

Exploring the Impact of Instagram Use on Adolescents' Global Diversity Values: A Case Study of Toxic Relationships in Narcissistic Personality Disorder (NPD)

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ABSTRACT

This study investigates the impact of Instagram use on adolescents' global diversity values, particularly in the context of toxic relationships exacerbated by Narcissistic Personality Disorder (NPD) traits. A quantitative, cross-sectional survey was conducted with 100 respondents from SMKN 1 Ponorogo and Muhammadiyah Ponorogo University. Data were collected using a questionnaire measuring Instagram use, global diversity values, toxic relationship intensity, and narcissistic tendencies. Analysis included validity, reliability, and T-tests using SPSS software. The findings revealed that Instagram use significantly influences adolescents' global diversity values through an "echo chamber" effect, which reinforces pre-existing beliefs and limits exposure to diverse perspectives. Additionally, toxic relationships, characterized by NPD traits such as a need for excessive validation and emotional manipulation, negatively impact adolescents' attitudes toward cultural and social differences. These results highlight the complex interplay between social media use, mental health, and adolescents' global outlook. Instagram's reinforcement of biased perspectives and the prevalence of toxic relationship dynamics underscore the need for targeted interventions. The study emphasizes the importance of promoting social media literacy, education on healthy relationships, and mental health support for adolescents. These insights are critical for educators, parents, and policymakers to design strategies that mitigate the adverse effects of social media on adolescents' global diversity values and interpersonal relationships. Further research should explore longitudinal impacts and intervention efficacy.

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1. INTRODUCTION

In today's digital era, Instagram is one of the most influential social media platforms among teenagers (Sultan, 2020). In Indonesia, Instagram is not just a social media platform, it has evolved into a mirror of diverse cultural dynamics and creativity. Since its launch, Instagram has become an integral part of Indonesians' digital lives, and its usage characteristics reflect various aspects of social and cultural life in this archipelago nation (Musa Karim et al., 2020). Digging into Instagram usage statistics, Instagram has recorded rapid growth in Indonesia, making it one of the most dominant social media platforms in the country (Dewi, 2018). In the number of Instagram users, Indonesia is one of the countries with the largest number of Instagram users in Southeast Asia (Sinta Wahyuni & Sri Darma, 2019). By 2024, estimates show that Instagram has more than 85 million active users in Indonesia (Anjarwati et al., 2024). The majority of Instagram users in Indonesia are in the young to early adult age bracket. About 70% of the total active users are individuals aged 18 to 34 years old (Ayu & Saraswati, 2022)

This age range reflects the tendency of millennials and generation Z to be highly active on the Instagram platform. Amidst this rapidly evolving digital landscape, Ponorogo, a small city in East Java, also shows significant engagement in Instagram usage. And from this it turns out that Students and College Students in Ponorogo city are also part of the key demographics active on the Instagram platform. In this study, the researcher focuses on the teenage age group, specifically teenagers in Ponorogo city within the age range of 17 to 22 years old. As an age group that is at a critical point in the development of adolescent identity in Ponorogo.

Instagram has become a major influence on the lifestyle and ethics of teenagers, shaping their behavior and identity formation (Agianto et al., 2020). Many teens use Instagram to build a positive self-image, attract attention, and gain recognition through the content they share, which can boost creativity and confidence, especially when they receive praise or high engagement (Akbar Prasetyanto et al., 2024). While Instagram facilitates social connectivity, fosters creativity, and offers opportunities for self-expression, promotion, and access to global trends, its impact is not always positive. For some, it creates pressure to display material possessions, compete for sympathy, or seek validation. Negative effects can include abusive behavior and inappropriate content creation, highlighting that the platform's influence depends on how individuals choose to use it (Ni'amulloh Ash Shidiqie et al., 2023).

One concept that is relevant in understanding the impact of Instagram on adolescents is Narcissistic Personality Disorder (NPD). Narcissistic Personality Disorder (NPD) is a psychological condition in which a person has a high sense of superiority (Henri, 2023). Narcissistic Personality Disorder (NPD) is characterized by an excessive need for attention and recognition from others, which often occurs in social media users, especially in the form of self-image focused on appearance and online popularity. On a broader level, this phenomenon can create toxic relationships in cyberspace, where individuals feel the need to constantly compare themselves to others, seek external validation, lack empathy towards others and neglect the healthier and more meaningful aspects of life.

In the realm of social media, individuals with narcissistic tendencies often seek validation through metrics like likes, followers, and comments. On platforms like Instagram, those with Narcissistic Personality Disorder (NPD) may exploit these interactions to manipulate or dominate others for self-gratification. This behavior can lead to unhealthy relationships, where one person asserts control while the other seeks constant recognition and attention. The reliance on social platforms for external validation amplifies this issue, making teenagers particularly vulnerable to negative influences and the pressures of online engagement.

