

The role of social support in improving self-confidence in adolescents who follow the organization of the qur'an rabbani companions

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ABSTRACT

Self-confidence is an individual's belief in their ability to perform tasks, characterized by confidence in their skills, optimism, objectivity, responsibility, rationality, and awareness of reality. One factor that can improve self-confidence is social support. Social support can help individuals feel more confident and capable of demonstrating their abilities. This study aims to investigate the role of social support in improving self-confidence among adolescents who are members of the Sahabat Qur'an Rabbani Organization. This study employed quantitative approach, specifically using correlational research methods. The subjects were adolescents aged 12-22 who are members of the Sahabat Qur'an Rabbani Organization. This study used purposive sampling techniques and collected data through a Likert scale, which was then analyzed using Pearson's product-moment correlation. The results showed a positive relationship between social support and increased self-confidence, with a significance level of $p = 0.002$ ($p < 0.05$) and a correlation coefficient of 0.430. This indicates that the two variables have a positive relationship, where social support can improve self-confidence in adolescents, and vice versa.

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Introduction

Adolescence is part important from life, which is a period of transition or a time of transition, change, and search identity yourself. This is also a the feared age, the unreal period, and the threshold maturity (Darmawati et al., 2013). Meanwhile from Language Latin "Teenager" comes from from the word "adolescence" which means "growing up" or "grow become" adult. The modern meaning of term This covers mental, emotional, social, and physical maturity. Adolescence in progress between 12-21 years for women and 13-22 years for male, age teenager This shared into two categories age, where age 12 or 13 years until with age 17 or 18 years is category teenager early, and at the age of 17 or 18 years until with age 21 or 22 years is teenager end according to (Mappiare 1982; Kenny Dwi Fhadila, 2017).

In adolescence this is it somebody look for identity himself For create good personality, includes experience and relationships from friends new (Zulkifli, et al. 2017). From one of the results interview that researcher do, opinion figure the related with answer from results the

interview that has been done , namely in build relation with new people , teenagers must own Will and ability in socialize . In order to be able to do socialization with good , teenager must operate tasks development at his age with good . One of his is with method follow activity organize , with organize can develop potential yourself , and Can expand socialization with many people.

Organization is entity social that has objective certain and have system organized and related activities with environment outside , but still protected by clear boundaries (Fithriyyah , 2021). Every organization own elements that consist of on a number of individuals within it . According to Erlianti (2021) organizations are also where people gather , work The same in a way rational and systematic , organized , planned , controlled and guided , in utilise source existing power in a way effective and efficient in reach objective organize in a way together . Based on matter said , can concluded that in organize everyone should Can Work same and can give benefit For can operate all vision and mission organization in order to be able to reach objective organization And also in organize somebody must Can active merge self For Can do a activity in frame development self toward expansion insight , improve science and knowledge as well as integrity personality , which is where all That Can done if somebody own trust good self .

Based on results research conducted by Fitri , et al . (2018) shows that part big trust self teenagers at Dewi Sartika Middle School is in the category is in line . This is in line with results research conducted by Farida (2014) which shows that 25 % confidence self teenager is at in category medium and 75% confidence self teenager is at in category low . In addition , in the study Adiasih (2015) found that 9.7% confidence self student is at in very high category , 24.2% are in category high , 37.1% are in category moderate , 22.6% are in category low , and 6.5% are in very low category . From several results study mentioned , it is known that trust self teenager not ideal, and it is necessary effort For increase trust self they .

Belief somebody For do something about him Alone as characteristics typical individuals consisting of from belief will ability they are , optimism , objectivity , responsible responsibility , rationality , and reality is definition trust self according to Ghufron (2014). In this case This related with member in A organization , where many people feel not enough believe self to himself alone , but in organize if somebody get support social the That will make somebody That capable show the ability possessed himself and feel believe self For Can do something .

Mildawani (2014) stated that There are two internal components that influence trust myself . The first one is draft self , which means trust oneself to someone appear as results from development draft self acquired in socializing group , price self , which means assessment conducted to self alone and condition physical , which means that change in condition physique influence trust yourself . From one of the factor affecting trust self , price self is one of factor Supporter in trust self , thing This in line with study Previously, what was done by Fatimah and Rohmadani (2022) stated that that price self is very important For to form behavior someone , because can influence method someone in the process of thinking , making decisions , and values the goal to be achieved taken . The second factor from source external is education and environment . Low education tend make people less clever in a number of thing , a person who has higher education tend become independent and not depend on others. And so too with environment , this covers environment family , school , and community . Good environment that is everyone is interdependent interact with good , give support social to others will make people feel comfortable and confident self .

