

Subjective well-being of bumble application users: Viewed from self-esteem and self-disclosure

Kesejahteraan subyektif pengguna aplikasi Bumble: Dilihat dari harga diri dan pengungkapan diri

Agnes Monika, Lucy Hariadi, An Riwi Widyastuti

Universitas AKI Semarang,
Jalan Imam Bonjol No.15 - 17, Kota Semarang, Indonesia

ARTICLE INFO:

Received: 2025-06-17

Revised: 2025-08-06

Accepted: 2025-09-02

Keywords:

Self-esteem, self-disclosure, subjective well-being, life satisfaction, affect, bumble

Kata Kunci:

Harga diri, pengungkapan diri, kesejahteraan subjektif, kepuasan hidup, afek, bumble

ABSTRACT

This study aims to examine the relationship between self-esteem and self-disclosure with subjective well-being among users of the Bumble online dating application in Semarang. The background of this research is based on the increasing use of dating applications as a medium of social interaction, which may influence users' psychological well-being. Subjective well-being in this study was measured through two key aspects: life satisfaction and affect. This research employed a quantitative approach with a correlational design. The sample consisted of 384 respondents selected using purposive sampling based on specific criteria: aged 18–28 years, having verified accounts, and active use of the Bumble application for more than two years. Data were collected through online questionnaires using the Satisfaction with Life Scale (SWLS), the Positive and Negative Affect Schedule (PANAS), Coopersmith's self-esteem scale, and Altman & Taylor's self-disclosure scale. Data analysis was conducted using multiple linear regression with the help of SPSS. The findings indicate that self-esteem and self-disclosure simultaneously have a significant effect on subjective well-being, particularly on life satisfaction ($R^2 = 0.785$; $p < 0.05$). Partially, both variables also showed a significant positive effect on life satisfaction; however, neither had a significant effect on affect, whether simultaneously or individually. The categorization results showed that most respondents had high levels of self-esteem, self-disclosure, and life satisfaction, while affect tended to fall into the moderate category. It can be concluded that self-confidence and openness play an important role in enhancing the subjective well-being of online dating application users, particularly in the cognitive dimension related to life satisfaction evaluation. These findings are expected to contribute to the development of psychological strategies that support the well-being of digital application users such as Bumble, and to offer practical input for application developers in creating features that support users' subjective well-being, especially in the evaluative aspect of life.

ABSTRACT

Penelitian ini bertujuan untuk mengkaji hubungan antara harga diri dan pengungkapan diri dengan kesejahteraan subjektif pada pengguna aplikasi kencan daring Bumble di Semarang. Latar belakang penelitian ini didasarkan pada meningkatnya penggunaan aplikasi kencan sebagai media interaksi sosial, yang dapat memengaruhi kesejahteraan psikologis penggunanya. Kesejahteraan subjektif dalam penelitian ini diukur melalui dua aspek utama: kepuasan hidup dan afek. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Sampel terdiri dari 384 responden yang dipilih dengan teknik purposive sampling berdasarkan kriteria tertentu: berusia 18–28 tahun, memiliki akun terverifikasi, dan telah menggunakan aplikasi Bumble secara aktif selama lebih dari dua tahun. Pengumpulan data dilakukan melalui kuesioner daring menggunakan instrumen Satisfaction With Life Scale (SWLS), Positive and Negative Affect Schedule (PANAS), skala harga diri Coopersmith, dan skala pengungkapan diri Altman & Taylor. Analisis data dilakukan dengan regresi linier berganda menggunakan bantuan program SPSS. Hasil penelitian menunjukkan bahwa harga diri dan pengungkapan diri secara simultan berpengaruh signifikan terhadap kesejahteraan subjektif, khususnya pada aspek kepuasan hidup ($R^2 = 0,785$; $p < 0,05$). Secara parsial, kedua variabel juga menunjukkan pengaruh positif yang signifikan terhadap kepuasan hidup; namun, tidak ada pengaruh yang signifikan terhadap afek, baik secara simultan maupun individual. Hasil kategorisasi menunjukkan bahwa sebagian besar responden memiliki tingkat harga diri, pengungkapan diri, dan kepuasan hidup yang tinggi, sementara afek cenderung berada pada kategori sedang. Dapat disimpulkan bahwa kepercayaan diri dan keterbukaan memiliki peran penting dalam meningkatkan kesejahteraan subjektif pengguna aplikasi kencan daring, terutama dalam dimensi kognitif yang berkaitan dengan evaluasi kepuasan hidup. Temuan ini diharapkan dapat berkontribusi dalam pengembangan strategi psikologis untuk mendukung kesejahteraan pengguna aplikasi digital seperti Bumble, serta memberikan masukan praktis bagi pengembang aplikasi dalam menciptakan fitur yang mendukung kesejahteraan subjektif pengguna, khususnya dalam aspek evaluatif kehidupan.