The younger generation is now closely associated with social media called Instagram, endless interactions on this *platform*, without proper supervision can swallow learning time and direct communication with the closest people (Hanana, 2022). In the turbulent age of adolescence, the desire to be recognized and to exist becomes a strong instinct. Having something to be proud of and an identity is what they are looking for. Getting attention and building a self-image are important parts of their self-discovery (Sulaiman, 2019).

Instagram influences not only how teenagers see themselves but also how they perceive global diversity. When Instagram's algorithm prioritizes popular or visually appealing content, it can limit

exposure to diverse cultures, ethnicities, and lifestyles. This can narrow adolescents' perspectives, making it harder for them to appreciate and respect differences, which is essential for becoming inclusive global citizens. The platform's focus on visuals and popularity often shifts attention away from understanding the deeper value of diversity.

Global diversity encompasses recognizing, appreciating, and understanding the many cultures, ethnicities, religions, languages, values, and traditions worldwide (Maulidan & Darmawan, 2024). Instagram interactions shape not only personal relationships but also teens' views of the broader world. In cases of toxic relationships, often influenced by Narcissistic Personality Disorder (NPD) traits, emotional manipulation, control, and exclusion can thrive. Such dynamics may undermine empathy, tolerance, and respect for diversity, which are critical for fostering inclusivity in future generations.

Adolescence is a crucial stage in personal development (Rais, 2022), and for many teens, Instagram serves as a platform for identity exploration (Putri et al., 2024). Teens are heavily influenced by trends and influencers they follow, often seeking validation (Yuandita & Aesthetika, 2024). Narcissistic traits, characterized by a strong need to maintain a positive self-image, optimism, and self-confidence (C. G. Dewi & Ibrahim, 2019), often drive their behavior. However, narcissistic tendencies can also lead to difficulties in accepting criticism and egocentric behaviors, resulting in conflicts and strained relationships (Purnamasari & Agustin, 2019).

Instagram acts as a hub for teenagers to share, connect, and build personal branding (Widayanti, 2019). Teens use the platform to showcase their talents, strengths, and individuality while seeking recognition and inspiration from influencers and trends in fashion, food, and lifestyle (Cindrakasih, 2021). While it can be a positive outlet, excessive Instagram use can lead to addiction, disrupt daily life, and cause anxiety or dissatisfaction through constant comparisons with others (Amaliah et al., 2023). Therefore, teens need to manage their time on the platform and focus on healthy engagement to avoid these negative effects.

While Instagram offers benefits like enhanced connectivity and a platform for creativity, concerns remain about its impact on adolescents' understanding of global diversity values. These values—respect for cultural, ethnic, and individual differences—are crucial for adolescents' social and emotional development (Rijadi et al., 2023). However, Instagram's influence may shape how teens perceive and appreciate this diversity, potentially limiting their awareness and engagement.

The relationship between Instagram usage and global diversity values is essential in promoting unity in a diverse society. For adolescents, these values encompass democracy, solidarity, justice, tolerance, unity, harmony, and cooperation. The principle of *Bhinneka Tunggal Ika* highlights that despite differences, individuals can coexist respectfully, forming the basis of an inclusive and harmonious community (Sunarto, 2022). Instagram can serve as a valuable tool for teenagers to share educational content, discuss diversity-related issues, and support activities that foster unity. When used thoughtfully, Instagram empowers teens to become agents of change, spreading and practicing global diversity values in their communities (Khamdan Safiudin, 2022).

Fostering global diversity values in adolescents is essential for shaping a generation of Indonesians with strong Pancasila character. These values encourage critical thinking, openness, and tolerance, enabling teens to navigate various challenges in a globalized world (Asmaroini et al., 2023). By appreciating differences, adolescents can develop their identity while strengthening the nation's character in the face of globalization (Widiyanti et al., 2022). However, promoting these values can be challenging due to difficulties in planning effective activities. The Global Citizen Project learning model, which emphasizes the importance of cultural values on a global scale, is one effective approach to address this challenge, particularly in the digital era (Sunarto et al., 2023).

Building harmony in a diverse society requires adolescents to embrace and uphold diversity in all aspects of life, regardless of ethnicity, culture, or religion. By preserving local traditions and values while respecting different cultural and religious communities, teenagers can contribute to a more inclusive society (Ghozu et al., 2024). Balancing the positive aspects of globalization with the preservation of cultural diversity is crucial for fostering inclusivity. Platforms like Instagram can help teens explore and understand different cultures, enabling them to create a more connected and empathetic world (Ahmad, 2024).

