

# Self Disclosure in the Interpersonal Communication Process of Establishing Friends with Benefits (FWB) Relationship Agreement on Telegram

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## ABSTRACT

The phenomenon of Friends with Benefits (FWB) romantic relationships developed in Western countries that embrace freedom began to develop also in Indonesia with globalization and supported by technological developments. In contrast to dating relationships bound by feelings of love and commitment, the parties in a Friends with Benefits (FWB) relationship are only bound by an agreement on the benefits of sexual activity, without any feelings or commitments. The Telegram application has the advantage of large-scale community or group chat features. This research found a unique group community looking for Friends with Benefits (FWB) relationship partners in Indonesia. This research focuses on self-disclosure or self-disclosure in the process of interpersonal communication in personal chatting by prospective partners to establish a Friends with Benefits (FWB) relationship agreement on Telegram. This qualitative research approach with a case study method found four informants who are members of a particular community looking for Friends with Benefits (FWB) couples on Telegram and are establishing interpersonal communication to establish a Friends with Benefits (FWB) relationship agreement. The research findings show that the exploration of sexual desire accelerates the course of self-disclosure; women pursue the depth of personal profiles, men pursue the depth of intimacy, and self-disclosure measures a sense of security and comfort, which can determine the "deal".

**Keywords:** *self disclosure; interpersonal communication; Friends with Benefits (FWB); Telegram*

## INTRODUCTION

The phenomenon of Friends with Benefits (FWB) love relationships has developed in Western countries that embrace freedom (Hughes, Morrison, & Asada, 2005). Even since 2011 there have been those who make this Friends with Benefits (FWB) relationship as a feature film, with the title "Friends with Benefits" played by Mila Kunis and Justin Timberlake. However, with the times and globalization, many countries have now begun to adapt to Friends with

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Benefits (FWB) love relationships, including Indonesia. Unlike dating relationships that are bound by feelings and commitments; or according to the Big Indonesian Dictionary (KBBI) is a permanent opposite sex and has a relationship based on love. Friends with Benefits (FWB) are engaged in sexual activity with no feelings or commitment in the relationship (Mongeau, Ramirez and Vorell 2003). Friends with Benefits (FWB) which focuses on the benefits or benefits obtained from the relationship, makes the relationship run with a mutually beneficial agreement. This becomes a new culture, where individuals can establish relationships that benefit themselves without the need for a romantic commitment such as dating relationships.

Individuals who have Friends with Benefits (FWB) relationships are based on sex venting, the desire to be in a relationship by avoiding serious relationships and only establishing fairly simple friendship relationships (Olivia, 2013). According to Hughes et al (2005) Friends with Benefits (FWB) is a form of relationship that combines psychological intimacy in friendship relationships with sexual intimacy in romantic relationships without involving commitment. This Friends with Benefits (FWB) interaction is without being tied to dating status, just friends without mutual love. Friends with Benefits (FWB) is no longer a stranger to the ears of the Indonesian people.

Quoted from Kompas.com (Gischa, 2022), Indonesia is included in the category of high context culture countries. The definition of high context culture according to Edward T. Hall in Liliweri (2011), is a state that communicates with more implicit, symbolic, indirect and not straightforward messages, messages can be hidden in non-verbal behavior. In another sense, high context culture refers to communication and social interaction that tends to rely on context, norms, values, and understandings hidden behind the message conveyed. In this context, Indonesian culture generally has conservative social norms, especially when it comes to sexuality. The view of Friends with Benefits (FWB) related to free sex is still considered taboo in Indonesian culture as a high context culture country. Indonesian culture generally adheres to traditional values that emphasize the importance of chastity, loyalty, and social norms governing relationships between men and women. Despite Indonesian changes and cultural adaptations, as well as shifts in views on sexuality, the Friends with Benefits (FWB) approach is still considered controversial and contrary to existing social values. Free sex is still considered taboo and is often perceived negatively by most Indonesians.

Previous research by Olivia Giorgi in 2013 on "Motivation and Relationship Quality of Friends with Benefits Relationship Among Emerging Adults". The study focused on the motives or reasons people have Friends with Benefits (FWB) relationships and produced 5 main motives, namely sex venting; desire for a Friends with Benefits (FWB) relationship; avoiding serious relationships; Make friends and want a simple relationship. The study has the same focus, namely on the Friends with Benefits (FWB) relationship. Another previous research from author Ayu Wulandari, with the research title "Analysis of Self-Disclosure: Study of the Phenomenon of Online Dating Application Users Tinder". The research produces factors that affect self-disclosure, namely the topic of discussion; the sex of the interlocutor; age of the

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interlocutor; feelings of liking; a sense of attraction to the interlocutor; and have the same goals as the interlocutor. Previous research was also obtained with the title "The Phenomenon of Unconditional Love (Friends With Benefits) Among Students" by Nadela Nada Nurlina Sari in 2021. This study found that the Friends with Benefits (FWB) relationship was chosen because it is simpler and can be a channel for sexual desire without involving feelings or commitment.

