being laughed at and rejected. At this extreme, the area of the hidden self is very large.

4) Hidden Self

The closed area contains everything you know about yourself and about other people that you keep to yourself. This is the area where you keep everything about yourself and about others a secret. At the extreme ends, there are those who are too open (overdisclosers) and those who are too closed (underdisclosers).

Sulkahfi as the informant emphasized that the situation in the dormitory will be less conducive and enjoyable when more dormitory residents have hidden self characters, because only a portion of the situation in the dormitory can provide comfort to one another and build a much better relationship. So that researchers can conclude that in this closed area the residents of the STAIN Parepare dormitory do not expect and even have very minimal closed character in the STAIN Parepare dormitory.

So that it can be concluded, the residents of the STAIN Parepare dormitory are at the relationship level which is clarified by "Johary Windows" that the residents in an open area in Self Disclosure to building the good interpersonal relationships in the STAIN Parepare hostel, both male and female in a gender perspective.

Self-disclosure has an important role in interpersonal relationships. When a person exercises self-disclosure appropriately, it can influence and strengthen relationships in the following ways:

a) Trust Building: Through honest and open self-disclosure, individuals show trust in others by revealing personal aspects that may not be known. This can help build trust and increase closeness in the relationship.

The 2ⁿᵈ International Conference on Psychology and Education (ICPE 2023)
Department of Psychology, Faculty of Education
Universitas Negeri Surabaya, Surabaya, October 3ʳᵈ, 2023

b) Openness and Harmony: Sharing self-disclosure allows individuals to understand each other better. This can produce a sense of openness and harmony in the relationship, as each party feels accepted and understood by the partner or friend.

c) Emotional Support: By doing self-disclosure, individuals provide opportunities for others to provide emotional support. In difficult or stressful situations, sharing experiences, feelings, or deep thoughts through self-disclosure can strengthen relationships and allow others to provide appropriate support.

d) Growth and intimacy: Open and continual self-disclosure can lead to personal growth and relationship growth. Through self-disclosure, individuals can learn from each other, develop a deeper understanding, and build stronger emotional bonds.

However, it is important to remember that self-disclosure must be a mutually beneficial process in interpersonal relationships. Both parties need to feel comfortable and safe about self-disclosure, and receive personal information from others in an understanding and confidential manner.

After understanding the fundamental concept of self-disclosure, it is crucial to gain further insights into the variable's discourse by exploring the available measuring instruments. One common instrument utilized in measuring self-disclosure is the Social Disclosure Index (SDI), which was proposed by Miller in 1983 and continues to be widely implemented in research. Miller (1983) and Harvey & Boynton (2021) developed the Social Disclosure Index (SDI) as a tool to measure emotional depth and authenticity, both of which can influence individuals' willingness to disclose personal information. The SDI assesses emotions and relationships, as proposed by Ogba et al. (2022), and respondents evaluate individuals' abilities to disclose different types of information. Examples of such items include "What I like and dislike about myself," "My fears," and "Actions for which I feel guilty,". Respondents will rate their willingness to disclose the proposed statement to others using 5 answer options, ranging from 1 (not discussing at all) to 5 (discussing completely). The resulting score ranges from 10 to 50, with high scores indicating a greater tendency for self-disclosure. A score of 30 serves as the threshold between high and low scores (Ogba et al., 2022).

In addition, there are limitations and considerations that need to be considered in self-disclosure, such as privacy, context, and the degree of closeness of the relationship. Too much or too little self-disclosure can negatively affect relationship dynamics. Therefore, it is important to maintain balance and accuracy in conducting self-disclosure in order to strengthen interpersonal relationships in a healthy and sustainable manner.