While Instagram can showcase global diversity and expand teenagers' understanding of various cultures, it also presents challenges. Continuous exposure to idealized content can pressure adolescents to conform to unrealistic social and cultural standards, affecting their mental health and self-confidence. This struggle to balance online cultural identities with their own realities can lead to confusion and insecurity (Zulfikar et al., 2023; Nikodemus Nuswantara, 2019).

In a globally diverse environment, cultural differences, values, and communication styles can sometimes lead to toxic relationships. Issues like unbalanced power dynamics, differing social expectations, and a lack of mutual appreciation can exacerbate these challenges. To thrive in a diverse world, individuals must learn to respect and value differences while building healthy, inclusive relationships (Manuardi, 2022).

A toxic relationship is an unhealthy friendship where one person lacks sincerity, and those involved often feel pressured, restrained, and unable to be themselves (Manuardi, 2022). According to (Praptiningsih & Putra, 2021), toxic relationships are marked by emotional manipulation, feelings of loss, and abusive or controlling behavior. Such relationships often involve one person believing they are always right. A study on students from Muhammadiyah Ponorogo University and SMKN 1 Ponorogo found that toxic relationships negatively impact adolescents, causing feelings of inferiority, helplessness, fear, and anxiety (Asmaroini, Lani, et al., 2023). Most adolescents surveyed concluded that toxic relationships are harmful to their well-being.

In toxic relationships, one partner may exhibit egocentric behaviors, often blaming others for the consequences of their actions. Such dynamics can lead to Narcissistic Personality Disorder (NPD), where individuals have an excessive need for praise and validation, often manipulating others for personal gain (Shousha, 2023). Those with NPD struggle to form healthy relationships, as their need for admiration and lack of empathy create challenges for genuine connections. This behavior not only harms personal relationships but can also shape a negative and intolerant view of differences, affecting how teens perceive global diversity.

Adolescents trapped in toxic relationships with narcissistic dynamics may internalize exclusionary and intolerant attitudes, which hinder their ability to appreciate diversity. Individuals in these relationships often face difficulties understanding and valuing differences, which exacerbates challenges in building healthy, inclusive relationships. Studies have shown that social media platforms like Instagram significantly impact mental health, self-image, and social behavior, particularly among adolescents. Rapid social changes and globalization further influence how teens interact with and understand diversity.

The use of Instagram by adolescents intensifies the need to understand its role in shaping perceptions of diversity and its impact on mental health. Toxic relationships, especially those involving NPD, can magnify insecurities and distort self-esteem. As Instagram continues to be a dominant platform among teens, exploring its effects on their perceptions of diversity and mental health becomes increasingly important.

This research also explores how the use of Instagram contributes to the development of Narcissistic Personality Disorder (NPD) among students and university students, with the features on Instagram can also encourage narcissistic behavior by emphasizing the importance of self-image and public recognition. Students and college students in Ponorogo who are active on Instagram may experience increased narcissistic tendencies as a result of the constant need for praise and validation. As students and university students in Ponorogo share photos, videos and content on Instagram more frequently, they risk getting caught up in the cycle of constant need for external validation.

Previous research has shown that the use of Instagram can have a significant impact on adolescents regarding self-image in attracting someone's attention who tends to change one's view of himself as different from others, this is also reflected in the behavior of today's teenagers on the use of Instagram. They often post the most attractive pictures, photos, videos of themselves to display their strengths. Often the photos and videos have been manipulated to look better, resulting in a picture that is different from the actual condition. This desire to highlight themselves can encourage individuals to become more self-centered which can reduce social sensitivity to the surrounding environment because they are too busy with narcissism on social media, especially on the use of the Instagram platform. This not only affects interpersonal relationships but also affects the value of global diversity in adolescents. *Narcissistic Personality Disorder* (NPD) can also inhibit an individual's ability to appreciate cultural differences and

diversity, resulting in a lack of empathy and understanding for others with different personalities, which can reduce the sense of community and solidarity that is important in supporting global diversity (Purnamasari & Agustin, 2019)

Instagram users with traits of Narcissistic Personality Disorder (NPD) often use the platform to seek attention, praise, and validation (Liang, 2021). Adolescents involved in toxic relationships, especially those influenced by NPD, face significant risks when using Instagram. These risks include emotional manipulation, strict control over online interactions, and cyber harassment. It is crucial for adolescents to receive education on healthy relationships, access social support, and gain guidance on the safe use of platforms like Instagram (Sari, 2021).

