The Role of Mindfulness and Patience on Social Anxiety in Using Social Media in Emerging Adulthood

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Abstract
Individuals in emerging adulthood are prone to experience social anxiety, especially in social media, as they are prone to receive responses, criticism, or judgment from others or themselves when sharing content related to themselves. This study aims to determine the relationship between mindfulness and patience with social anxiety in social media in emerging adulthood. This study used a quantitative approach, namely multivariable correlation with the relationship model of three variables analyzed using regression analysis. 542 participants in emerging adulthood who are active social media users were involved in this study. Data were collected using the Social Anxiety Scales for Social Media Users (SAS-SMU), Mindful Attention Awareness Scale (MAAS), and the Patience Scale. The results of the study showed that mindfulness and patience had a significant effect on social anxiety in social media. Besides, each independent variable significantly reduces social anxiety in social media. Then, mindfulness plays a stronger role in overcoming social anxiety in social media. The implications of this research show that mindfulness and patience can reduce social anxiety on social media. It is necessary to apply mindfulness in daily life to reduce social anxiety in social media in emerging adulthood.

INTRODUCTION
Individuals who are in the emerging adulthood stage are vulnerable to experiencing mental health problems (LeBlanc et al., 2020). Emerging adulthood is described as the end of adolescence and the beginning of early adulthood, which is full of responsibilities in obtaining a stable job, getting married, and being able to become a parent (Arnett, 2016). However, many emerging adults are still uncertain about determining their identity and have difficulty carrying out their developmental tasks responsibly. This instability and indecision often cause mental health disorders in individuals in emerging adulthood and experiencing stress and anxiety (LeBlanc et al., 2020; Slavich & Auerbach, 2018). Anxiety is characterized by feelings of tension and thoughts full of worry accompanied by a physical response (fast heartbeat, increase of blood pressure, nausea) to unpredictable future. Symptoms of anxiety make individuals feel uncomfortable, have difficulty controlling their worries, and feel wary continuously (Barlow, 2002). The causes of anxiety include threats originating from the surrounding
environment or from within oneself, where the response given is often excessive and not commensurate with the actual risk (Craske & Stein, 2016).

The anxiety that many emerging adults experience is social anxiety (Jefferies & Ungar, 2020). Signs of social anxiety often appear during the transition period from late adolescence (18 years old) to early adulthood (29 years old) (Suryaningrum, 2021). Social anxiety itself can be defined as fear and avoidance of criticism and judgment by others. Individuals who experience social anxiety feel afraid of receiving negative judgment, so they actively avoid their social environment. In addition, social anxiety gives rise to behavior that is afraid of interacting or talking with other people, experiencing physical symptoms (such as a red face, sweating, or trembling voice), as well as excessive thinking about oneself or situations for fear of being judged by others (Heimberg et al., 2014; Jefferies & Ungar, 2020). The impacts caused by social anxiety are varied, including the social-cognitive abilities of individuals who tend to be more empathetic. However, social anxiety has more negative impacts, such as having poor quality social relationships, disrupting productivity, being less self-confident, and increasing suicidal ideas and behavior (Bowers et al., 2023).

Social anxiety can arise in virtual contexts, such as social media interaction (Jiang & Ngien, 2020). Regarding the use of social media, the age group that uses social media the most is adults in emerging adulthood (Ilakkuvan et al., 2019). Based on data from Khoros (2021), it is known that social media is used by all age groups, both young and old. However, 18–29-year-olds are the age group that uses social media the most. Likewise, most internet users in Indonesia are aged 18-34 years or in emerging adulthood (Statista, 2021). Those who use social media will actively comment on other people's messages or content, share content with friends, and upload content on personal social media pages. Apart from that, individuals also actively view videos or images on social media sites, read online discussions, and read user comments or reviews on social media sites because they actively select, process, and interpret messages or content on social media (Escobar-Viera, et al., 2018; Valkenburg et al., 2021).

