

THE IMPACT OF YOUTH SELF DISCOVERY ON EDUCATION IN GRADE XI SMKN 3 PACITAN

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Abstract

This research was conducted to find out whether teenagers can solve their problems, their self-confidence, their perspectives toward the future, and their responses to the views of those around them. This study uses a quantitative description with an online platform, Google Forms, to find student data. This research data was obtained from 148 students as a respondent from grade 11 of SMK N 3 Pacitan. The results of this study indicate that not all students can handle the effect of searching for Identity. The implication of this research requires more guidance and knowledge about the search for Identity and its impact on teenagers so that teenagers can know and be aware of the effect.

Keywords: *Education, Teenager, Search for Identity*

Introduction

The passage from childhood to early adolescence is trying to figure out an identity. The transition to a young person often leads to unbalanced thoughts. Teenagers have emotions that cannot be controlled. Identity can be introduced in early childhood so that children become individuals with national values that can be implemented in daily life (Rustini, 2018). The concept of Identity is a national identity that can be introduced early to maintain the dignity of the Indonesian nation. This is so important for teenagers to make an identity.

In this process, the role of parents is vital. The primary function of a mother in a family is to fulfill the needs of the child, both physical and mental needs. This is because, after all, mothers are role models for children. A mother needs to be an excellent example for her child because every behavior a mother does will be imitated by her child. For this reason, it requires awareness from mothers to set a good example for their children (Apriyanti & Mitasari, 2021).

Teenagers will feel changes in their life, and in finding the Identity of identity will experience rapid and extreme physical changes. Children who are heading into early adolescence will usually explore the outside world. At this time, adolescents are at a stage they can physically function as adults, but mentally and socially, they are not yet mature. Children entering their early teens will know new things that have not been seen.

In a country where there is not even a minimum, it is juvenile delinquency. Juvenile delinquency is an act that significantly violates moral norms, norms of decency, and legal norms, but the authorities will not prosecute juveniles. Meanwhile, according to Benjamin Fine, child delinquency includes acts and behavior that violate the norms of criminal law and violations of decency, order, and norms prevailing in society, committed by children under 21 years of age (Simanjuntak in Sumiyanto, 1994).

Juvenile delinquency in Indonesia is increasingly rampant and has many cases at a higher level. If the ability to regulate emotions is low and the behavior of establishing interactions with others causes behavioral disorders, choosing aggressive actions to get out of problems (Yanti, 2005). Widespread and uncontrolled juvenile delinquency is very detrimental to society. Juvenile delinquency is disorganized and can harm future generations if juvenile cases are not resolved immediately.

The environment can affect human life. Negative examples of the environment can involve juvenile delinquents looking for an identity. Self-identity in teenagers is formed from the interaction process with the territory, either from the created or natural environment. The environment created is an environment that is controlled or taken care of by educational

institutions, usually non-formal or formal educational institutions. At the same time, the natural environment is a natural environment and the community's environment. Self-identity is an adolescent interaction due to socialization with the created and natural environments. In addition, teenage Identity can also be influenced by temperament or emotionality in innate individuals. Usually, the character of adolescents is the same as the nature of parents in adolescents. Temperament or emotional traits determine adolescents' sensitivity to experiences and responses to patterns of social interaction.

The process of self-discovery in adolescents is a process toward maturation. Adolescents do not recognize their Identity, which has a significant impact on the lives of adolescents, because adolescents will not find a life that leads clearly. Usually, teenagers who do not recognize adolescents identity will make adolescents look at their adolescent selves in the wrong way. Adolescents who lack parental attention, have a less supportive environment, poor education, economy, and promiscuity will act differently. Adolescents will consider it the right action. The impact is not good if the wishes of adolescents are not fulfilled, or if they do not follow what they want, they will rebel. The result is an adolescent who goes against the rules.

Teenagers as young people who should have ideas and social sensitivity to do social engineering. Social sensitivity is the most essential element in humans. Adolescents must be able to hone social sensitivity to be sensitive to the surrounding environment and the educational environment. Adolescents with a positive self-concept are characterized as spontaneous, creative, and original, respect the adolescent self and others, are free, can anticipate negativity, and view the teenage self as a whole, liked, wanted, and accepted by. This social sensitivity should be honed and grown early in shaping the life order of a dignified society and nation. Pala (2011) also proved in research that character education should be implemented starting from the primary education level to form a strong foundation of student character for the next level. Therefore, it is necessary to have appropriate attention and care from educators, parents, and teachers, to direct children's behavior so that it does not develop into bad behavior (Nurwita, 2019).

