

SELF-CONCEPT OF ADOLESCENTS WHO HAVE STUNTING

by Eni Hidayati

Submission date: 31-Dec-2022 07:06PM (UTC+0700)

Submission ID: 1987625332

File name: self-concept-of-adolescents-who-have-stunting-6122154fb5705.pdf (195.8K)

Word count: 3321

Character count: 18610

SELF-CONCEPT OF ADOLESCENTS WHO HAVE STUNTING

Eni Hidayati¹, Dessy Arum Rahmayanti², Muhammad Fatkul Mubin³, Desi Ariyana Rahayu⁴, Mariyam⁵

⁵ Faculty of nursing and health science (fikkes), Universitas Muhammadiyah Semarang (Unimus, Jl. Kedungmundu No. 18 Kedungmundu, Kec. Tembalang, Semarang City, Central Java 50273, Indonesia)¹



Keywords:

self-concept, adolescence, stunting

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.



⁶ This work is licensed under a Creative Commons Attribution Non-Commercial 4.0 International License.

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 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.

24

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%).

6. REFERENCE

- [1] Nurul Azizah; Rosyidah Dwi RN. Adolescence and Knowledge of Reproductive Health of female students at the Al-Hamdaniyah Islamic Boarding School. *J Penamas Adi Buana* 2020; 04:1–4.
- [2] World Health Organization. Adolescent health 2020.
- [3] Sutarto, Diana M, Reni I. Stunting. Stunting, Risk Facts, and Prevention 2018;5:243–243. <https://doi.org/10.1201/9781439810590-c34>.
- [4] Bonita IA, Fitrianti DY. Consumption of fast food and physical activity as risk factors for overweight in stunting adolescents in junior high school. *J Nutr Coll* 2017; 6:52. <https://doi.org/10.14710/jnc.v6i1.16893>.
- [5] Faisal, Lelani R, Noviana A. Data from Riskesdas in 2014 and 2017 said that the incident. PUBERTY STATUS HUB WITH STUNTING IN ELEMENTARY AND JUNIOR HIGH SCHOOL CHILDREN IN TEMPURAN DISTRICT, KARAWANG REGENCY 2018.
- [6] Diananta GS, Salimo H, Soebagyo B. Differences in Psychosocial Disorders and Cognitive functions between Short Adolescents with Low and Normal Body Mass Index in Junior High Schools in Surakarta. *Sari Pediatr* 2020; 22:153. <https://doi.org/10.14238/sp22.3.2020.153-9>.

- [7] Sholikhah AM. Stunting Relationship to Mental and Emotional Problems in Adolescents. Univ Diponegoro 2018.
- [8] Sari RF, Sari SP, Hernawaty T. Resilience of Stunting Adolescents: Some find it difficult to get up and survive in the face of problems. *J BSI Nursing* 2017; V:74–82.
- [9] Putri LP, Entoh C, Noya F, Sitorus SBM, Siregar NY. Counseling on the Role of Parents and the Environment on Adolescent Development in Bethany Village. *COMMUNITY Empower Health Polytechnic, Ministry of Health Palu* 2021;6:579–82.
- [10] Ananda D, Wilson, MI Scientist. Relationship between Emotional Maturity and Social Adjustment of Adolescents at the Tunas Melati Orphanage, Pontianak City. *J Medicine and Health Medical Study Program, Faculty of Medicine, Univ Tanjungpura* 2020;16.
- [11] Damarhadi S, Mujidin M, Pratiwi C. Overview of Self-Concept in High School Students by Gender. *Psychostudia J Psikol* 2020; 9:251. <https://doi.org/10.30872/psikostudia.v9i3.4392>.
- [12] Sunarti, Nazriati E, Risma D. DESCRIPTION OF SELF-CONCEPT AND INTERPERSONAL COMMUNICATION IN YOUNG DOCTORS, FACULTY OF MEDICINE, RIAU UNIVERSITY 2016;3.
- [13] Aminah RS, Nugroho PA. Adolescent Self-Concept in Healthy Eating Culture. *J Sos Hum* 2020; 11:87. <https://doi.org/10.30997/jsh.v11i1.2189>.
- [14] Zumroh NA, Yuniarti AM, Prasetyo B. Parenting patterns with stunting children's self- concept at state elementary school 1 ngerong gempol Pasuruan. *Medica Majapahit* 2015; 7:42–53.
- [15] Wijayanto GA, Hidayati E. SELF-CONCEPT IN ADOLESCENTS WHO EXPERIENCE BULLYING. *J Nursing Silampari Univ Muhammadiyah Semarang* 2021; 4:6.
- [16] Rahman IA, Ismail KH, Sarnon N. The Effect of Social Support on the Self-Concept of High-Risk Adolescents at the Marsudi Putra Social Institution "Toddopuli" Makassar. *J Islamic Thinkers* 2018; 21:54–68.
- [17] Asri DN, Sunarto. Factors that influence the formation of adolescent self-concept (a qualitative study on students of SMPN 6 Madiun City). *J Gusjigang Counseling* 2021; 6:1– 11.
- [18] Dewi LF, Nur'aini S, Kusumaningtyas N. Self-image of hedonistic lifestyle trends in students. Effect of self-image on hedonistic lifestyle trends in students. *Universitas Muhammadiyah Jember* 2021; 19:25–34.
- [19] Amma DSR, Widiani E, Trishinta SM. The relationship of self-image with the level of self-confidence of adolescents at SMKN 11 Malang class XI. *Nurs News (Meriden)* 2017; 2:21–33.
- [20] Gultom L, Saragih HS, Bangun S. ADMINISTRATION TO YOUTH ON NUTRITION, SELF-ESTEEM (SELF MEASUREMENT OF BMI IN YOUTH WOMEN AT ORIGINAL ASUHA SIMPANG THREE DISTRICT OF MEDAN WEST IN 2020. *Poltekkes Kemenkes Medan* 2020:23–5.