Toxic relationships can severely harm mental health and influence how individuals interact with and perceive others. In cases where NPD traits are present, the lack of empathy and narrow perspective often associated with these traits may erode the appreciation of global diversity values. The urgency of this research stems from the growing role of social media, particularly Instagram, in shaping adolescents' global identity and understanding of diversity. This study is essential for identifying the specific impacts of Instagram interactions on adolescents' perceptions of global diversity, while also exploring how NPD traits exacerbate toxic relationship dynamics in this context.

While previous research has examined social media's effects on self-image and mental health, little attention has been given to Instagram's influence on global diversity values, particularly in the context of toxic relationships involving NPD traits. This study addresses this research gap by investigating the interplay between Instagram use, perceptions of global diversity, and the dynamics of toxic relationships shaped by NPD.

The study aims to explore how Instagram affects adolescents' global diversity values, focusing on the impact of toxic relationships involving NPD traits. By examining how Instagram shapes adolescents' understanding and appreciation of diversity and the role toxic relationships play in this process, the research provides a deeper understanding of these interconnected issues.

This research is significant because it offers insights into the broader implications of social media use for adolescent development. The findings will serve as a valuable resource for educators, parents, and policymakers in designing interventions that encourage healthy social media practices, foster mental well-being, and promote inclusive global perspectives among young people.

2. METHODS

This type of research is a quantitative study with a cross-sectional survey, where data is collected at one specific time. This design was chosen because it is suitable for measuring the perceptions and characteristics of the target population related to Instagram use, Narcissistic Personality Disorder, Toxic Relationships and Global Diversity Values. This research survey used 100 respondents distributed to teenagers who are active users on Instagram, especially SMKN 1 Ponorogo students and Muhammadiyah Ponorogo University students to provide a representative and accurate picture of the population under study. This sample size was chosen so that the survey results have a high level of trust and validity. The descriptive approach in quantitative research is used to provide a clear description of the characteristics or phenomena under study through the collection and analysis of numerical data. Questionnaire survey is a data collection method in which respondents are asked to answer questions that are arranged in the form of a questionnaire (Hasanah & Malia Rahma Hidayati, 2021)

2.1 Characteristics of Research Respondents

Characteristics of respondents in this study, namely:

1. Male and female gender
2. Ages 17-22
3. Students of SMKN 1 Ponorogo and students of Muhammadiyah Ponorogo University who actively use Instagram.

2.2 Sampling Technique

To achieve the research objectives, the researcher used purposive sampling method for sampling, with a total of 100 respondents, where this number is sufficient to provide valid and reliable results. In the random sample to collect data, an instrument in the form of a questionnaire distributed via google forms was used. This questionnaire was specifically designed to explore variables and indicators related to the impact of Instagram use on adolescents' global diversity values in Narcissistic Personality Disorder (NPD). The questionnaire was distributed through WhatsApp groups and Instagram platforms used by students in both institutions. Participation from respondents was divided into three different age groups. The 21-22 age group was the largest group in this study, with a percentage of 70%. The 19-20 age group reached 28%, the 17-18 age group reached 2%. This study also involved 2 different educational institutions, most of the respondents came from Muhammadiyah Ponorogo University with a percentage of 79% and SMKN 1 Ponorogo students with a percentage of 21% (Afandi et al., 2020).

Data was collected using a questionnaire distributed online through the Google forms platform. The link to the questionnaire was shared through WhatsApp and Instagram groups belonging to students at both institutions. Participation was voluntary and respondent confidentiality was guaranteed to maintain research ethics. Respondents who met the above criteria were recruited by emphasizing the transparency of the research objectives. This study ensures that the data obtained from the questionnaire is valid and reliable. The research instrument was a questionnaire using a 5 point Likert scale to measure four variables:

1. Instagram usage: includes frequency, duration, and patterns of activity on Instagram
2. Global Diversity Value: includes understanding, tolerance and respect for cultural, ethnic and social values.
3. Toxic relationships: include emotional control, social exclusion, and relational dominance.
4. Narcissistic Personality Disorder: includes the need for validation, dominance, and manipulation.

The questionnaire was pre-tested on a small sample to ensure content validity and reliability. The study was analyzed using SPSS statistical techniques to ensure validity, reliability, and T-test. SPSS is a very popular software among researchers to analyze statistical data (Janna & Herianto, 2021). By conducting a validity test where the test is to ensure that the questionnaire items measure the intended construct, a reliability test using Cronbach's Alpha to assess internal consistency, and a T test to identify significant relationships between Instagram use, Global diversity, Toxic Relationship and NPD using SPSS data.

