



The Relationship between Self-Esteem with Self Adjustment in Students from Sul-Sel iIn Malang City

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ABSTRACT

Self-esteem is a person's perspective and self-assessment, having good self-esteem can affect motivation, mental well-being, and overall quality of life. Adjustment is a process of alignment between individuals with other individuals or the outside world so that harmony occurs. Individuals who can adapt well are people who, with their limitations, learn to react to themselves and their environment in a mature way. This study aims to determine the relationship between self-esteem and self-adjustment in students from South Sulawesi in the city of Malang. This research uses quantitative methods. The subjects of this study were 42 students from South Sulawesi for the 2021 and 2022 years in the city of Malang using the purposive sampling technique. Data analysis uses the product moment correlation technique. The results showed that there was a correlation between self-esteem and self-adjustment in students with the results of the analysis showing a correlation coefficient of 0.556 with a significant value of 0.000. there is a significant positive relationship between self-esteem and self-adjustment with an effective contribution of 30.9%.

Keywords: Self-esteem, Self-adjustment, Regional students

Introduction

Most of the students are synonymous with immigrants, and the locations of the universities are scattered in big cities in Indonesia with different levels of quality giving rise to different views on each student in determining the choice of university. Mixing students with different cultural identities in an area is new in Indonesia.

So do not be surprised if the potential for culture shock among individual nomads living in a new area will also be greater. In the early stages of his life in an overseas place, he will experience problems of discomfort with his new environment which will then affect him both physically and emotionally as a reaction when moving and living in a new environment, especially with different cultural conditions. A new culture can potentially cause pressure because understanding and accepting is not an instant thing and is something that cannot be fully implemented easily (Hendrastomo et al., 2013).

Adjustment is important for students, if students are not able to adjust to their new learning environment they will experience the potential for many conflicts and the focus they face is not only on academic problems. Good self-adjustment will be able to control oneself, attitudes, and behavior, so it is hoped that they will be able to interact well with the environment and society, which makes students able to minimize the stress that may occur (Sandha et al., 2012). High self-adjustment to overseas students can be obtained from their participation in various activities both in organizations and other social activities. His activeness allows students to interact with many people and creates close relationships. This makes it easier for students to get to know and interact with friends from various regions (Nadlyfah & Kustanti, 2020).

According to Rogers, self-esteem is an ongoing personal evaluation of one's validity. Self-esteem is a kind of judgment of existential validity. This trait is common to humans and is not limited or temporary. As Rogers mentioned, this feeling of self-worth arises from the need for positive behavior. The need for positive attention from others includes feedback, warm and pleasant behavior, respect, and kindness from the environment, especially parents. The main causes of self-image and the creation of self-esteem are to be found in the individual's relationship with society, especially in childhood and adolescence. Self-esteem relationship with family and other people around him are considered the most effective (Mohammadi & Rad, 2014).

The four main factors that contribute to the development of self-esteem (Sandha et al., 2012) are: (1) Respectful, acceptance, and treatment received by individuals from significant others, namely people who are important and meaningful to individuals, where they are aware of their role in giving and eliminating discomfort, increase and decrease helplessness. As well as increasing and reducing self-esteem. Self-esteem is not a factor that is brought from birth but is a factor that is learned and formed from individual experiences when interacting with their social environment. Someone who feels that he is respected, accepted, and treated well will tend to form high self-esteem, otherwise, individuals who are belittled or treated badly will tend to form low self-esteem. (2) History of success, status, and position that the individual has achieved. Status is an embodiment of success which is indicated by self-recognition and acceptance by society so that the success, status, and position that the individual has achieved will form an assessment of himself,

based on the awards received from other people. (3) Values and aspirations. Individuals at all levels of self-esteem may provide the same value standard for assessing their worth but will differ in terms of how they assess the achievement of the goals they have achieved. Individual experiences will be interpreted and modified according to their values and aspirations. This difference in giving judgments is a function of the values they internalize from their parents and significant individuals in their lives. (4) They way individuals respond to devaluation of themselves. Individuals can reduce, change, or strongly suppress demeaning treatment from other people or the environment, one of which is when individuals experience failure. The individual's meaning of failure depends on how to overcome the situation, his goals, and aspirations which will reflect how he maintains his self-esteem from feelings of inadequacy, powerlessness, meaninglessness, and immorality.

Haber & Runyon (in Irdianti, 2021), stated that everyone must experience problems in achieving their life goals and adapting to a situation or as a process. They have to change their goals according to the circumstances of their environment. Individuals change their goals in life as the environment changes. Based on the concept of self-adjustment, it can be seen how an individual's ability to deal with environmental changes. Adjustment is a dynamic process that aims to change individual behavior so that a more appropriate relationship is established between the individual and the surrounding environment.

