

SELF-CONCEPT OF ADOLESCENTS WHO HAVE STUNTING

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ABSTRACT

Stunting is a condition of delayed growth and development in adolescents due to chronic malnutrition. Adolescents who have different physical conditions with their peers tend to feel insecure, so that it can cause self-concept disorders. To determine the characteristics and self-concept along with the components in adolescents aged between 11-15 years old who have experience stunting in the Guntur District, Demak Regency. Quantitative research design with a Cross Sectional approach. The population of this research was students who experienced stunting in the Guntur District, Demak Regency. The number of samples are 35 students using purposive sampling technique. Data analysis method using univariate. Adolescents who have a positive self-concept are 18 adolescents (51.4%), positive self-image are 21 respondents (60%), negative self-ideal 19 respondents (54.3%), negative self-esteem are 20 respondents (57.1%), negative self-role totaled 18 respondents (51.4%), and positive self-identity amounted to 18 respondents (51.4%). Adolescents who experience stunting in the Guntur District, Demak Regency, some have a positive self-concepts totaling and some have a negative. It is hoped that this research can be used as a reference for further research and can add more variables and different research methods Adolescents who experience stunting in the Guntur District, Demak Regency, some have a positive self-concepts totaling and some have a negative. It is hoped that this research can be used as a reference for further research and can add more variables and different research methods Adolescents who experience stunting in the Guntur District, Demak Regency, some have a positive self-concepts totaling and some have a negative. It is hoped that this research can be used as a reference for further research and can add more variables and different research methods.



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1. INTRODUCTION

Adolescence is a period of transition from childhood to adulthood which is identical with seeking self-identity [1]. Almost 90% of children aged 10-19 years, around 1.1 million adolescents die every year due to

accidents, fights, suicide and adolescent behavior such as an unbalanced diet, low physical activity that is at risk of stunting [2]. Stunting is a description of the delay in child development due to chronic nutrition. The prevalence of stunting in 2007 was up to 36.8% and in 2010 it was up to 35.6%. Based on the 2013 Basic Health Research, stunting prevalence increased to 37.2% [3]. The incidence of stunting at the age of 12-15 years is high from the 2013 Riskesdas data showing the national prevalence of stunting in adolescents reaches 35.1%. The highest prevalence of stunting at the age of 13 years was 40.2% for boys and 34.1% for girls, while in Semarang the prevalence of stunting for adolescents was 14.8% [4]. Riskesdas in 2014 and 2017 the incidence of stunting in Indonesia reached 37% [5]. Adolescents will experience a period of transition, resulting in physical changes that can affect the individual's perspective on himself and the social environment [6]. From research results [7] stated that there is no relationship between stunting and non-stunting on mental and emotional problems in adolescents. Stunting adolescents must have high resilience in order to be able to rise and survive in the conditions that occur to them and vice versa adolescents who have low resilience can cause disorders psychosocial, such as depression and withdrawal [8]. From the results of a preliminary survey conducted by researchers, adolescents who experience stunting feel insecure about the physical changes they experience, because they get ridiculed, so that it can affect their perspective and perception. Adolescents who experience stunting find it difficult to describe themselves, feel insecure about their abilities, feel confused about the life goals they want, and lack emotional support for adolescents who experience stunting, so the researchers wanted to know how the self-concept of adolescents who experience stunting in the region Guntur District, Demak Regency.

2. METHOD

This research uses a quantitative approach with a Cross Sectional approach. The population of this study amounted to 876 students. The sample of this research is using purposive sampling with inclusion and exclusion criteria, the number of samples is 35 respondents. Data collection tool with a questionnaire. The research process took place from 7 June – 7 July 2021. Data analysis was univariate.