The development of the Friends with Benefits (FWB) relationship phenomenon in Indonesia along with technological developments. Internet-based digital technology or the term that is often used is new media or new media makes human interaction activities run more efficiently without time and place restrictions. New media is The interaction of communication between humans in this era is greatly helped by the presence of online telecommunications applications, called instant messaging or instant messaging. The function of instant messaging is so that users can send messages directly at the same time (real time) to other users connected to the internet network. According to Ragammaya (2014), there are various features that can be used with instant messaging applications, such as group messages, voice messages, voice recording, voice calls, stickers, emoticons, images, documents, and others. The 2021-2022 Indonesian Internet Survey (Q1) conducted by the Indonesian Internet Service Providers Association (APJII) noted that internet content that is often accessed by the public in second place is online chatting (73.86%), followed by social media (89.15%) in first place.

Telegram is one of the internet-based instant messaging applications used to send messages to fellow users. Telegram is a popular communication application because it is equipped with supporting features. According to data from Business of Apps, the total number of Telegram users worldwide reached 500 million people in 2021. The public's enthusiasm for the Telegram application can also be seen from the number of downloads, which is more than 1 billion people (Play Store, 2022). Comes with a variety of complete features to send messages or chat between application members, send audio or voice and visuals such as photos and videos, make phone calls, even video calls. In addition, one of the popular features in the Telegram application is the community or group chat feature that allows a large number of Telegram users to have a place to meet and communicate about certain interests or goals.

The provision of community features or chat groups allows Telegram users from anywhere and anytime to join a large-scale community. Of course, this community is made for the benefit of each and this Telegram community can regulate who can join the Telegram community. With the community feature in the Telegram application, it raises a new culture in instant messaging communication that can gather and discuss with many people, who are gathered for the reason of the same interest or with the aim of unidirectional communication between community members. Generate communication opportunities on a large scale and cross the boundaries of conventional communication.

In the Friends with Benefits (FWB) relationship phenomenon, researchers found that there are communities on the Telegram instant messaging application specifically for finding Friends with Benefits (FWB) couples in Indonesia. These communities have diverse and numerous members. The focus of this study is one Telegram community with the specific purpose of finding Friends with Benefits (FWB) partners. Its members can join directly without having to go through any stages. In the community, members can search for Friends with Benefits (FWB) partners by following the community's directions. This special community looking for Friends with Benefits (FWB) couples on Telegram has more than 20,000 members, and with the aim of providing convenience for users to establish Friends with Benefits (FWB) love relationships only through instant messaging. By joining this special community looking for Friends with Benefits (FWB) partners on Telegram, members have the same big goal, which is to find and establish Friends with Benefits (FWB) relationships. Supported by various features in the Telegram application that allow community members to communicate with each other to get a Friends with Benefits (FWB) partner. Compared to establishing a relationship in the conventional way is much more difficult, because there must be an intense face-to-face process between individuals, there are time and place restrictions, and the possibility of different goals for establishing relationships. While cyberspace provides convenience for people to get acquainted digitally, then when the two individuals are interested in each other, they establish face-to-face meetings according to agreement.

The process of introduction through the community on the Telegram application to establish a Friends with Benefits (FWB) love relationship certainly involves communication in it. Communication is necessary between one individual with another to get to know each other and generate agreement in the relationship. According to Everett Rogers and Lawrence Kincaid (1981), communication is a process in which two or more people form or exchange information between each other, which in turn occurs a deep mutual understanding in order to change behavior. Communication is present to achieve the aims and objectives of the individuals, in this case to get a Friends with Benefits (FWB) relationship partner.

In this special community looking for Friends with Benefits (FWB) partners, there is a pattern of communication has been established from that community. First of all, Telegram users can directly join the community for free and without permission from the owner of a special community account looking for Friends with Benefits (FWB) partners on Telegram. Then members can send data with a predetermined format in the community to the community admin specifically looking for Friends with Benefits (FWB) partners on the Telegram. The data format is: name, age, hometown, gender, benefits or "benefits", other information, and the member's account ID. Members have freedom in filling in data about themselves, there is no coercion or rules in filling in the data.

Next, the admin will upload the members' data to a special community group looking for Friends with Benefits (FWB) couples on Telegram. Later the members can choose each other which individual fits their respective criteria. If a member finds interest in an individual, they

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can directly contact that individual to enter into a Friends with Benefits (FWB) relationship agreement. According to a statement from one of the members of a special community looking for Friends with Benefits (FWB) couples on Telegram with the initials "N", 25 years old, domiciled in Jakarta, male gender. "N" usually contacts his prospective Friends with Benefits (FWB) partner through the messaging feature or personal chat in the Telegram application. "N" will establish communication through personal chat to get acquainted with individual members of the community, the process of communication "N" with prospective partners focuses on exchanging information about agreements or rules in establishing Friends with Benefits (FWB) relationships from both parties. If an agreement is made, then "N" will invite his partner to meet and establish a Friends with Benefits (FWB) relationship.