Teenagers' self-discovery begins by having a healthy environment. A healthy environment can provide many benefits for teenagers' self-discovery. In addition to a healthy environment, education in self-discovery is also essential. Teenagers will be able to explore the world of education. According to Soldatova, Panov, & Džeroski (2013), several factors influence the condition of adolescent self-identity, namely family social support, in the form of communication, motivation, and adaptation support. The suitability of this research is in the variable of ego identity and the findings in the form of factors that influence achieving a good ego identity condition.

Parents have a role in children's self-discovery period as coaches or motivators and as supporters of children. When parents and educators provide good direction to children and constructive motivation, children who will enter adolescence can develop better in their period of self-discovery. According to Jannah (2012), parenting is an interaction between parents and children during parenting activities, which means parents' guide, discipline, and educate. Parents must protect children so that children can achieve developmental tasks. Every parent with a child must want the child to be successful in terms of morals, education, career, etc. However, sometimes expectations do not match reality because of communication delays or parents' lack of knowledge about how Islam provides guidance and guidelines on treating children according to proportions (Yani, Khaeriyah, & Ulfah, 2017).

In this article, the aim is to find out if there is a relationship between education and adolescents who are searching for Identity. This article also determines whether adolescents can find themselves in an educational environment. Because there are still many teenagers who have not found their Identity, especially teenagers who are already in Senior High School. Further research is needed to find out

Method

This research used a design descriptive quantitative. This research data was obtained from 148 students. The data were taken from grade 11 of SMK N 3 Pacitan. The data was collected from June 8th, 2023, to June 13th, 2023. The instrument was a questionnaire that used the Google Form platform and used ten questions about controlling emotion, self-improvement, and attitude. After the research data was collected, the data was analyzed by counting the number of student answers, showing the findings, discussing the results, and drawing conclusions from the research data.

Findings and Discussion

The search for identity in teenagers is standard in puberty. In the search for identity, there is an element of self-control, accepting one's situation, and managing oneself (Hidayah & Huriati, 2016). However, few teenagers are confused when facing problems and changes in themselves, both in psychological, cognitive, social, and physical changes. This confusion creates an identity crisis for teenagers. This research was conducted to determine the attitude of teenagers when looking for Identity. It is necessary to understand the problems faced by teenagers in the process of finding Identity.

Through this research, we can identify specific behavioral patterns or attitudinal tendencies common among adolescents during self-discovery. There are many studies on self-discovery, but our research focuses on the attitudinal preferences of adolescents during self-discovery and the problems that adolescents often face during teenager examination for Identity.

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Teenagers Solve the Problem

Every teenager needs to face problems and try to overcome them so they know how to overcome them one day instead of running away from them.

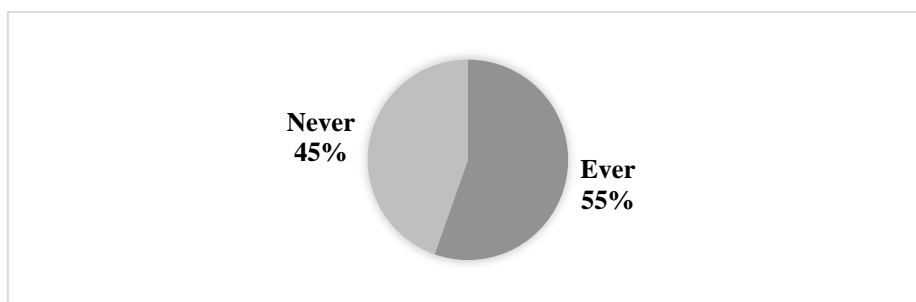


Figure 1: Teenagers Have Experience Serious Problem

From the research results, 55% of students have experienced severe problems. Meanwhile, 45% of students have not. This is a sign that most adolescents have serious issues. These serious problems can arise from environmental and school influences. Domestic violence, bullying, or an unsafe school environment can harm adolescents' well-being. In addition, problems can occur when faced with high academic pressure, social expectations, and diverse demands. These burdens may include academic performance, friendships, and romantic

relationships. However, no matter how complex the problems are, they must learn to cope and deal with them.