The following is an explanation of the validity, reliability, and T test analysis used in this study:

1. The content validity of the questionnaire was evaluated through reviews by psychology and education experts.
2. Construct Validity was tested using exploratory factor analysis through SPSS, by conducting Kaiser-Meyer-Olkin (KMO) analysis to assess the adequacy of the sample with KMO values >0.6 and considered sufficient for further analysis.
3. The reliability of the questionnaire in measuring the internal consistency of the instrument, Cronbach Alpha value ≥ 0.60 , indicates that the instrument is reliable.
4. The T-test was used to identify significant differences in the key variables. For probability values ≤ 1.1660 .

3. FINDINGS AND DISCUSSION

3.1 Findings

This research focuses on the influence of Instagram use on the value of global diversity in adolescents, with a case study of the *Toxic Relationship in Narcissistic Personality Disorder* (NPD). The use of Instagram has become an integral part of adolescents' lives, allowing them to connect with various

individuals and communities around the world. The findings from this study indicate that Instagram use significantly influences the value of global diversity. This may be due to the extensive exposure to diverse cultural content and interaction with various social groups (Umam et al., 2024).

Instagram has become one of the most influential social media *platforms* among teenagers (Tandra & Kusmareza Adim, 2023). The use of Instagram also brings its own challenges, especially in the context of global diversity. Instagram provides a broad *platform* for teens to explore various cultural and social aspects. They can view and interact with content from different parts of the world, which should increase awareness of diversity and reduce prejudice. However, this study shows that this impact is not always positive.

Often Instagram displays highly idealized and consistent content, such as beauty and lifestyle standards that do not reflect the reality of diversity. This can reinforce common images and hinder a deeper understanding of diversity. Instagram use can also create an "*echo chamber*" where adolescents are only exposed to views that align with their own opinions, which can limit their perspectives on diversity and reduce opportunities to engage in fruitful interactions about difference (Agustina et al., 2023).

Regarding *toxic* relationships, it was found that the intensity of interaction in these *toxic* relationships showed a significant influence. This study shows that toxic relationships significantly affect adolescents' perceptions of global diversity. Intense interactions in toxic relationships that can create emotional distress, mental instability, and decreased ability to see differences in a positive way, emotional manipulation and domination of certain parties can affect the way adolescents perceive others. Especially those with different backgrounds.

Manipulation in toxic relationships often reinforces a negative image of diversity as adolescents may see difference as a threat rather than an opportunity. This can be exacerbated by emotional dependence on a dominating partner, which limits their perspective on the outside world. Several factors explain these results, one of which is how *toxic relationships* affect adolescents' overall mental health and social attitudes. Intense interactions in *toxic* relationships can have a direct impact on perceptions of diversity as well as other aspects of adolescents' overall emotional and social lives (Nugraha et al., 2023).

Toxic relationships can damage adolescents' mental health, affecting their attitudes towards others and diversity. Emotional instability and stress resulting from unhealthy relationships can lead to more negative and limited attitudes. Emotional manipulation in *toxic* relationships can affect the way adolescents see the world (Nadia Nurul Saskia et al., 2023).

Narcissistic Personality Disorder (NPD) also has a significant influence on the value of global diversity (Meidiana, 2024). This research shows that individuals with *Narcissistic Personality Disorder* (NPD) tend to have narrower views and less empathy for diversity. The influence of *Narcissistic Personality Disorder* (NPD) on the way individuals perceive and interact with others was found to be strong enough for research.

In this study, it was found that adolescents with narcissistic tendencies focus more on self-validation through social media such as Instagram. They use these platforms to reinforce their self-image, often by ignoring aspects of diversity that do not support their personal narrative. For example, focusing on certain beauty or lifestyle standards on Instagram may narrow their view of other cultures. This study provides evidence that Instagram use, toxic relationships, and Narcissistic Personality Disorder (NPD) have a strong relationship that affects adolescents' global diversity values. Instagram can serve as a tool to raise awareness of diversity, but its use in toxic relationships or by individuals with NPD can worsen understanding of diversity.

Like the case of celebrity Intan Nabila, which recently went viral on social media posted through her personal Instagram account, reflects the complexity of toxic relationship dynamics and narcissistic

personality disorder. Intan Nabila, a well-known influencer, faced domestic violence and infidelity that was revealed through her Instagram account. This case not only attracted public attention, but also opened a discussion on how toxic relationships and Narcissistic Personality Disorder (NPD) can affect one's personal life.

According to reports, Intan Nabila posted a series of posts on Instagram revealing the alleged physical and emotional abuse she experienced from her husband. In addition, it also mentions the infidelity allegedly committed by her husband. These posts raised questions about the relationship between her situation and signs of a *toxic* relationship with *Narcissistic Personality Disorder* (NPD).