From the Telegram community will switch to communication through personal chat, making the communication process established by two people. The type of communication carried out by two people, in this case the Friends with Benefits (FWB) relationship partner is called interpersonal communication. Interpersonal communication is an interaction between two or sometimes more people, can be verbal or non-verbal (DeVito, 2016). Another understanding according to Onong U. Effendy (2003), interpersonal communication is the process of conveying information, thoughts and attitudes between two or more people who change messages from communicants and communicators to achieve understanding and it is expected that eventually behavior changes will occur. In interpersonal communication there is an exchange of messages that also involves the creation and exchange of meaning. Communication requires a transaction or understanding of the messages exchanged. According to Harold Lasswell, there are five components of building interaction in interpersonal communication, namely: communicator, message, communication media, communicant, and reciprocity (Maulana Rezi, 2018). Communication skills are tools and means to develop a relationship (Rodd, 1989). The existence of openness in communication makes individuals who establish relationships with each other get to know each other better and deeper. So that interpersonal communication is present in the process of establishing a Friends with Benefits (FWB) relationship agreement on Telegram.

Telegram application users carry out the process of interpersonal communication by sharing information about themselves with prospective or partner Friends with Benefits (FWB) including self-disclosure. According to DeVito (1997) self-disclosure or self-disclosure is a type of communication where a person reveals information to others about themselves that is usually kept secret. Not everyone has a high level of self-disclosure, but in Friends with Benefits (FWB) relationships where the perpetrator manages to reach agreement on the relationship can be influenced by self-disclosure between partners. According to Lumsden (1996) self-disclosure can help someone communicate with the interlocutor, increase self-confidence, and make the relationship closer and closer to each other. Self disclosure is carried out through the Telegram application media in various forms such as photos, videos, chats or messages, status, even calls or video calls. Various forms of media delivery of self-disclosure or self-disclosure help information can be received by the interlocutor well.

The breadth of self-disclosure is influenced by the topic discussed and the depth of self-disclosure refers to the level of intimacy of the topic discussed (Altman & Taylor, 1973). Research has found that women are more likely to practice self-disclosure related to themselves, such as home, family relationships and friends (Haas, 1979; Komarovsky, 1967); pleasant, sad, frightening feelings; achievements in school and employment (Rubin, Hill, Peplau, & Dunkel-Schetter, 1980); as well as the topic of social emotions (Rubin, 1974; Rubin & Shenker, 1978). While men do more self-disclosure about sports, cars, work, politics (Komarovsky, 1967); money, business (Haas, 1979); things to be proud of (Rubin et al., 1980); power (Hacker, 1981).

The process of self-disclosure communication, interpersonal communication through Telegram personal chat is a deeper step to establish a Friends with Benefits (FWB) relationship agreement. When compared to communication in a special community looking for Friends with Benefits (FWB) partners on Telegram, community members only exchange personal information according to the format to community admins. The rest of the crucial process of forming a Friends with Benefits (FWB) relationship is on both sides of the individual who communicates personal chat. The presence of self-disclosure allows prospective couples to get to know each other better, causing more interest and comfort in the relationship because it is supported by the compatibility expressed between individuals to reach a Friends with Benefits (FWB) relationship agreement. This can support one's comfort in running a Friend with Benefits (FWB) relationship, and support the development of Friends with Benefits (FWB) relationship behavior that is increasingly favored or chosen by many individuals. So it is not surprising that someone can have a Friends with Benefits (FWB) relationship without commitment, rather than a dating relationship that binds the commitment of both parties.

The researcher also got some supporting information from the informant's statement initials "VG", age 28 years, domiciled in Jakarta, male gender. "VG" is a member of one of the Friends with Benefits (FWB) communities in the Telegram Indonesia application.

"Established a Friends with Benefits (FWB) relationship with a couple known through the Telegram community for approximately 1 month. My partner and I provide personal information (self disclosure) to get to know each other better, but not too deeply because we maintain each other's privacy."

(VG, Men, 2022)

Previous research on self-disclosure from Elisa Ravella Nadine and Maulana Rezi Ramadhana in 2021, entitled "Self-Openness of Adolescent Girls Using the Tinder Online Dating App in Bandung". The research explains that the factors that influence self-disclosure in the Tinder application are the intensity of chats and how individuals respond to each other's message exchanges within the Tinder application. The honesty of girls' self-disclosure in the online dating app Tinder is defined as a biased value, based on messages of interaction between

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individuals that foster trust and encouragement for individuals to express themselves. Another previous study by Dian Kartika Fitri and Irwansyah in 2023, entitled "Establishment of Self-Disclosure of Tinder Dating Apps Users in Interpersonal Communication to Find a Life Partner". The study resulted in a conclusion where self-disclosure plays a role in opposite-sex attraction and self-disclosure has certain interests or goals.

Looking at previous research, it was found about the motivation for relationships and self-disclosure in the Online Dating Tinder application. Which has not answered the phenomenon of Friends with Benefits (FWB) in the focus of self-disclosure communication. Friends with Benefits (FWB) relationships in Telegram's instant messaging community with a large number of members, allow people to establish relationships with people they don't know at all, that's where self-disclosure is in becoming a bridge of communication for the relationship.

