

## **Differences in Adolescent Confidence in terms of Gender in Adolescents in Medan Tuntungan**

**Khairuddin**

Faculty of Psychology, Medan Area University, Indonesia

**ABSTRACT:** This study aims to determine whether there is a difference in self-confidence of adolescents who are male and female in adolescents in Medan Tuntungan District. The research method used is a comparative quantitative approach, the sample used in this study amounted to 120 adolescents, the sampling technique used in this study was a random sampling technique. Then the data collection using the Likert scale method which is collected through a self-confidence scale which is measured using 6 factors that affect self-confidence. The data analysis technique used by the researcher is the one-way ANOVA analysis technique. Based on the results of the one-way ANOVA calculation, the results obtained are  $\text{sig}(p) = 0.003 < 0.050$ , which means that the significance value obtained is less than 0.050, which means that there are differences in adolescent self-confidence in terms of male and female sex in adolescents in Medan Tuntungan District. With different hypothetical and empirical mean values, where based on the calculation results, it is found that the self-confidence of male adolescents, the empirical mean = 79.56 < hypothetical mean = 82, where the difference is more than  $SD = 9.341$  so it is in the moderate category, while female adolescents, the empirical mean = 70.12 < hypothetical mean = 82, where the difference is more than  $SD = 10.224$  which is in the moderate category.

**Keywords:** Confidence; Teenager; Gender

*Submitted:01-07-2022; Revised:11-07-2022; Accepted:21-07-2022*

**\*Corresponding Authors:** khairuddin@staff.uma.ac.id

## INTRODUCTION

When the individual enters adolescence, the individual begins to look for his identity, this happens because during the process of adolescence, this is between childhood and adulthood, so there is a transition process between the two, but there are things that are difficult to accept. Where in this adolescent period, individuals are not treated like adults and are also not treated like children, so that during this transition period an individual tries to find his identity, so that later he is able to go through the process of further development. According to Desmita (in Palupi, 2013) states that adolescence is a process of growing into an adult or in the development of becoming an adult.

Monks (in Sarwono, 2013) revealed that adolescence is in the age range between 12-21 years, where there are three divisions, namely; Early adolescence is in the range of 12-15 years, middle adolescence is in the range of 15-18 years, while late adolescence is in the age range of 18-21 years.

The process of adolescence is also known as adolescence or can also be called the period of growing into adulthood. Hurlock (in Ali & Etc., 2011) In early adolescence, there are several symptoms that are commonly referred to as "negative phase" symptoms, the term "phase" indicates a short-lived period, while the term "negative" means that the individual takes an "anti" attitude towards life or loses the good qualities that had previously developed.

*"Negative phase"* A lot of teenagers experience the symptoms, such as; restlessness, lack of self-confidence, lack of ability to work, less sensitive to feelings, then also social conflict, where the process of adolescence will be passed properly must be able to go through these symptoms, must be able to be able to overcome it, so that individuals will be able and dare to show their existence later, where one of the factors of individuals who are undergoing adolescence to be able to show their existence is good self-confidence.

Why should you be confident, because self-confidence is one aspect of personality in the form of belief in one's own abilities so that one is able to not be influenced by others and then can act according to his will, then optimistic and also tolerant and responsible Lauster (Ghufron & Risnawita, 2010).

Teenagers must overcome this because Hurlock (1980) said that one of the characteristics of adolescence is a period that is considered an important period, because this period will have direct or long-term consequences, where there is development both physically and psychologically accompanied by rapid mental development, so adjustments are needed and need to form attitudes. and value also new interests.

If the adolescent's self-confidence factor is high, the teenager will be able to adjust his situation, so that in the process of physical and mental development it can run well, this is in accordance with research conducted by Amri (2018) where the results of his research show that self confidence based on Scout extracurriculars is very satisfying, where the contribution of self-confidence is 94.1% in influencing student achievement.

Bandura (1977) Self-confidence is a belief that a person has that he or she is able to behave as needed to get the expected results. Then Kinney (in Rajab,

2006) says that self-confidence is the main capital for a person to make and develop his potential, with adequate self-confidence a person will easily adapt to a new environment, have a strong grip on life and be able to develop his potential.

A person who has self-confidence will be able to work hard to achieve progress and is full of confidence in the role he is playing, thus, the characteristics of someone who has high self-confidence has attitudes such as selflessness, ambition, then quite tolerant, does not require support from others, optimistic, not excessive, even able to work effectively.

But basically self-confidence cannot appear suddenly, self-confidence is something that grows, is formed and also develops, it doesn't necessarily exist in a person since he was born, as well as according to Hurlock.(2011)where throughout the life span that an individual goes through, he or she will interact with other people who can make that self-confidence grow.

There are several things that affect self-confidence, including the following in Loekmono:(1983)that is; (1) self concept (2) self esteem (3) education level (4) social interaction (5) gender (6) family.