©2025 Jurnal Psikologi Tabularasa

This is an open access article distributed under the CC BY-SA 4.0 license
(<https://creativecommons.org/licenses/by-sa/4.0/>)

How to cite: Monika, A., Hariadi, L., & Widyastuti, A. R. (2025). Subjective well-being of bumble application users: Viewed from self-esteem and self-disclosure. Jurnal Psikologi Tabularasa, 20(2), 204-216. doi: <http://doi.org/10.26905/jpt.v20.i2.15767>

1. INTRODUCTION

The rapid advancement of information technology has profoundly transformed the ways individuals establish social connections, including the development of interpersonal relationships. One of the most prominent forms of modern interaction is the use of online dating applications such as Bumble, Tinder, Omi, and Tantan. These platforms utilize location-based matching systems to facilitate encounters between individuals with shared interests. While such applications make social interaction more accessible, they also carry potential psychological consequences for users. Previous research has shown that dating apps can negatively impact subjective well-being (SWB). For example, a systematic review reported that most studies associated dating app use with lower body image, reduced self-esteem, and poorer mental health (Castro & Osborn, 2024). Similarly, Strübel and Petrie (2017) found that Tinder users reported lower levels of self-esteem compared to non-users. These findings indicate that dating app use is closely linked to subjective well-being, which Diener (2009) defines as an individual's subjective evaluation of life quality, encompassing both the cognitive dimension of life satisfaction and the affective dimensions of positive and negative emotions.

To support this research, interviews were conducted with ten Bumble users in Semarang. Online interviews were held from March 13 to 15, 2025, with participants identified by the initials Y, R, G, N, W, D, and A. In-person interviews followed at a café with participants Aj (March 21), Ry (March 23), and T (March 24). The interviews revealed diverse experiences and varying levels of subjective well-being.

One key finding showed that self-esteem plays an important role in shaping users' perceptions and satisfaction in social interactions through the app. Aj, who demonstrated relatively high self-esteem, stated: *"When chatting on Bumble, I feel like I can just be myself. I don't have to pretend. It makes me feel more confident because I feel accepted as I am."* This illustrates that individuals with positive self-esteem tend to experience greater satisfaction in online interactions, supporting the life satisfaction component of subjective well-being.

Conversely, T (26 years old) expressed lower self-esteem, which hindered her participation in conversations: *"I rarely initiate chats, afraid people will think I'm impolite or too forward. So I wait, and often end up feeling like no one is interested."* This concern reflects a barrier to self-expression, which may lead to dissatisfaction and a diminished sense of self-worth two important indicators of low subjective well-being.

Self-disclosure also emerged as a crucial factor in participants' experiences. Ry shared a moment of emotional openness: *"I once shared a lot with someone on Bumble, and then they just disappeared. It made me reluctant to open up again afraid of being taken advantage of."* This experience highlights how negative responses to self-disclosure can reduce emotional comfort and trigger stress, thereby negatively influencing the affective dimension of subjective well-being. In contrast, participant Y expressed that her willingness to share personal stories led to a positive shift in confidence: *"I used to be quiet, but on Bumble, I can share more. At first, I was*

hesitant, but many people responded kindly. It made me feel more appreciated." Positive responses to self-disclosure appear to strengthen social bonds and enhance life satisfaction, two central components of subjective well-being.

Overall, the interviews suggest that the subjective well-being of Bumble users is shaped by the degree to which they feel confident (self-esteem) and willing to open up (self-disclosure) in digital interactions. Participants with higher self-esteem and healthy openness tend to report greater satisfaction and emotional stability, while those with self-doubt or negative experiences are more likely to encounter stress and diminished well-being.

If low self-esteem and limited self-disclosure among certain users remain unaddressed, these issues may lead to serious consequences such as decreased life satisfaction, heightened loneliness, and increased risk of mental health problems, including stress and depression. Verduyn et al. (2017) emphasize that prolonged negative online interactions may exacerbate emotional distress and undermine psychological well-being. Given that digital interactions are now an integral part of modern social life, it becomes essential to understand the psychological factors that influence SWB, particularly in the context of online dating.

In general, SWB is influenced by both internal and external factors. Internal factors include self-esteem, self-disclosure, optimism, and emotional regulation, whereas external factors involve social support, economic status, and the quality of the social environment (Diener, 2009). This study focuses on two internal factors, namely self-esteem and self-disclosure, because both have demonstrated significant contributions to psychological well-being, particularly in technology-mediated social interactions.