Kusrini and Prihartani (2014) said that benefit from accept support social from a trusted person is they will feel cared for , appreciated , and loved . Many people feel like If given assistance by others based on formal or informal relationships . Support social is very important in A organization , not only in the field education . Admission organization formed by the environment

can is example support social on a organization , without existence support social in organize , things That will make A organization No will develop or even will dead .

Method

Types of research used in this study This that is quantitative non-experimental with use design correlational . Data collection techniques sample used in study This that is sample saturated. Based on study this , researcher take 100% of population , namely 51 members organization Friend of the Qur'an Rabbani, because its population not enough out of 100 people. According to Sugiyono (2019) sample fed up is taking sample in a way meaningful whole all over population limited or relatively small .

In the research This variables studied is support social to increasing trust self . Data collection tools used in study This that is scale Likert scale used For measure attitudes , opinions and perceptions somebody or a group of people against a phenomenon social (Sugiyono , 2019). On a scale Likert there are two kinds question attitude , namely first favorable or the question that supports and the second is unfavorable or questions that are not support .

Confidence scale self used in study This is modification scale compiled by Sari, Annisa Fatika (2022) based on aspects trust self from Lautser (2012)(Deni&Ildil , 2016), with aspect : belief in ability self alone , objective , responsible responsibility , rationality and reality , and attitude optimistic . And to scale support social used in study This is modification scale compiled by Sari, Annisa Fatika (2022) based on aspects Support Social Sarafino (1998)(Meilinawati , 2015) , with aspect : support emotions , support awards , support instruments , support information , support network social . Questionnaire from second scale This contains 50 statement items consisting of of 32 positive items and 18 negative items .

Analysis of the data used in study This that is use analysis correlation *product moment* that works For know how much close influence between two variables . In research this , which is measured that is how much close influence Support Social with Self Confidence and for know influence the significant or No with use *SPSS for Windows version 25.0* with level normal significance if $p > 0.05$.

Results

In the research This there is as many as 51 teenagers member organization friend Quran rabbani who completes filling questionnaire . Respondents consists of of 20 men (39.2%) and 31 women (60.8%) with range age 15-22 years .

Based on data from table 1 categorization scale trust self , can seen that No There is teenagers who have trust low self , then as many as 24 teenagers own level trust moderate self , and there are 27 teenagers who have it level trust high self .

Table 1. Categorization of Self- Confidence Scale

Score Range	Categorization	Frequency	Presentation
$X < 60$	Low	0	0%
$60 \leq X < 90$	Currently	24	47.1%
$90 \leq X$	Tall	27	52.9%

Table 2. Support Scale Categorization Social

Score Range	Categorization	Frequency	Presentation
$X < 40$	Low	0	0%

$40 \leq X < 60$	Currently	5	9.8%
$60 \leq X$	Tall	46	90.2%

In table 2 categorization scale support social , can seen that No There is teenagers who don't get support social , then there are 46 people who feel get support high social , and there are 5 people who feel get support moderate social . Table 3 shows that results mark *Sig (p-value)* on the variable trust self and variables support social that is of 0.205 which means its value more big from level significant 0.05. So from that's the data from second variable on is linear.

Based on Table 4 shows that correlation test results on variables trust self and variables support social show the r value is 0.002 where $r < 0.05$ which means from second variable there is correlation . Then can seen from results *pearson correlation* of 0.430 which is classified as in correlation positive moderate (0.41 – 0.60). Can concluded that there is connection positive between second variables , so that hypothesis from study this is what it says existence connection positive between second variable stated can accepted .

Table 3. Linearity Test

Variables	Sig. (p-value)	A	Interpretation
Confidence Support Social	0.205	0.05	Linear

Table 4. Correlation Test

		Support Social	Confidence
Support Social	Pearson Correlation	1	,430 **
	Sig. (2-tailed)		,002
	N	51	51
Confidence	Pearson Correlation	,430 **	1
	Sig. (2-tailed)	,002	
	N	51	51

Discussion

Study This is study purposeful correlation For test role connection between variable Support Social with Self -Confidence in Youth Members of Organizations Companions of the Quran Rabbani. Research This involving all over member Organization Companions of the Qur'an Rabbani with total 51 respondents with frequency type sex man there were 39.2% or 20 respondents and with type sex Woman as many as 60.8% or 31 respondents . Related with age respondents , based on the data above from 51 respondents known that there is as many as 6 people aged between 15-16 years old , 12 people aged between 17-18 years old , 15 people aged between 19-20 years old , and 18 people aged 21-22 years old .