Research on self-confidence in adolescents in particular has been widely carried out by previous researchers such as research conducted by Ramadhani et al(2017)where the research aims to examine the relationship between self-confidence and self-image in late adolescence. Then research on self-confidence has also been carried out by Gunawan(2018)with the aim of research is to see the relationship between self-confidence with learning achievement and career planning of students, then Hasmayni(2014)has also conducted research on the relationship between self-confidence and adolescent self-adjustment.

However, in this study, we want to focus on one of the factors that influence self-confidence, namely; gender, where this study was conducted in Medan Tuntungan, and focused on adolescents who were in the Medan Tuntungan location, and the purpose of this study was to see whether there were differences in the level of self-confidence between adolescents who were female and adolescents who were male.

## METHODS

In this research, the researcher uses a comparative quantitative approach, comparative quantitative is a study that aims to compare between two groups of a variable, then to get a further in-depth analysis, the researcher uses data analysis techniques with one-way ANOVA analysis techniques, this technique is used to test the difference between several groups of means, in which there is only one independent variable(Azwar, 2000).

The variable in this study is self-confidence, then the researcher conducted his research in Medan Tuntungan. According to Sugiyono(2017)the population is a generalization area consisting of: objects/subjects that have certain qualities and characteristics determined by the researcher to be studied and then conclusions are drawn, the population in this study is Medan Tuntungan adolescents as many as 335 adolescents where 163 male adolescents and 172 female adolescents of which are female.

The sampling technique used by the researcher to determine the research sample using random sampling technique, where this technique means that all individuals in the population have the same opportunity to be sampled.(Sugiyono, 2017). The samples used in this study were 60 males and 60 females, so that the total sample used by the study was 120.

In compiling the research scale, the researcher used a Likert scale approach in compiling it, the scale used in this study was the self-confidence scale, which was based on the factors that influence self confidence according to Loekmono (1983), namely; (1) self concept (2) self esteem (3) education level (4) social interaction (5) gender (6) family.

The data collection technique used by the researchers was by distributing questionnaires via google form which would later be sent via personal chat via the WhatsApp application, so as to make it easier for teenagers to fill out questionnaires sent by researchers.

Based on the problem formulation and literature review, the hypothesis of this study is that there is a difference in self-confidence in terms of gender with the assumption that the self-confidence of adolescents who are male is lower than the self-confidence of adolescents who are female.

## RESULT AND DISCUSSION

Before conducting the research, the researcher first tested the normality of the distribution of the self-confidence scale, the researcher used the distribution normality test using the Kolmogorov-Smirnov Goodness of Fit Test technique. This normality test is used in order to prove the distribution of the appropriate questionnaire data, so that later in carrying out the research the scale used can get the right results. The results of the normality test can be described in the table below:

**Table 1.** Normality Test Calculation Results

Variable	Average	SB/ SD	KS	P	Information
Confidence	65.32	9,873	0.560	0.785	Normal

After calculating the normality test through the Kolmogorov-Smirnov Goodness of Fit Test technique, which is based on the table of the results of the normality test calculation above, the confidence scale used in the study can be said to have followed the normal distribution in accordance with the normal curve principle. This normal distribution can be accepted if the confidence scale criteria using a Likert scale approach if  $p < 0.05$  the distribution is declared abnormal, otherwise if  $p > 0.05$  the distribution is declared normal (Sugiyono, 2009).

Then from the results of the normality test data that has been carried out by researchers using the Kolmogorov-Smirnov Goodness of Fit Test, it is also found that the result of the p-value of self-confidence is 0.785, this value is greater than 0.05, so the confidence scale used in this study can be said to be

normal, and deserves to be used as a tool to measure differences in adolescent self-confidence.

Furthermore, the researchers conducted a homogeneity test between the two samples, namely male adolescents and female adolescents where the researchers took data on adolescents located in Medan Tuntungan District as research samples. The following is a table of homogeneity test results between the two:

**Table 2:** Homogeneity Test

Variable	Homogeneity Test (Levene Statistics)	Sig	Information
Self Efficacy	5,306	0.039	Heterogeneous

After doing the homogeneity test using Levene Statistic, the researcher got  $p \text{ value} = 0.039 > \text{sig} = 0.050$ , so from these results it can be concluded that the two sample groups, namely male adolescents and female adolescents, are heterogeneous groups.

Then after knowing that the two groups were heterogeneous, the researchers conducted an analytical test to find out whether there were differences between the two groups from the sample used using the one-way ANOVA technique, here is a table of the results of the one-way ANOVA test using the Sppss 21 application:

**Table 3:** One-way ANOVA Analysis Test

Variable	F	Sig (p)	Information
Confidence	12,031	0.003	There is a difference

After the analysis test was carried out using the one-way ANOVA technique, it was found that the value of  $\text{Sig} (p) = 0.003$  which means  $< 0.050$  this means it is significant, which means that there is a significant difference between male and female adolescents. female gender for her self-confidence.