- [21] Solistiawati A, Sitasari N. The relationship between body image and self-esteem in late adolescent girls (study of regular students at Esa Unggul University). *J Psikol Esa Unggul* 2015; 13:13–20.
- [22] Widiyani DS, Rosanda DA, Cardella TF, Florensa MVA, Ningsih MTAS. The Relationship Between Body Shaming Behavior and Students Self Image [22] Relationship Between Body Shaming Behavior and Students Self Image]. *Nurs Curr J Nursing* 2021; 9:67. <https://doi.org/10.19166/nc.v9i1.3464>.
- [23] Anjastya HA, Pratiwi SKA. Self-Concept of Depressed Adolescents Living in Islamic Boarding Schools in the Sukoharjo Region 2020.
- [24] Agustin D, Iqomh MKB, Pratiya HA. Self-Esteem, Body Image, and Ideal Self Young Women with Acne. *J Mental Nursing* 2019; 6:8. <https://doi.org/10.26714/jkj.6.1.2018.8-12>.
- [25] Yusuf A, Fitriyasaki R, Nihayati HE. Textbook of Mental Health Nursing. Jakarta: Selemba Medika; 2015.
- [26] Narsih U, Hikmawati N. The Effect of Perceived Vulnerability and Perceived Benefits on Adolescent Girls' Behavior in Anemia Prevention. *Indonesia J Heal Sci* 2020; 4:25. <https://doi.org/10.24269/ijhs.v4i1.2328>.
- [27] MM, Rosmalawati NWD, Hasanah PL. Self-Concept of Controlled Schizophrenic Clients at the Ardimulyo Community Health Center, District. *J Chem Inf Model* 2019; 53:1689–99.
- [28] Goddess RT. Obesity with Self-Esteem in Class X Young Women. *J Gizi KH* 2019; 2:1– 7.
- [29] Febristi A, Arif Y, Dayati R. Relationship of Individual Factors with Self Esteem (Self- Esteem) of Orphanage Youth in Padang City in 2019 2020; XIV: 8–18.
- [30] Elisabeth N, Gerungan N. THE RELATIONSHIP BETWEEN PARENTS' PARENTING PATTERNS AND ADOLESCENT'S SELF-ESTEEM IN SMA UNKLAB AIRMADIDI. Faculty of Nursing, Univ Klabat Airmadidi 2021;3:6.
- [31] Suhadianto S, Syuhud MH, Pratikto H. Bullying behavior in adolescents: What is the role of self-esteem and school climate. *Phenomenon* 2021; 25. <https://doi.org/10.30996/fn.v29i2.4399>.
- [32] Nazaruddin AN. The level of depression in students at Islamic boarding school's x Bogor: the role of gender, age and class factors 2017:55.
- [33] Halifah S. The Importance of Role Playing in Children's Learning Process. *JISIP (Journal of Social Sciences and Education)* 2020; 4:35–40. <https://doi.org/10.36312/jisip.v4i3.1150>.
- [34] Bahari JI. THE RELATIONSHIP OF THE FAMILY'S ROLE TO THE ADJUSTMENT OF Adolescents 2020;01.
- [35] Afrilyanti, Herlina, HD SR. THE RELATIONSHIP OF PARENTING PATTERNS WITH ADOLESCENT'S SELF-IDENTITY STATUS. *Nursing Science Study Program Riau Univ* 2015;2.

