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THE INFLUENCES OF SELF CONCEPT TO STUDENTS' SELF ADJUSTMENT AT GRADE VIII MTSN 04 LIMA PULUH KOTA LAREH SAGO HALABAN SUBDISTRICT

PENGARUH KONSEP DIRI TERHADAP PENYESUAIAN DIRI SISWA KELAS VIII MTSN 04 LIMA PULUH KOTA KECAMATAN LAREH SAGO HALABAN

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Abstract

Purpose of the research is to know correlation about self-concept to students' self-adjustment in MTsN 04 Lima Puluh Kota. This research uses quantitative approach that is regression. This research has 150 people for population and 35 people for samples. The result of this research showed that between self concept and adjustment self of students in VIII class in MTsN 04 Lima Puluh Kota have positive and significant impact with contribution is 19,1% dan 80,9% sisanya the rest of it determined of other variables. That result base on value of $F_{hitung} 7.851 > F_{tabel} 3,267$ dengan degree of freedom (Df) 33 on significant degree.

Key word : Self Concept, Self Adjustment

Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh konsep diri terhadap penyesuaian diri siswa di MTsN 04 Lima Puluh Kota. Penelitian ini menggunakan pendekatan kuantitatif bersifat regresi yaitu tipe penelitian yang bertujuan melihat dan mendeskripsikan pengaruh antara dua variabel penelitian. Populasi berjumlah 150 orang, sampel berjumlah 35 orang untuk penelitian. Hasil penelitian menunjukkan bahwa antara konsep diri dan penyesuaian diri siswa kelas VIII MTsN 04 Lima Puluh Kota Kecamatan Lareh Sago Halaban terdapat pengaruh yang positif dan signifikan, dengan kontribusi 19,1% dan sisanya 80,9% ditentukan oleh variabel lain. Hal ini dapat dilihat dari nilai $F_{hitung} 7.851 > F_{tabel} 3,267$ dengan degree of freedom (Df) 33 pada taraf signifikan 0,05.

Kata kunci : Konsep diri, penyesuaian diri.

INTRODUCTION

School as formal education institution has different environment with the other. Every students is expected to be able to adjust well to the environment, both physical and psychological, so that learning process is running well. The issue of self-adjustment for students is important issue, which cannot be ignored because it is important for the success of education goals.

Self-adjustment is a process, which done individually or group to get the harmonious relationship between self and the environment.

In self-adjustment, not all of individual can do self-adjustment well. someone is viewed able to do self-adjustment well if he is able to do the correct, efficient, satisfy and well responses. Moreover, he is able to solve the mental conflict, frustration, and the personal and social difficulties without developing symptomatic behavior and psychosomatic disorders, which disturb the moral objectives, social, religious and job.

Someone is said to have negative self-concept if he believes and views his selves weak, helpless, cannot do anything, incompetent, not attractive, dislike, and losing the attraction to life, and tend to be pessimistic to life and opportunity, which is faced. In contrary, someone with positive self-concept will be looked more optimistic, more confidents, and always act positively to everything.

MTsN 04 Lima Puluh Kota as one of formal education institution which conduct the learning activity educates a thousand of students. Students are expected to adapt well to the existing environment in MTsN 04 Lima Puluh Kota, so that students can learn well and optimizing the development of abilities as good as possible.

In fact, some students are unable or difficult to adapt with what had demanded by school environment to their selves. It is known from the observation which done in the zone of MTsN 04 Lima Puluh Kota on June 8 2018.

Some students are unable to socialize well. It is proved with students, who had enemy in class, some of students were shame to perform in the front of class, some of students were desire to always control the class, and some of students were nervous to speak with the teacher, who teaches.

Based on observation and interview done by writer, it is known there were some students who had poor self-adjustment but they had good self-concept, which they have and understand their selves well. Some students were not often paying attention to lesson because they were not joy the lesson taught, some students were often coming late to the school, some students were often disobey the school rules and some students did not want to follow extracurricular in the school because they did not want to have many task.

Based on the phenomena above, writer was interesting to do the research about it because the issue of students' inability in adjusting their selves well, especially on school environment and it is necessary to give serious attention. As a result, they are able to enjoy

teaching learning process well and comfortable, so it increase the quality and developing self potency owned as optimal as possible.

RESEARCH METHODOLOGY

The kind of research done by researcher is field research, which directly gathers data from field or research location. Research used is the regressive quantitative approach; the type of research which aims to observe and describe the influence of two research variables.

In this research, the independent variable is self-concept (X) and dependent variable is self-adjustment (Y).