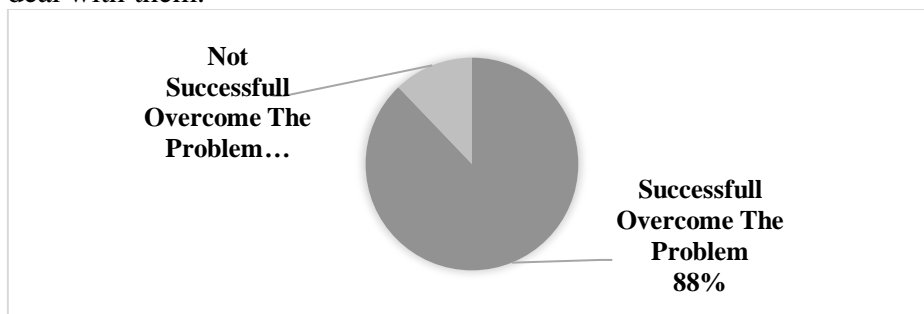


Figure 2: Teenagers Successfully Overcome The Problem

In Figure 2, it is clear that most teenagers can solve their problems. This shows that most adolescents have had considerable experience in dealing with issues. However, there are still some adolescents who feel that they have not been able to overcome their problems. Support from relatives and friends is very influential in solving the problems they experience because every positive affirmation from the closest person can affect adolescents.

Teenagers Self Confidence

A teenager's self-confidence is very influential in how they communicate and their future because it affects their mentality.

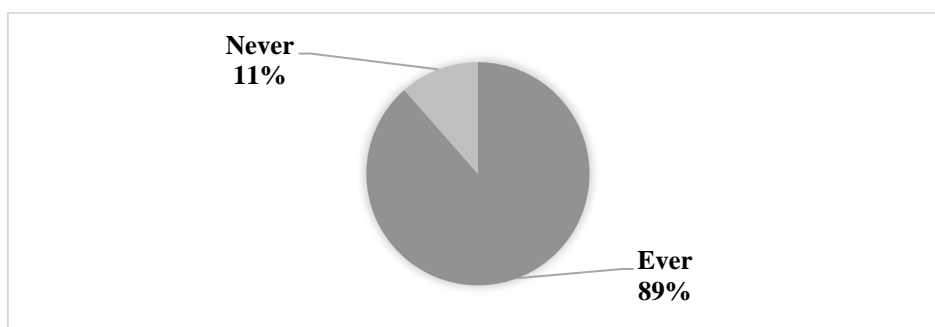


Figure 3: Teenagers feel that if their friends can afford it, they should be able to afford it too

The data above is an indication that there is a lot of competition among students. In many schools, there is high pressure to achieve good academic performance. This can create an atmosphere of competition among adolescents to achieve the highest rank, high grades, or other academic recognition. It is said in similar research that every individual desires a respected position even more elevated than others. Students, of course, want to be number or class champions. To fulfill the desire of students to become class champions, each student competes with each other and competes to reach the first rank in the class (Shalahudin, Bahari, & Rivaie, 2016). This kind of competition can encourage teenagers to work hard, but it can also increase stress and create feelings of inadequacy if they fall behind. But competition between teenagers can also be related to popularity, appearance, or self-image. Teenagers may need to compete in terms of physical appearance, attractive personality, or popularity among their peers. The need to look "popular" or "stand out" can create intense competition and increase social pressure. It is essential to realize that this competition can impact adolescents differently. For some individuals, competition can be a driver for higher achievement. However, for others, it can lead to stress, feelings of low self-worth, or difficulty understanding true self-worth. To compete with your peers, you need a lot of self-confidence.

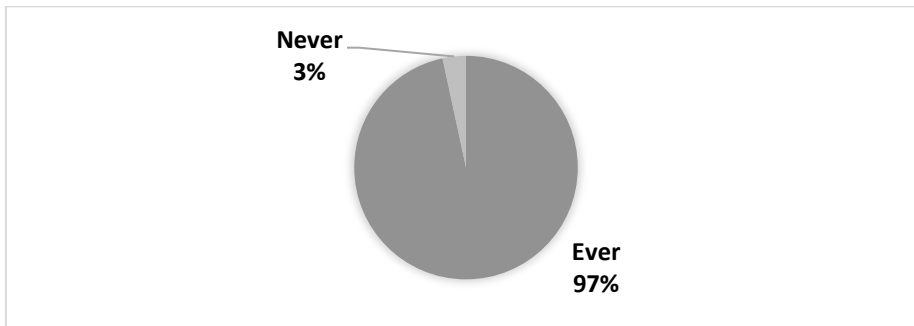


Figure 4: Teenagers feel proud when success in doing something

The data showed that 97% of the respondents felt they would feel proud when they could do something. It is natural for humans to feel proud after successfully doing something significant or achieving a goal they set, especially if something they went through before seemed impossible to do. It can also be used as proof that they can do something to get recognition from others. Praise from those around them can also boost a teenager's self-confidence.