Social media has the function of being a means of exploring identity development and maintaining social interactions (Vannucci et al., 2017), such as helping to form a professional identity or career in the digital world and facilitating interaction through shared or obtained content (Kettunen et al., 2015; Xu et al., 2019). However, the features available on social media can also cause socially anxious behavior in emerging adulthood by avoiding and isolating oneself from real or virtual social environments (Kamalou et al., 2019; LeBlanc et al., 2020). According to Vannucci et al. (2019) and Primack et al. (2017), anxiety symptoms appear more frequently in emerging adults who use several social media platforms. One of the causes is the inability to withstand negative assessments or evaluations directly or indirectly by other individuals on SNS (Social Networking Service). In addition, a lack of good social skills and fear of being judged or rejected tend to make individuals anxious when using social media (Beard, 2021;
Both physically and psychologically, avoidance behavior can be detrimental to individuals in emerging adulthood because it inhibits activities that involve self-exploration in social environments, such as working, studying, or pursuing new relationships (Kranzler et al., 2019).

Referring to the explanation above, it is necessary to provide the definition and aspects of social anxiety in social media referring to the explanation above. Social anxiety in using social media is a feeling of fear and anxiety that arises in individuals due to negative evaluations, as well as concerns about the spread of privacy by other people on social media. Social anxiety on social media is different from social media addiction (Alkis et al., 2017). Individuals who are addicted to social media tend to spend excessive time on social media, which causes psychological, physical, and social problems (Sahin & Yagci, 2017). Meanwhile, social anxiety in using social media appears in individuals when sharing content related to themselves on social media (shared content anxiety) because they are afraid of receiving responses, criticism, and judgment from other people, giving rise to negative views, fear of criticism, and discomfort in presenting himself (self-presentation) on social media (Kelly et al., 2020; Nesi & Prinstein, 2015). Apart from that, adolescents or adults in emerging adulthood who receive minimal likes and comments from friends on social media will view this as a negative evaluation, giving rise to bad feelings about themselves (Kell et al., 2020). Furthermore, people in their adolescence or emerging adulthood tend to engage in social comparisons on SNS such as Facebook (Vogel & Rose, 2016) and Instagram (Stapleton et al., 2017). This can be caused by feelings of envy with friends’ lives on social media, giving rise to negative social comparisons and giving rise to self-criticism (Hampton et al., 2015; Nesi & Prinstein, 2015).

Another aspect of social anxiety in using social media is self-evaluation anxiety. Self-evaluation anxiety occurs when individuals cannot meet expectations in updating content and giving comments and likes. Apart from that, failing to maintain activeness and connection on social media can give rise to feelings of loneliness and prejudice, and individuals tend to isolate themselves if they fail to meet these expectations (Lee et al., 2016; Kelly et al., 2020).

Personal data on social media can also be the cause of another characteristic of social anxiety in using social media, namely privacy concern anxiety. Privacy concern anxiety, which is another aspect of social anxiety in using social media, results in a lack of individual ability to manage or share personal information. This is intended to reduce the risk of other people accessing personal information and avoid the possibility of obtaining an evaluation (Kelly et al., 2020).

Interaction anxiety, another aspect of social anxiety in using social media, can be seen from the individual's tendency to avoid and limit the scope of friendship to only known people (Weidman & Levinson, 2015). This is due to feelings of nervousness, anxiety, tension, and restlessness when interacting with people they know or have just
met (Alkis et al., 2017). If someone fails to connect and fails to be part of a group, then this can worsen stress and give rise to symptoms of social anxiety (Twomey & O’Reilly, 2017).

Someone who is less able to act consciously and less able to accept conditions without judgment is susceptible to experiencing social anxiety (Tan et al., 2016). The results of research by Clerkin et al. (2017) proved that social anxiety has a negative relationship with mindfulness in emerging adulthood. Bajaj et al. (2016) stated that mindfulness is a factor that can influence social anxiety when using social media. Mindfulness is part of the cognitive process because it involves attention through thoughts and full awareness to form a pattern of acceptance, openness, and compassion in the individual (Kabat-Zinn, 2015). The application of mindfulness can increase awareness of the present moment, which helps individuals' cognitive and behavioral abilities to respond more adaptively to each situation (Bishop et al., 2004). Mindfulness is often considered a skill developed through training, but even untrained individuals have varying mindfulness traits (Lim et al., 2018). Doing this requires the components of awareness (a state of being aware of the current condition) and attention (full attention to the current condition) (Brown & Ryan, 2003).