Self-esteem, as defined by Coopersmith (in Tawakal, 2018), refers to an individual's evaluation of their own worth, encompassing feelings of capability, value, and confidence in facing life's challenges. Individuals with high self-esteem generally report greater subjective well-being (SWB) and maintain a more positive outlook on life. Orth and Robins (2014) emphasized that low self-esteem is closely linked to heightened vulnerability to anxiety, loneliness, and depression, highlighting its significance in predicting SWB. This notion is further supported by Lubis (2015), who identified a positive relationship between self-esteem and subjective well-being, and by Rahima and Nugraha (2023), who found similar results among working mothers in Bandung.

In addition to self-esteem, self-disclosure also plays an important role in shaping SWB. Self-disclosure is defined as the willingness to share personal information with others (Devito, 2011). Individuals who openly communicate their experiences and emotions are more likely to build stronger social relationships, which in turn enhance their well-being. Several studies support this relationship, including Zulva and Pratisti (2024), who reported a significant positive correlation between self-disclosure and SWB; Adzhani et al. (2020), who observed similar effects among online dating couples; and Hilma (2021) as well as Hasanah (2023), who confirmed its positive contribution to psychological well-being.

Subjective well-being of bumble application users: Viewed from self-esteem and self-disclosure

Agnes Monika, Lucy Hariadi, An Riwi Widyastuti

Taken together, these findings suggest that self-esteem and self-disclosure are critical predictors of SWB, particularly in relation to life satisfaction and emotional experiences. Julika (2019) concluded that both variables can jointly influence an individual's well-being, while Yovita and Asih (2018) demonstrated that the combination of high self-esteem and effective self-disclosure can increase life satisfaction and reduce emotional stress. In the context of Bumble usage, users with high self-esteem tend to form healthy connections with confidence, while those who engage in self-disclosure are more open and able to establish deeper relationships. Understanding the influence of these two factors is therefore essential for developing digital-based psychological interventions that foster the well-being of today's youth.

Several studies have provided empirical support for the roles of self-esteem and self-disclosure in shaping SWB. Lubis (2015) reported a positive correlation between self-esteem and subjective well-being, while Rahima and Nugraha (2023) demonstrated that self-esteem significantly contributed to the psychological well-being of working mothers. In addition, Hilma (2021) and Hasanah (2023) highlighted that self-disclosure consistently contributed to increased levels of SWB. Julika (2019) concluded that self-esteem and self-disclosure could simultaneously influence well-being, whereas Yovita and Asih (2018) showed that individuals with high self-esteem combined with effective self-disclosure tend to experience higher life satisfaction and reduced emotional stress.

Despite valuable contributions from prior research on self-esteem, self-disclosure, and subjective well-being (SWB), several gaps remain. Most existing studies have examined these variables independently, without simultaneously considering their effects on both the cognitive (life satisfaction) and affective (positive and negative affect) dimensions of SWB. Moreover, the majority of studies were conducted in Western contexts or general populations (Lubis, 2015; Rahima & Nugraha, 2023; Zulva & Pratisti, 2024), with limited attention to online dating application users in Indonesia, particularly Bumble users. Given Bumble's unique features, such as the "women-first move" principle, user experiences may differ from those on platforms like Tinder or Omi. To address this gap, the present study integrates self-esteem and self-disclosure as simultaneous predictors of SWB among Bumble users in Semarang, a group that has not been extensively explored. The focus on Semarang respondents also adds contextual value, as research on online dating in mid-sized Indonesian cities remains scarce compared to studies in metropolitan areas such as Jakarta or Bandung.

The objective of this study is to investigate the relationship between self-esteem and self-disclosure on subjective well-being among Bumble application users in Semarang. This study is expected to provide insights into how self-confidence and personal openness contribute to individuals' positive perceptions of life, both cognitively and emotionally. A correlational quantitative design was employed, using multiple linear regression analysis to test the simultaneous and partial influence of both independent variables on the two core components of SWB: life satisfaction and affect. Based on relevant theories and previous research, this study proposes six hypotheses: There is a simultaneous relationship between

self-esteem and self-disclosure on life satisfaction among Bumble users in Semarang, positive relationship between self-esteem and life satisfaction among Bumble application users in Semarang, positive relationship between self-disclosure and life satisfaction among Bumble application users in Semarang, simultaneous relationship between self-esteem and self-disclosure on affect among Bumble application users in Semarang, positive relationship between self-esteem and affect among Bumble application users in Semarang, and there is a positive relationship between self-disclosure and affect among Bumble application users in Semarang.

