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The Effect of Social Support on Adolescent Self-esteem

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ABSTRACT

This research is important because in adolescence today their desire to socialize is very high. This sense of peer attachment if not fulfilled by the adolescent environment causes a decrease in adolescent self-esteem which has an impact on the difficulty of adolescents displaying their potential. This aspect of self-esteem development will develop well if he gets enough social support. This is the background of the researcher to see if there is an influence between social supports on adolescent self-esteem. The method used in this study is a correlational quantitative method, with 40 subjects from SMAN 1 Cimahi. This study found that there is indeed a relationship related to social support and self-esteem of 0.546 with a total significance of 0.000 and a positive direction of the relationship, meaning that if adolescents have good social support, and their self-esteem will also be better.

KATA KUNCI

Self esteem;
Dukungan sosial;
Remaja;

ABSTRAK

Penelitian ini penting dilakukan karena pada masa remaja sekarang ini keinginan mereka untuk bersosialisasi sangatlah tinggi. Rasa peer attachment ini apabila tidak terpenuhi oleh dari lingkungan remaja menyebabkan menurunnya self esteem remaja yang berdampak pada sulitnya remaja menampilkan potensi yang dimiliki. Aspek perkembangan self esteem ini akan perkembangan dengan baik apabila dia mendapatkan dukungan sosial yang cukup. Hal inilah yang melatarbelakangi peneliti untuk melihat apakah ada pengaruh antara dukungan sosial terhadap self esteem remaja. metode yang digunakan dalam penelitian ini merupakan metode kuantitatif korelasional, dengan 40 subjek dari SMAN 1 Cimahi. Pada penelitian ini menghasilkan bahwa memang ada hubungan terkait dengan dukungan sosial dan self esteem sebesar 0,546 dengan total signifikansi sebesar 0,000 dan arah hubungan yang positif artinya bahwa apabila remaja memiliki dukungan sosial yang bagus maka self esteem yan dimiliki juga akan semakin baik.

INTRODUCTION

Adolescents are considered the successors of the nation who are expected to have a more advanced mentality and thinking so that they grow into good moral human beings. Papalia, Olds, & Feldman (Karneli, 2019) define adolescence as a transitional phase from childhood to adulthood, where there is often upheaval experienced by adolescents. Upheaval occurs due to instability in emotional aspects, social relationships, and the search for identity with changing relationship patterns. All aspects of adolescence affect each other, both social skills and social adjustment (Utomo, 2023), so all aspects need to move simultaneously so that negative behavior does not occur. During this period, there are often various problems that must be faced by adolescents because it is not uncommon for adolescents to feel that they are adults so that they can determine the direction of their own lives.

Several important periods affect the behavior and attitudes of adolescents for a long period. One of the periods in question is physical changes and psychological changes. According to Sarwono (Sanchaya & Susilawati, 2014), five aspects of psychological changes occur in adolescents, namely changes to the level of intelligence, changes to socio-emotional, changes to gender, and changes to religiosity and morals. The characteristic that adolescents are

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psychologically mature is seen through three things, the first is changes in the self, having their life guidelines, and viewing themselves objectively. This is in line with what Erikson said related to the task of adolescent development, namely through an identity crisis to get a stable identity which will later affect the self-concept (Muri'ah Siti, 2020).

The process of forming a self-concept during adolescence is related to the transition period experienced from childhood to adulthood. The definition of self-concept is the way individuals see themselves and what is expected of them. How individuals see themselves can be seen from three things, namely the image of themselves (self-image), assessment of themselves (self-esteem), and expectations of themselves (self-ideal). When adolescents can assess themselves highly, they will be able to develop their potential so that the developmental tasks faced will be resolved properly because adolescents can overcome these challenges. So it can be interpreted that good self-esteem will lead adolescents to a successful life (Sancahya & Susilawati, 2014). To be able to have good self-esteem, the main thing that adolescents must have is self-instruction, the role of self-instruction as a moderator driving student behavior (Prayogi & Utomo, 2021; Utomo et al., 2018; Prayogi et al., 2023).

One aspect that determines the success of adolescents when making relationships with their social environment is self-esteem. This is because when adolescents are confident in their potential, they will get positive feedback from the environment. So that it will cause a sense of comfort when interacting with the social environment. Conversely, when adolescents are not confident in their potential, negative feedback will arise and adolescents will display negative attitudes (Febrina et al., 2018).

One factor that helps adolescents develop self-esteem is social support. The unstable feelings that adolescents are experiencing make them need understanding help from the surrounding environment. Sarafino (Pontoh & Farid, 2015) states that social support centers on the sense of security provided by others, how to care, and how to appreciate. Forms of social support can be shown by providing information and ways of behaving that can make others feel that they are cared for and valued. This form of support is in line with the needs of adolescents who have a desire to be liked and accepted by the group which will cause a sense of pleasure. On the contrary, if adolescents are not accepted in the group, what arises is a feeling of anxiety and lack of confidence. The group's view of themselves will be much more important to adolescents.

Adolescents who get sufficient sources of social support from their environment will help them get through the difficult transition period. This support can be through peers (Utomo & Pahlevi, 2022), family or parents (Utomo et al., 2022), playmates (Utomo, 2021). Therefore, adolescents need to know and understand the sources of social support so that adolescents know to whom they will seek social support relationships. The right social support will mean more in the eyes of the person in need. Gottlieb (in Rachmi, 2021) states that there are two relationships in social support, namely:

1. Professional relationships, which are support provided by experts in their fields who come from outside the environment, such as psychologists, psychiatrists, counselors, and doctors.
2. Non-professional relationships, which are social support that comes from the closest people encountered in everyday life such as relatives, family, and neighbors.