4 DISCUSSIONS

Self-disclosure is a fundamental aspect of human interaction that plays a central role in the development and maintenance of interpersonal relationships. It involves the act of disclosing personal information to others, and is a powerful tool for building closeness, trust, and emotional closeness with friends, family, and romantic partners. Early in a relationship, there is greater self-disclosure that gradually increases as partners move from superficial to more intimate levels (Derlega et al., 2001; Masaviru, 2016). As the relationship develops, there is a gradual widening in information sharing, but self-disclosure gradually slows down as it moves to more personal and intimate topics. Although self-disclosure is assumed to be linear, there are some topics that are considered too personal and taboo and thus are closed (Derlega et al., 2001; Tang et al., 2013; Masaviru, 2016). In this discussion, we will further explore the complexities and benefits of self-disclosure in interpersonal relationships, emphasizing its important role as a protective mechanism for mental and physical well-being.

Self-disclosure is an act that requires a delicate balance. On the one hand, it can be a powerful catalyst for connection and personal growth. On the other hand, there are inherent risks, as sharing personal information can open individuals to judgment, discomfort, or even rejection. This complexity is especially felt when disclosing intimate details to people we consider close, such as family and long-term friends. Therefore, individuals often carefully weigh potential benefits versus perceived harms before deciding what to disclose.

The importance of self-disclosure in interpersonal relationships is consistent with the findings of a large body of research, including a study by Grenee et al. (2006), who explored the consequences of self-disclosure within the framework of Pennebaker and O'Heeron's work from 1984. This research revealed a striking relationship between the quality of interpersonal communication and health outcomes. Specifically, individuals who experienced less contact with friends in the year after losing a partner were more likely to report more health problems, including weight changes and headaches. In contrast, those who engaged in more open and honest communication with friends reported fewer intrusive thoughts regarding their partner's death.

Pennebaker and O'Heeron's theory emphasizes the importance of sharing information about stressful or traumatic events with trusted individuals. Failing to do so, their research suggests, can lead to negative thought patterns and, potentially, mental and physical health problems. This suggests that self-disclosure functions as a self-defense mechanism—a way to process and cope with life's most challenging and emotionally taxing events. Through this process, individuals can find peace, support, and even healing while exploring the complexities of grief and loss. It is

The 2nd International Conference on Psychology and Education (ICPE 2023)
Department of Psychology, Faculty of Education
Universitas Negeri Surabaya, Surabaya, October 3rd, 2023

important to note that the implications of self-disclosure go beyond simply overcoming trauma. Effective self-disclosure is fundamental to maintaining emotional health and personal well-being in everyday life. When individuals feel comfortable sharing their thoughts, feelings, and experiences with people they trust, it not only strengthens their interpersonal relationships but also acts as a release valve for suppressed stress and emotions. This can lead to a reduction in physical and mental health problems associated with chronic stress, such as high blood pressure, anxiety, and depression.

In addition, research conducted by Hasniar et a., (2018) shows that self-disclosure can strengthen relationships by allowing individuals to get to know each other better and increasing a sense of trust. However, it is also important to remember that the act of sharing personal information has a double impact. Some intense and intimate interactions can lead to unintentional errors in communication, which is something to be aware of. Therefore, the need to maintain a balance in self-disclosure is very important. Too much self-disclosure or overdisclosure can disrupt relationship dynamics. This is because too much personal information shared without consideration can cause discomfort or even conflict. On the other hand, under disclosure, or lack of self-disclosure, can also be a problem, because it can make the relationship shallow. Therefore, it is important to maintain privacy, consider context, and prioritize the comfort and security of both parties when exchanging information.

Self-disclosure is not just a process of sharing personal information; it is the fundamental foundation stone of human relationships. The importance of self-disclosure cannot be understated, as it promotes closeness, trust, and personal growth. Although the act of self-disclosure may be scary, research firmly supports the idea that sharing thoughts and feelings with trusted individuals can lead to better mental and physical health outcomes. It emphasizes the undeniable value of self-disclosure in exploring the complexities of human relationships, making it a powerful tool for improving our well-being and enriching our relationships with others.