2. METHOD

Research Design

This study employed a quantitative research method with a non-experimental, correlational, and cross-sectional design. The non-experimental approach was chosen because the study did not involve manipulation of variables, but rather aimed to examine relationships as they naturally occur. A correlational design was applied to determine the strength and direction of associations between variables, while the cross-sectional approach involved collecting data from participants at a single point in time. As stated by Sugiyono (2020), quantitative research is based on the philosophy of positivism, using structured procedures to collect and analyze numerical data for hypothesis testing. This approach is also in line with Nurwulandari and Darwin (2020), who explain that quantitative research is suitable for verifying theories through empirical data collected in the field.

Participants

The participants in this study were active Bumble users aged between 18 and 28 years, residing in Semarang, and holding verified accounts (indicated by a blue check mark). To ensure relevance to the research objectives, participants were also required to have used the application consistently for a minimum of two years, specifically between December 2022 and March 2025. In addition, they must have engaged in at least five ongoing conversations within the last five months. This study employed purposive sampling, a type of non-probability sampling. According to Creswell and Poth (2018, p. 148), "purposeful sampling is used so that individuals are selected because they can purposefully inform an understanding of the research problem and central phenomenon in the study." Therefore, this technique was chosen on the basis that the selected participants were considered capable of providing relevant and meaningful insights into the research focus.

Instruments

Subjective well-being in this study was measured using two standardized instruments. The cognitive aspect, namely life satisfaction, was assessed using the Satisfaction with Life Scale (SWLS) developed by Diener, Emmons, Larsen, and Griffin (1985), consisting of 5 items.

The affective aspect was measured using Positive and Negative Affect Schedule (PANAS; Watson, Clark, & Tellegen, 1988), Indonesian adaptation (Yusainy et al., 2019), comprising 20 items, 10 items assessing positive affect and 10 items assessing negative affect. Self-disclosure was measured using a 24-item scale developed by the researcher based on the theoretical framework of Altman and Taylor (Mahfudin, 2020). The items were designed to reflect core dimensions of self-disclosure, including motivation, appropriateness, and depth, which describe an individual's tendency and willingness to share personal information in interpersonal communication, particularly within the context of online dating. Likewise, self-esteem was measured using a 24-item scale constructed by the researcher based on Coopersmith's model (Tawakal, 2018). The items were formulated to represent the core dimensions of self-esteem, namely power, significance, virtue, and competence. These dimensions reflect the extent to which individuals perceive themselves as capable, valuable, morally guided, and effective in their actions.

Data Analysis Method

The hypothesis testing in this study was conducted using multiple linear regression analysis, a method employed to determine the simultaneous and partial effects of two or more independent variables on a single dependent variable. Multiple linear regression is widely applied in social and behavioral research because it enables researchers to examine the relative contribution of each predictor while controlling for the influence of other variables (Field, 2018; Hair et al., 2019). As explained by Ghozali (2018), this method is appropriate for assessing the influence of more than one independent variable on a dependent variable within the same model framework. Prior to performing the regression analysis, classical assumption tests were carried out to ensure that the regression model met the statistical requirements for validity. These tests included normality, multicollinearity, and heteroscedasticity assessments, which are essential to ensure that the regression model does not violate underlying assumptions and that the estimates remain unbiased and reliable (Ghozali, 2011; Field, 2018).

Data analysis was performed using IBM SPSS Statistics version 26 for Windows, which is a widely used statistical software for multivariate data analysis in the social sciences. The analysis included calculations of F-values, significance levels (p-values), correlation coefficients (R), coefficients of determination (R²), and beta coefficients for each independent variable. This analytical method allowed the researcher to objectively assess the contribution of self-esteem and self-disclosure to the subjective well-being both life satisfaction and affect of Bumble application users in Semarang..

3. RESULTS

Descriptive Analysis

The current study was conducted in March 2025 in Semarang, a metropolitan city recognized for its high integration of digital technologies in daily life. According to the *Digital*

Transformation Governance Index released by Universitas Gadjah Mada (GM-DTGI, 2024), Semarang ranked among the top five cities in Indonesia in terms of digital infrastructure development, public digital service innovation, and community digital literacy. This positioning highlights Semarang’s suitability as the research site for studying the dynamics of online dating platform usage, particularly through the Bumble application. The target population of this study included Bumble users aged 18 to 28 years, residing in Semarang, with verified accounts, at least two years of active usage (from December 2022 to March 2025), and a minimum of five active conversations over the past five months. The study employed a mixed-method approach, utilizing online surveys to obtain quantitative data and in-depth interviews with ten purposively selected participants to enrich contextual understanding.

