

FACTORS THAT INFLUENCE ADOLESCENT SELF CONFIDENCE**Jumaini¹, Veny Elita², Fathra Annis Nauli³**Lecturer in Psychiatric Nurisng, Nursing Science University of Riau ^{1,2,3}

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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. Samples 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 = 0.00) 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

BACKGROUND

Adolescence is a developmental stage in life cycle of human that have special characteristic. Adolescence is full of fluctuation, because physical, psychological, or social are change in this stage. This stage is important and being determine for the next generation to success, if they have right thing to show and fill with something useful (Nurlis, 2008).

Adolescence, in their development have many psychological stress, pressure from friends, influence from their environment, and emotional fluctuation from themselves, so that they have problem in build relation with the others (parent, family, teacher, and friends) and other problems that can pressure they

psychological. The adolescence problem can related to less self confidence. Freda's research (2006) about adolescence problems in many aspect of life is show that less self confidence is the most problem on personality problem (26.88 %).

Self confidence is aspect of human personality that important as the way to actualize self potential of human. Self confidence is an attitude that can make possibility for individual to have realistic and positive view about themselves and their situation (WHO, 2003). Someone with self confidence will be certain with their ability, they can arrange their life and they have realistic hope. Self confidence is needs to build

healthy mental and positive behavior, so adolescence can face the challenge in their life.

This self confidence is influence adolescence developmental task to build self identity. A fail in this phase will causes confused character and will disturb the next developmental task (Keliat, Daulima, & Farida, 2011).

Masuti and Aswi (2008) say someone who have no self confidence isn't teach themselves and just wait someone to do something to him/her. Self confidence is very useful for every situations, self confidence is also clarify the responsibility of people. Because the more self confidence less, is more difficult to someone to chose what will they do for them self. Self confidence can build by keep studying, not scare if doing something wrong, and apply the knowledge that has been known.

Santrock (2003) says less self confidence can causes mental health problem such as low self-esteem, social isolation, depressions, anorexia nervosa, and fatality problem like suicide. Data from the Center of Disease Prevention and Control US (CDC) say suicide is the third leading cause of death in people between 10 to 24 years old. About 4600 adolescence do suicide every year in US (Reuters, 2013). In Korea, from National Statistic on 2010, siocide became main cause of death in adolescence (Park & Chung, 2013). During 2012, in Indonesia, Child Protection Commission (KPA) receives 31 cases

attempted suicide at the age 13 – 17 years (adolescents), 19 people dead (Fitriyani, 20120).

Central Statistics Agency/Badan Pusat Statistik (BPS) recorded population in Pekanbaru city in 2012 was 897 thousand consisting of age group 10-14 years 78 thousand and aged 15-19 years were 86 thousand (BPS Pekanbaru, 2012). Whereas in 2013, the population of Pekanbaru increase to 964.558 and the number of adolescence age 10-14 are 81 554 lives and age 15-19 is 90.797 (BPS Pekanbaru, 2012). This figure shows the number of adolescences are quite large, which is about 17% of the total population.

Large population of adolescence is asset for the nation, so their growth and their health include physically and mentally must be maintained and optimized. Phenomena that exist today, appears some characteristic that indicated many adolescence who have less self confidence. Some of characteristics include: have low motivation to compete, low motivation to develop and get achievement, and unstable personality. Some research shows the cause of this adolescence problem is less self confidence (Idrus & Rohmiati, 2008). The effect of less self confidence can be extended to misconduct or delinquency as compensation of less self confidence in adolescence.

The description shows how important self confidence in adolescence, but in the other side adolescence is very risky to be less self

confidence. Based on that, the authors interested to doing research about analysis of self confidence in adolescence in Pekanbaru.

Purpose of this research is to determine the effect of parenting on adolescence self confidence and peers support on adolescence self confidence.

METHODS

The type of this research is quantitative research with correlation descriptive design and cross-sectional approach. Samples are taken using stratified random sampling technique to 100 adolescences. The characteristic of adolescence is 1) age 13 – 18 years old, 2) still in school, and 3) live with their parents.

Data collection tool that have been used in this research is questionnaire and data was taken in July – August 2014. Univariate analysis of data using frequency distribution and bivariate analysis of data using chi-square test.