FINDING

The Description of Research Results

This research is conducted to know the influence of teacher's attention to students' learning motivation in MTsN 04 Lima Puluah Kota Lareh Sago Halaban Subdistrict. In gathering data, researcher used questionnaire as the instrument of research that distributed to all of research sample totally 35 people. The instrument used Likert scale, which consist of positive and negative statement. After instrument is processed, then researcher describes the result of the research in general, which can be seen in the following table:

Table.1
Descriptive Statistic of Research Result

		Statistics	
		Self	Self
		Concept	Adjustment
N	Valid	35	35
	Missing	35	35
Mean		87.14	69.60
Standard			
Error of		1.848	1.256
Mean			
Median		88.00	69.00
Mode		74 ^a	69
Std.		10.931	7.433
Deviation			
Variance		119.479	55.247
Range		42	35
Minimum		70	54
Maximum		112	89
Sum		3050	2436

1. Self-Concept

Based on instrument shared to the entire sample totally 35 people, it can be known self-concept has the highest score 112 and the lowest 70, mean 87,14, deviation standard 10,931, and median 88,00. The complete information about self-concept can be seen in the following table:

Table 2
Frequency Distribution of Students' Self Concept at Grade VIII MTsN 04 Lima
Pulauh Kota Lareh Sago Halaban Subdistrict

Category	Interval	Frequency	Percentage (%)
Very Good	≥ 106	2	6%
Good	97-105	4	11%
Good Enough	88-96	14	40%
Not Good	79-87	6	17%
Nor Very Good	70-78	9	26%
Total		35	100%

The table above explained very good category with score ≥ 106 , frequency 2, percentage 11%. Good category with score 97-105, frequency 4, percentage 11%, good enough category score with 88-96, frequency 14, percentage 40%, not good category with score 79-87, frequency 6, percentage 17 % and not very good category with score 70-78, frequency 9, and percentage 26 %.

Based on the table above, it revealed 2 students (6%) mentioned students' self concept is on very good category and 4 students (11%) stated students' self concept is on good category. Then, 14 students (40%) said students' self-concept is on good enough category, 6 students (17%) informed students' self concept is in not good category. 9 students (26%) claimed students' self-concept is in not very good category.

2. Self-Adjustment

Based on instrument shared to the entire sample totally 35 people, it can be known self-adjustment has the highest score 142 and the lowest 87, mean 113.46, deviation standard 9, 91 and median 113. The complete information about self-adjustment can be seen in the following table:

Table 3
Frequency Distribution of Students' Self – Adjustment at Grade VIII MTsN 04 Lima
Pulauh Kota Lareh Sago Halaban Subdistrict

Category	Interval	Frequency	Percentage (%)
Very High	≥ 86	1	3%
High	78-85	3	9%
High Enough	70-77	12	34%
Low	62-69	15	43%
Very Low	54-61	4	11%
Total		35	100%

The table above told that very good category with interval ≥ 86 , frequency 1, percentage 3% , high category with interval 78-85, frequency 3, percentage 9%, fair category with interval 70-77, frequency 12, percentage 34%, low category with interval 62-69, frequency 15, percentage 43 % and very low category with interval 54-61, frequency 4, and percentage 11%.

Based on table and diagram above, it can be known that one students (3%) claimed students' self-adjustment is on very good category, 3 students (9%) mentioned students' self-adjustment is on high category. Moreover, 12 students (34%) told students' self-adjustment is on high enough category, 15 students (43%) said students' self-adjustment is on low category, 4 students (11%) stated students' self adjustment is on very low category

Analysis of Research Data

Normality Test

To do data normality test, writer do the test by using the help of SPSS type 22. As for the result of normality test is self-concept variable (x) having significance value (0,200) which means bigger than *alpha* (0.05). The result showed the variable of self-concept (X) has normal distribution. Self-adjustment variable (Y) has significance value (0.200) which means bigger than *alpha* (0.05). This result showed (Y) self-adjustment has normal distribution.

Linearity Test

In order to conduct data linearity test, writer do the test using the help of SPSS program type 22. Based on the result of linearity test, it is known significance level of deviation from linearity is 0,096, which stated the value of linearity test is bigger than 0.05

so that it can conclude there is linear relationship between self-concept variable to students' self-adjustment.

Hypothesis Test

a. Simple Correlation

- 1) Ho : there is no influence of self-concept to students' self-adjustment in MTsN 04 Lima Puluah Kota Lareh Sago Halaban Subdistrict.
- 2) Ha : there is the influence of self-concept to students' self-adjustment in MTsN 04 Lima Puluah Kota Lareh Sago Halaban Subdistrict.

To do data correlation test, writer do the test using the help of SPSS program type 22, then, the result of data correlation test is on the following table:

Table 4
Correlations

		Correlations	
		Self- concept	Self- Adjustment
Self-concept	Pearson Correlation	1	.438**
	Sig. (2-tailed)		.008
	N	35	35
Self-Adjustment	Pearson Correlation	.438**	1
	Sig. (2-tailed)	.008	
	N	35	35

Based on above correlation table, it is known the value of correlation coefficient is 0.438 with Df= n-2 means 35-2=33 and r table 0.344. based on the result of these calculation, it can conclude index correlation number (r_{xy} amounted 0,438 r count > than r table 0,344). Then, it can be known there is a significant relationship between self-concept and self-adjustment. If it sees from interpretation guidelines table of product moment, it can be concluded 0,438 places on (0.40 – 0.599) which means there is medium correlation of between variable X and variable Y.