Unlike some previous studies, this study has the same topic focus, namely on self-disclosure but on the Telegram instant messaging communication application, which is not specifically aimed at finding dating partners like online dating applications. Telegram is basically a regular internet-based communication app, but researchers found a community on Telegram specifically to look for Friends with Benefits (FWB) couples. Departing from that, making this study has novelty because it examines communities in the Telegram application, namely Friends with Benefits (FWB).

This research will focus on self-disclosure or self-disclosure in the process of interpersonal communication to establish a Friends with Benefits (FWB) relationship agreement on Telegram. This study focused on 4 informants (2 male and female couples), in order to get different views of both genders and as a form of interpersonal communication. The uniqueness in the case of this study was found in the four informants who were two couples who were in the process of establishing a Friends with Benefits (FWB) relationship agreement via Telegram. The four informants in this study had previous experience in establishing Friends with Benefits (FWB) relationships through the Telegram community, so in the process the four informants had understood the flow of communication to get Friends with Benefits (FWB) partners. The four informants in this study are also in the process of establishing an agreement, which is a communication process in it. The four informants used the Telegram application to establish interpersonal communication through the personal chat feature on Telegram, before finally deciding to meet face-to-face.

This research will focus on how is self-disclosure in the interpersonal communication process of establishing a Friends with Benefits (FWB) relationship agreement on Telegram?

## LITERATURE REVIEW

### *Principles of Interpersonal Communication*

According to DeVito (2013) and Hutchinson (2013) the following are the principles of interpersonal communication, as follows:

**1. Communication is a transactional process**

Messages in interpersonal communication become one indicator of the form of relationships that are being run. The transactional process allows compliance gaining in the communication carried out. Communicators and communicants act in simultaneous and interdependent quadrants. In the transactional process, interpersonal communication involves two elements, namely process and interdependence.

**2. Simultaneous Process**

Where the sender and receiver of the message do not stand as entities, but rather as functions. Interpersonal communication as a dynamic process that changes, both from communicator, communicant, environment, and context.

**3. There is Purpose in Interpersonal Communication**

According to Wood (2010), building a relationship in interpersonal communication has several functions in the perpetrators, namely: to meet physical needs, meet security needs, owning needs, actualization needs, self-esteem needs, and participate in various communities.

**4. Interpersonal Communication is Ambiguous**

The meaning of the message from the communication participants is not only in the message itself, but there is a subjective meaning of signs from each individual. Signs are interpreted constructively and not only by agreement, but also more than individual experiences of the sign. So that in interpersonal communication, the role of communicants in recognizing signs will affect the meaning of the message.

**5. Can Be Symmetrical or Complementary**

Interpersonal relationships can be symmetrical, that is, the two individuals involved in the relationship become "mirrors" of both. Whereas in complementary relationship patterns, the two individuals involved have differences in behavior. One behavior of the participant becomes a stimulus (stimulus) for the other participants. The differences between participants are actually maximized to get a comprehensive point of view.

**6. Has Content and Relationship Dimensions**

The dimensions of the message content conveyed to all types of relationships can be the same message. It is the dimension of the relationship that distinguishes it, the content of the message can be the same but if it is conveyed to different relationships it will cause differences in perspective.

**7. Occurs in a Series of Events or Occurrences**

There is no clear beginning and end in the process of communication and continuous. As interpersonal communication events occur, there is identification of sequential stimuli and responses that are difficult to carry out. The stimulus response is referred to



as punctuation which is done to achieve continuity and comfort in the context of communication events.

#### **8. Communication is Unavoidable**

Communication is often identified as a process with a purpose and is consciously carried out by the participants of the communication. But in some conditions, communication messages can occur accidentally and are not intended for specific interests.

#### **9. Communication cannot be erased**

What has been communicated cannot be erased and something that has been conveyed verbally or non-verbally, cannot be considered never communicated. Although we can try to clarify, reduce the effect of the message conveyed, the memory of others has already received our message.

#### **10. Unrepeatable Communication**

Interpersonal communication cannot be repeated, because once the message is conveyed then we will never recapture the same moments and impressions.

### ***Self Disclosure in Communication Studies***

According to DeVito (1997), self-disclosure is a type of communication in which a person reveals information to others about oneself, thoughts, feelings, and personal behaviors that are usually kept secret. Meanwhile, according to Johnson (1981), self-disclosure is the disclosure of reactions or self-responses to a situation that is being faced, as well as providing information about the past that is relevant and can understand self-responses in the present. Interpersonal communication will be more effective with self-disclosure from oneself to the interlocutor. Communication between individuals will exchange information that is useful to achieve their communication goals. According to Morton (in Sears, 1985), self-information conveyed in self-disclosure can be descriptive and evaluative. Information is descriptive where individuals provide or describe factual information about themselves that is not yet known to others (such as name, age, occupation, job, and others). Information is evaluative where individuals provide information related to opinions, experiences, and or personal feelings (such as, feelings of liking, feelings of interest or dislike).

According to DeVito (1997), there are seven factors that influence a person's self-disclosure, namely:

#### **1. Group Size or Audience Size**

Self-disclosure or self-disclosure occurs more in small groups (maximum 4 people) than large groups. In this case, interpersonal communication becomes very appropriate because it is included in a small group of two people. Where information about self-openness can be conveyed and listened to by one interlocutor and will get a response from the same interlocutor.

