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Factors That Influence Adolescent Self Confidence

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Abstract

Adolescence is a developmental stage in the life cycle of humans are susceptible to a variety of mental problems. The existence of the adolescent problems can be attributed to a lack of self-confidence. The purpose of this study is to determine the factors related to adolescent self confidence using descriptive correlation design with a cross-sectional approach. Research conducted in the District of Kulim District Tenayan Raya Pekanbaru City with 100 total respondents. Sample are taken using proportionate stratified random sampling technique that has been requested to complete a questionnaire that has been tested for the validity and reliability. Based on an analysis using Chi-square test, it is obtained that there are significant relationship (p value < 0.05) between the two variables namely parenting style (p value = 0.00) and peers (p value = 0.000) with adolescent self confidence. Based on the results of this study, it is suggested to public health officials to more understand about the various factors that influence adolescent self confidence, which can be used as a basis for providing health education for the increase adolescent self confidence.

Key notes: Adolescents, parenting style, peers, self confidence