A total of 384 respondents participated in the quantitative phase. The gender distribution was relatively balanced, consisting of 217 male participants (56.5%) and 167 female participants (43.5%). The age range of participants was between 18 and 28 years, with the majority falling between 21 and 27 years. The most frequently represented ages were 21 years (14.6%) and 27 years (17.4%). The average age of the respondents was 23.67 years ($SD = 2.74$), indicating that most participants were in early adulthood. Regarding user activity on the Bumble platform, 64.8% of participants reported having engaged in conversations with more than ten different users in the past five months, while 33.9% interacted with six to ten users. Only a small fraction (1.3%) reported engaging with five or fewer users. These figures reflect the active usage of the application among the participants and provide a strong empirical basis for investigating the psychological dynamics of self-esteem, self-disclosure, and subjective well-being within digital social interactions. Further demographic and behavioral characteristics of the participants are presented in Table 1.

Table 1 Demographic Data of Research Subjects

Characteristic	Category	Frequency	Percentage (%)
Age	19	23	6.0
	20	47	12.2
	21	56	14.6
	22	16	4.2
	23	16	4.2
	24	42	10.9
	25	30	7.8
	26	37	9.6
	27	67	17.4
Gender	Male	217	56.5
	Female	167	43.5
Number of Conversations	6-10 users	130	33.9
	More than 10 users	249	64.8
	0 - 5 users	5	1.3

Subjective well-being of bumble application users: Viewed from self-esteem and self-disclosure

Agnes Monika, Lucy Hariadi, An Riwi Widyastuti

Table 2 Variable Categorization

Variable	Empirical Data				Hypothetical Data				Remarks
	Min	Max	Mean	SD	Min	Max	Mean	SD	
Life Satisfaction	5	20	16.82	3.08	5	20	12.5	2.5	High
Affect	66	100	92.59	8.11	20	100	60	13.33	High
Self-esteem	32	92	81.78	12.90	24	48	60	4	High
Self Disclosure	36	92	81.71	12.87	24	48	60	4	High

Note : SD = Standard deviation

Based on the categorization results presented in Table 2, all variables in this study fall into the high category. The variable life satisfaction shows an empirical mean of 16.82, which is higher than its hypothetical mean of 12.5, placing it in the high category. This indicates that the majority of Bumble users in Semarang generally experience a good level of life satisfaction.

Similarly, the affect variable has an empirical mean of 92.59 with a standard deviation of 8.11, which is also significantly higher than its hypothetical mean, placing it in the high category. This suggests that, in general, the respondents tend to experience positive emotional states in their daily lives. The self-esteem variable has an empirical mean of 81.78, indicating that most respondents possess a high level of self-regard. A similar pattern is found in the self-disclosure variable, with an empirical mean of 81.71, confirming that respondents tend to be open in expressing their thoughts and feelings. Overall, the categorization results show that the majority of respondents exhibit high levels of life satisfaction, affect, self-esteem, and self-disclosure. These findings suggest that the participants in this study generally have positive psychological conditions, particularly regarding self-worth, openness, and evaluations of their overall quality of life.

Assumption Testing Results

The normality test using the Kolmogorov-Smirnov method indicates that the residuals of the regression models for life satisfaction and affect are normally distributed (Asymp. Sig. = 0.200). Furthermore, the heteroscedasticity test using Glejser's method shows no heteroscedasticity problems, as the significance values for self-esteem and self-disclosure are greater than 0.05. However, the multicollinearity test revealed indications of high multicollinearity between self-esteem and self-disclosure (Tolerance = 0.079; VIF = 1.668), meaning that these two variables are highly correlated with each other.

Hypothesis Testing Results

The regression model demonstrated that self-esteem and self-disclosure simultaneously have a significant influence on life satisfaction, with a correlation coefficient (R) of 0.886 and

$R^2 = 0.785$. The F-test yielded a value of 694.562 with a significance level of 0.000 ($p < 0.05$), confirming that hypothesis H1 is accepted. The partial test further showed that self-esteem has a significant positive effect on life satisfaction ($t = 7.699$; $p = 0.000$), thus confirming hypothesis H2. Likewise, self-disclosure was found to have a significant positive influence ($t = 2.857$; $p = 0.005$), supporting hypothesis H3. Conversely, self-esteem and self-disclosure did not have a significant influence on affect, with a correlation coefficient of $R = 0.082$, $R^2 = 0.007$, and significance level of 0.273, thereby rejecting hypothesis H4. Similarly, no significant influence of self-esteem on affect was found ($t = 1.008$; $p = 0.314$), leading to the rejection of hypothesis H5. The influence of self-disclosure on affect was also found to be insignificant ($t = -0.613$; $p = 0.540$), resulting in the rejection of hypothesis H6.

