Intrapersonal Peacefulness in Indonesian Adolescents

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ABSTRACT

The study aims to provide an overview of intrapersonal peacefulness owned by adolescents in Indonesia. A total of, 1552 adolescents (boys = 983, girls = 569) were respondents in this study, with the adolescent age range according to the definition of the Indonesian Health Department, which is 12 to 25 years. Retrieval Data was carried out using the Self-Perception Scale in Intrapersonal Peace, which researchers translate into Indonesian. The first analysis result found no intrapersonal differences in peacefulness according to their age range. The second analysis found a significant gender difference ($p < .01$) in intrapersonal peacefulness, where adolescent boys had more peaceful feelings than adolescent girls. The last analysis data found no intrapersonal differences in peacefulness reviewed from an educational background.

Keywords: *Intrapersonal Peacefulness, Adolescents, Indonesia*

1. INTRODUCTION

Over the past decade, there has been an increase in attention to violence perpetrated by children and adolescents. Violence by children and adolescents also occurs in an educational environment, in the form of violence that leads to crime, for example, fights using firearms, the use of illegal drugs, and abortion [1]. The research results conducted by Ahkam and Fakhri [2] in Indonesia show that violent behavior by adolescents in the form of schools bullying is classified as high and almost occurs every day. Data from the Ministry of Health Data Center Indonesia [3] surveying, 9844 adolescents aged 13-24 years in Indonesia shows that 3 out of 4 teenagers who have experienced violence are of one type or more, reporting that the perpetrators of violence are friends or peers.

Violent behavior in adolescents can undermine the social structure of life in terms of security, justice, and social relations. Even in the context of education in schools, violence still often occurs amongstudents themselves and between teachers and students [4].

Adolescents are characterized by identity development [5]. Identity is obtained from social relationships adolescents build with the surrounding environment, especially peers. An adolescent is always trying to find the proper identity for the own self. Adolescents often experience an identity crisis and show malicious behavior towards adults and parents [6]. Differences in behavior between what is expected by adults and parents with the behavior shown by adolescents often result in conflict, which can end in violence. Consequently, effective ways needed to provide calm and psychological comfort to adolescents while undergoing their stages of development. One crucial way to reduce violence in adolescents is to build a capacity for peace in self or intrapersonal peacefulness (IP). IP involves inner peace and mind, which are the basis of the individual to make peace with others, social groups, the state, nature, and God, consistent over time [7]. The concept of peace is universal in every religion and all civilizations [8]. Peace is a condition where there is no violence, such as the absence of murder, rape, or war [9,10]. Peace is a condition of harmonious relations with individuals, groups, families, and even countries and includes the low level of violence that occurs in it [11], [12]. The results of various studies show that people who have personal peacefulness tend to have good physical health [13,14] having inner peace that is closely related to psychological well-being characterized by positive emotions [15], devoting self, feeling life more meaningful [16], has happiness, life satisfaction, can choose the best goals for own life [17], has affection, happiness and are not easy to feel anxious or depressed [18], [19]. As a personality trait, IP can be defined in three concepts.

The First is as a form of self-acceptance, self-compassion, and anti-violence self disposition. The second is a relatively enduring and harmony between aspects of oneself. The third is a form of disposition for emotional states that support harmonious relationships within an individual [20]. Someone who can develop IP

will tend to feel peace in the self and establish peace with others. This research aims to provide an overview of the IPs owned by adolescents in Indonesia. This research has never been done in Indonesia. The research is essential to get a precise picture of the psychic state of Indonesian adolescents, especially feelings of peace within the self so that it can become knowledge for further researchers and practitioners of psychology and counseling in dealing with adolescents who commit and or even experience violence in their lives.

2. METHOD

Respondents in this study were Indonesian teenagers aged 12-25 years. The age range adjusted to adolescent age based on the Indonesian Ministry of Health [21], i.e., early adolescent age 12-16 years and late adolescent 17-25 years. The number of adolescents sampled in this study was, 1552, with 983 boys and 569 girls. This research carried out as a COVID-19 pandemic is still ongoing, and the Indonesian government has enacted Level 3 Community Activity Restrictions (PPKM) in almost all regions of Indonesia. Data is taken using the Self-Perception Scale (SPS) in Intrapersonal Peace, compiled by Nelson [20].

Researchers have obtained permission to conduct scale translations into Indonesian in this study sample. SPS in Intrapersonal Peace is structured to measure IP as a personality trait. There are two types measured in SPS. The first type is self-acceptance, self-compassion, and non-violence towards oneself. The second type is harmony between various aspects within the self. Each item on this scale has an answer ranged from 1 for never, up to 6 for always. Six items out of 12 items in the SPS have reversed scores. The higher the score indicated by the respondent, the higher the respondent's disposition in self-acceptance, self-compassion, and non-violence towards oneself, and the more harmonious aspects within themselves. In previous studies, SPS had high reliability, i.e., $\alpha = 0.81$ [22]. Data was then analyzed using One-Way ANOVA and Two-Way ANOVA to see interactions between variables.