According to Haber & Runyon (in Fathunnisa, 2017), there are five characteristics of effective adjustment, namely: (1) The right perception of reality, the right perception of reality is one of the prerequisites for being able to adjust well to the environment. Individuals who can adjust well can determine the effective goals that can be achieved. One of the important aspects of perceiving reality correctly is the ability to recognize the consequences of each action so that it can direct what will be done. (2) With the ability to cope with anxiety and stress, individuals realize their interest in dealing with other people. Sometimes a person hopes to get satisfaction as soon as possible, but often this is hindered by the reality that occurs, then feelings of discomfort and stress arise. Individuals cannot expect to achieve goals within a certain time and must be aware of the need to delay to achieve goals. An individual who can adapt well is when he can set goals, overcome various problems and conflicts that occur in his life. (3) Positive self-image, psychologists view self-perception as an indicator of self-adjustment. One way is to look at yourself positively. But keep in mind not to forget the reality that is within. If a person can know and understand himself realistically, then he can know the various potentials that he has as a source of strength within himself. (4) The ability to express feelings, ability to express feelings is needed in the adjustment process of each individual. Some individuals cannot express their emotions freely. On the other hand, some individuals can express their feelings freely. Good adjustment requires a balance between the two. Healthy individuals can feel, and express emotions and feelings as a whole. However, when a person can express his feelings, the thing that needs to be considered is how the individual displays his emotions in reality and is under his control. (5) Good interpersonal relationships, an important aspect of pleasant interpersonal relationships is that it involves a variety of feelings and emotions. Individuals who can adjust well can carry out interpersonal relationships at a certain level of closeness. They are competent and comfortable dealing with other people.

There are several characteristics of someone who has poor adjustment. Inefficient and unhealthy habits such as laziness, procrastination, indecision, uncritical judgment, prejudice, and so on hinder or destroy good adjustment. Laziness was one of the problems experienced by 4 of the 12 students studied and according to one of the students, laziness always came to him and was difficult to control or avoid. Likewise, doubts are considered problems experienced by students, for example, students feel afraid of being wrong to give an opinion so doubts arise which can hinder them in the process of adjustment. In addition, students also find it difficult to manage time, especially in terms of studying, lecture activities and rest. If students are not able to handle this properly, it will affect the adjustment process (Schneider, 1960).

Based on the relationship between self-esteem and self-adjustment according to the description above, the researcher is interested in examining the relationship between self-esteem and self-adjustment for overseas students from South Sulawesi in the city of Malang.

Method

Research using quantitative research with the method of data analysis in research is a product of moment correlation analysis. The first variable in this study is self-esteem using The Resomberg Self-Esteem Scale (Rosenberg, 2015). The TRSES instrument is in the form of a questionnaire consisting of 10 questions. Then the second variable in this study is self-adjustment using a modification scale of self-adjustment based on the characteristics of self-adjustment proposed by Runyon and Haber (Jannah, 2013). This instrument is in the form of a questionnaire consisting of 21 questions. The sampling technique is Purposive Sampling. Purposive sampling is a sampling technique with certain considerations, based on certain characteristics or criteria related to research objectives (Sugiyono, 2011). The samples in this study were 42 students with criteria for student status in the city of Malang for the 2021 and 2022 batches coming from South Sulawesi.

Results

The data obtained in this study were analyzed using the product-moment correlation. The subjects in this study were students from South Sulawesi in the city of Malang.

Table 1. Description Of Research Subjects

Characteristics	Frequency	Percentage
Gender		
Male	24	58,5
Female	17	41,5
Force		
2021	9	22,0
2022	32	78,0

Based on table 1, it can be described that there were 25 male subjects with a percentage of 59.5% and 17 female subjects with a percentage of 40.5%. Meanwhile, from the 2021 class, there are 10 subjects with a percentage of 23.8% and the 2022 class subjects are 32 with a percentage of 76.2%.

Table 2. Results Of Data Analysis Correlation Of Self-esteem With Self-Adjustment Scale

Correlation Coefficient	Analysis Index
Correlation Coefficient	0,556
Coefficient of Determination	0,309
Degree of Probability of Error	(0,01) 1%
P (Significant Value)	0,000

Based on table 2 of the resulting coefficient scores, it can be concluded that there is a relationship between self-esteem and self-adjustment. The significant level of 0.000 is smaller than the significant level used, which is 0.01 ($0.000 < 0.01$) so that it can be said that there is a positive relationship between self-esteem and self-adjustment. The correlation of self-esteem variable determination based on the results of the data analysis above is 0.309 towards self-adjustment, which means that the effective contribution of self-esteem towards self-adjustment is 30.9% while the influence of other factors on self-adjustment is 69.1%.