#### **2. Feelings of liking**

Someone will do self-disclosure or self-disclosure more easily to people or interlocutors who are liked or interested. Interest will generate confidence to provide self-disclosure

information. Vice versa, someone will find it difficult to open up to people they don't like.

### **3. Dyadic Effect**

Someone does self-disclosure or self-disclosure with people who both do self-disclosure or self-disclosure. Self-disclosure between one individual and his interlocutor makes a feeling of comfort.

### **4. Competence**

Competence or positive things that a person has will affect the person's self-disclosure, because it can increase confidence to disclose information about oneself.

### **5. Personality**

A person's personality type can influence a person's self-disclosure, if the person is extroverted will tend to do more self-disclosure than someone with an introverted personality.

### **6. Topics**

Self-disclosure begins with the existence of general topics of conversation such as hobbies or work, then the more and deeper the discussion of the topics discussed, the higher the tendency of a person to do self-disclosure.

### **7. Gender & Age**

Women tend to be more open than men; Women will be more open with the person they like, while men are more open with the person they trust. Age also affects a person doing self-disclosure, namely by looking at the age of the interlocutor.

In the process of self-disclosure communication, there is also the theory of the Onion Model (Union Model), where self-disclosure is like tearing the concentric layers of the onion, which in this case is a person's personality. From the outer layer that is general, to the inner layer that is personal (Griffin, 2018). Another understanding according to Altman and Taylor (in Khisholi, 2016), states that the onion theory is a process of social penetration, where humans have layers like onions, which when the first layer peels off there will be another layer underneath and so on.

## **METHODOLOGY**

### ***Research Conceptualization***

This type of research uses a qualitative approach that allows researchers to discover self-disclosure in the interpersonal communication process of establishing a Friends with Benefits (FWB) relationship agreement for community members in the Telegram application. According to Kirl and Miller, qualitative research is a particular tradition in social science that fundamentally relies on observations of humans, both in their areas and in their terms. This research is also included in the type of descriptive research, where this research can explain or describe the phenomena that occur with words, pictures, and not numbers. This research uses a case study research method, which according to Raco (2010), is a research method that

explores a fascinating and unique case in depth in order to be understood and supported by the four informants, who are two couples, where each informant has established a Friends with Benefits (FWB) relationship through the community in the Telegram application. Both informant pairs (four people) have had previous experience establishing relationship agreements until finally establishing a Friends with Benefits (FWB) relationship. The informants also had a similar time frame in getting Friends with Benefits (FWB) partners from their previous relationships.

### ***Research Subject***

The subjects of this study are individuals (male and female) from a particular community looking for a Friends with Benefits (FWB) partner in the Telegram application who have had at least one Friends with Benefits (FWB) relationship from the community before. They are self-disclosure in the interpersonal communication process of establishing a Friends with Benefits (FWB) relationship agreement with their potential partner.

## **RESULTS AND DISCUSSION**

This section has data findings, data analysis, and data triangulation to answer how self-disclosure in the interpersonal communication process establishes a Friends with Benefits (FWB) relationship agreement on Telegram. Researchers got data from interviews with the four informants in this study. The data was described to get data findings, and data was also obtained through observation of evidence of messages between prospective couples in Friends with Benefits (FWB) relationships in establishing relationship agreements. This section also discusses data analysis based on data findings obtained with a focus on Self Disclosure in the Interpersonal Communication Process of Establishing Friends with Benefits (FWB) Relationship Agreements on Telegram.

### ***Sexual Desire Exploration Accelerates the Course of Self Disclosure***

In the group community specialized in finding Friends with Benefits (FWB) partners on Telegram, which has a large number of members and comes from various cities in Indonesia. This situation allows each member of the group community to establish relationships with people they did not know before. So that the group community, specifically looking for Friends with Benefits (FWB) couples on Telegram, has a culture of filling out identity forms and self-descriptions, which will later be distributed by bots or admins and can be seen by all members of the group community. This bot or admin identity form feature is present to facilitate the passage of information between members of the group community. The distribution of the identity form can already be seen as self-disclosure in the realm of group communities. However, this research focuses on the next stage, where after the identity form is spread in the

group community, group community members interested in the individual's identity can immediately switch to personal chat according to the Telegram ID listed in the identity form.

Personal chatting allows individuals to establish communication freely, supported by various features of the Telegram application (text messages, voice audio, telephone, video calls, photos, and others). According to DeVito (1997), Self-disclosure theory is about seven factors that influence self-disclosure, including group size or audience size. Where self-disclosure occurs more in small groups (maximum of four people) than in large groups. Individuals prefer to continue the introduction process through personal chatting, where interpersonal communication between two people is established. The four informants of this study conducted a self-disclosure process in the interpersonal communication process of establishing a Friends with Benefits (FWB) relationship agreement for about 3-14 days. There is a clear goal to be achieved from the communication actors in this study, which is based on the exploration of sexual desires, making communication in this study run directed.