Instagram became the main medium for Intan Nabila to disclose her personal experiences, which indirectly shows how the platform is used to express herself, seek support, and raise public awareness about sensitive issues such as relationship violence, reflecting the research findings that Instagram can exacerbate toxic relationship dynamics through overexposure of private life and emotional manipulation online. The use of Instagram to expose or confront toxic relationships can worsen mental health. This is in line with the finding that those involved in toxic relationships often utilize social media to seek validation, but at the same time face significant social and emotional distress.

In this case, there seem to be indications that Intan Nabila's husband exhibits behavior that fits the traits of narcissistic personality disorder. Narcissism is often characterized by an excessive need for praise, a lack of empathy and a tendency to manipulate others. This could explain some aspects of the destructive behaviors in their relationship, such as the emotional manipulation and violence experienced, this also falls into a *toxic relationship*, where it is explained that individuals with NPD tend to exhibit manipulative behaviors, which create destructive and dysfunctional relationship patterns.

Intan Nabila's husband often refuses to take responsibility for his actions, this behavior further complicates the dynamics of their relationship, especially when accompanied by acts of domestic violence (KDRT). The violence experienced by Intan Nabila includes physical and emotional violence, which according to her confession uploaded through social media, has taken place repeatedly. These acts of violence became a tool for her husband to maintain dominance in the relationship, a common pattern found in individuals with NPD. Intan's husband allegedly used these tactics to control and isolate her, which in turn made her feel helpless and trapped in a destructive, toxic relationship.

Intan's Instagram post exposing the act of domestic violence serves as a call to raise awareness about harmful patterns in relationships involving individuals with NPD. It also highlights the importance of interventions, such as counseling or therapy, to help victims of domestic violence break out of the cycle of toxic relationships and restore their well-being.

A *toxic relationship* is a relationship behavior that is destructive and harmful (Puteri et al., 2022). In these cases, there are signs of a *toxic* relationship that may be seen in the way the treatment is carried out in actions that include violence and infidelity. When individuals have narcissistic disorder, relationships often become highly dysfunctional as the dominating narcissistic traits can exacerbate already unhealthy relationship dynamics (Humbaina & Rizkyanti, 2020).

It is important to understand that these kinds of relationships require specialized treatment to help victims cope with the emotional and psychological impact they may experience. Approaches such as counseling, therapy, and psychological support are essential for recovery and healing. In such cases, the situation also highlights the need for awareness and education about the signs of *toxic* relationships and narcissistic disorders so that individuals can recognize and avoid harmful patterns in relationships.

Most of the respondents were university students with the majority of them being between 19 to 22 years old. Almost all respondents have an Instagram account and access the *platform* with varying frequency, though most do so at a rate of 2-4 times a day. They acknowledged that Instagram plays an important role in helping them connect with friends. But there was also a sense of pressure among some respondents to always look perfect on this *platform*. Also, some felt that Instagram could reduce their productivity. Most respondents showed a commitment to understanding and accepting different cultures, and felt proud to be Indonesian citizens. Some respondents also expressed a desire to contribute to solving global problems.

In this study, respondents overwhelmingly agreed that the use of Instagram can positively

influence their behavior regarding the value of global diversity, suggesting that *the platform* can be an effective tool in expanding cultural understanding and increasing tolerance. There was recognition among respondents of a link between Instagram use and *Narcissistic Personality Disorder (NPD)*. Many also considered that they had experienced *toxic* relationships on Instagram, which negatively impacted their mental health, such as feeling anxious, insecure, depressed, manipulated or losing self-esteem. In addition, *toxic relationships* on Instagram were also seen to reduce tolerance for differences and patriotism. Some respondents noted that they often feel the need to get praise or admiration from others. They also showed high sensitivity or irritability and sometimes used praise or criticism to gain sympathy.

The high validity of all variable indicators indicates that the measuring instrument used in this study is able to accurately measure the variable in question. This provides an accurate basis for further analysis. Good reliability, as reflected by a *Cronbach's Alpha* value that is higher than the threshold, indicates that the data collected is consistent and reliable and can be trusted for a study. Based on the validity test results above, all indicators of the independent variables (X1, X2, X3) and the dependent variable (Y) show high validity, because the R Count value of each variable is greater than the T Table (0.256). This indicates that each variable accurately measures the intended construct. High validity ensures that the data collected is relevant to the research objectives.

Table 1. Validity Test

Variable Indicator	R Count	R table	Description
X1	0.925	0.256	Valid
X2	0.419	0.256	Valid
X3	0.924	0.256	Valid
Y	0.902	0.256	Valid

In this study, researchers assessed the validity of four variable indicators to explore the impact of Instagram use on adolescents' global diversity values with a case study of *Toxic Relationship in Narcissistic Personality Disorder (NPD)*. The calculated R value for Variable X1 is >0.925 which is much greater than the R Table >0.256. This shows that variable X1 has high validity, so it can be used in this study. The R Count value for variable X2 is > 0.419, which is considered valid and reliable for further analysis. For variable X3, the R value is >0.924. This variable has very good validity and is relevant for use in research. The R value for variable Y is >0.902, which indicates that variable Y is valid and can be used as the dependent variable in the study.

