

SELF-CONFIDENCE AND SOCIAL ADJUSTMENT IN ADOLESCENTS

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ABSTRACT

This study aims to determine the relationship between self-confidence and social adjustment in adolescents of class XI SMA Negeri 4 Depok. The hypothesis proposed is that there is a relationship between self-confidence and social adjustment. The population in this study were adolescents of class XI SMA Negeri 4 Depok totaling 258 students. The data collection method used a modified Likert scale. The results of the instrument quality test showed that the instrument showed that the constructed instrument was valid and reliable. From the results of the data analysis, the coefficient (r) between self-confidence and social adjustment was 0.484 with $p < 0.05$, so it can be concluded that there is a significant relationship between self-confidence and social adjustment in adolescents of class XI SMA Negeri 4 Depok.

Keywords: Social Adjustment of Adolescents, Self-Confidence of Adolescents.

INTRODUCTION

As a social being, a person in his life will not be able to be separated from relationships with other people. In general, socializing with other people is to be able to satisfy all forms of individual needs. Socializing in society and the environment, a person's attitude and behavior are expected to be in accordance with their role in society. In relationships between humans, they are often faced with situations where they are in the midst of people who are well known and liked, and vice versa, they are often in the midst of people who are still strangers or even among people who are not liked. The need for the existence of other people and unique characteristics that make one individual different from another, causes individuals to be able to adjust to others.

If an individual's attitude and behavior are acceptable and in accordance with what is expected by others and society in the group, then behavior that is in accordance with what is expected by the group can help individuals to be able to interact more effectively with their social environment. This is in accordance with Taylor's opinion (Laksmi Witriadiani, 1996:29) which states that social adjustment is the ability of individuals to react effectively and healthily in relationships with other people or groups, so that they are able to form social closeness, are socially competent, and are able to build relationships sincerely. Individuals can be said to be well adjusted if they can relate effectively and healthily to other people or groups with a sense of interconnectedness between personal demands and their social environment.

Social adjustment is an action that is carried out throughout the life span, including during adolescence, because adolescence is one of the most important periods in a person's life. This period is not only important but also difficult because adolescence is a transitional period, individuals who are on the path between two periods, namely childhood and adulthood. Basically, individuals in adolescence are faced with various changes that occur both within themselves which include physical, cognitive and affectional aspects as well as changes outside themselves related to status issues in their social environment.

To be able to go through adolescence smoothly, good adjustment is needed. If you experience social adjustment disorders during that period, it will hinder adjustment in the following periods. If adolescents are able to carry out social adjustments well, it can be expected that there will be development towards optimal maturity and can be accepted by their environment.

One of the most difficult developmental tasks of adolescence is social adjustment. In this case, adolescents are required to be able to build new and more mature relationships with peers and try to behave socially responsible and are required to develop their intellectual abilities. Adolescents must begin to prepare themselves to face various individual characters and social situations in order to be able to enter their new social environment pleasantly.

Not all teenagers are able to adjust properly, there are some teenagers who fail to adjust properly so that the teenagers behave in a way that is contrary to the expectations of the environment. Like the phenomenon that is happening a lot now, namely the many student fights that occur, ignoring regulations such as truancy and the use of illegal drugs among students and others.

Social adjustment can be influenced by the self-confidence of an individual. Self-confidence is an individual's belief in all aspects of his/her strengths so that this belief can enable the individual to achieve various goals in his/her life (Thursan Hakim, 2002:6). If an individual has high self-confidence, then the individual will be calm, not easily nervous, active in facing environmental conditions and not selfish so that they can make good social adjustments (Guilford, Lauster and Instone in Tina Afiatin and Sri Mulyani Martaniah, 1998:67). On the other hand, individuals who lack self-confidence tend to feel insecure and not free to act, tend to hesitate and waste time in making decisions, have feelings of inferiority and cowardice and are pessimistic in facing obstacles. In addition, individuals who lack self-confidence are also embarrassed to appear in front of an audience and also always feel anxious in expressing their ideas, this is what then causes individuals to be unable to make good social adjustments (Lauster and Rakhmat in Tina Afiatin and Sri Mulyani Martaniah, 1998:67).

The extent to which a person is successful in adapting to the environment depends on the individual's personality. Just as human development and growth encompass various physical and mental functions, a person's personality also experiences development and change. In this case, the self-confidence factor also determines the success or failure of a person's social adjustment. In other words, self-confidence is something that greatly influences an individual's social adjustment.

FORMULATION OF THE PROBLEM

Based on the description, the research problem can be formulated as follows: Is there a relationship between self-confidence and social adjustment in grade XI adolescents at SMA Negeri 4 Depok?

BENEFITS OF RESEARCH

- a. As additional information for psychology, and especially in the field of social psychology.
- b. As a reference for developing oneself in socializing for teenagers.