In this study, the self-disclosure established between the two parties of the prospective Friends with Benefits (FWB) relationship is not in line with the theory of self-disclosure stages, according to Altman and Taylor in West & Turner (2014). The theory mentions there are stages of individual self-disclosure, but this study found self-disclosure from informants who walked through several stages of onion layers. The individuals in this study can directly reveal their self-disclosure, which is helpful in the interpersonal communication process of establishing a Friends with Benefits (FWB) relationship agreement, such as sexual information. The exchange of sexual information is not included in the first stage of self-disclosure, which makes the stages unused and makes the self-disclosure process in this study take place more quickly.

The desire for sexuality plus exploration leads to self-disclosure with new people. Although topics of sexuality are not common topics to be told to people we have just met. However, in Friends with Benefits (FWB) relationships that focus on sexual activities, as defined by Mongeau, Ramirez, and Vorell (2003), they are only involved in sexual activities without any feelings or commitment. This can be juxtaposed with the multifaceted motivation theory by Reiss (2012) in a journal entitled *Motivational Aspects in Behavior Formation* (Prihantony, 2021). Multifaceted motivation theory states that every human action has diverse motivations according to the context it faces, such as hunger, fear, power, curiosity, self-esteem, and others. This is in line with the data findings in this study, where the four informants have motivation in the context of exploring sexual desires to get a Friends with Benefits (FWB) relationship partner that encourages them to do self-disclosure with each other.

The theory states that there is a category of dimensions in the process of someone doing self-disclosure communication (Devito, 1997), namely purpose. Someone does self-disclosure with a specific purpose. Purpose provides a limit or control for a person to do self-disclosure. In line with this research, individuals have a clear goal in self-disclosure: to get a Friends with Benefits (FWB) relationship partner. More specifically, where someone who wants to establish a

Friends with Benefits (FWB) relationship wants a benefits transaction which in this relationship is sexual, individuals who are based on the goal of exploring sexual desires will be able to easily make self-disclosure, primarily related to sexual topics, in order to accelerate the achievement of this goal.

This can be juxtaposed with the Onion Model theory (Union Model) according to the journal *Self Disclosure Analysis: A Phenomenological Study of Users of the Online Dating Application Tinder* (Wulandari, 2021). The theory states that humans have layers like onions, which, if the first layer is peeled off, there will be another layer underneath, and so on. The closeness of an individual to another individual is seen from the extent of the depth of the relationship through the layers of personality (Altman and Taylor in Khisholi, 2016). The results of this study found that individual self-disclosure is not done in stages as proposed in the Onion Model theory. Self-disclosure in the interpersonal communication process of establishing a Friends with Benefits (FWB) relationship agreement on Telegram is done more quickly and with in-depth topics conveyed explicitly. For example, the delivery of self-disclosure topics around sexuality can be openly conveyed by each individual because there is a clear goal in this interpersonal communication, namely to establish a Friends with Benefits (FWB) relationship agreement. Individuals can directly convey their self-disclosure on specific in-depth topics to their potential partners without revealing the initial layers of topics.

The primary purpose of their communication is to get benefits, especially the exploration of sexual desires. So that self-disclosure is communicated in depth and in a short period to achieve the goals that are appropriate and expected by each individual. Exploration of sexual desire can accelerate individuals to self-disclose to new people they know.

### ***Women Pursue Personal Profile Depth, Men Pursue Intimacy Information Depth***

In establishing interpersonal communication between prospective Friends with Benefits (FWB) couples, various self-disclosure topic information can be exchanged. In this study, the researcher obtained data from the informants' interviews regarding what self-disclosure topics they shared with potential partners. The researcher divided the topics of self-disclosure into several categories, namely **Topic A: Sexual behavior**; related to sexual activities, choices or preferences in sexual intercourse, agreements during sexual intercourse, tools used during sexual activity, and others. **Topic B: Personal profile**; includes name, date and year of birth or age, residential address, occupation or occupation, relationship status, social media, and others. **Topic C: Daily life**; discussing daily activities, what they do, stories of events on that day, and others. **Topic D: Feelings and Personality**; such as feelings of happiness, feelings of sadness, feelings of anger, channeling emotions that are being felt, personality types, traits, characteristics, and others.

So from the four informant statements, it can be seen that Informant 1 and Informant 3, who are male, explore self-disclosure on sexual topics. Meanwhile, Informant 2 and Informant 4,

who are female, explore self-disclosure on personal profile topics—supported by the journal *Gender Differences on Self-disclosure in Face-to-Face Versus E-mail Communication* (Yu, 2014) which describes the results of research by Rubin et al. (1980) who studied dating couples. The results show that men are more likely to self-disclose or reveal their strengths, and women are more than men to self-disclosure, expressing fears or doubts. The strength in the journal above can be interpreted in this study as sexual strength, where men make deep self-disclosure about their strength regarding sexual activity. While fear or doubt in the journal above can be seen in the topics discussed more deeply by female informants are self-profile topics that can build trust in potential partners when an exchange of information has been established.