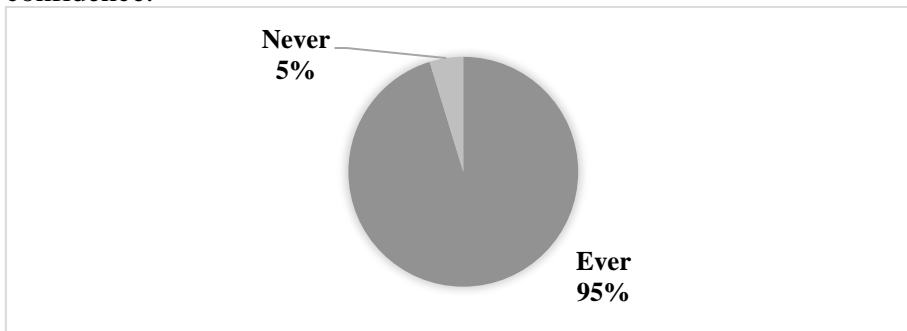


Figure 5: Teenagers have improved themselves

95% of respondents have tried to improve their value in themselves, while 5% have not been able to enhance their personalities. This shows that most adolescents have the self-awareness to improve their character and themselves, as self-improvement is an essential step in adolescents' personal development. It also reflects their desire to grow and develop into better individuals. It also shows that they have realized and strive to improve their shortcomings. They feel the need to optimize their abilities for their future.

Teenagers' Perspective Toward the Future

Adolescence is a period of transition from childhood to adulthood. They should start thinking about the future and what they want to do in late adolescence.

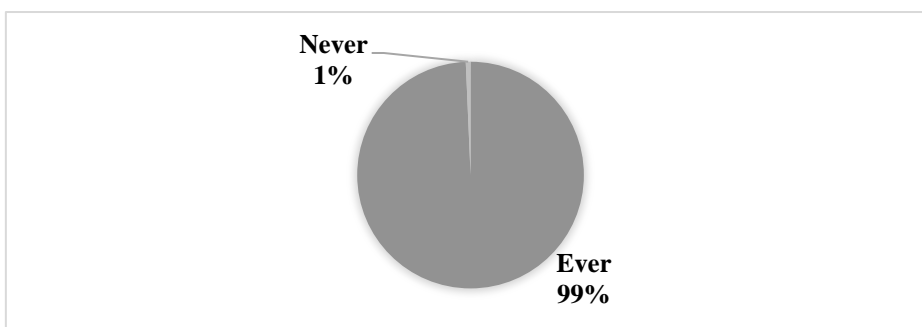


Figure 6: Teenagers have thought about the future

In the diagram above, it is clear that 99% of teenagers out of the total respondents have thought about the future. Teenagers must consider the future, especially when adolescence is a

transition period from childhood to adulthood. Indeed they have started to know who they are and what they want to do in the future. In addition, they will face changes in responsibilities. Thinking about the future helps them prepare for what they will do.

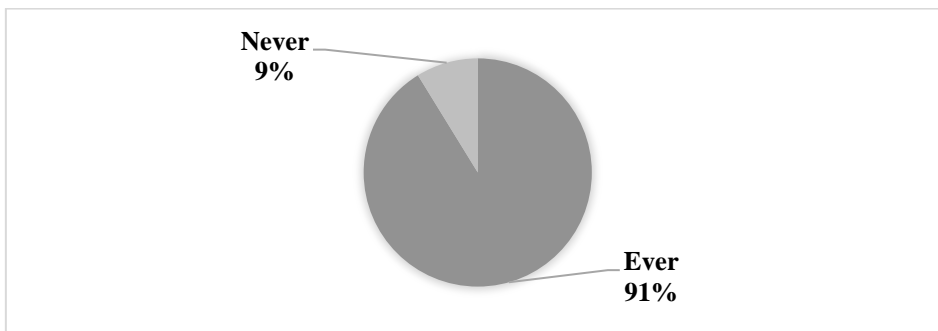


Figure 7: Teenagers thought confidently about the future

Figure 7 shows that 91% of adolescents were confident about their future, while 9% were not. Adolescents who feel optimistic about their fate may have made many achievements, so there is nothing to worry about in the future. In addition, support from those closest to them can also give them confidence in facing the future.

Teenagers' Response to the Views of those around Them

Every teenager will have a different response to praise or criticism. The diagram below shows teenagers' reactions to how they feel about other people's responses to them.