Table 3 Hypothesis Testing

Hypothesis	Coeff (b)	Std. Error	β	t	Effective Contribution (%)	R	F	Sig	Remarks
H1 SE+SD \rightarrow LS	-	-	.886	-	78.46	.886	694.562	<.001	Supported
H2 SE \rightarrow LS	.156	.020	.651	7.699	57.48	-	59.269	<.001	Supported
H3 SD \rightarrow LS	.058	.020	.242	2.857	20.98	-	8.166	.005	Supported
H4 SE+SD \rightarrow AF	-	-	.082	-	-	.082	1303	.273	Not Supported
H5 SE \rightarrow AF	.115	.114	.183	1.008	-	-	1.016	.314	Not Supported
H6 SD \rightarrow AF	-.070	.115	-.111	-0.613	-	-	0.376	.540	Not Supported

Note : N = 384; SE = Self-Esteem; SD = Self-Disclosure; LS = Life Satisfaction; AF = Affect; Coeff (b) = Unstandardized regression coefficient; β = Standardized regression coefficient; t = t-statistic; R = Correlation coefficient; F = F-statistic; Sig = Significance level (p-value)

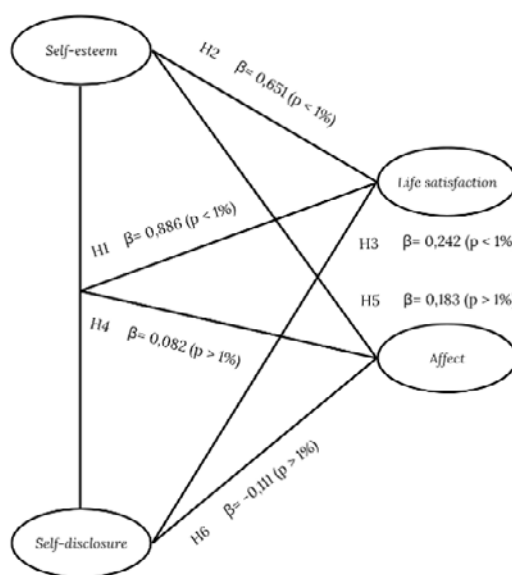


Figure 1 Research Model

4. DISCUSSION

This study aimed to examine the influence of self-esteem and self-disclosure on subjective well-being, which comprises two components: life satisfaction and affect, among Bumble users in Semarang. Furthermore, each predictor also showed a positive influence on life satisfaction when analyzed separately. The findings revealed that self-esteem and self-disclosure simultaneously and positively influenced life satisfaction. Furthermore, both variables also had a partial positive effect on life satisfaction, supporting hypotheses H1, H2, and H3. In contrast, neither self-esteem nor self-disclosure showed a significant relationship with affect both positive and negative leading to the rejection of hypotheses H4, H5, and H6. These results indicate that stable psychological traits, such as self-esteem and self-disclosure, may exert stronger effects on the cognitive aspect of subjective well-being than on the affective aspect.

The positive relationship between the predictors and life satisfaction can be explained theoretically. Individuals with high self-esteem generally possess greater confidence, perceive themselves as valuable, and maintain an optimistic outlook on life, which collectively enhances their satisfaction with life (Lubis, 2011; Rahima & Nugraha, 2023). Similarly, self-disclosure facilitates openness in communication, emotional intimacy, and social support, all of which contribute to higher life satisfaction (Salsabila & Maryatmi, 2019). On the other hand, the absence of a significant relationship between the predictors and affect suggests that emotional experiences are more likely influenced by situational and environmental conditions, such as daily stressors or unexpected events, rather than stable personality traits (Kumar & Pati, 2024; Cetinkaya, 2020). This explains why even individuals with high self-esteem and a tendency to disclose themselves may not necessarily experience consistent fluctuations in positive or negative affect.

Demographic characteristics of the participants provide further context for these findings. The majority of respondents were in early adulthood, a developmental stage in which establishing intimate relationships and building meaningful social connections are essential tasks. Additionally, most participants were active Bumble users, engaging frequently in online interactions. This usage pattern may enhance the role of self-disclosure in developing meaningful relationships, which in turn contributes to greater life satisfaction. These characteristics suggest that age and interaction patterns may moderate the extent to which self-esteem and self-disclosure influence the cognitive component of subjective well-being.