THEORETICAL BASIS

Social Adjustment

According to Schneiders (1980:454), social adjustment is a mental and behavioral process that encourages a person to adjust according to the desires that come from within themselves, which can be accepted by their environment. Meanwhile, according to Hurlock (1997:354) social adjustment is the success or failure of a person in socializing with other people in a group or society. If an individual behaves according to what is expected by his social environment, but does not feel satisfied or his needs are not met, then it cannot be said that the individual is successful in social adjustment.

Individuals who successfully make good social adjustments usually develop pleasant social attitudes and provide positive influences. While individuals who fail to make social adjustments will result in a sense of stress in the individual. Sarlito W. S (1995:54-55) stated that by being with others, an individual will learn to achieve what is considered acceptable behavior by the group. Adaptive behavior from an individual illustrates that the individual can adjust socially. This is because behavior can help someone in interacting more effectively with their surroundings and this behavior is a reaction to an attitude that is appropriate and matches the attitude that exists and is expected by the environment.

In making social adjustments, individuals are required to react effectively and healthily. Effective here means that individuals are expected to be able to place themselves in a social environment according to the existing situation and conditions. Meanwhile, what is meant by healthy social adjustment here is that individuals are expected to be able to establish relationships with others based on sincere and reciprocal affection, so that they can have a positive impact on the individual, as stated by Hurlock (1997:287) that the criteria for social adjustment are:

a. Real Appearance

An individual is said to be successful in social adjustment if his social behavior meets the values and expectations based on the standards of his group, if these requirements are met then he will be accepted as part of the group.

b. Adjustment to Various Groups

An individual who can adjust well to various groups, both groups of friends and groups of adults, is socially considered as someone who can adjust well.

c. Social Attitude

An individual can show a pleasant attitude towards others, towards social participation and towards his role in a social group, if he wants to be assessed as someone who can adjust well socially.

d. Personal Satisfaction

To be able to adjust well socially, an individual must feel satisfied with his social contacts and with the role he plays in social situations, both as a leader and as a member.

Social adjustment is very important for an individual's success in life. In general, social adjustment affects how an individual will function in his social environment. W.A Gerungan (1996:60) suggests that the factors that influence social adjustment are:

- a. The role of the family which includes socio-economic status, family integrity and social attitudes of parents.
- b. The role of the school includes the structure and organization of the school and the role of teachers in delivering lessons.
- c. The role of the work environment, for example the industrial work environment in big cities.

- d. The role of mass media, the great influence of communication tools such as libraries, television, radio.

Confidence

Self-confidence is one aspect of personality that has the most important function in human life because with self-confidence, individuals will be able to actualize their potential. According to Barbara De Angelis (2000:42) self-confidence is the belief in one's own ability to do something to one's social environment. The same thing was also expressed by Thursan Hakim (2002:6) who said that self-confidence is an individual's belief in all aspects of their advantages and this belief makes individuals feel capable of achieving various goals in their lives.

According to Lindenfield (1997:3) self-confidence emphasizes more on the satisfaction felt by individuals about themselves. The meaning of satisfaction here is that individuals feel satisfied with everything they have done. Meanwhile, Jacinta F. Rini (2002:1) states that self-confidence is a positive attitude of individuals who are able to provide positive assessments both of themselves and of the environment or situations they face.

The development of an individual's sense of self-confidence is greatly influenced by his or her past life background. Therefore, not all individuals can easily have strong self-confidence. According to Middlebrook (1980:78) the factors that influence an individual's self-confidence are:

- a. Parenting Pattern

The care and education given by parents to adolescents in the family is the main factor that greatly influences the development of adolescents in the future. The basic instillation of adolescent personality is formed in the family to then develop through further experiences, when in the wider community.

- b. Gender

The view that men and women are different also influences individuals in developing individual self-confidence. For example, men are considered to have better potential and have a higher position than women, while women are considered weak creatures and must be protected so that they tend to judge themselves lower than their actual abilities.

- c. Education

Education is often used as a benchmark in assessing individual success. The level of formal education can be one of the main tools that can determine the high or low social status of an individual. In addition, the existence of degrees that can be obtained by individuals who have completed a certain higher education also determines the high or low social status of an individual. This view can cause individuals with low education and no degrees to feel inferior, especially when individuals join a community group with a higher level of formal education. If this happens continuously, feelings of inferiority will develop into a lack of self-confidence.

- d. Physical Appearance

The first thing about an individual's personal self that can be directly seen and assessed is their physical appearance. Briskin and Lewis (in Evie Mahrita, 1997:18) say that individuals who have an attractive physical appearance are more often treated as friends when compared to individuals who have a less attractive physical appearance. Individuals who have an attractive physical appearance tend to be considered as individuals who have good character and traits so that they have high self-confidence, on the contrary, individuals whose physical appearance is less attractive are often considered the opposite and result in a lack of self-confidence. That is why physical appearance is very influential in forming self-confidence in an individual.