Brown et al. (2007) stated that individuals with a high level of trait mindfulness will be more aware of current experiences and reactions and show a calm attitude when face conditions, emotions, and thoughts that cause anxiety. Regarding social media users, individuals who are aware of current experiences (mindfulness), using social media with lower negative beliefs and thoughts, and these two characteristics are related to levels of social anxiety. Other research shows that individuals with experience of social media anxiety, whether active in the online or offline world, tend to have lower levels of mindfulness (Gavriloff & Lusher, 2015; Makadi & Koszycki, 2020). In addition, mindfulness significantly helps individuals to improve subjective well-being, improve behavioral regulation, and helps individuals regulate emotions better (Gámez-Guadix & Calvete, 2016; Tomlinson et al., 2018) so that individuals in emerging adulthood who have good mindfulness will be able to deal with social anxiety when using social media. Therefore, mindfulness negatively affects social anxiety in social media in emerging adulthood.

Patience is another factor that can improve an individual's quality of life in a more positive direction (Sari et al., 2018). Patience is restraining or preventing someone from committing an act that is not commendable, along with persistence, steadfastness, and effort to avoid disadvantage (Al-Jauziyah, 2005).

Furthermore, it was explained that the form of patience manifests from the attitude of refraining from prohibited actions (insulting, lying, stealing, etc.). Then, other actions are shown by being obedient in carrying out Allah SWT's commands by diligently carrying out worship, as well as carrying out good deeds and preventing bad deeds (amar ma'ruf and nahi munkar) which are often neglected due to busyness and laziness. Apart
from that, people who are willing to accept fear and confusion when facing a problem and refrain from complaining are a form of patient behavior (Al-Jauziyah, 2005).

Patience has the essence of encouraging humans to do useful things (Al-Jauziyah, 2005). Patience can help a person interact in an environment with positive interpersonal and emotional control so that individuals are not easily overcome by negative emotions when facing negative situations on social media and avoid being prejudiced when faced with situations that require them. Thus, individuals will become more comfortable in their activities and have relatively stable emotions (Diener et al., 1998; Ernadewita et al., 2019; Miskahuddin, 2020; Darmawan & Lukmawati, 2015). Patience can be an effective coping strategy for resolving a problem and even helps individuals avoid psychological disorders such as anxiety (Qodariah, 2016; Hossaeini, 2021). According to research by Uyun and Witruk (2017), patience has a positive effect in reducing psychopathological symptoms such as anxiety. Meanwhile, according to research by Alli-Ahmad and Jenaabadi (2018), psychological relaxation based on patience can reduce anxiety. Therefore, it is interesting to study whether patience influences reducing social anxiety. The minor hypothesis of this research is that patience has a negative effect on social anxiety in individuals in emerging adulthood when using social media.

Research on the influence of mindfulness and patience on social anxiety in social media has never been carried out by researchers. Meanwhile, research on mindfulness and social anxiety in social media has been researched extensively. Research by Apaolaza et al. (2019) shows that mindfulness applied to individuals in emerging adulthood who actively use social media can reduce social anxiety when using social media. Then, research by Barman et al. (2018) shows that mindfulness significantly reduces social anxiety among undergraduate students when using social media. However, research on patience and social anxiety in using social media has never been raised as a research topic. The research closest to this topic is research on patience and anxiety, which has been widely carried out. According to Adhaza and Supriatna (2021) and Adelya and Supriatna (2022), patience can reduce the anxiety levels of individuals in emerging adulthood. Furthermore, Rozi (2021) states that there is a negative relationship between patience and anxiety, so that patience can reduce a person's anxiety level.

Based on the explanation above, this study aims to test the influence of mindfulness and patience on social anxiety in social media, especially in emerging adulthood. The hypothesis proposed in this research is that mindfulness and patience influence social anxiety in individuals in emerging adulthood when using social media.

**METHOD**

**Research Participants**

The sampling technique used a purposive sampling technique, namely sampling based on research criteria determined by the researcher (Raco, 2018). Participant criteria include individuals in emerging adulthood aged 18 – 29 years in the D.I Yogyakarta
The Role of Mindfulness and Patience on Social region, Muslim, and active social media users who have been active for at least six months in commenting on other people's messages or content, sharing content with friends on social media, uploading content on personal social media pages, actively viewing videos or images on social media sites, and reading online discussions and comments or reviews on media sites. Overall, the sample participating in this research was 594 participants. However, after screening, 52 participants did not match the participant’s criteria in this study. Thus, the total number of participants who met the requirements and were involved in this research was 542. The distribution of demographic data on research participants can be seen in Table 1 below.