Determination Test

In order to know the influence of self-concept to students' self-adjustment can be seen from the value of determination coefficient between self-concept variable (X) and self-adjustment by using formula:

$$D = r^2 \times 100\%$$

$$D = (0.438)^2 \times 100\%$$

$$D = 191,844 \times 100\%$$

$$D = 19,184\%$$

The influence amount of self-concept to students' self-adjustment from the value of determinant coefficient between self-concept (X) and self-adjustment (Y) is 19,1%. This number showed 19,1% influence of self-concept to students' self adjustment and 80,9 is determined by the other factors.

Simple Regression Test

Ho : there is no influence of self-concept to students' self-adjustment in MTsN 04 Lima Puluah Kota Lareh Sago Halaban Subdistrict.

Ha : there is the influence of self-concept to students' self-adjustment in MTsN 04 Lima Puluah Kota Lareh Sago Halaban Subdistrict.

To know the analysis result of simple regression data on self-concept variable to students' self-adjustment used the help of SPSS 22 computer program and it can be seen in the following table:

Tabel. 5

ANOVA ^a					
Model		Sum of Squares	df	Mean Square	F
1	Regression	361.009	1	361.009	7.851
	Residual	1517.391	33	45.982	
	Total	1878.400	34		

Based on the table above, the coefficient value amounted $F_{\text{count}} 7.851 > F_{\text{table}} 3,267$ so it can conclude there is the influence of self-concept to students' self adjustment in MTsN 04 Lima Puluah Kota Lareh Sago Halaban Subdistrict.

Linear Regression Equation

Table 6

Regression

Coefficients ^a		Unstandardized Coefficients		Standardized Coefficients
Model		B	Std. Error	Beta
1	(Constant)	43.622	9.342	
	Konsep diri	.298	.106	.438

$$\begin{aligned}\hat{Y} &= a + bX \\ &= 43,622 + 0,298X\end{aligned}$$

These number means:

- Interpretation amounted 43,622, means if self-concept 0 or common then self-adjustment positive, 43,622.
- Regression interpretation of self-concept variable amounted 0,298, means if students' self concept increase, so it increases 0,298.

Discussion

The result of self-concept score has the highest score 112 and the lowest 70, mean 87,14, deviation standard 10,931, and median 88,00. Based on the above table and diagram, it can be known 2 students (6%) stated students' self-concept is on very good category, 4 students (11%) mentioned students' self concept is on good category, 14 students 40% told students' self concept is on good enough category. Then, 6 students (17 %) said students' self-concept is on not good category, 9 students 26% informed 26% students self-concept is on not very good position.

According to the score of learning motivation scale, it can be identified self-adjustment has the highest score 142 and the lowest 87, mean 113.46, deviation standard 9,91, and median 113. Based on table and diagram above, it can be know one students (3%) said students self-adjustment is on very high category, 3 students (9%) stated students' self-adjustment is on high category, 12 students (34%) mentioned students' self adjustment is on high enough category. Moreover, 15 students (43%) told students' self-adjustment is on low category, 4 students (11%) informed students' self-adjustment is on not very good category.

Based on the writer data above, it strengthen the theory which proposed by Partosuwido who said inhibited and negative self-concept will influence to child social relations and child adjustment to his environment. Self-concept is very important for the individual success in his social relations. Similarly, Enung Fatimah explained teen who has high self-concept has the ability to do fun adjustment than teen who has low self-concept, pessimistic, or not belief to his self.

Therefore, if a individual has positive self-concept, he will behave positively which impact on the easiness to do self-adjustment well with his environment. In contrast, if individual has negative self-concept, so that individual will tend to behave negatively which make individual difficult to do self-adjustment with environment.

Based on the finding above, it can conclude H_a is accepted, self-concept variable significantly influence to students' self-adjustment in MTsN 04 Lima Puluah Kota Lareh Sago Halaban Subdistrict.

CONCLUSION AND SUGGESTION

Based on the result of the research, researcher can conclude the following point. According to analysis result on every indicators on both variable, that is the influence of

self-concept to students' self adjustment in MTsN 04 Lima Puluah Kota Kecamatan Lareh Sago Halaban as follows

Corresponding to the result of simple regression test obtained the result of $F_{count} 7.851 > F_{table} 3,267$ that H_0 rejected meanwhile H_a accepted. It means there is significant relationship between self-concept to students' self-adjustment in MTsN 04 Lima Puluah Kota Lareh Sago Halaban Subdistrict. The influence amount of self-concept to students' self-adjustment in MTsN 04 Lima Puluah Kota Lareh Sago Halaban Subdistrict is 19,1% and 80,9 is determined by other factor.

Writer's suggestions are:

1. Writer expected, both students and students increase positive self-concept and self-adjustment in school environment, so the learning result will be maximal.
2. Students and teacher are expected to corporate well to create self-adjustment in the class. so teaching and learning activity can conduct effectively and efficiently according to the learning objectives.
3. Students are expected able to understand their selves and adapt in the school.
4. Writer thinks it is necessary to conduct further research to know other factor which influence to students' self adjustment.

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