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June - November 2024

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eISSN 2600-9811



9 772600 981003

Publication Date  
25 October 2024

# Self-Disclosure

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Self-disclosure is a component of communication that influences how we connect with others. We disclose via spoken words, nonverbal cues, or online interactions. What is self-disclosure? Self-disclosure refers to the act of communicating information about yourself to another person that is sharing or revealing your values, beliefs, and desires, your behavior, your qualities or characteristics, ranging from trivial facts to deeply personal matters. Revealing personal information helps build relationships and fosters understanding between us. It is a fundamental aspect of human communication that shapes our interactions and relationships. Understanding self-disclosure enables us to gain insights into how and why we choose to share certain aspects of ourselves with others.

The information we disclose can be what you kept as a secret or information that you would share with anyone such as your comments in social media, which can be read by many. It reveals your interests, your preferences or reveals other information about you. Information about your values and belief for example, can be about your belief about afterlife or reincarnation, while information about your behavior can be about your habits or your hobbies, or even your personality traits. While information about your self-qualities can be about your level of performance or special needs. This information about yourself can be disclosed for example just by the slip of tongue or through carefully planned statements when you speak to others. On the other hand, you also can disclose yourself non verbally like through jewelry, your clothes, or a simple slogan on your shirt. Wearing a wedding ring, for example, can reveal that you are married. You convey the information without having to tell it verbally.

Self-disclosure involves at least one other individual. It cannot be an intrapersonal communication act. In self-disclosure, the information must be received and understood by another person. In the case of online communication, the information can be received by hundreds or even thousands of people. Self-disclosure can vary from the relatively insignificant to highly revealing and highly personal. At an insignificant level, you reveal basic information such as your name or your designated position when you introduce yourself to someone. While, at a highly revealing or deeply personal level, you might reveal your personal problem.

Self-disclosure occurs in all forms of communication for instance, in face-to-face and online, not just interpersonal. It can happen in small group settings, on air during broadcasting, or in public speeches. An interesting fact is the level of disclosure tends to be more through online communication. Research proves that reciprocal self-disclosure among individuals occurs more quickly and at a higher level through online communication compared to during face-to-face communication.

Why has this happened? This is due to the disinhibition effect that occurs in online communication. What is the disinhibition effect? The disinhibition effect is the tendency to disclose more in certain situations than in others, usually used to refer to the tendency to be more inhibited in online messaging. Through online communication there is a certain degree of anonymity and invisibility, which makes people more comfortable to share about themselves.

In conclusion, self-disclosure is an essential part of communication, allowing people to share personal information with others. It can range from simple details to deeply personal issues and can occur in various settings, from small groups to public speeches and online interactions. Interestingly, people tend to share more and at a faster rate online due to the disinhibition effect, which provides a sense of anonymity and comfort. Understanding self-disclosure helps us connect better with others and navigate the sharing of our personal lives with others appropriately.

## Reference

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eISSN 2600-9811



9 772600 981003

**BizNewz 2024**

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