The main source of individual social support is in non-professional relationships because adolescents spend a lot of time with the closest people. According to Gottlieb, the difference between professional relationships and non-professional relationships can be seen from the familiarity that is built. Non-professional relationships tend to be closer because they are easy to get and do not need to cost money (Rachmi, 2021).

In adolescence, developing good self-esteem is important to achieve a good self-concept. Of course, in developing self-esteem, the role of social support is very necessary. The low social support provided will result in low success for achievement in adolescents. Meanwhile, adolescents who have sufficient support will have a feeling that they have meaning so that they can develop their potential. Based on the results of research conducted by Anak Agung Gede Ariputra Sancahya and Luh Kadek Pande Ary Susilawati entitled *The Relationship Between Family Social Support and Self Esteem in Late Adolescents in Denpasar City*, shows that there is a significant relationship between family support and self-esteem of 26.8%. Therefore, researchers want to know whether there is a

relationship between social support that is owned by adolescents and what kind of social support adolescents should have.

METHOD

In this study, the method used is a correlational quantitative method. According to Sukardi (in Wibowo, 2013), correlation research is used to see the relationship between two variables. In correlational research, the subjects needed are not too many (Maharani & Mustika, 2016). The research was conducted at SMAN 1 Cimahi by taking a sample of 40 students. The scale used in collecting data is based on a scale from Rosenberg called the Rosenberg Self-Esteem Scale (RSES). While on social support, data collection refers to House's theory related to social support which involves aspects of emotional support, appreciation support, instrumental support, and information.

In the validity test of the item scale of social support, there are 34 items with the results of the alpha coefficient reliability test showing results of 0.730 which indicates the reliability of this scale is sufficient. The self-esteem scale is based on the Rosenberg scale which has 6 valid scale items and the reliability of the scale shows a coefficient of 0.763 which means the reliability of the self-esteem scale is sufficient.

RESULT AND DISCUSSION

Results

Normality Test Results:

Table 1. Normality test

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
X	,126	40	,112	,898	40	,002
Y	,177	40	,003	,954	40	,105

a. Lilliefors Significance Correction

In the normality test, the results of the social support scale show the results of 0.002, which means that the data is not included in normally distributed data because > 0.05. Meanwhile, the normality test results on the results of the self-esteem scale are 0.105, meaning that this data shows normally distributed data because it is < 0.05.

Because one of the results of one of the variables is not normally distributed, the overall data is data that is not normally distributed. Therefore, the correlation calculation uses a non-parametric, namely Spearman.

Table 2. Spearman correlation test

Correlations

		X	Y
Spearman's rho	X	Correlation Coefficient	1,000
		Sig. (2-tailed)	,546**
		N	40
Y	Y	Correlation Coefficient	,546**
		Sig. (2-tailed)	1,000
		N	40

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the Spearman correlation calculation, it can be seen that the calculated r value is at 0.546, which means that the calculated r value is > from the r table value of 0.312. In addition, the value of Sig. (2-tailed) or the significance value shows the result of 0.000, which is less than 0.05, meaning that there is an influence relationship between social support and adolescent self-esteem.

Discussion

Social support provided by the environment around adolescents has a considerable influence on self-assessment. The affirmation given by the surrounding environment gives an idea of how adolescents view themselves. The positive or negative direction of adolescent self-assessment depends on the affirmations given by the surrounding environment.

This is in line with research conducted by Anak Agung Gede Ari Putra Sanchhya and Luh Kadek Pande Ary Susilawati entitled *The Relationship between Family Social Support with Self Esteem in Late Adolescents in Denpasar City* which has results in the form of good social relationships in adolescents will greatly help in forming good self-esteem for adolescents. As the opinion of Santrock (Lestari & Satwika, 2018) the strength of adolescent peer attachment is high, which indicates that the support provided by surrounding people will greatly affect the formation of self-esteem and self-concept of adolescents. Self-esteem will greatly help adolescents in forming good coping, which will make it easier for adolescents to face challenges and further developmental tasks. Although social support does not necessarily help adolescents overcome problems and stress, at least strong social support will greatly help in the formation of strong self-esteem.

Self-esteem itself has two forming factors, namely how the individual assesses himself and how his social support helps in determining the meaningfulness of the individual. It can be seen that adolescents need help from people around them to get recognition of their potential so that they feel that there are people who pay attention to them very well (Mauboy & Kusumiati, 2019). Social support has an important role in building social relationships. Amiliya's research, (2020) said that social support is always related to two things, the first is how many sources of support will be received and is related to the number of people who can be relied on. The second is related to the satisfaction of the support provided by those around them and is related to how confident he is that his needs will be met.

These two things are closely related and must be in harmony. Teenagers need a figure who can be trusted and can direct, in this case, parents. Parents should not try to judge and feel the most righteous when teenagers say something wrong because it will only undermine their trust in their parents. Not only will trust fade but what parents do will make adolescents feel that they cannot make decisions. Both of these things will unconsciously make their self-esteem low because they feel that the social support they get is lacking, especially from their parents.

CONCLUSION

Based on the results of the study, it appears that social support influences the development of adolescent self-esteem. This social support helps adolescents see how they are related to their potential and acceptance of themselves. Social support gives adolescents the feeling that they have a figure who can be trusted and a figure who can help them fulfill their needs.

Suggestions for future researchers related to the results of the study are to clarify what kind of social support is very influential on adolescents. Because the sense of peer attachment that adolescents have is very high, it could be that peer relationships are an important factor in adolescent social support as a self-esteem grower.

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