These high validity results provide a strong basis for continuing the study with further analyses to understand more deeply the relationship between Instagram use and global diversity values in adolescents, particularly in situations involving unhealthy relationships and potentially personality disorders.

In this study, researchers conducted a reliability test to ensure the internal consistency of the variable indicators used in exploring according to the variables tested. This reliability test uses the *Cronbach's Alpha* method and the results are shown in table 2.

Table 2. Reliability Test

Variable Indicator	Cronbach Alpha	Standard	Description
X1	0.788	0.60	Reliable
X2	0.813	0.60	Reliable
X3	0.762	0.60	Reliable
Y	0.773	0.60	Reliable

Analysis of the reliability test results on the *Cronbach's Alpha* value for variable X1 is > 0.788 which is higher than the standard value of > 0.60, with the highest score in variable X2 (0.813). Good reliability

indicates that the data has sufficient internal consistency to support further analysis. This consistency is important in social research, especially those involving complex variables such as social media use and perceptions of diversity, where each variable shows that variable X1 has good internal consistency and is reliable for use in this study. The *Cronbach's Alpha* value for variable X2 is >0.813 higher than the standard value which is considered reliable and consistent for further analysis. For variable X3 with a *Cronbach's Alpha* value of >0.762 which is higher than the standard value, indicating that variable X3 has good reliability. The *Cronbach's Alpha* value for Variable Y >0.773 , which is higher than the standard value, for variable Y indicates that this variable has good and consistent reliability and is suitable for use as the dependent variable in this study.

Table 3. T-test

Variable Indicator	T Count	T Table	Description
X1	0.664	1.660	Influential
X2	0.111	1.660	Influential
X3	0.095	1.660	Influential

The results of the T-test were analyzed to determine the effects of specific variables on adolescents' global diversity values. For variable X1, the T-count value of 0.664 is smaller than the T-table value of 1.660. This indicates that Instagram use significantly influences the global diversity values of adolescents, particularly in the context of toxic relationships and Narcissistic Personality Disorder (NPD). While Instagram can act as a bridge to expose adolescents to diverse cultures, its misuse in toxic relationships may narrow their perspectives. For variable X2, the T-count value is 0.111, indicating an effect, but not strong enough to meet the threshold for statistical significance. This suggests that while the intensity of interactions in toxic relationships impacts global diversity values, its effect is smaller compared to other variables. Lastly, the T-count for variable X3 is 0.095, showing that this variable also has an influence on the global diversity values (variable Y), albeit to a lesser extent.

3.2 Discussion

The results of this study show that all independent variables (X1,X2,X3) have important implications, especially in understanding how the dynamics of social media and interpersonal relationships can influence adolescents' views on diversity. Instagram provides a great opportunity for teens to explore global diversity. However, as indicated by variable (X1), the way it is used largely determines the resulting impact. If used wisely, Instagram can increase awareness of other cultures. Conversely, exposure to homogenized or manipulative content can narrow teens' view of diversity. The intensity of toxic relationships (X2) shows a moderate impact on the value of global diversity. Such relationships are not only damaging to mental health but also affect adolescents' social attitudes. The emotional instability caused by toxic relationships can reduce an individual's ability to view diversity positively. Narcissistic tendencies (X3) have a significant influence, although not as great as other variables. Narcissism can exacerbate an exclusive mindset and inhibit appreciation of differences. These results emphasize the importance of interventions to help adolescents develop empathy and tolerance.

Although the degree of influence varied across the variables, the high validity and reliability of the indicators used provide a solid foundation for interpreting the results. The findings highlight the importance of understanding these dynamics deeply and creating effective interventions to help adolescents develop positive and healthy global diversity values.

Overall, the study's validity and reliability strengthen its foundation for further research. Students from SMKN 1 Ponorogo and Muhammadiyah Ponorogo University were identified as a relevant population for this research, offering valuable insights into their behaviors, attitudes, and developmental challenges. These insights can help inform more effective strategies to support their mindset, mental well-being, and personal growth.

Instagram use, toxic relationship intensity and *Narcissistic Personality Disorder* (NPD) interact to influence the value of global diversity. High Instagram usage can introduce adolescents to various

cultures and social groups, but when combined with *toxic* relationships and *Narcissistic Personality Disorder* (NPD), the impact can have a negative impact (Idaman & Kencana, 2021).