Table 1
Demographics Data of Research Participants (N=542)

<table>
<thead>
<tr>
<th>Category</th>
<th>Total</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>396</td>
<td>73.1</td>
</tr>
<tr>
<td>Male</td>
<td>146</td>
<td>26.9</td>
</tr>
<tr>
<td><strong>Status</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>63</td>
<td>11.6</td>
</tr>
<tr>
<td>Not married</td>
<td>479</td>
<td>88.4</td>
</tr>
<tr>
<td><strong>Domicile</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yogyakarta</td>
<td>166</td>
<td>30.6</td>
</tr>
<tr>
<td>Sleman</td>
<td>283</td>
<td>52.2</td>
</tr>
<tr>
<td>Bantul</td>
<td>66</td>
<td>12.2</td>
</tr>
<tr>
<td>Kulon Progo</td>
<td>15</td>
<td>2.8</td>
</tr>
<tr>
<td>Gunung Kidul</td>
<td>12</td>
<td>2.2</td>
</tr>
<tr>
<td><strong>Last Education</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior High School</td>
<td>289</td>
<td>53.3</td>
</tr>
<tr>
<td>Vocational School</td>
<td>13</td>
<td>2.4</td>
</tr>
<tr>
<td>Undergraduates</td>
<td>200</td>
<td>36.9</td>
</tr>
<tr>
<td>Graduates</td>
<td>22</td>
<td>4.1</td>
</tr>
<tr>
<td>Others</td>
<td>18</td>
<td>3.3</td>
</tr>
<tr>
<td><strong>Profession</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Working</td>
<td>194</td>
<td>35.8</td>
</tr>
<tr>
<td>Not working</td>
<td>27</td>
<td>5.0</td>
</tr>
<tr>
<td>Undergraduate students</td>
<td>304</td>
<td>56.1</td>
</tr>
<tr>
<td>Students</td>
<td>17</td>
<td>3.1</td>
</tr>
</tbody>
</table>

Based on Table 1 above, it is known that most participants came from Sleman district (52.2%), and their educational background was dominated by Senior High School (53.1%). Most research participants were students (56.1%) and unmarried (88.3%).

Data Collection Method
This research data was collected using an online questionnaire via Google Forms with a Likert scale. Three scales were used in this research: the scales of social anxiety, patience, and mindfulness. These three scales received ethical clearance on February 14, 2023, from the Research Ethics Committee of the Faculty of Psychology and Social-
The social anxiety scale has been adapted to Indonesian by Herman et al. (2018) based on the concept of Alkis, Kardihan, and Sat (2017), namely, Social Anxiety Scales for Social Media Users (SAS-SMU). This scale consists of 21 items with a reliability value of 0.93. This scale is based on aspects of social anxiety, namely shared content anxiety, privacy concern anxiety, interaction anxiety, and self-evaluation anxiety. An example of an anxiety item about shared content anxiety is "I feel worried that other people will think my actions are awkward." An example of an item regarding privacy concern anxiety is "I feel worried that other people might get my personal information." An example of an interaction anxiety item is "I feel anxious when talking to people I have just met." An example of a self-evaluation anxiety item is "I feel anxious about making a negative impression on people." The SAS-SMU scale scoring is based on a Likert scale model ranging from 1 to 5. Closer to number 1 indicates that the statement is inappropriate with the participants’ condition. If it is close to 5, it shows that the statement fits the participants’ condition. All items on the SAS-SMU scale are favorable items. The scoring for favorable items ranges from 5 (Always), 4 (Frequently), 3 (Sometimes), 2 (Rarely), and 1 (Never).

The second scale is the trait mindfulness scale, which was adapted into Indonesian by Yusainy et al. (2018) based on the concept of Brown and Ryan (2005), namely the Mindful Attention Awareness Scale (MAAS). This scale consists of 15 items with a reliability value of 0.87. This scale is based on two aspects, namely awareness (conscious state) and attention (full attention to current conditions). An example of an awareness aspect item is "When I experience certain emotions, I ignore them for some time." An example of an attention aspect item (full attention to current conditions) is "Because I was careless, unwary, or because I was busy thinking about other things, I accidentally broke things." The MAAS scale scoring is based on a Likert scale model ranging from 1 to 6. The closer to number 1, it indicates that the statement is appropriate to the participant’s condition. If it is close to 6, it shows that the statement is inappropriate with the participants’ condition. All items on the MAAS scale are unfavorable items. The scoring for this unfavorable item ranges from 1 (Almost Always), 2 (Very Often), 3 (Somewhat Often), 4 (Rarely), 5 (Very Rarely) and 6 (Almost Never).