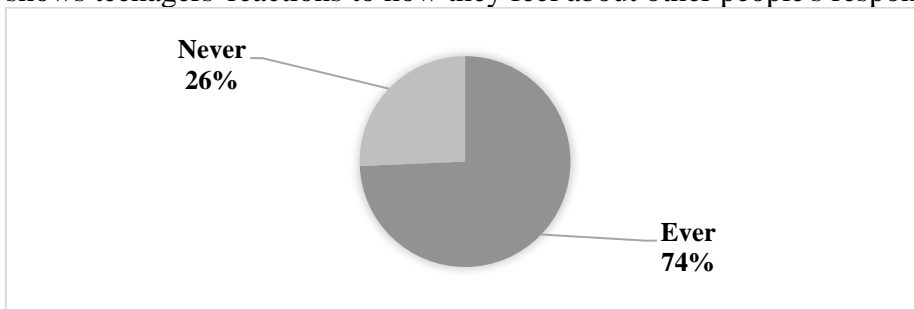


Figure 8: The importance of praise for teenagers

74% of adolescents agreed that they felt compliments were substantial, while 26% thought it was normal to be complimented. Generally, teenagers will feel that compliments are a form of appreciation, recognition, and something positive. It helps them feel valued, accepted, and recognized by others. Compliments show that their efforts and achievements are recognized and appreciated, which can strengthen feelings of self-worth and build positive self-confidence. Therefore, there is nothing wrong with appreciating teenagers when they succeed in doing something.

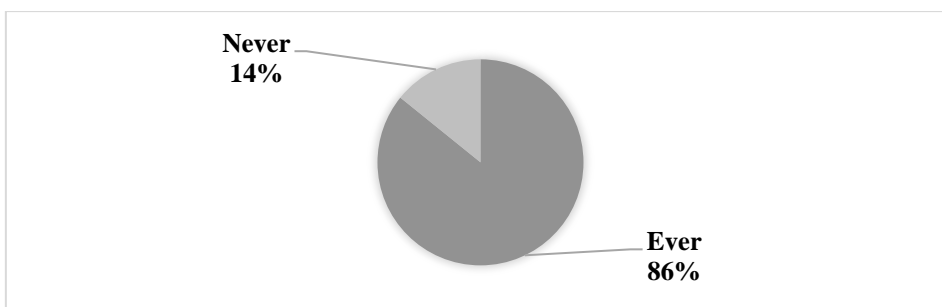


Figure 9: Teenagers response to criticism

Most teenagers feel calm when they get criticized, but 14% of teenagers think it hurts because, for them, it will bring them down mentally. A well-delivered criticism can build them up to be better people, but a complaint that only seems to demonize them would be better ignored. They can listen carefully, consider criticism, and use the information provided to improve themselves by staying calm. Teenagers must be good at choosing and sorting out which criticism they need to listen to develop their personality or which criticism they feel does not positively influence them.

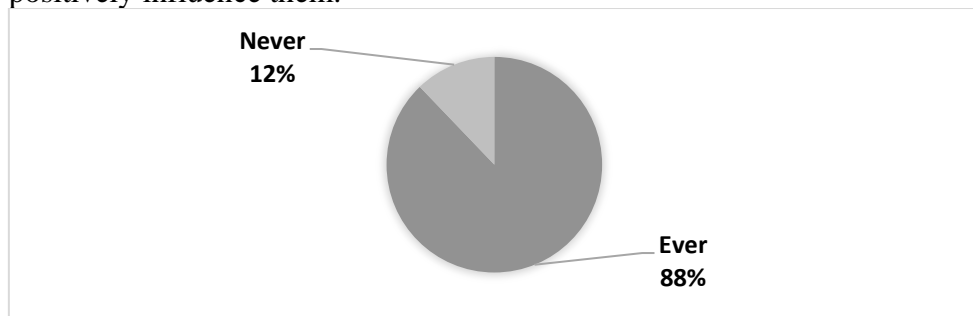


Figure 10: Teenagers feel that they are a terrible person

Most respondents thought that they were not a good person. A lousy personality of an adolescent can come from a bad environment, bad habits, and a wrong circle of friends. But remember that their false perception of themselves does not necessarily reflect their true self. Some teenagers are too pessimistic about themselves and feel that they are not good enough when the reality is not like that.

Conclusion

In general, the search for Identity means knowing yourself better and determining goals and happiness to achieve. The search for adolescents' identity will happen because they enter into one of the changes in mindset during puberty, which the school environment, friendships, and emotions can influence. This research shows that most teenagers have experienced severe problems, but most have also been able to solve them. In addition, this study also indicates intense competition among teenagers in the school world, and high self-confidence is needed to overcome this problem. Data also shows that almost all teenagers feel proud when they succeed in doing something and try to develop the potential that exists within them. Teenagers also have their perspective in dealing with the future where they start thinking about their future and preparing the skills needed for their future in the world of work and college. At the last point, the diagrams show that praise is influential in growing their self-confidence, while constructive criticism will develop them into a better person.

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