[36] Febriandari D, Nauli FA, Rahmalia S. Relationship between Online Game Addiction and Adolescent Self-Identity. *J Nursing* 2016; 4:10.

[37] Ramdhanu CA, Sunarya Y, Nurhudaya. Factors that affect self-identity. *J Innov Couns Theory, Pract Res* 2019;3:7–17.

SELF-CONCEPT OF ADOLESCENTS WHO HAVE STUNTING

ORIGINALITY REPORT

12%

SIMILARITY INDEX

11%

INTERNET SOURCES

5%

PUBLICATIONS

3%

STUDENT PAPERS

PRIMARY SOURCES

1	Submitted to Surabaya University Student Paper	1%
2	web.archive.org Internet Source	1%
3	ojs.cahayamandalika.com Internet Source	1%
4	ejournalmalahayati.ac.id Internet Source	1%
5	medic.upm.edu.my Internet Source	1%
6	jurnal.ugm.ac.id Internet Source	1%
7	repository.umy.ac.id Internet Source	1%
8	Esti Yunitasari, Retnayu Pradanie, Hidayat Arifin, Dita Fajrianti, Bih-O Lee. "Determinants of Stunting Prevention among Mothers with Children Aged 6–24 Months", Open Access Macedonian Journal of Medical Sciences, 2021 Publication	1%

9	repositori.uin-alauddin.ac.id Internet Source	1 %
10	pinpdf.com Internet Source	<1 %
11	Jari - Erik Nurmi, Harry Pulliainen. "The changing parent - child relationship, self - esteem, and intelligence as determinants of orientation to the future during early adolescence", Journal of Adolescence, 2004 Publication	<1 %
12	Diyah Yulistika Handayani, Etlidawati Etlidawati. "Relationship between knowledge of patient safety and its implementation in the hospital", Proceedings Series on Health & Medical Sciences, 2020 Publication	<1 %
13	Niluh Putu Wida Pangestika, I Gusti Ngurah Sanjaya Putra, I Gusti Lanang Sidiartha, I Gusti Ayu Trisna Windiani et al. "The Higher C-Reactive Protein Levels as a Risk Factor of Stunting in Children with Acyanotic Congenital Heart Disease", Open Access Macedonian Journal of Medical Sciences, 2022 Publication	<1 %
14	journal.um-surabaya.ac.id Internet Source	<1 %

15 Submitted to Universitas Muhammadiyah Ponorogo Student Paper <1 %

16 bajangjournal.com Internet Source <1 %

17 www.jurnalpasca.unram.ac.id Internet Source <1 %

18 www.scribd.com Internet Source <1 %

19 Ke-Cheng Chen, Shih-Wei Tsai, Xiang Zhang, Chian Zeng, Hsiao-Yu Yang. "The investigation of the volatile metabolites of lung cancer from the microenvironment of malignant pleural effusion", Scientific Reports, 2021 Publication <1 %

20 Osnawati H. Marsaoly, Nurwijayanti Nurwijayanti, Rahmania Ambarika, Sri Kardjati Maria. "Analysis of the Causes of Stunting in Toddlers in the Work Area of Gandasuli Community Health Center South Halmahera Regency North Maluku (Qualitative Study)", Journal for Quality in Public Health, 2021 Publication <1 %

21 e-journal.unair.ac.id Internet Source <1 %

22 e-journals.unmul.ac.id Internet Source

<1 %

23

jbasic.org

Internet Source

<1 %

24

repository.ubaya.ac.id

Internet Source

<1 %

25

www.scilit.net

Internet Source

<1 %

26

repository.unhas.ac.id

Internet Source

<1 %

27

unida.ac.id

Internet Source

<1 %

28

Lucky Fatmala Dewi, Siti Nur'aini, Nuraini Kusumaningtyas. "CITRA DIRI TERHADAP KECENDERUNGAN HEDONISTIC LIFESTYLE PADA MAHASISWA", Psycho Idea, 2021

Publication

<1 %

Exclude quotes Off

Exclude matches Off

Exclude bibliography Off