Based on analysis of research data that has been obtained , seen in research This obtained results end from categorization second scale , where every scale divided into 3 categories that is low , medium , and high . Trust scale self show results that No There is teenagers who have trust low self , then there is as many as 24 teenagers who have level trust moderate self , and there are 27 teenagers who have it level trust high self . While on the scale support social show results that No There is teenagers who don't get support social , then there are 46 people who feel get support high social , and there are 5 people who feel get support moderate social .

The above is also related with research conducted Jarmitia et al. (2016), who researched connection between support social with trust self in the sufferer disability physical education at SLB Banda Aceh City. That is the result study show that , the more tall support social , increasingly big trust self owned sufferer disability physical . This is related with confidence self owned a person who organizes , where when existence support provided so will help increase confidence oneself to someone .

Based on results analysis of the data obtained from a number of testing , such as normality tests , linearity tests , and correlation tests. there is results as following . In the normality test produce data that is normal in nature which is proven with mark *Sig* from variable trust self and variables support social which is 0.200 which means mark *Sig* more big from 0.05 to from results the can proven that second normal variables .

In the linearity test results *Sig* value (p-value) on the variable trust self and variables support social that is of 0.205 which means its value more big from level significant 0.05 so second variable can said to be linear. Next correlation test was conducted For know whether there is significant influence from second variables , the results of the correlation test that have been done namely on the variables trust self and variables support social show The *r* value is 0.002. According to with existing provisions if *r* value < 0.05 means that from second variable there is correlation . And can seen from results pearson the correlation of 0.430 which is classified as in correlation positive moderate (0.21 – 0.40).

Can concluded that there is connection positive between second variables , so that based on hypothesis from study this is what it says existence connection positive between second variable stated can accepted . This is also related with study previously that has been conducted by Sakti and Rozali (2015) regarding “ Relationships Support Social with Self- Confidence in Taekwondo Athletes in the Sport Achievement (Study on Taekwondo Athletes of BJTC Club, Tangerang Regency)” which shows that support social own positive and significant relationship with trust themselves at the BJTC Athlete Club. The more tall support social benefits that athletes get , then the more high trust self owned Athlete the .

Trust self can influenced by support social , things This presented by Mildawani (2014) who stated that one of factors that can influence trust self is factor environment , this covers environment family , school , and community . Good environment that is everyone is interdependent interact with good , give support social to others will make people feel comfortable and more believe self . This is also supported by the results study previously conducted by Sestiani and Muhid (2021) regarding " The Importance of Support Social To Self -Confidence of Bullying Survivors ". Research the show that with support high social can make child have a sense of trust high self too , because with support high social child feel appreciated and loved by others, so matter This can develop a sense of trust self Alone for victims of bullying.

Based on description above , can researcher conclude from discussion study This that there is findings correlation positive between trust self and support social that can indicates that teenagers who feel believe self tend own level support more social high . On the other hand , if No There is support social given will make somebody not enough believe self . This result support hypothesis research that states existence connection positive between second variable , result study this is also reinforced with a number of study previously which shows that support social own positive relationship to trust oneself to someone .

Conclusion

There is connection significant positive between support social with trust self in adolescence member organization friend Quran rabbani . The results show that teenagers who feel believe self tend own level support more social high , and vice versa , lack support social can reduce trust self someone . Findings This support hypothesis research that states existence connection positive between second variable . Support social from environment family , school and community own role important in to form trust self teenagers . An environment that provides support good social can make individual feel appreciated and loved , so matter This can develop a sense of trust self they . Findings This consistent with study previously which also showed that support social own positive relationship with trust self in individuals .

In context organization , support social from fellow member can become factor important in increase trust self members . Teenagers who feel supported by fellow member organization tend own trust a better self tall in operate activities and facing challenge in organization . Therefore that , organization can play significant role in strengthen trust self teenager .

In order to strengthen trust self teenagers , important for environment around , including environment organization For give support adequate social . This is can done through positive interactions , appreciation , encouragement , attention , and assistance physical and psychological . With give support good social , expected can help teenager For feel more believe self and capable face various situation with more Good .

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