RESULTS

Table 1. Characteristic of Respondents Sex

Sex	Frequenc y (f)	Percentage (%)
Male	47	47
Female	53	53
Total	100	100

Table 2. Characteristic of Respondents Age

Age	Frequency (f)	Percentage (%)
13 years	17	17

14 years	16	16
15 years	20	20
16 years	21	21
17 years	23	23
18 years	3	3
Total	100	100

Table 3. Relationship between Parenting with Adolescence Self Confidence

Parenting Style	Self Confidence				Total		Pv
	High		Moderate				
	N	%	N	%	N	%	
Democratic	48	73,9	17	26,1	65	100	0,00
Authoritarian	0	0	35	100	35	100	
Total	48	73,9	52	26,1	100	100	

Table 4. Relationship between Peers with Adolescence Self Confidence

Peers	Self Confidence				Total		Pv
	High		Moderate				
	N	%	N	%	N	%	
Positive	48	92,3	4	7,6	52	100	0,00
Negative	0	0	48	100	48	100	
Total	48	92,3	52	7,6	100	100	

DISCUSSION

The result of this research shows that there is a significant relationship between parenting with adolescence self confidence and peers support with adolescence self confidence (p value <).

The result if this research appropriate with Idrus and Rohmiati's research (2008) which state there is a significant relationship between adolescence self confidence with parenting in parents with Java's ethnic. Wildan's research (2013), result that there is a significant relationship between parenting with adolescence self-concept.

Self confidence is an attitude or feeling confident with the ability of self so that someone can not affected by the others (Lauster, 1999). Self confidence also defined as positive attitude from individual that enables him/her to develop positive assessment, both to themselves and to their environment/situation he faced (Rini, 2002). Self confidence is effecting by every stage of individual psychosocial development. Ericson cited by Townsend (2000) describe psychosocial development has eight stage namely infancy, childhood, pre-school, school-age, adolescence, young adult, adult, and elderly. Adolescence psychosocial development is adolescence ability to achieve self identity include the role, personal goal, and him/her unique or characteristic (Keliat, Helena, & Farida, 2011). If individual can't achieve the capability, they will be confused of role who have an impact to fragile personality, so impaired self-concept will be happen, include self confidence disorder.

One of external factor that essentially develop self confidence is parenting (Rini, 2002). Parenting is a parenting patterns prevailing in the family, how families shape children's behavior in accordance with the norms and values and also accordance with people's live (Hardywinoto & Setiabudhi, 2003). Parenting includes interaction between parents and children in the form of physical and psychological needs.

The result of this research also showed that most respondent who obtain democratic parenting style has high self confidence (79.3 %). Hurlocks (1999) describe one of factor that influence adolescence self confidence development is democracy parenting style. In democratic parenting, children or adolescence are given freedom and responsibility to express their opinion and do what it is him/her responsibility. Democracy parenting is upholds openness, recognition of children's voices, and cooperation (Baumrind in Fathi, 2010). Characteristic thick of this parenting is the existence discussion between children and parents. Parents acknowledge the children's existence. Freedom of expression that has been given to children still remains under the supervision of parents.

Arkoff in Fathi (2010), states that children who are educated with democratic way generally tend to express aggressiveness in constructive action or feeling hatred temporary. Result of Rohner, Khalaque, and Ciunoyer research (2007) shows that parenting parents were being receptive will make child feel loved, protected, valuable, and supported by their parents. This parenting is very good to support personality development that consist of pro-social personality, self confidence, and autonomy but very concerned with the environment.

Ericson (in Sprinthall & Collins, 1995) suggested adolescence getting social support

from peer groups. Therefore, adolescence is trying to merge themselves with their peers. Peers is a reference source to adolescence about anything, adolescence can be given the opportunity to take on roles and new responsibilities through encouragement or social support. So, peer support may improve self confidence in adolescence.

CONCLUSION

- Most respondent were female (53%)
- Most respondent age is 17 years (23%)
- There is a significant relationship between parenting with adolescence self confidence. ($p \text{ value} <$)
- There is a significant relationship between peer support with adolescence self confidence ($p \text{ value} <$)

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