**GUIDENA**
J O U R N A L

Research Note

# Level Social Self Concept and Implication an Guidance and Counseling

**Widya Kartika Sari**

Universitas Prof. Hazairin Bengkulu, Indonesia
widya_kartika16@gmail.com

**Abstract**: Teenager considers themselves based on the perception others and one of the elements which affect the maturation in self-concept is how the assessment and social environment revenue toward itself — this study purpose to describe the self-concept of teens and the implications in guidance and counseling.  The research types descriptive quantitative methods. The Research was done to teenagers of a simple orphanage in Bengkulu with a population of about 103 teenagers. The total of the research about 82 survey youth to the sample used purposive sampling technique instrument was used the closed of scale Likert model with validity 0.873, reliability ( 0,931 self-concepts). The findings of this research show that: ( 1 ) self-concept as of teens tends to be a low category. (2)  implications finding for service counseling guidance the basic of arranging the guidance counseling program service which can formed  and improved the self concept of teens positively.

**Keywords**: social self-concept; guidance and counseling; assessment

## INTRODUCTION

Teenagers are individuals who are developing towards self-maturity. For this reason, adolescents are kneeled to be able to carry out their development tasks, one of which is being able to develop concepts self in a positive direction.

According to Burns (1993: 72) self-concept is one of the elements in the personality that explains behavior. Whereas according to Epstein (1973: 174) suggests that the concept of self as an opinion or feeling or image of someone about himself both concerning physical and psychological (social, emotional, moral and cognitive). If the brake is only an orphanage that has the view that it tends to be less lucky and label that obtained from the environment, it will be addressed negatively will bring up a negative self-concept because a teenager tends to see himself as seen and said as expected by others.

For this reason, adolescents need to equip themselves with the right view about the concept of the concept. Because if not this condition tends to form a negative self-concept, people which has negative self-concept is usually challenging to open up and talk with other people, challenging to confess to mistakes, difficult to accept criticism from others, trying to express ideas or ideas, feel insecure and feel worthless in the eyes of others and losing self-confidence.

Based on data obtained at the Orphanage that is still present several orphanage children alone away from friends, doing all the activities themselves, children are more likely to hesitate in asking help from others, lack of socialization, very shy and quiet, especially towards new people he met and was not friendly compared to other friends, even looked nervous when greeted.

As well as labels that are obtained from the environment as a child who is pitied. Labels that appear internally and are also supported by the views of the social environment so that teenagers in orphanages have to pull back on judging themselves (Rola, 2006: 3). Thus causing orphans to tend to withdraw from the environment, quieter and less alone there is a response to others, it is difficult to adapt directly, and unable to be assertive. Therefore these problems must be immediately overcome that is with forming self-concept positive. In this is the condition of service counseling plays a role in form the self-concept of orphanage adolescents care. Counselors can work with the orphanage to support the realization of the expected goals, namely teenagers who have a positive self-concept through well-programmed counseling services.

Purpose of counseling services are form independent and personal develop optimally as well able to adapt to their environment by going through various types of services and activities supporters. M aka of the counseling services should be cooperation between supervisors orphanage in order to create the same vision and mission to form a positive concept in children. The problem to be answered in this study is What are the consequences of the adolescent orphanage ? 2 ) What are the implications of self-concept in the guidance and service program counseling? While the fundamental goals to be achieved in this study are 1) Describe the self-concept of adolescent orphanage children. 2 ) Express the implications of self-concept in the guidance and service program counseling.

From the results of this research are expected to counselors can make this guidance counseling program as a reference in the development of the self-concept of a teen orphanage. So being able to interact with both. In addition to the leadership of orphanages could be a consideration in the provision of the means for supporting the implementation of guidance and counseling at the orphanage.

## METHOD

This type of research is quantitative research, the research approach used is descriptive which looks at the relationship between one or several changes. descriptive analysis, it is hoped that this research can reveal in-depth self-concept

The population in this study were teenagers in orphanages in the city of Bengkulu, amounting to 103 people. Sampling in this study using purposive sampling technique, namely the technique of selecting samples that are tailored to the objectives of the study. The purpose of this study was to reveal how the self-concept and communication skills of orphanage youth with a range (ages 12/13 years to age 17/18 years) for early adolescents, to obtain a sample of 82 adolescent orphanages. The instruments used to measure adolescent self-concept are questionnaires with Likert scale models. Referring to the type of quantitative research data, so that data analysis in this study was carried out by descriptive analysis.

## RESULT AND DISCUSSION

The results of this research will be presented into several parts so it will be easy to understand research results that have been obtained. The research data will include data described the concept of the self following exposure to any research data.

Based on table 1 , seen that, of the total sample of 82 teenagers, mostly adolescent social self-concept is in the category tends to be low (L) to the average (111) with the number of

frequency of 34 teenagers with the percentage of 37.80% thus be concluded that the majority of Social self-concept of orphanages in the city of Bengkulu is in the low category . As for knowing the picture acquisition of teen self-

concept scores, The following is a detailed description of adolescent self-concept based on self-concept indicators that can be seen in solid Table 2.