Discussion

This study aims to determine the relationship between self-esteem and self-adjustment of students coming from South Sulawesi batches of 2021 and 2022 in the city of Malang. The results of the hypothesis testing that has been carried out show that there is a relationship between the variables of self-esteem and self-adjustment based on the criteria of a correlation coefficient of 0.556 with an error probability of $0.000 < 0.01$. This shows that there is a positive relationship between self-esteem and self-adjustment in students. That is, when self-esteem is high, student self-adjustment is also high, and vice versa, when self-esteem is low, student self-adjustment is low. These results indicate that the hypothesis of this study is accepted.

An individual will try to make adjustments to overcome the needs, conflicts, and frustrations that he experiences in himself, which conditions can come from within the individual or can occur from outside, which aims to have good relations between the individual and his environment. Apart from that, as an overseas student who is always unable to be close to his family and receives heavy demands from the individual's place to study, as well as the demands that these individuals receive in a new place that is different from their area of origin. The different circumstances that this individual encounters in a new place result in this individual having to be able to interact with the surrounding environment regardless of the background of the area of origin, therefore having good self-esteem is very important for individuals because satisfaction with a sense of self-esteem in individuals can lead to self-confidence, a sense of worth, a sense of strength, a sense of ability, and a sense of usefulness which these qualities will make them satisfied with their character and abilities.

Based on the results of research conducted by (Mary Hernandez, 2017), concluded that there was a significant relationship between self-esteem and self-adjustment in lectures at universities in the city of Calapan, Philippines. This research was addressed to 357 first-year students selected from predetermined tertiary institutions. The relationship between the two variables is in the low to quite a strong category, it can be seen from the correlation coefficient values which range from 0.36-0.59, this is influenced by differences in how respondents adjust to lectures, especially in terms of academic, social, emotional and attachment to intuition. Cognitive Appraisal Theory can explain the reasons why everyone reacts differently, this is because how a person evaluates himself and how a person reacts to a new environment depends on how a person perceives it.

Likewise research conducted by (Mohammadi & Rad, 2014), which has a fairly strong correlation between self-esteem variables and self-adjustment variables, with a correlation coefficient of 0.40. The relationship between self-esteem and self-adjustment of 100 high school students in Isfahan in the 2013-2014 academic year. The results of this study indicate that there is a positive and significant relationship between self-esteem and adjustment variables.

Frustration or obstruction of the satisfaction of the need for a sense of self-worth will trigger an attitude of inferiority, a sense of inappropriateness, a feeling of weakness, a sense of inadequacy, and a sense of uselessness that causes the individual to feel hopeless in dealing with existing demands. So that if an individual has low self-esteem he will experience pressures with new circumstances which will result in anxiety which will make the individual afraid of the outside world, in research conducted by (Sowislo & Orth, 2013), that low self-esteem has a significant effect on a person's depression, the results of their research also explain that depression that arises in individuals due to low self-esteem can occur in every individual because they get the result that depression that appears is not significant from the influence of gender or age. Research conducted by (Kapikıran, 2013), in Turkey with as

many as 431 respondents, the results of his research said that lack of self-esteem can cause a person to experience an increase in the negative effects of loneliness and reduce feelings of life satisfaction, if this continues to happen it can even cause depression in the individual, this will result in communication with the surrounding environment will be disrupted and the adjustment in the new environment will experience obstacles.

From this study, it can be explained that the high self-esteem possessed by students has a relationship with self-adjustment in a new environment. Someone with high self-esteem has characteristics such as high self-confidence, optimism, friendship, tolerance, independence, and feeling safe where he is so behaviors like this will lead to good adjustments. Self-esteem will project an individual's perspective on the situation in their environment, and will also influence how these students respond in adjusting to changes in their new place. This study shows that self-esteem contribution to the adjustment of students. Based on data analysis, it was obtained that the coefficient of the determinant was 0.309, which means that the effective contribution of self-esteem to adjustment was 30.9% while the remaining 69.1% came from other factors not revealed in this study.

In this study encountered obstacles that occurred when conducting research. This obstacle was due to the lack of respondents filling out the questionnaire because the distribution of the questionnaire was done online. The researcher also forgot to write down the age of the respondent in the questionnaire, making it difficult to do the research. In addition, researchers also encountered social desirability situations where researchers could influence the results of existing research. This is due to the tendency of the subject to fulfill social expectations which can affect the results of the research.

Conclusion

Based on the results of the study, it can be concluded that there is a positive correlation between self-esteem and self-adjustment with the results of the analysis showing a correlation coefficient of 0.556 with a significant value of 0.000. The higher the self-esteem, the better the adjustment will be. In addition, the contribution of self-esteem to self-adjustment is 30.9% while the remaining 69.1% is influenced by other factors.

This research implies that the results of this research are expected to add insight into knowledge, especially in the field of psychology regarding self-esteem and adjustment. The results of the research are also expected for all parties to refer to self-esteem more. Meanwhile, for further research, it can continue research by finding more significant variables because to make good adjustments many factors can be used as variables by further research.

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