3. RESULTS

Data analysis on the start by using One Way ANOVA, and proceed using Two Way ANOVA, shows the following results:

Table 1. First Analysis with One Way ANOVA

Variables		df	Mean Square	F	Sig
Intrapersonal Peacefulness	Age Range	1	110.482	.846	.358
	Gender	1	1991.885	15.398	.000*
	Education	2	4.135	.032	.969

Table 2. Second Analysis with Two Way ANOVA

Variables		df	Mean Square	F	Sig
Intrapersonal Peacefulness	Age Range	1	119.502	.925	.336
	Gender	1	2290.988	17.732	.000*
	Age Range*Gender	1	448.784	3.474	.063
Intrapersonal Peacefulness	Education	2	15.557	.120	.887
	Gender	1	2034.397	15.715	.000*
	Education*Gender	2	171.040	1.321	.267

Table 3. Descriptive Analysis Result

Variables		Category	N	Mean	SD
Intrapersonal Peacefulness	Age Range	Early adolescent	288	48.97	10.711
		Late Adolescent	1264	49.66	11.583
	Gender	Girls	569	48.04	11.318
		Boys	983	50.39	11.406
	Education	Elementary -Junior High	186	49.64	10.750
		Senior High	1145	49.54	11.554
		College	221	49.37	11.362

Table 4. Intrapersonal Peacefulness Category

Category	IP	
	N	**%**
Low	216	13,91
Middle	376	24,22
High	960	61,87
Total	**1552**	**100**

From the data analysis, it concluded that:

a. No IP differences were reviewed from the age range in Indonesian teenagers during the COVID-19 pandemic period.

b. A significant IP difference was reviewed from gender in Indonesian adolescents during the COVID-19 pandemic.

c. No IP differences were reviewed from an educational background in Indonesian teenagers during the COVID-19 pandemic.

d. Interactions between age range and gender caused no IP difference.

e. No IP difference is caused by educational background and gender interactions.

f. The level of IP held by the respondent group shows that IP levels tend to be high.

4. DISCUSSION

The results of data categorization using the categorization formula [23] show that most respondents, 86.09% (1336 adolescents), have moderate to high intrapersonal peacefulness. The theory of adolescent development put forward by Hurlock [24] suggests that the stage of adolescent development is the stage where conflict is straightforward because adolescents experience various drastic changes to the physical and psychological, thereby affecting the behavior and ways of adolescents building relationships social roles in life. It turns out that this study shows that, even though adolescents experience conflict, they can have a feeling of peace within themselves. One of the things that can affect adolescents in Indonesia still has a moderate and high level of intrapersonal peacefulness, despite the adolescents' psychological turmoil, is the inherent cultural context. Following previous research [25], it was found that Indonesians have a collectivist culture, that is, a culture with individuals who describe themselves with more emphasis on social ties. Moghaddam [26] explains that individuals in collectivist culture tend to put hope in the group in which the individual is attached and determined identity based on own group. Social identity [27] is built by three premises, specifically: (1) humans always try to create and maintain positive self-concepts; (2) self-concept generally comes from individual identification of a group; and (3) individuals maintain their positive identity by making comparisons between favorite in-groups and unfavorable out-groups. One social identity study found that group identification produced a sense of certainty [28]. Collective groups tend

to make peace with others who have feelings of peace within themselves. Peace with others can significantly influence one's intrapersonal peacefulness because it helps the person develop self-healing and develop the ability to resolve internal conflicts with the path of creating feelings of harmony within oneself [29]. This research was carried out as a COVID-19 pandemic so that adolescents generally have more time at home with family. The results of research on family relationships in the COVID-19 pandemic period show that adolescents under the age of 18 who live with families have better relationships with parents and their families [30]. The IP and age range analysis results show that no IP differences are reviewed from the age group. One crucial component that compiled IP and measured in this study was self-acceptance (SA). SA is an essential element in understanding oneself and directing one's behavior. If individuals can develop SA adequately, there will be no intrapersonal conflict. SA is a concept that is built by everyone, regardless of age. SA is not influenced by age growth or the transfer of a person to further developmental tasks [31], [32].

The IP and gender analysis results show significant IP differences between the sexes in adolescents. In general, adolescent boys have a higher IP than adolescent girls. The results of this study are new findings regarding gender and IP differences in the world, especially in Indonesia. One component of IP that is a component of IP studied in this study is self-compassion (SC). SC is one's ability to connect failures and mistakes that individual experiences as a form of reasonableness as a human being and actively calms down when facing emotional burdens [33]. A meta-study of the analysis of SC differences reviewed by sex described that female SC levels were slightly lower when compared to men [34]. Research by Muris, et al. [35], which compares SC between young and old adolescents in the Netherlands, found that women showed lower SC levels among older adolescents. Because SC is a critical component studied in IP in this study, changes in SC will result in changes in IP.

When reviewed from Education, the IP analysis and educational background show no IP differences. IP is a sense of peace built-in. Peace is a relevant personality attribute in all domains of social relations. Personality is a characteristic of behavior, cognition, and emotions that persist and settle into a typical pattern in a person and are strongly influenced by one's biological and environmental factors [36]. Because IP in this study was defined as a form of personality, IP is greatly influenced by the environment in which a person is located. Someone can develop IP without being limited by formal and informal education. One does not have to learn specific processes to gain peace in the own self.

5. CONCLUSION

This study shows that only gender brings differences to intrapersonal peacefulness (IP), while IP has no difference when reviewed from age range and educational background. The level of IP held by adolescents who were respondents in this study mostly showed high IP levels. This research is a new study in measuring IP in adolescents in Indonesia. So that researchers recommend that other researchers who want to research the same topic try to analyze IP with other variables and different demographic groups to increase the wealth of knowledge that can be provided, given the lack of research on this IP in Indonesia.

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