Table 1. Frequency distribution and achievement categories Youth Self Concept Score (n = 82)

| Classification | Category | Frequency | Percentage | Average | Category |
|---|---|---|---|---|---|
| > 153 | Very high | 1 | 1.21% | | |
| 135-152 | High | 8 | 9.75% | | |
| 117-134 | Is being | 23 | 28.04% | 111% | Low (R) |
| 99-116 | Low | 31 | 37.80% | | |
| ≤ 98 | Very low | 19 | 23.17% | | |
| total | | 82 | 100 | | |

Table 2. Description of Average (Mean) Obtaining Self- Score Score based on Indicators

| Sub variable | Indicator | Score | | | Total | Average | Sd | Category |
|---|---|---|---|---|---|---|---|---|
| | | Ideal | High score | Low score | | | | |
| Concept of social self | Friendly (6) | 30 | 29 | 10 | 1474 | 17 | 4.04 | R |
| | Super (11) | 55 | 46 | 15 | 2336 | 28 | 5.99 | R |
| | Feeling valuable in the eyes of others (24) | 1 20 | 98 | 35 | 5159 | 62.9 | 12,1 | S |
| Overall (40) | | 200 | 174 | 81 | 9161 | 111 | 17.2 | R |

Based on table 2, it can be seen that the common self-concept is in the category of low (R) with the highest overall score reached 174 from the ideal score of 200. The lowest overall score is 81, the total score reaches 9161 with the average score achievement 111, and the standard deviation is at the value of 17.2 so that it can be interpreted in the low category (R). However, there is one indicator that is in the medium category, namely feeling valuable indicators in the eyes of others with an ideal score of 120, the highest score of 98, the lowest score of 35, a total score of 5159, the average score of respondents is 62.9 and the standard deviation is 12, 1.

Results of this study show the self-concept is located in the low category. After calculating and analyzing the self-concept data, the average score of the self-concept is obtained 111 with the percentage of respondents as much as 41.46%.

Hurlock (1980) sees self-concept as an essential factor in interacting with others. This expert states that self-concept as the core of personality is an essential aspect of the ease of dealing with other people. Positive interaction with its environment through communication teenagers demonstrated good interpersonal communication skills.

What's more, teenagers are very easy and the transition period is still looking for an identity and consider whom he is quickly affected by social views, assuming that every other person's assessment of him is himself and is easy to conclude. Adolescent orphanages assume that their environment is less supportive in forming positive self-concepts, because from the results of the study more pointed to low self-concept, which teens always assume other people cannot accept their conditions to instill a picture of a self that is less friendly, inferior, unsure of one's abilities. This

is the result of environmental assessors who are not good at adolescents.

In line with that according to Rachmat (2007: 46) that one's perception or view of the extent to which the environment satisfies or disappoints someone will influence behavior in that environment. A teenager is not only concerned about who he is but what and in what context or group he can be meaningful and meaningful (Agustiani, 2006: 33). In other words, a person's identity also depends on how other people consider his presence. Because it can be better understood why the desire to be recognized, the desire to affirm attendance is significant for adolescents. Especially in the picture of a positive self-concept.

It is clear that Taylor said in Agustiani (2006: 143) that individual self-concept is entirely based on perceptions of oneself, then with increasing age, this view of self becomes more based on values obtained from interactions with other people and the surrounding environment. So that in general teenagers in the Bengkulu City Orphanage can be said to tend to have a low self-concept picture, as described above this will form himself (foster child) becomes a person who is not able to get along not be friendly, and feels unworthy in the eyes of others so that he becomes a person who is inferior, quiet and not confident. This is also in line with the opinion of Senjaya (2002: 20) that social characteristics show the characteristics of a person in dealing with others. Among other things, friendly or curt, extroverted or introverted, smart or quiet, attentive or unconcerned and so on. To be able to get out of these problems, teenagers need a place that can alleviate and create a more useful life.

Through counseling services that must be provided at the orphanage where they live. So that adolescent orphanages can form a positive self-concept. Based on the research findings, the implications for Guidance and Counseling services, namely making efforts so that adolescents (foster children) have a positive assessment and appreciation of their social environment, given their influence on a positive or negative self-image. This is part of the task of the counselor to be able to provide appropriate services to these adolescents, such as providing group guidance services and information about understanding themselves,

especially in the social aspects. Besides that, the service is also given to adolescents who have a high self-concept, as a function of self-maintenance and development.

## CONCLUSION

Self-concept of orphanage adolescents in the city of Bengkulu, based on research findings with average scores tend to belong to the low category, meaning that some of the orphanage teens do not have a good self-concept. The implication of the findings on counseling services is the importance of developing service programs that can shape and improve the self-concept of orphanages toward more positive ones towards them. Implications; The results of the study show that overall the self-concept of orphanages is in a low category (R). It can be understood that teenagers are still not able to see and judge themselves in a positive direction because adolescents judge themselves based on the views of other people and one of the elements that influence the maturation of self-concept is how the assessment and acceptance of the social environment towards themselves.

These results may be used as input for counselors and other orphanages in shaping and enhancing the self-concept of adolescents living in orphanages so that they can provide appropriate services to be given to adolescent orphanages by paying attention to various factors that can influence adolescent self-concept. The implementation of guidance and counseling can be intensified and prioritized both in the form of orientation and socialization and implementation into the form of programs in orphanages. Therefore an active role is needed from the head of the orphanage, counselors, caregivers, and adolescent orphanages.

This finding can be an input for all parties involved in the care of adolescents who live in orphanages so that the self-concept of adolescents living in orphanages increases in a more positive direction. Ultimately expected to have a positive self-concept, a teenager who lives in an orphanage can better appreciate her self, able to understand themselves and their environment and can actualize himself.

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