Another thing obtained from this study is that in line with Morton's theory (in Sears, 1985), self-information in self-disclosure can be descriptive and evaluative, where descriptive information is used to explain the individual self, such as what is more pursued by women, namely personal profiles. Self-disclosure about the name, age, domicile, occupation, and others shared with prospective Friends with Benefits (FWB) partners can provide an overview of the individual's self. This self-image is used to get to know each other, especially in this case; the two individuals have never known and met each other. Furthermore, the information is evaluative, and it is found that informants exchange information about feelings, views, and opinions on something. Evaluative information is given between individuals, which shows the individual's view of something. Male informants are more likely to discuss self-disclosure topics regarding intimacy, where individuals share their opinions about compatibility in sexual behavior, experiences they like or dislike, and others.

### ***Self Disclosure Measures Safety and Comfort, which Can Determine the "Deal"***

In several interview questions, the researcher found answers to the role of self-disclosure in establishing a Friends with Benefits (FWB) relationship agreement. The four informants in this study stated that they agreed that in the process of establishing a Friends with Benefits (FWB) relationship agreement, there is self-disclosure in it. Self-disclosure information can convey things that attract the attention of potential partners. The development of new topics from self-disclosure makes communication between potential partners more diverse.

Other data from the interview results of this study found that self-disclosure was carried out by each individual from the four informants in this study focused on fostering security. Each interacts with other individuals they do not know before, so the motivation for individuals to do self-disclosure is to build relationships and create security. This study found that the security generated from self-disclosure also creates comfort. The existence of security convinces individuals to tell more to their potential partners. This belief is in line with comfort. The self-disclosure information given between individuals also makes them find compatibility with each other. The same reason or motivation found among Informant 1, Informant 2, Informant 3, and Informant 4 is to foster security and comfort.

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The diversity of the Friends with Benefits (FWB) group community members on Telegram can also be a concern due to the uncertainty of each individual involved. It is not sure that all community members go through the process of finding a Friends with Benefits (FWB) relationship partner as they should, and it is not sure that they each have the same goals. The informants in this study cannot directly generalize all group community members as individuals with the same goals as the informants. It is not certain that all community members undergo the process of finding a Friends with Benefits (FWB) relationship partner as they should, and it is not certain that they each have the same goals. From there, it can be seen that self-disclosure can foster feelings of security and comfort that can make the "deal" in the Friends with Benefits (FWB) relationship. A sense of security and comfort arises when the self-disclosure of each individual produces information that is harmonious and matches each other, in this case, the criteria for prospective partners for Friends with Benefits (FWB) relationships. According to DeVito (1997), one of the seven factors that influence a person's self-disclosure is the dyadic effect, which is someone's self-disclosure with people who both do self-disclosure.

In addition, looking at the categorization of dimensions in the process of someone doing self-disclosure communication, one of them is familiarity. The familiarity relationship that exists with the interlocutor is related to self-disclosure. The more familiar a person is with the interlocutor, the more likely the self-disclosure will be done (Devito, 1997). The data findings in this study found that the sense of security and comfort caused by self-disclosure can build familiarity between the two individuals, which makes each of them tend to do more self-disclosure. The journal *Effects of self-disclosure role on Liking, closeness, and other impressions in Get-acquainted Interactions* (Sprecher et al., 2013) shows that self-disclosure is closely related to attraction and satisfaction in both developing and established relationships. As in this study's findings, informants who self-disclose to each other get security followed by comfort. The security makes informants more trusting of their interlocutors and can affect establishing "deals" in Friends with Benefits (FWB) relationships.

However, it is undeniable that prospective partners also feel unsuitable or want to avoid continuing the relationship after knowing the self-disclosure information from prospective partners. This is also in line with the journal *Effects of self-disclosure role on Liking, closeness, and other impressions in get-acquainted interactions* (Sprecher et al., 2013), which states that when information through self-disclosure is done more and more deeply, the Liking is owned can decrease. This is because the familiarity felt in the initial phase of the relationship begins to diminish after knowing deeper information.

Nevertheless, self-disclosure is still seen positively by the informants because even though they did not find an agreement due to incompatibility, it is much better than establishing a Friends with Benefits (FWB) relationship with a stranger and the incompatibility.

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## ***Interpretation***

### ***Factors that Accelerate Self Disclosure in Friends with Benefits (FWB) Relationships on New Media***

First, there is an exploration of sexual desire, which is the primary purpose of this Friends with Benefits (FWB) relationship. Sexual urges and needs are no longer appropriate in this study because researchers see the experience of informants who have been more than 1x and some even up to 4x in a Friends with Benefits (FWB) relationship. So it is not a need that can be answered by being in a relationship with just one individual for a long time as long as the need continues to arise. Nevertheless, this partner change is seen as a need to explore sexual desire, which is not enough for one individual who seems monotonous. Exploration of sexual desire enables individuals to explore the experience of sexual activity with many other individuals and to find new experiences, new activities, and new feelings. This is what encourages individuals in this study to make self-disclosure in a short period. Many stages of self-disclosure are skipped or not used, judging from the topics explicitly discussed or shared with potential partners. The informants can easily and quickly provide information related to themselves to the opposite sex because of the explicit purpose of the communication. Both parties who communicate with each other aim to get a Friends with Benefits (FWB) relationship partner, so the self-disclosure they convey also aims to find compatibility with each other.

