



ANALYSIS OF FACTORS THAT INFLUENCE SELF-CONCEPTS IN SHAPING ADOLESCENT
BEHAVIOR IN SMAS KHATOLIK St. GABRIEL AND SMAN 2 MAUMERE

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ABSTRACT

Adolescence is a transitional phase from childhood to adulthood. A lot of changes occur in the adolescence including changes in cognitive, physical and social domains that might trigger various social issues such as aggressive behaviour among peers at school and at home. Low self-esteem is an issue that frequently occurs which influences the psychological domain of adolescents as they are expected to have mature emotional state in taking various decisions. The emotional maturity is formed by the role of parenting and harmonious family relationship. A harmonious family supports adolescents' creativity that will strengthen their self-concepts. The rate of deviant behaviour among adolescents in Maumere was quite high including smoking, playing truant, juvenile fights, and alcohol consumption that give negative impacts to their life. This research was done to analyze the factors that influence adolescents' self-concept including age of maturity, self-appearance, peers, family relationship, parent's behaviour and creativity. This research employed a quantitative method using a cross-sectional approach that involved 372 respondents. The samples of this research were selected using the purposive sampling method. Research data were analyzed using the path analysis which result indicated direct influences of some factors on the adolescents' self-concept; family relationship with $p \text{ value} < 0.001 < \alpha = 0.05$, creativity with $p \text{ value} < 0.001 < \alpha = 0.05$, parents' supports with $p \text{ value} < 0.001 < \alpha = 0.05$, peers with $p \text{ value} < 0.001 < \alpha = 0.05$, self-appearance with $p \text{ value} < 0.001 < \alpha = 0.05$, age of maturity with $p \text{ value} < 0.001 < \alpha = 0.05$, and $p \text{ value}$ between self-concept and behaviour at 0.011. Meanwhile, an indirect influence was found in adolescents' self-concept on negative behaviour at 0.009 and on positive behaviour at < 0.0001 which rejected H_0 and indicating the presence of both direct and indirect influences toward self-concept among adolescents. Family relationship appeared to have the strongest influence on self-concept among adolescents at 1.51. Family relationship, creativity, parent's supports, peers, age of maturity directly influenced adolescents' self-concept, while self-concept was found to share indirect influence on both positive and negative behaviors.

KEYWORDS: Self-concept, behaviour, adolescent.

INTRODUCTION

According to the World Health Organization (WHO) (2014),^[1] not less than 2.1 billions of the world population were adolescents. The Central of Statistics Bureau (*Badan Pusat Statistik*) (2016)^[2] stated that the majority of the population in Indonesia were adolescents, among which 22.160.951 people were 15-19 year-old adolescents, and 21.569.003 people between 20-24 year. Adolescence is a transitional phase from childhood to adulthood.^[3] Various changes occur in this transitional phase including changes in the cognitive, physical up to

social domains that might trigger social issues such as aggressive behaviour among peers at school and at home.^[4,5,6]

One of issues that is frequently experienced by adolescents is self-esteem. Self-esteem is apparently an aspect that enable adolescents to mingle with their peers. Thus, problems related to this matter might trigger other problems such as fear to socialize, anxiety to speak up in front of a crowd, introversion, uncommunicative, reluctance to get along with the opposite sex, being cynical and so on.^[7] Reasoner (2004)^[8] mentioned that

12% individuals experience declines in their self-tendency when they attend the junior high school, and 13% people were known to have low self-esteem during their junior high school time when they aged around 13-18 years old. Unfortunately, self-esteem is a part of self-concept.

Self-concept plays an important role in determining how an individual behaves. The more suitable the self-concept, the higher one's satisfaction. Negative self-concept leads to negative behaviour against the norms that apply in a society. Self-concept also determines one's behaviour in the future.^[9]

Self-concept is not given by birth. Instead, it is formed out of a long process and individual experiences related to interaction with other people. Hurlock (2007)^[10] mentioned 1) age of maturity; 2) self appearance; 3) name and nickname; 4; peers; 5) family relationship; creativity; 7) dreams and expectations and self-perception form one's self-concept.