The third scale is the patience scale modified by Permanasari and Suksesi (2022) from Rusdi (2016), which was made based on the concept of Al-Jauziyah (2003), which consists of 12 items with a reliability value of 0.90. This scale is based on three aspects of patience: patience to obey God's commands (patience to do obedience), patience to withstand prohibitions (patience to avoid), and patience from suffering. An example of an item of patience in obedience is, "Even though I am tired, I still carry out my obligations." An example of an item to be patient in resisting prohibitions (patient to avoid) is "I find it difficult to control myself from bad actions." An example of patience
The role of mindfulness and patience on social...

from the suffering scale is "I am easily sad when difficulties befall me". The patience scale scoring is based on a Likert scale model, ranging from 1 to 6. The closer to number 1, it shows that the statement is very appropriate to the participant’s condition. If it is close to 6, it shows that the statement is inappropriate with the participants’ condition. The scoring for unfavorable items ranges from 1 (Very Appropriate), 2 (Appropriate), 3 (Somewhat Appropriate), 4 (Somewhat Inappropriate), 5 (Not Appropriate) and 6 (Very Inappropriate). Meanwhile, the scores for favorable items are 6 (Very Appropriate), 5 (Appropriate), 4 (Somewhat Appropriate), 3 (Somewhat Inappropriate), 2 (Not Appropriate), and 1 (Very Inappropriate).

**Data Analysis Technique**

This study uses a quantitative approach with a multivariate relational research design. In addition, this research conducted multiple regression analyses on the following variables: patience and mindfulness as independent variables and social anxiety as the dependent variable. The analysis included assumption and hypothesis testing in multiple regression analysis. Multiple regression analysis is an analysis to determine the direction of the relationship between two or more independent variables and the dependent variable (Antonov & Rahman, 2015). The assumption tests that must be met include the normality test, where the subject data must be normally distributed, and the linearity test, heteroscedasticity test, and multicollinearity test. The JASP 16.2 for Mac application assisted data analysis in this research.

**RESULTS**

**Assumption Test Result**

The assumption test is carried out to determine whether the data collected meets the requirements for multiple regression analysis. The classical assumption tests consist of normality, linearity, heteroscedasticity, and multicollinearity tests (Ghozali, 2018).

**Figure 1.1**
Graph of Standardized Residuals Histogram

**Figure 1.2**
Graph of Q-Q Plot Standardized Residuals
The normality test shows that the residuals and regression equation are normally distributed based on the standardized residual histogram, which shows the peak of the distribution tends to be in the middle with an average value close to zero, and the Q-Q plot of standardized residuals, which shows the points follow a straight line and are along the diagonal line.

**Figure 2.1**
Linearity Graph of Patience and Social Anxiety

The linearity test shows that the linearity assumption test in this study is met. The two graphs show the points are parallel to a straight line pointing downwards. Thus, there is a negative linear relationship between social anxiety about using social media and the two independent variables (patience and mindfulness).

**Figure 2.2**
Linearity Graph of Mindfulness and Social Anxiety

The heteroscedasticity test shows that the heteroscedasticity assumption test is met based on the graph above, which shows the points spread above and below the 0 axis so that no heteroscedasticity is found or there is no inequality of variance from the residuals of one observation to another. Therefore, the regression model is declared valid.
The multicollinearity assumption test in this study is fulfilled because patience and mindfulness have a tolerance value of 0.348 or >0.100 and a variance inflation factor (VIF) value of 2.872 or <10, so there is no intercorrelation between the independent variables, namely patience and mindfulness.

Table 2

<table>
<thead>
<tr>
<th>Variable</th>
<th>Tolerance</th>
<th>VIF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patience</td>
<td>0.348</td>
<td>2.872</td>
</tr>
<tr>
<td>Mindfulness</td>
<td>0.348</td>
<td>2.872</td>
</tr>
</tbody>
</table>

Hypothesis Test Results

Hypothesis testing is carried out by conducting multiple regression and partial correlation analyses. Multiple regression analysis aims to determine the direction and magnitude of the influence between research variables. Meanwhile, partial correlation analysis determines the relationship between two or more variables (Ghozali, 2018). The results of hypothesis testing can be seen in Table 3 below.