These findings are consistent with previous studies that reported the importance of self-esteem and self-disclosure in enhancing subjective well-being, particularly its cognitive dimension (Lubis, 2015; Salsabila & Maryatmi, 2019; Rahima & Nugraha, 2023). However, the present study diverges from some earlier findings by showing no significant association between the predictors and affect, aligning instead with Kumar and Pati (2024) and Cetinkaya (2020), who concluded that affective states are predominantly shaped by external

circumstances rather than internal psychological resources. The distinction in this study may also be attributed to its methodological approach, which measured life satisfaction and affect separately using the SWLS and PANAS, providing a clearer differentiation between cognitive and affective aspects of subjective well-being.

This study has several limitations that should be acknowledged. The reliance on self-report instruments may introduce perceptual and social desirability biases, and the use of purposive sampling limits the generalizability of the findings to a wider population of Bumble users. Moreover, the correlational design restricts the ability to draw causal inferences. Despite these limitations, this study contributes to the limited body of literature on subjective well-being in the context of online dating in Indonesia. Future research is encouraged to adopt longitudinal or experimental designs, as well as to include more diverse and representative samples, in order to provide a more comprehensive understanding of the relationships among these variables.

5. CONCLUSION

This study found that self-esteem and self-disclosure simultaneously have a significant influence on the life satisfaction of Bumble users in Semarang, accounting for 78.5% of its variance. Each variable also showed a significant positive effect independently, indicating that individuals with higher self-confidence and openness are more likely to evaluate their lives positively. However, no significant influence was found on the affective dimension of subjective well-being, either simultaneously or individually. These findings suggest that psychological factors such as self-esteem and self-disclosure contribute more substantially to the cognitive evaluation of well-being rather than to daily emotional experiences. Therefore, enhancing these psychological attributes may serve as a relevant strategy for improving the subjective well-being of online dating app users, particularly in the area of life satisfaction.

REFERENCES

- Adzhani, S. N., Baihaqi, M. I. F., & Kosasih, E. (2020). *Persepsi dukungan sosial sebagai mediator pengungkapan diri dan kesejahteraan subjektif pada pengguna instagram*. *Mediapsi*, 6(1), 60-70. <https://doi.org/10.21776/ub.mps.2020.006.01.7>
- Altman, I., & Taylor, D. A. (1973). *Social Penetration: The Development of Interpersonal Relationship*. New York: Holt, Rinehart and Winston. <https://archive.org/details/socialpenetratio00altm/page/n9/mode/2up>
- Cetinkaya. (2020) *The Effect Of Written Self-Disclosure On Positive and Negative Emotions*. *European Journal of Education Studies*, Vol 7, No 7. <https://oapub.org/edu/index.php/ejes/article/view/3177>
- CNN. (2024). *Daftar aplikasi kencan terpopuler di Indonesia, Tinder bukan No 1*. Retrieved from <https://www.cnnindonesia.com/teknologi/20240827150845-192-1138086/daftar-aplikasi-kencan-terpopuler-di-indonesia-tinder-bukan-no-1>

Subjective well-being of bumble application users: Viewed from self-esteem and self-disclosure