Ones' self-concept is formed based on how others influence and assess them. Peers also have strong influences on individual's behavior, mind, and feeling, especially during the adolescence.^[11] Peers' influence on the development of one's self concept is quite massive, as adolescents want to be accepted, recognized and exist as a member of certain group.^[12]

It is known that physical appearance is one of several significant contributors that strongly influences the self-esteem of adolescents.^[13] Cash, *et al* (1989)^[14] found that out of 4000 girls, only 19% were satisfied with their bodies. The 81% of them were not satisfied with their physical appearance and they showed tendencies to go on strict unhealthy diet which made them suffer from eating disorders such as anorexia and bulimia nervosa.^[15] Furthermore, these problems might also trigger severe psychological problems if adolescents have not yet developed their emotional maturity to underlie their behaviour.

The development of ones' emotional maturity is strongly bounded on how parents provide them with adequate supports in a family. Stable family relationship gives stronger influences on the establishment of one's self-concept.^[16] Parenting is the main role of parents in a family. Good parenting is an essential factor in the development of a child's positive behaviors and creativity. Meanwhile, broader social environment also offer optimal challenges, competence, engagement of collective duties that positively form one's creative behaviors.^[17] The result of the data analysis obtained values of $R = 0.334$, $F = 10.349$, $p = 0.000$ ($p < 0.1$), indicating that democratic parenting is significantly correlated with adolescents' creativity.^[18]

Factors influencing adolescents' establishment of self-concept also determine their behaviour. Negative self-concept leads to negative behaviour. The result of a survey administered in 2014^[19] by *Perkumpulan Keluarga Berencana Indonesia (PKBI)* involving 450 students of 16 schools showed that around 29 – 31% adolescents in Nusa Tenggara Timur (NTT) have had pre-marital sexual intercourse.^[20] In a separated survey done by Yayasan kesehatan dan kesejahteraan Masyarakat Flores in May 12th 2017 involving 150 adolescents aged between 12-21 years, 124 of them admitted that they have dated and were still dating, and 75 of them were asked by their boyfriend/girlfriend to have sexual intercourse, and 53 of them have had sexual intercourse.^[21]

The preliminary study conducted in SMAS Katolik St. Gabriel provided data related to the negative behaviour committed by students in which; 7.7% male students smoked cigarettes outside school hours, 2.5% students skipped classes, 1.01%, 0.76% got involved in fights, and 3.36% students consumed alcoholic drinks. Meanwhile, the data obtained from a research done in SMAN 2 on March 2018 show that there were 25 students skipped classes, 55 students were absent at school, 65 cases of students wearing inappropriate uniform, 15 cases of students smoking at school, 5 cases of student fights, and 20 cases of students using dirty words while speaking. Those negative behaviours might be caused by negative self-concepts in students. This fact has intrigued the research to study the phenomena of self-concept among students (adolescents) at the school.

METHODS

This research was a quantitative research employing cross-sectional approach, which aimed at analyzing the effect of independent variables (factors of maturity age, self-appearance, peers, family relationship, parental behavior, and creativity) and a dependent variable (self-concept). The data collection was done once, in March until April 2018. Univariate analysis was used to obtain the description of each variable studied. In addition, a Spearman test was used to find out the effect on the variables, and lastly, a path analysis test was used to find out the direct and indirect effect of the independent variable to dependent variable.

RESULTS

1. General Data and Frequency Distribution of Respondents

Based on the research that has been done, the following results are obtained:

Table 1: General Data of Respondents.

Characteristics		N	%
School	St. Gabriel Catholic High School	127	34,5
	State High School of Maumere 2	245	65,9
Gender	Females	248	58,8
	Males	123	41,2
Age	15 years old	23	6,2
	16 years old	236	63,4
	17 years old	68	18,3
	18 years old	45	12,1

Source: Primary Data, 2018

Table 1 above shows that the number of respondents in the study is more in State High School of Maumere 2 as many as 245 respondents (65.9%). Mostly, the respondents were female respondents that are 248 respondents (66,7%), most of them were 16 years old as many as 236 people (63,4%), followed by 17-year olds as many as 68 people (18,3%).

Table 2: Results of Univariate Analysis.