Self-confidence has two different factors. According to Lindenfield (1997:4-12) the two self-confidence factors are:

a. Inner Self-Confidence

Inner self-confidence is a type of self-confidence that gives an individual the feeling and perception that the individual is in good condition. There are four main indicators that are typical of individuals who have healthy inner self-confidence. The four indicators are:

1. Self-Love

Individuals who love themselves and care about themselves will appreciate everything about themselves, both their shortcomings and strengths. Individuals try their best to improve or protect themselves with actions that do not harm other individuals, including themselves.

2. Self-Understanding

Individuals are very self-aware. Individuals do not constantly reflect on them-selves, individuals want to know what other individuals think about them. If individuals have self-understanding, individuals will know their strengths, recognize their weaknesses and limitations, and be open.

3. Clear Goals

Individuals who are confident always know their purpose in life. This is because individuals have a clear mind as to why individuals take certain actions. By having this attitude, individuals can easily make decisions because individuals know exactly what they want and need.

4. Positive Thinking

Individuals who are confident can think positively, because these individuals are used to seeing life from the bright side and can expect and seek experience.

b. Innate Self-Confidence

This type of self-confidence allows individuals to appear and behave in a way that shows the outside world that the individual has confidence in themselves. To give this impression of self-confidence, individuals need to pay attention to things that can make them more confident. These things are as follows:

1. Communication

By having a good foundation in communication, individuals can listen to others appropriately, calmly and attentively. Can chat with others of all ages and all kinds of backgrounds and are able to speak in public without fear.

2. Assertiveness

If individuals can be assertive in their lives, then individuals will rarely act aggressively and passively in order to achieve success in life and their social relationships.

3. Visible Self-Condition

The visible self-condition will teach individuals the importance of appearing as confident individuals. This will allow individuals to choose the style of clothing and colors that best suit their personality and physical condition, quickly gaining recognition because of a pleasant first impression.

4. Controlling Feelings

If feelings are not managed properly, they can form a great unexpected force. Therefore, in everyday life, individuals must be able to control their feelings. Individuals who can control their feelings will be more confident because they are not worried about losing control and dare to face challenges and risks because individuals can overcome fear, worry and frustration.

HYPOTHESIS

Based on the description above, the following hypothesis can be formulated: There is a relationship between self-confidence and social adjustment in grade XI adolescents at SMA Negeri 4 Depok.

RESEARCH METHODS

The population in this study was taken entirely from the students of class XI of SMA Negeri 4 Depok, totaling 258 students. In this study, the proportional random sampling technique was used to take samples from the existing population. The data collection tool in this study used a modified Likert scale that has four alternative answers, the modified Likert scale eliminates the answer category in the middle to avoid hesitant and grouped answers from the subjects.

The data analysis method used in this study is Pearson Product Moment Correlation through the SPSS for Windows version 11.00 program.

RESEARCH RESULT

Based on the computation of Pearson Product Moment Correlation analysis with SPSS for Windows version 11.00, the correlation coefficient between self-confidence and social adjustment was obtained at 0.484 with $p < 0.05$ so that it can be concluded that the Null Hypothesis (H_0) is rejected, meaning that there is a significant and positive relationship between self-confidence and social adjustment in adolescents of class XI of SMA Negeri 4 Depok. With a positive correlation direction, it means that the higher the self-confidence, the higher the social adjustment.

CONCLUSION

The conclusion in this study is that there is a significant and positive relationship between self-confidence and social adjustment.

DISCUSSION

The extent to which a person is successful in adapting to the environment depends on the individual's personality. Just as human development and growth encompass various physical and mental functions, a person's personality also experiences development and change. In this case, the self-confidence factor also determines the success or failure of an individual's social adjustment. In other words, self-confidence is something that greatly influences an individual's social adjustment.

Self-confidence is an individual's belief in all aspects of his/her strengths so that this belief can make the individual able to achieve various goals in his/her life. If an individual has high self-confidence, then the individual will be calm, not easily nervous, active in facing environmental conditions and not selfish so that they can make good social adjustments. On the other hand, individuals who lack self-confidence will tend to feel insecure and not free to act, tend to hesitate and waste time in making decisions, have feelings of inferiority and cowardice and are pessimistic in facing obstacles. In addition, individuals who lack self-confidence are also embarrassed to appear in front of an audience and also always feel anxious in expressing their ideas, this is what then causes individuals to be unable to make good social adjustments.

SUGGESTION

Based on the research results and discussion above, the following can be suggested:

1. For researchers who want to develop or continue research, they should use other different samples such as high school students in private schools and can conduct further research on

- other factors that can improve social adjustment such as self-esteem and anxiety because self-esteem and anxiety will affect an individual in making social adjustments.
2. For students to increase their self-confidence by always trying to love themselves and always thinking positively and always being able to control their feelings so that it will help them in making social adjustments.

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