3. RESULTS

Table 1 Characteristics of Adolescents with Stunting in the Guntur District, Demak Regency, June 2021 n (35)

Characteristics	Frequency	Percentage (%)
Age		
11	3	8.6%
12	10	28.6%
13	12	34.3%
14	6	17.2%
15	4	11.4%
Gender		
Man	19	54.3%
Woman	16	45.7%

Table 1 shows the characteristics of the average respondent aged 13 years as many as 12 respondents (34.3%), male sex totaling 19 respondents (54.3%),

Table 2 Self-Concept in Adolescents Who Experience Stunting in Guntur District, Demak Regency, June 2021 n (35)

Self concept	Frequency	Percentage (%)
Positive	18	51.4%
negative	17	48.6%

Table 2 shows that adolescents who experience stunting in Guntur District, Demak Regency, some have

positive self-concepts totaling 18 adolescents (51.4%) and some have negative self-concepts totaling 17 adolescents (48.6%).

Table 3 Components of Self-Concept in Adolescents Who Experience Stunting in Guntur District, Demak Regency, June 2021 n (35)

Components of self-concept	Frequency (%)	
	Positive (%)	negative (%)
Self image	21 60.0%	14 40.0%
Ideal self	16 45.7%	19 54.7%
Pride	15 42.9%	20 57.1%
Self role	17 48.6%	18 51.4%
Personal identity	18 51.4%	17 48.6%

Table 3 above shows that adolescents who have a positive self-image are 21 adolescents (60.0%), negative self-ideals are 19 adolescents (54.3%), negative self-esteem are 20 adolescents (57.1%), negative self-roles are 18 adolescents (51.4%) and positive self-identity amounted to 18 adolescents (51.4%).

4. DISCUSSION

Adolescents who experience stunting in the Guntur District, Demak Regency are mostly 13 years old as many as 12 respondents (34.3%). Adolescence is a period of exploration to find self-identity. Changes that occur in adolescence are very rapid, physically, cognitively, and psychosocially. Adolescents who are unprepared for the transition period can experience stress [9]. Teenagers range from 12-15 years. Adolescents who are in the transitional phase feel confused about physical changes and have not been able to control their unstable emotions [10]. Based on table 1, adolescents who experience stunting in the Guntur District, Demak Regency, are mostly male, amounting to 19 teenagers (54.3%). In line with research results [11]. The self-concept of male adolescents is more positive than that of girls. Study [12] stated that adolescent girls are very concerned about physical appearance, so that it can boost self-confidence. Self-concept in adolescents in the Guntur District, Demak Regency, has varied self-concepts. Table 3 above shows that some adolescents who experience stunting have a positive self-concept, totaling 18 adolescents with a percentage of 51.4%. Adolescence will experience rapid changes in body shape, so that it can affect the individual's perspective on himself [6]. Adolescents who have different physical conditions from their peers tend to feel insecure which causes psychosocial dysfunction, such as impaired self-concept [8]. Self-concept is a picture of oneself about physical, social, and psychological which is formed through the experience of interacting with the environment [13]. Study [14] entitled parenting styles with stunting children's self-concepts at Ngerong Gempol State Elementary School 1 Pasuruan, the results of stunting children's self-concepts were mostly (59.1%) had positive self-concepts. according to [15] explains that adolescents who have a positive self-concept tend to look more confident, optimistic, and able to deal with situations outside of the individual. Research result [16] explains that adolescents who have a positive self-concept can know their own strengths and weaknesses. Adolescents who have a positive self-concept feel balanced with others, so that adolescents do not have barriers to interacting with others. Study [17] said that adolescents who experience stunting tend to have physical limitations, experience bullying, behavioral problems, feelings of guilt, depression and have difficulty building interactions with other people.

This study contains 5 components of self-concept including self-image, self-ideal, self-esteem, self-role, and self-identity.

a. Self-image

Table 3 shows that the self-image of stunting adolescents in the Guntur District, Demak Regency, mostly has a positive self-image, totaling 21 respondents (60%). Self-image is a view of oneself and thoughts or perceptions of how others see themselves which have an influence on individual behavior or attitudes [18]. Research conducted [19]. The results obtained that most respondents have a positive self-image, this is influenced by factors, family, environment, and oneself. In general, self-image is formed through comparisons made by individuals based on physique with benchmarks of beauty in the social environment [20]. according to [21]. Body and appearance that meet standards make individuals feel satisfied with their bodies, so that they will form a positive self-image. In line with opinion [22] Adolescents who have a positive self-image tend to be more confident and able to control themselves, while adolescents who have a negative self-image are shy, pessimistic and like to be alone because of the influence of criticism from others.