Variables		N	%
Maturity Age	Medium	43	11,6
	High	329	88,4
Self-appearance	Medium	136	0
	High	236	70,2
Peer Support	Medium	1	0,3
	High	371	99,7
Parental Support	Medium	156	41,9
	High	216	58,1
Family Relationships	Sufficient	4	1,1
	Good	368	98,9
Creativity	Medium	72	19,4
	High	300	80,6
Self-concept	Positive	1	0,3
	Negative	371	99,7
Behaviors	Positive	86	23,1
	Negative	286	76,9

Source: Primary Data, 2018

Table 2 above shows that in the variable of adolescent maturity age, in which most adolescents (329 people or 88.4%) have high maturity .In the variable physical

appearance of adolescents have a high self-appearance of 236 people (63.4%). The peer support variables provided by peers is high, to as many as 371 people (99.7%). Support variables provided by parents to high adolescents are 216 people (58.1%) and moderate support was 156 persons (41.9%). The variable of family relation given to the good adolescent as many as 368 people (98,9%). The creative variables in high adolescents are as many as 300 people (80.6%). For self-concept, the variable in adolescent most of them has positive self-concept as many as 371 people (99,7%), whereas in table behavior of adolescent mostly conduct deviant behavior as many as 286 people (76,9%).

2. Factors that affect adolescent self-concept

Table 3: Results of Bivariate Analysis.

Independent Variables	Dependent Variables	p value	R
Maturity Age	Self-concept	0,191	0,000
Self-appearance	Self-concept	0,297	0,000
Peer Support	Self-concept	0,149	0,004
Parental Support	Self-concept	0,147	0,005
Family Relationships	Self-concept	0,294	0,000
Creativity	Self-concept	0,272	0,000

Table 3 above shows that all factors show significant results where all the factors of p-value <0.05 which means H0 is rejected or there is a relationship between factors of maturity age, self-appearance, peer, parent support, family relationship, creativity and adolescent self-concept.

3. Factors that affect self-concept of self-concept and behavior

Table 4: Results of Multivariate Analysis.

Path	Standardized Beta	ρ -value	C.R	Decisions
	Output text estimate			
(F ₁) → (F ₂)	-0,195	0,011	-2,552	Sig
(HK) → (F ₁)	1,511	<0,001	6,485	Sig
(KR) → (F ₁)	1000	<0,001		Sig
(DO) → (F ₁)	1,122	<0,001	5,100	Sig
(TS) → (F ₁)	1,339	<0,001	6,908	Sig
(PD) → (F ₁)	0,363	<0,001	3,296	Sig
(UK) → (F ₁)	0,958	<0,001	4,884	Sig
(F ₂) → (PP)	1000	<0,001		Sig
(F ₂) → (PN)	-1,479	0,009	-2,618	Sig

Table 4 above shows that the significance value of behavior variable to the intention is $0.011 \leq 0.05$, ρ -value of family relation equals to <0.001 , ρ -value of creativity equals to <0.001 , ρ -value of parental support equals to <0.001 , and ρ -value of family relation equals to <0.001 , then ρ -value of peers equals to <0.001 , ρ -value of maturity age equals to <0.001 . Also, ρ -value of self-concept toward positive behavior equals to <0.001 , and ρ -value of self-concept toward negative behavior equals to <0.009 .

DISCUSSION

1. Effect of maturity age factor on adolescent self-concept at St. Gabriel Catholic High School and State High School of Maumere 2

Teenagers are a developing individual to maturity and adulthood, so they need to equip themselves with an appropriate view of self-concept. The phenomenon of deviant adolescent behavior often occurs in middle adolescence in the age range of 15-18 years old, due to the confusion of identity in the period thus impacts negative behavior. Negative or juvenile delinquency is a symptom of social (pathological) disease.^[22]

Age maturity factors include emotional, cognitive, and social maturity. As the age of individual grows, the emotions will be more mature and the individual will be more able to control his emotions.^[23] The maturity age and uncontrolled psychological changes will allow adolescents to engage in more risky delinquency. Emotional maturity and positive self-concept will reduce the potential of juvenile delinquency.

Based on the results of this study, it proved that the results of data analysis obtained correlation coefficient of 0.191 with sig = 0,000; ($p < 0,005$) and path analysis of direct effect equal to 0,96 meaning that there is significant relation between age maturity with self-concept in teenagers at St. Gabriel Catholic High School and State High School of Maumere 2. The older the age of a teenager the more mature they will get, in thinking, acting, and making decisions.

This was in accordance to the research of Lis et al. (2012)^[24] that emotional maturity, self-concept, and juvenile delinquency proved by the coefficient of determination $R^2 = 0.132$, showed 13.2% proportion of juvenile delinquency variation that can be explained by emotional maturity and self-concept. $F = 8.908$ and $p = 0,000$ ($p < 0.05$), showed significantly the variables of emotional maturity and self-concept simultaneously predict juvenile delinquency in a unidirectional and linear relationship. These results suggested that emotional maturity and self-concept are associated with juvenile delinquency.