Table 3

<table>
<thead>
<tr>
<th>Variable</th>
<th>$r$</th>
<th>$r^2$</th>
<th>$F$</th>
<th>$p$</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patience</td>
<td>-0.768</td>
<td>0.590</td>
<td>388.085</td>
<td>&lt;0.001</td>
<td>Very significant</td>
</tr>
<tr>
<td>*Mindfulness towards social anxiety in social media</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Based on Table 3 above, the $F$ value is 388.085 with a $p$-value <0.001, and the correlation coefficient ($r$) is 0.768 with a coefficient of determination ($r^2$) of 0.590. It can be concluded that the hypothesis in this study is accepted, namely that patience and mindfulness together have a strong and significant relationship to social anxiety in using social media. Apart from that, the influence of the independent variables (patience and mindfulness) on social anxiety in using social media simultaneously is 0.590 or 59.0%.

Table 4

<table>
<thead>
<tr>
<th>Variable</th>
<th>$T$</th>
<th>Standardized</th>
<th>Partial</th>
<th>$p$</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patience</td>
<td>-4.823</td>
<td>-0.225</td>
<td>-0.203</td>
<td>&lt;0.001</td>
<td>Very significant</td>
</tr>
<tr>
<td>Mindfulness</td>
<td>-12.296</td>
<td>-0.575</td>
<td>-0.468</td>
<td>&lt;0.001</td>
<td>Very significant</td>
</tr>
</tbody>
</table>

Based on Table 4 above, it is known that patience has a significant influence on social anxiety in using social media, with a $p$-value <0.001 and a $t$-value of -4.823. Then mindfulness also significantly influences patience, with a $p$-value <0.001 and a $t$-value of -12.296. This shows that, separately, the patience and mindfulness variables can influence social anxiety when using social media. Both the patience and mindfulness variables significantly reduce social anxiety in the context of social media use. Therefore,
the higher a person's patience, the lower the social anxiety when using social media. Likewise, with high levels of mindfulness, social anxiety when using social media will be lower.

Patience has a standardized value of -0.225 and a partial value of -0.203, and mindfulness has a standardized value of -0.575 and a partial value of -0.468. Meanwhile, the effective contribution provided by mindfulness is 40.64%, and patience is 18.36%. These values show that mindfulness has a stronger and dominant influence on social anxiety when using social media than patience. Therefore, it can be stated that the two minor hypotheses in this research are accepted, namely that mindfulness and patience, respectively, have a negative and very significant effect on social anxiety in using social media.

**DISCUSSION**

This study aims to examine the effect of mindfulness and patience on social anxiety in emerging adults who use social media. This research found that mindfulness and patience can influence social anxiety in individuals in emerging adulthood when using social media. Both the mindfulness and patience variables significantly reduce social anxiety in the context of social media use. Individuals in the emerging adulthood stage who can apply mindfulness and patience will have positive impacts, such as calm and emotional control (Bajaj et al., 2016; Ernadewita et al., 2019), to reduce social anxiety when using social media. Thus, this research hypothesis is accepted.

The results of this study support similar research conducted by Cerullo (2018), which revealed that mindfulness and patience are very significantly related to anxiety, so applying patience and mindfulness can help reduce a person's anxiety level. In addition, another similar study by Ziabari et al. (2019) proved that mindfulness and patience are negatively correlated with pain. Another research also explains something similar, where there is a negative relationship between mindfulness and self-control with psychological symptoms such as anxiety (Bowlin & Baer, 2012). Similar studies show that mindfulness and patience have a reducing effect on anxiety symptoms in general.