b. Ideal self

Table 3 shows that teenagers who experience stunting in the Guntur District, Demak Regency, mostly have a negative self-ideal of 19 respondents (54.3%) and a small part have a positive self-ideal of 16 respondents (45.7%). Research result [23] Most respondents have a negative self-ideal, because adolescents who experience stunting feel that their goals and expectations have not been achieved, making it difficult to develop positive behavior. In line with the research conducted [24] that most of the respondents have a negative self-ideal. Self-ideal is an assessment or perception of himself how he should behave in accordance with the goals or values he believes in [25]. Positive and negative self-ideal assessments depend on how adolescents perceive themselves and how individuals should behave according to their own standards [24] Adolescents who think positively about themselves will foster self-confidence, so that they can influence their behavior in decision making [26].

c. Pride

Based on table 3, it shows that adolescents who experience stunting in the Guntur District, Demak Regency, mostly have negative self-esteem as many as 20 adolescents (57.1%) and a small proportion have positive self-esteem, amounting to 15 adolescents (42.9%). Research result [27] Most of the respondents have low self-esteem. according to [28]. Adolescents who experience stunting feel dissatisfied and ashamed of their physical condition that is not ideal with their peers. This research is also supported by research [29] that self-esteem in adolescents who live in orphanages in Padang City has low self-esteem (52.3%). Self-esteem is an individual's assessment of himself to determine how to value himself and others [30]. Individuals who have a low economy, low physical and mental, and poor social acceptance can lead to negative self-esteem. Negative self-esteem can encourage individuals to do bad behavior, have limitations in socializing, and are less able to solve problems [31].

d. Self-role

Based on table 3, it is known that adolescents who experience stunting in the Guntur District, Demak Regency, partially have a negative self-role, amounting to 18 adolescents (51.4%) and some having a positive self-role totaling 17 adolescents (48.6%). According to research [32] said some respondents have a negative self-role. The role of self is a series of behaviors, attitudes, values, and goals expected by social groups [25]. Adolescents who experience stunting are less able to provide an individual description or assessment of their role. Adolescents who have a negative self-role find it difficult to obey existing

regulations, rarely do the tasks given by the teacher, and do not realize that they must play a role according to their role [23] according to [33]. Adolescents who experience stunting lack cooperation in role playing, lack of communication, and are not confident in their abilities. according to [34] Adolescents who have a positive self-role can realize self-actualization, so that adolescents are able to develop their potential, realize their role according to their wishes, and are able to establish open communication relationships.

e. Personal identity

Table 3 shows that some teenagers who experience stunting in the Guntur District, Demak Regency, have a positive self-identity of 18 adolescents (51.4%) and some have a negative self- identity of 17 (48.6%). Research conducted [35] stated that respondents have a positive self-identity, where adolescents have a desire to find out about various things related to their ideals or careers according to the roles of men or women for their lives in the future. Theory according to [25]. Self-identity is a complete picture of oneself that is obtained through an assessment of oneself and being aware that one is different from others. Research result [36] states that adolescents with active self-identity, where adolescents who experience stunting are in the developmental stage of seeking self-identity and trying to find their role. according to [37]. Adolescents who already know their identity as a whole about themselves, then they can regulate the orientation of their lives in the future.

5. CONCLUSION

Based on the results of research on adolescents who experience stunting (short stature) in the Guntur District, Demak Regency, some teenagers are 13 years old and are male. Adolescents who experience stunting partially have a positive self-concept totaling 18 (51.4%), having a positive self-image totaling 21 adolescents (60.0%), having a negative self-ideal totaling 16 adolescents (45.7%), having low self-esteem totaling 15 adolescents (42.9%), having a negative self-role are 17 adolescents (48.6%), and having a positive self-identity are 18 adolescents (51.4%).

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