2. Effect of self-appearance factor on adolescent self-concept at St. Gabriel Catholic High School and State High School of Maumere 2

Physical appearance and physical shape have a major contribution in fostering confidence to mingle or attract the attention of the environment to increase self-esteem. High self-esteem is an important indicator of psychological well-being for mental health and adolescent self-concept.^[25]

The results showed a significant value between self-appearance and adolescent self-concept at St. Gabriel Catholic High School and State High School of Maumere 2 with a correlation coefficient of 0,297, a significance of 0,000, and path analysis 0,36. The same research result also proved in research conducted in State High School of Nganjuk 2 with value $r = 0,613$; $p = 0,000$ ($p < 0.05$). This means that there was a significant relationship between self-appearance and self-confidence in adolescents.^[26]

3. The effect of peer factors on adolescent self-concept at St. Gabriel Catholic High School and State High School of Maumere 2

Young adolescents (15-18 years old) have a broader desire to mingle with the environment to gain recognition. They desperately need a friend who has the same qualities as themselves.^[27] This is in accordance with the results of the study. The analysis of the data correlation path obtained from the adolescent respondents in the two schools in Maumere showed that as much as 1.56 (156%) of respondents whose self-concept was affected by peers. Peers can have a positive and negative impact on their behavior.

The positive impact of peers was proven by the results of the research on adolescents living in orphanages where there was a positive and significant relationship between peer support and self-concept through simple regression analysis with $r = 0,59$ ($p < 0.001$).^[28]

The negative effect of peers on the development of adolescent self-concept was shown by the number of deviant behavior. Based on the result of the research, the data of the negative effect of peers in St. Gabriel Catholic High School and State High School of Maumere 2 smokers were 29 people (7.8%), missing classes were 140 people (37%), alcohol consumption cases are 54 people (14.5%). Then, brawling case equals to 11 people (3.0), motor-racing case equals to 17 people (4, 6%), not attending school (vandalism of 32 people) (8.6%), and attire style of 33 people (8.9%).

This is in accordance with the results of research conducted by Jumyanti (2016) that the correlation of -0.497; $p = 0.000$ ($p < 0.01$), there is a significant negative relationship between peer interactions with student discipline. The higher the interaction of peers the lower the discipline of the students.

Peers provide an environment to the teenagers, the world where they can socialize with the prevailing value, no longer the value set by the adult, but the peers of their age in finding their identity.

4. Effect of family relationship factor on adolescent self-concept at St. Gabriel Catholic High School and State High School of Maumere 2

One important aspect that can affect adolescent behavior is the interaction between family members. Harmonious or not, whether or not intensive interaction between family members will affect the social development of adolescents in the family that impact on psychological problems.^[29]

This is supported by the results of research conducted on both high schools in Maumere with a significant result $0.000 < \alpha = 0.05$ which means there is an effect of family relationships on adolescent self-concept. The psychological impacts of inharmonious family relationships can make teenagers depressed. Guan et al. (2013)^[30] conducted a cross-sectional survey in rural China with a sample of 3720 18-year-olds found that an unharmonious family relationship had an effect on teenage depression with a significant result of $0.00 < \alpha = 0.05$.

Family relationships need to be well established especially in adolescence because at that time teenagers experience changes both physiological and emotional psychic, thus they need to get a comfortable environment.^[31] The result of Path analysis data shows that family relation factor effects the most to form adolescent self-concept at St. Gabriel Catholic High School and State High School of Maumere 2 at 1.51 (151%).

Families can be the cause of educational and training failures, the disintegration of social ties, social alienation, and the abuse of alcohol and drugs.^[32] This is in accordance with the results of the adolescent studies in Maumere that adolescents who deviate behavior that contradicts the norms due to family effects such as 0.8% smoking, 3.2% alcohol consumption, illegal motor racing 2.2%, not attending school, 8%. Thus, family dysfunction can affect adolescent norms, such as feelings of inadequacy, loneliness, substance abuse, avoidance of reality, and self-destructive behavior due to low self-esteem levels.

5. Effect of parent support factor on adolescent self-concept at St. Gabriel Catholic High School and State High School of Maumere 2

The smallest social group of the family has an important role in providing support, the outpouring of affection, direction, and supervision to the child in order to grow confident.^[33]

Parental support and awareness are positively related to adolescent self-esteem. The result of the bivariate analysis showed that p-value of 0,004 with significance $< \alpha = 0.05$ which means there is a relationship between parental support and adolescent self-concept at two high schools in Maumere.