Agnes Monika, Lucy Hariadi, An Riwi Widyastuti

- DeVito, J. A. (2011). *Komunikasi Antar Manusia*. Profesional Books.
- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). *The Satisfaction with Life Scale*. *Journal of Personality Assessment*, 49, 71-75. https://doi.org/10.1207/s15327752jpa4901_13
- Diener, E. (2009). *The Science of Well-Being The Collected Works of Ed Diener*. USA: Springer. <https://doi.org/10.1007/978-90-481-2350-6>
- Field, A. P. (2018). *Discovering statistics using IBM SPSS Statistics* (5th ed.). SAGE Publications. https://books.google.co.id/books/about/Discovering_Statistics_Using_IBM_SPSS_St.html?id=QMI-DwAAQBAJ&redir_esc=y
- Gold, A. (2016). *Why self-esteem is important for mental health*. NAMI: National Alliance on Mental Illness. Retrieved from <https://www.nami.org/Blogs/NAMI-Blog/July-2016/Why-Self-Esteem-Is-Important-for-Mental-Health>
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2018). *Multivariate data analysis* (8th ed.). Cengage Learning. https://www.cengageasia.com/TitleDetails/isbn/9781473756540?utm_source=chatgpt.com
- Holtzhausen N, Fitzgerald K, Thakur I, Ashley J, Rolfe M, Pit SW (2020) *Swipe-based dating applications use and its association with mental health outcomes: A cross-sectional study*. *BMC Psychology* 8(22): 1-12. <https://doi.org/10.1186/s40359-020-0373-1>
- Lubis. (2011) *Hubungan antara self-esteem dengan subjective well-being karyawan UIN Syarif Hidayatullah Jakarta*. Retrieved from <https://repository.uinjkt.ac.id/dspace/bitstream/123456789/2726/1/SUSI%20HANDAYANI%20BR.LUBIS-FPS.pdf>
- Maddux, James E. (2018) *Subjective Well-Being and Life Satisfaction*. Routledge. <https://doi.org/10.4324/9781351231879>
- Mahfudin, B., & Saragih, R. B. (2020). *Pengaruh Keterbukaan Diri (SelfDisclosure) Terhadap Penyelesaian Tugas Akhir Skripsi*. *Jurnal Kaganga*, 4 (1). <https://doi.org/10.33369/jkaganga.4.1.18-27>
- Neff, K. D. (2011). *Self-compassion, self-esteem, and well-being*. *Social and Personality Psychology Compass*, 5(1), 1-12. <https://doi.org/10.1111/j.1751-9004.2010.00330.x>
- Nurwulandari, A., Darwin, M. (2020). *Heywood Case Data Statistics; Using The Model Respesification Technique*. *Nucleus*, 74-78. <https://doi.org/10.37010/nuc.v1i2.173>
- Pati, S., and M. Kumar. (2024) *A Mediation Effect of Self-Esteem on the Association Between Mood and Happiness*. *International Journal of Management and Development Studies*, vol. 13, no. 4. <https://ijip.in/wp-content/uploads/2024/10/18.01.026.20241204.pdf>
- Rahima, S., & Nugraha, S. (2023). *Hubungan self-esteem dengan subjective well-being ibu bekerja di Kota Bandung*. *Bandung Conference Series Psychology Science*, 3(2), 827-835. <https://doi.org/10.29313/bcps.v3i2.7388>
- Rahmania, F. A., Diah Zaleha Wyandini, & Gemala Nurendah. (2023). *Pengaruh Self-esteem terhadap Subjective well-being (Studi Pada Ibu yang Bekerja di Kota Tasikmalaya)*. *Jurnal Psikologi Insight*, 7(1), 65-72. <https://ejournal.upi.edu/index.php/insight/article/viewFile/64741/24958>

- Refnadi. (2018). *Konsep self-esteem serta implikasinya pada siswa*. Jurnal Educatio, 4 (1), 16-22. <https://doi.org/10.29210/120182133>
- Ryff. C. & Keyes. C. 1995. *The Ryff Scales of Psychological Well-Being*. *Journal of Personality and Social Psychology*. Vol 69. <https://doi.org/10.1037/0022-3514.69.4.719>
- Salsabila, Maryatmi. (2019). *Hubungan Kualitas Pertemanan dan Self Disclosure Dengan Subjective Well-Being Pada Remaja Putri Kelas Xii di Sma Negeri 'X' Kota Bekasi*. *Ikraith-Humaniora*, Vol. 3 No. 3. <http://journals.upi-yai.ac.id/index.php/ikraith-humaniora/article/view/680>
- Steven, C. D., & Sawitri, D. R. (2016). *Bersyukur Di tengah Sedih dan Senangku:(Studi Kualitatif Subjective Well-Being Pada Mahasiswa Tunanetra)*. *Jurnal Empati*, 5(3), 439-442. <https://doi.org/10.14710/empati.2016.15368>
- Sugiyono. (2020). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabeta Tawakal, Ikhbal dan K, Sulisworo. (2018). *Hubungan Dukungan Sosial Teman Sebaya dan Self Esteem Pada Remaja yang Tinggal di Panti YatimIndonesia Kota Cimahi*, Vol 04, No 02, Halaman 1116 – 1120. <https://doi.org/10.29313/.V0I0.11763>
- Terracciano, Antonio; McCrae, Robert; and Costa, P. (2003). *Factorial and construct validity of the Italian positive and negative affect schedule (PANAS)*. *European Journal of Psychological Assessment*, 19(2), 1-17. <https://doi.org/10.1027//1015-5759.19.2.131>
- Watson, D., Clark, L. A., & Tellegen, A. (1988). *Development and validation of brief measures of positive and negative affect: The PANAS scales*. *Journal of Personality and Social Psychology*, 54(6), 1063-1070. <https://doi.org/10.1037//0022-3514.54.6.1063>
- Zulfa, Pratisti. (2024) *Hubungan SelfWorth, Self-Disclosure dengan Subjective Well-being Pada Mahasiswa Pengguna Instagram*. Retrieved from [file:///C:/Users/hp/Downloads/15843-42170-1-PB%20\(2\).pdf](file:///C:/Users/hp/Downloads/15843-42170-1-PB%20(2).pdf)
-