Mindfulness, in particular, has a negative and very significant relationship to social anxiety in social media. Mindfulness is a natural condition for individuals to help see changes in psychological conditions with full awareness and attention (Brown & Ryan, 2003). The influence of mindfulness dominates more than patience, which shows that the role of awareness and attention from mindfulness is more needed than patient behavior. According to Brown & Ryan (2003), a thinking process that is open and full of awareness and attention (mindfulness) has a greater influence on facilitating subsequent behavior, so consistent behavior requires a process of sufficient awareness and attention. Therefore, awareness and attention to basic conditions and needs can help individuals be more likely to regulate their behavior and themselves. On the other hand, someone who lacks mindfulness, such as rejecting felt emotions and not being aware of one's condition, can decline one's condition, increasing social anxiety (Sing et al., 2020).
Based on several related studies, applying mindfulness can effectively reduce stress in using social media in emerging adulthood in China and can significantly reduce the level of social anxiety in using social media in medical students in Kolkata (You & Liu, 2022; Barman, Mukhopadhyay & Bandyopadhyay, 2018). The results of this research are strengthened by Apaolaza, Hartmann, D'Souza, and Gilsanz (2019), which states that mindfulness can reduce the effects of social anxiety in the realm of social media in individuals in emerging adulthood in the age range of 17 – 26 years. This is because individuals who apply mindfulness will increase their awareness, leading to acceptance of their nature and self-esteem, thereby reducing risk factors for social anxiety such as emotional dysregulation (Masters et al., 2019), fear of negative evaluation (Levinson et al., 2013), and uncertainty intolerance or the tendency to view uncertain situations as bad situations that need to be avoided (Yuniardi, 2019; Yuniardi et al., 2018).

In particular, patience can also have a negative and very significant influence on reducing social anxiety when using social media in emerging adulthood. Similar to mindfulness, patience is also a process of accepting conditions and situations (Subandi, 2011). However, patience is also a behavioral process of self-control, accompanied by persistence and effort in facing situations full of benefits or harm (Miswar, 2017; Al-Jauziyah, 2005). According to Miskahuddin (2020), patience, which acts in controlling, sorting, and controlling oneself from demands, desires, and needs, can complete the mindfulness cognition process. Therefore, controlling (patience) while focusing on awareness (mindfulness) will help individuals regulate themselves and sort out emotions, behavior, and problems. In practice, patience can control emotions when facing unpleasant social interactions and help individuals gain calm and accept unfavorable conditions (Ernadewita et al., 2019; Sukino, 2018).

Several studies related to patience state that applying patience can be an effort to care for mental health, where patient individuals will positively behave so that they will avoid mental disorders (Ross, Hasanah & Kusumaningrum, 2020), one of which is social anxiety in using social media. This is supported by similar research, which shows that there is a negative relationship between patience and anxiety levels in individuals in emerging adulthood who were facing the COVID-19 pandemic (Adelya & Supriatna, 2022; Rozi, 2021). The higher a person's patience, the lower the anxiety level. In addition, another research shows that patience can reduce anxiety levels in individuals in emerging adulthood in Iran. Furthermore, patience can improve the mental well-being of individuals in emerging adulthood in Iran and positively impact the psychological quality of individuals who are more adaptive, aware, and able to control themselves (Aghababaei & Tabik, 2015).
CONCLUSION

Based on the data analysis and discussion that has been carried out, it can be concluded that mindfulness and patience significantly affect social anxiety in individuals in emerging adulthood when using social media. Separately, both mindfulness and patience have a very significant negative influence on social anxiety in using social media. Thus, the higher the mindfulness and patience individuals have, the lower the social anxiety of the individuals in using social media. This research also shows that mindfulness influences social anxiety more than patience when using social media.

This research has several limitations, including the fact that the sample from the study was collected in one place, so the research results cannot be generalized to other populations. It also relies on self-report data, which tends to be biased, and uses correlation techniques, which are not able to explain and reveal the causal relationship of this research. Therefore, further research needs to be carried out.

It is hoped that this research will provide benefits to related parties, especially those in emerging adulthood who experience social anxiety when using social media. The practical implications of research show that mindfulness and patience reduce the level of social anxiety of individuals using social media in emerging adulthood. However, mindfulness has a stronger role in overcoming social anxiety when using social media, so there is a need to consider implementing more mindfulness in everyday life. Another consideration is to provide more intervention in the form of mindfulness training so that it is hoped that it can reduce social anxiety in using social media.

For the theoretical implications of this research, it is recommended that further research be carried out using longitudinal and experimental methods to increase insight regarding the relationship between mindfulness, patience, and social anxiety in using social media. In addition, research participants can be expanded by increasing the number or variety of samples from certain populations in further research. Thus, adding variations in methods or samples in future research will expand the literature on mindfulness, patience, and social anxiety in individuals in emerging adulthood using social media.

REFERENCES


The Role of Mindfulness and Patience on Social …