Furthermore, the support provided by parents includes supports both morally and materially. The fact that teenagers experience that parents only provide the support in the form of facility supply but lacking other attention that is needed by teenagers. As a result, teenagers tend to be mistaken in utilizing the facilities provided by parents. Thus, they become less disciplined and most likely to forget their duties as a student.

Montague et al. (2008)^[34] conducted a study of 212 adolescents in the school found that adolescents with low self-concept have a higher risk of emotional and behavioral disorders resulting from poor parental support. The results of the research on multivariate analysis, with path analysis in the data, show that the support of parents, affect the adolescent self-concept of 1.35 (135%). Self-concept is less direct effect but gives an indirect effect on self-concept, in which the result of self-concept moderation on behavior is -22 (negative 22%).

6. Effect of creativity factor on adolescent self-concept at St. Gabriel Catholic High School and State High School of Maumere 2

Teens are inseparable from creativity because beneath themselves are full of desire to create something new or different and have the desire to try new things. In addition, adolescents also want to show different things to others to improve their self-concept.

The effect of creativity on adolescent self-concept is very closely related to the results of research conducted in Maumere with the result of significance $0,000 < \text{value } \alpha = 0.005$. The higher the self-concept the higher also what to achieve, as stated in a research conducted by Utami & Pratitis (2013),^[35] which explains that individual creativity can affect the strategic coping that a person uses when facing a problem. The more creative a person is, the better the development of positive strategic coping. The difference was significant with Chi-Square test = 13,161 at p- value= 0,011 ($p < 0,05$) and degree of relationship equals to 0,507 meaning that there is a relation between creativity and coping in solving a problem.

The creativity affects the independence of a person was proven by the analysis of path analysis in 113 adolescents in which there was a positive sign of 0.320 with value C.R. of 2.023 which was greater than 1.96, meaning that creativity affects independence.^[36]

7. The effect of self-concept on deviant behavior in adolescents at St. Gabriel Catholic High School and State High School of Maumere 2

Negative self-concept will result in deviant behavior as well. Teenage is a transitional period; their rational control is still controlled by emotions. Therefore, adolescence needs to get the attention of parents, educators, social environment and even the teenagers themselves.

In this study, we found the data of behavioral deviation in adolescent at St. Gabriel Catholic High School and State High School of Maumere 2 that respondents have experienced kissing on the cheeks as many as 238 people (64%), kissing on the lips as many as 107 people (28.8%), hugging tightly as many as 129 people (34.7%), and smoking 32 people (8.6%). In addition, skipping school as many as 148 people (39.8%), having consumed alcohol as many as 78 people (21%), having experience brawling as many as 9 cases (2.5%), motor racing as many as 25 people (6.7%). Then, not going to school without explanation (alpha) as many as 199 people (53.5%), doing the act of vandalism as many as 182 people (48.9%), and not using the attire according to the school rules as many as 105 people (28.2%).

The positive self-concept is not shown with high-positive behavior in adolescents in Maumere because of the culture and customs of local people that are not considered deviant. Suyatno and Narwako (2006)^[37] stated that the value of culture acts as a pillar of society's life order and becomes the guidance that directs the behavior of community member in physical and real. The culture inherent in Maumere is the drinking of alcohol that is done not only by individuals but also together with teenagers participating in consuming alcohol along with adults even along with their parents.

It also occurs in some areas of Indonesia where consuming alcohol is a tradition for unifying traditional rituals such as in Manado.^[38] The effect of self-concept on negative behavior or deviant behavior in the adolescent with the negative value is 1.48 (-1.48). It confirms that the higher the self-concept the lower the negative behavior or deviate.

CONCLUSION

There is a direct effect of family relationships, creativity, parental support, peers, maturity age of self-concept and indirect influence between self-concept toward positive and negative behaviors.

SUGGESTION

There is a need for regular evaluation of students at St. Gabriel Catholic High School and State High School of Maumere 2 to improve the adolescent self-concept of deviant behavior.

ETHICAL ISSUES

The study was approved by the ethical committee at East Nusa Tenggara, Medicine Faculty, Nusa Cendana Kupang University.

AUTHOR'S CONTRIBUTION

All authors contributed to the study concept, design, data analysis and manuscript preparation.

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