Second, a platform via new media, namely the group community on Telegram, is explicitly looking for Friends with Benefits (FWB) couples. Where in the group community gathered people from various backgrounds who specifically had the aim of finding a Friends with Benefits (FWB) partner. This Telegram group community has members who are active in communicating and sending identity forms to the group community. The existence of a forum that can gather various individuals from different backgrounds but has the same goal of finding a Friends with Benefits (FWB) partner fosters familiarity between members of the group community. So that when individuals want to fill out identity forms in the group community at this stage, they can see the forms of other members who have already self-disclosed in filling out their identity forms (before the interpersonal communication process in personal chat). This familiarity can accelerate self-disclosure in Friends with Benefits (FWB) relationships. The existence of a common goal, namely finding a Friends with Benefits (FWB) partner, fosters familiarity between members of the group community and encourages individuals to self-disclose.

Third, the Telegram group community's bot or admin feature looks explicitly for Friends with Benefits (FWB) couples. The bot or admin feature assists group community members in automatically distributing identity forms to the group community. Researchers see utilizing the bot or admin feature as regulating the flow of communication in the group community because the number of members in the group community is relatively large. Members who have just entered the group community can fill in the identity form link according to their wishes and



needs. After filling out the identity form, members can send it to the bot or admin. The bot or admin will automatically share the identity form information with the group community, which all members can see of the group community. Later, when an individual is interested in one of the distributed identity forms, they can directly contact the person through the ID attached to the identity form and immediately get to know them personally through personal chat.

### ***The Role of Self Disclosure in Interpersonal Communication Establishing Friends with Benefits (FWB) Relationship Agreement***

Self-disclosure has a role in interpersonal communication in establishing Friends with Benefits (FWB) relationship agreements, including:

First, self-disclosure to discover the depth of personal profile and intimacy of potential Friends with Benefits (FWB) partners. Where men delve more into self-disclosure topics related to sexual matters, women delve more into self-disclosure topics related to personal profile information. The male informants in this study also understood the need for personal profile self-disclosure to get to know who their potential partner is. However, the male informants were more interested in self-disclosure of sexual topics relevant to this relationship. The researcher sees this as not a mistake or oddity because the focus in this Friends with Benefits (FWB) relationship is the exchange of sexual benefits. So that men are more assertive and happy to discuss their sexual preferences, what they have been, and what sexual activities or they are more direct about the benefits and goals with the potential partner later. The female informants also did not deny the existence of self-disclosure carried out by each person on sexuality. However, from the side of female informants, they are more in-depth self-disclosure about personal profiles to get reciprocity from potential partners. By doing self-disclosure on personal topics, it will provoke potential partners to do the same. So that the female informants get information about who their potential partner is or they know who they are in contact with to ensure safety.

Second, self-disclosure measures a sense of security and comfort, which can determine the "deal." The self-disclosure each individual receives allows them to get to know each other. This is considered necessary in establishing a Friends with Benefits (FWB) relationship agreement on Telegram, where individuals can get acquainted with anyone and anywhere without meeting first. Individuals cannot ensure that the person they are communicating with is suitable and safe if they do not exchange information initially. So self-disclosure plays an essential role in this relationship process. Individuals can move to the next stage from this sense of security, namely a sense of comfort. When individuals have seen the security of their potential partner, they will increase their confidence to establish a Friends with Benefits (FWB) relationship with that person. Self-disclosure produces information that can be in the same direction and cause compatibility. Compatibility, in this case, can mean many things, compatibility in criteria such as one domicile, appropriate age, required status (for example, must be single), and others. There is also compatibility regarding sexuality, where agreement on the rules for exchanging

benefits in this relationship. Information self-disclosure can lead to comfort with each other, which also supports the establishment of a "Deal" in a Friends with Benefits (FWB) relationship.

On the other hand, researchers also see that self-disclosure has a role in the non-establishment of the Friends with Benefits (FWB) relationship "Deal." When both individuals self-disclose and the information conveyed does not match, they realize incompatibility. After finding the incompatibility, it can be decided for both individuals not to continue the Friends with Benefits (FWB) relationship agreement. The researcher sees this as good because self-disclosure can help individuals find suitable partners in Friends with Benefits (FWB). It is better only to agree to establish a Friends with Benefits (FWB) relationship with an unsuitable person.

## CONCLUSION

This research produces data findings and analysis results regarding self-disclosure in the interpersonal communication process of establishing a Friends with Benefits (FWB) relationship agreement on Telegram. There is a process of self-disclosure in the interpersonal communication process of establishing a Friends with Benefits (FWB) relationship agreement on Telegram that runs fast and high. Openness between individuals who do not know each other and have never met is considered an obstacle. However, in this study, the informants can quickly and freely self-disclose, even to a high stage, with in-depth information to convey to potential partners. The speed of individuals doing self-disclosure in order to achieve the goal of establishing a Friends with Benefits (FWB) romantic relationship between individuals.

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