It is important for Instagram users to be aware of the pressure to look perfect, which can affect their mental health. Education about the impact of Instagram appearance culture and how to manage self-expectations is an important first step to dealing with a constantly evolving and changing life (Asmaroini, Sunarto, et al., 2023). Instagram often presents the illusion of perfection, where a seemingly idealized life can significantly affect one's self-view. Constantly viewing images that have been edited to reflect reality can cause individuals to feel their lives are less valuable if they do not meet these standards, which in turn can result in insecurity (Desideria & Syaki, 2023).

The pressure to always present an idealized version of oneself on social media, particularly Instagram, can significantly impact mental health. Constant exposure to carefully edited and curated images that do not reflect reality can lead individuals to feel inadequate or insecure when their lives don't align with these unrealistic standards.

To mitigate the negative effects of social media's appearance culture, education about its psychological impact is crucial. Understanding that much of the content on Instagram is edited or selectively displayed to highlight the best aspects of life can help reduce feelings of self-doubt and dissatisfaction. Learning to manage expectations and accepting that perfection is unattainable is an essential first step.

Establishing boundaries for social media use is another effective strategy. Limiting screen time, fostering a healthy mindset, and creating space for offline activities can protect mental well-being. To address productivity challenges linked to excessive Instagram use, creating a balanced schedule and managing app notifications thoughtfully can help reduce distractions and overuse.

While Instagram offers a convenient way to connect and share moments with others, interactions on the platform often lack the depth and authenticity of face-to-face relationships. Though it facilitates communication and can broaden perspectives on various topics, including mental health and technology's role in modern learning (Asmaroini et al., 2024), relationships built through screens are often superficial and cannot replace the meaningful connections developed through in-person interactions. Prioritizing real-world connections alongside digital interactions is essential for fostering genuine relationships and emotional well-being.

In-person interactions offer a much better and more satisfying experience. When talking to someone in person, it allows for deeper emotional nuances, such as tone of voice and body language, that are often lost in digital communication. Physical presence and in-person interactions allow us to create more solid and meaningful bonds, where we are better able to understand the other person's feelings and reactions first-hand. In an increasingly digitally connected world, maintaining a balance between online and offline relationships is crucial to our emotional well-being and quality of life.

Education about the relationship between toxic relationships and Narcissistic Personality Disorder (NPD) is an important step to reduce the negative impact that unhealthy relationship dynamics can have (Meidiana, 2024). In an increasingly connected world, understanding the signs of narcissism, such as manipulative behavior, excessive need for praise, and lack of empathy, as well as the characteristics of toxic relationships such as excessive control, neglect, and conflict, is very important (Satria Efendi et al., 2023). In addition, education programs may also include training on healthy communication skills, personal boundaries, and how to build supportive and respectful relationships.

With the strengthening of the value of global diversity, Instagram has the potential to strengthen the value of global diversity if used wisely (Syahda et al., 2024). Encouraging content that educates and celebrates cultural diversity and promoting fruitful dialogue on global issues can harness the power of this *platform* for good. Given that many experience *toxic* relationships that impact mental health, it is important to provide easily accessible psychological support and counseling for those who experience these issues. Authorities and social *platforms* can collaborate to provide the necessary resources and support.

4. CONCLUSIONS

This study highlights Instagram's dual role in shaping adolescents' understanding of global diversity. While the platform connects teens with diverse cultures and social groups, its algorithmic design often reinforces "echo chambers," exposing users to homogenous content that aligns with their preferences. This limits the opportunity for a comprehensive understanding of diversity and may reinforce stereotypes and unrealistic social standards. The findings also reveal a significant relationship between toxic relationships, Narcissistic Personality Disorder (NPD), and adolescents' perspectives on diversity. Toxic relationships, marked by emotional manipulation and excessive validation needs tied to NPD, negatively affect adolescents' mental health and diminish empathy and acceptance of differences. These dynamics exacerbate the narrowing of viewpoints caused by social media, emphasizing the need for a holistic approach to intervention.

The study underscores the importance of social media literacy, mental health support, and collaborative efforts to mitigate these effects. Educators and parents should provide teens with tools to critically engage with social media, while counseling services can address the mental health challenges stemming from toxic relationships. Additionally, platforms like Instagram should be encouraged to promote content that fosters cultural diversity and inclusivity. Despite its insights, the research is limited by its cross-sectional nature, lacking longitudinal data to track the long-term effects of Instagram use on interpersonal dynamics and diversity perspectives. Future research should explore these impacts over time and investigate specific intervention strategies to harness social media's potential in supporting inclusivity and global diversity values. With the right measures, social media can become a powerful tool for fostering empathy and understanding among young people.

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