CONCLUSIONS

From the discussion above it can be concluded that self-disclosure can affect individuals in establishing interpersonal relationships. This is also one of the important things to be able to strengthen healthy and sustainable interpersonal relationships. Self-disclosure can be interpreted as how individuals tell about themselves both from their thoughts, feelings or views that are intended for other people to know this information. Meanwhile, interpersonal relationships are how a person tries to establish relationships with other individuals. Furthermore, there are several ways to be able to recognize oneself which includes the relationship process, namely by using the Johari window which includes self-openness, namely where the individual knows and also other people know, the blind self means that other people know but the individual does not know, the self is not known where the individual knows but other people don't know and finally the self is hidden where the individual doesn't know and other people don't know either. This interpersonal relationship also has the benefit of reducing stress, psychological problems and physical problems because they often interact and can tell the problems they have, so that individuals are not burdened.

ACKNOWLEDGEMENTS

REFERENCES

Catona, D., & Greene, K. (2016). Self-Disclosure. *The International Encyclopedia of Interpersonal Communication*, 1–5. https://doi.org/10.1002/9781118540190.wbeic0162

Greene, K., Derlega, V. J., & Mathews, A. (2006). Self-Disclosure in Personal Relationships. In A. L. Vangelisti & D. Perlman (Eds.), The Cambridge handbook of personal relationships (pp. 409–427). Cambridge University Press. https://doi.org/10.1017/CBO9780511606632.023

Gusmawati, G., Taufik, T., & Ifdil, I. (2016). Kondisi Self Disclosure Mahasiswa Bimbingan dan Konseling. Jurnal Konseling dan Pendidikan, 4(2), 92-97.

The 2nd International Conference on Psychology and Education (ICPE 2023)
Department of Psychology, Faculty of Education
Universitas Negeri Surabaya, Surabaya, October 3rd, 2023

Harvey, J., & Boynton, K. (2021). Self-disclosure and psychological resilience: The mediating roles of self-esteem and self-compassion. *Interpersona: An International Journal on Personal Relationships*, *15*(1), 90–104. https://doi.org/10.5964/ijpr.4533

Hasniar, Qadaruddin, M., & Nurhakki. (2018). Self Disclosure Dalam Membentuk Level Hubungan Interpersonal Perspektif Gender Di Asrama Putra Dan Putri Stain Parepare. *Komunida : Media Komunikasi Dan Dakwah*, *8*(1), 77–96. https://doi.org/10.35905/komunida.v8i1.602

Iswandi, S. (2016). ILMU KOMUNIKASI; Tradisi, Perspektif dan Teori. Yogyakarta: Calpulis.

Liliweri, A. (2015). Komunikasi Antarpersonal. Edisi Pertama. Jakarta : Kencana.

Liu, S.-H. (2015). Verbal Communications Related to Self-Disclosure and Interpersonal Relationships in Facebook Users. *Asian Social Science*, *11*(22), 81–90. https://doi.org/10.5539/ass.v11n22p81

Masaviru, M. (2016). Self-Disclosure: Theories and Model Review. *Journal of Culture, Society and Development*, *18*, 43–47. https://iiste.org/Journals/index.php/JCSD/article/view/30022

Mutia, E. I., & Ridha, M. (2019). Relationship of Self-Disclosure With Interpersonal Communication of High School Teenagers. *Jurnal Neo Konseling*, *1*(4), 1–6. https://doi.org/10.24036/00184kons2019

Ogba, K. T. U., Ogba, O. M., & O, N. U. (2022). Self-esteem, Personality-Type and Gender as Factors in Self-disclosure among Adolescent Social Network Users. *Nigerian Journal of Social Psychology*, *5*(1), 1–145.

Pratiwi, S. W. & Sukma, D. (2013). Komunikasi interpersonal antar siswa di sekolah dan implikasinya terhadap pelayanan bimbingan dan konseling. *Konselor*, 2(1), 324–329. https://doi.org/10.24036/02013211268-0- 00.

Sugiyono. (2013). *Metode penelitian kuantitatif. kualitatif, dan r&d*. Alfabeta.

Willems, Y. E., Finkenauer, C., & Kerkhof, P. (2020). The role of disclosure in relationships. *Current Opinion in Psychology*, *31*, 33–37. https://doi.org/10.1016/j.copsyc.2019.07.032