After it was known that there was a difference between the two groups in their self-confidence, then the researcher calculated the hypothetical and empirical average of the two sample groups. The following is a table of the results of the calculation of the hypothetical and empirical averages;

**Table 3:** Calculation of Hypothetical and Empirical Average Values

Variable	SB/SD	Average value		Information
		Hypothetical	Empirical n	
Man	9,341	82	79.56	Currently
Woman	10,224	82	70,12	Low

Based on the table of the results of the calculation of the hypothetical and empirical mean values of male adolescent self confidence, the results of the empirical mean = 79.56 < hypothetical mean = 82, where the difference is more than SD= 9.341, it can be said that trust male adolescents are in the medium category.

Then based on the results of the calculation of the hypothetical and empirical average value of the female self-confidence of adolescents, the empirical mean = 70.12 < hypothetical mean = 82, where the difference is more than SD = 10.224, it can be said that the self-confidence of adolescents female gender is in the low category.

After the one-way ANOVA analysis was carried out, the results showed that there were differences in the level of self confidence in the group of adolescents who were male and female.

Then calculated the hypothetical and empirical mean values, and also obtained differences in the level of self-confidence, where the level of self confidence of male adolescents is higher than the level of self confidence of female adolescents, with the level of self-confidence of male adolescents being at a moderate level, while adolescents women are at a low level.

The results of this study are also supported by several studies that have been carried out by previous researchers, such as research conducted by Sari(2021)Dimaha in her research shows that there is a difference in the percentage level of self-confidence between women and men, where the average score for men is 145.97. While the average value for women is 141.26, this shows that the self-confidence of men is higher than the level of self-confidence of women.

Then this research is also supported by research conducted by Saliana(2016)where the research shows that there is a significant difference where there is a difference in the self-confidence of male and female new students in Malang who come from East Nusa Tenggara.

Research conducted by Nurika(2016) where in his research the results showed that there was a very significant difference, where the male sex confidence was higher than the female self-confidence level.

The difference in the level of self-confidence of men and women can also be seen from the results of the questionnaire section regarding the courage to speak to people, where the average results obtained, the average male adolescent is higher than the average female adolescent.

## CONCLUSION

Based on the results of the analysis and hypothetical differences, as well as some support from previous research, the conclusion in this study was that there was a significant difference between the self-confidence of boys and girls, where the self confidence of boys was higher than that of girls. The self confidence of male adolescents is in the medium category, while the level of self-confidence for female adolescents is in the low category.

## REFERENCES

- Ali, M., & Etc. (2011). Adolescent Psychology of Student Development. PT Bumi Aksara.
- Amri, S. (2018). The Influence of Self Confidence Based on Scout Extracurricular on Mathematics Learning Achievement of Students of Sma Negeri 6 Bengkulu City. *Raflesia Journal of Mathematics Education*, 3(2), 156-168.
- Azwar, S. (2000). Preparation of the Psychological Scale. Student Library.
- Bandura, A. (1977). Social Learning Theory (N. Jersey (ed.)). Prentice Hall Inc.
- Ghufron, MN, & Risnawita, R. (2010). Psychological Theories.
- Gunawan, S. (2018). Relationship between Self-Confidence with Learning Achievement and Student Career Planning. *Journal of Psychopedagogia*, 5(1), 11.
- Hasmayni, B. (2014). The Relationship between Self-Confidence and Adolescent Self Adjustment. *Journal of Analytica*, 6(2), 98 104. <http://ojs.uma.ac.id/index.php/analitika/article/view/850>.
- Hurlock, EB (2011). Developmental Psychology: A Lifespan (Fifth) Approach. Erlangga.
- Hurlock, Elizabeth B. (1980). Developmental Psychology: An Approach Throughout the Life Span. grammar.
- Loekmono, L. (1983). Self Confidence. Salatiga. Satya Wacana Christian University Guidance Center.
- Nurika, B. (2016). The Relationship Between Self-Concept and Adolescent Self-Confidence Uploading Selfie Photos on Instagram (Viewed by Gender). Muhammadiyah Surakarta university.
- Palupi, AO (2013). The Effect of Religiosity on Juvenile Delinquency in Class VIII SMP Negeri 02 Slawi, Tegal Regency. Semarang State University.
- Ramadhani, TN, & Putrianti, FG (2017). The Relationship Between Self confidence and Self Image in Late Adolescence. *Journal of Spirits*, 4(2), 22. <https://doi.org/10.30738/spirits.v4i2.1117>
- Salina, NE (2016). Differences in Confidence of New Students in Malang from NTT in terms of Gender. Independent University of Malang.

Sari, RE (2021). Differences in Confidence Levels in terms of Gender in Class VIII Students at SMP Negeri 1 Karangdowo Klaten. Sebelas Maret University.

Sarwono, SW (2013). Social Psychology. Salemba Humanika.

Sugiyono. (2017). Qualitative Quantitative Research Methods and R & D. Alpha beta.