

Self-Concept of a Drunk Individual

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Abstract. The purpose of the study was to examine the self-concept of a drunk individual. The researcher used a qualitative paradigm. This study was conducted in a natural setting. The subject involved in this study was 1 person aged 25 years old. The results of the study showed that the subject has a positive self-concept even if the subject used to drink alcohol due to environmental influences. Moreover, the subject has a great priority to achieve his life's goal in the future. However, the subject faces a problem in identifying strengths and weaknesses. As a result, the subject is only not consistent with what he said.

Keywords: Self-concept, drunk individual, phenomenology

Introduction

Promiscuity amongst teenager has led to dramatic increases in severe impacts, such as sexual promiscuity and drunk. The teenager and adult commonly consume alcohol (Fatimah & Towil, 2014). Alcohol highly causes the decrease in awareness level which leads to disruptive and aggressive behavior in the communal environment. Mainly, alcohol contains a chemical formula of ethanol and decreases an individual awareness (Soekanto, 2006).

Alcohol consumption is not a taboo among adult people. Early adulthood period is a transition from teenager to adult. In this period, an individual frequently experiences stress and depression due to the change of lifestyle (Santrock, 2012).

Alcohol consumption among teenagers is a result of the surrounding environment and promiscuity influences that lead to physical, cognitive, and social changes. The effect also decreases prime time with the family. An individual will easily imitate negative behavior from other people (Feldman, 2012). (Siswendi, 2014) stated that the motives of a teenager to consume alcohol are due to the environment, friend, and background knowledge factors.

The transition from adolescence to early adulthood period causes the teenager to simply underestimates healthy lifestyle by consuming alcohol, and drugs without paying attention to a health condition. Based on the phenomenon, an individual consuming alcohol is initiated from another friend offers. An offer of alcohol consumption continuously affects drinking behavior of an individual. This condition will poorly influence an individual self-concept (Santrock, 2012).

Self-concept is a perception of physical, social, and psychological aspects based on personal experience and interaction with other people (Sobur, 2003). Self-concept is established based on personal experience and interaction to the environment (Agustiani, 2009). According to (Gest, Domitrovich, & Welsh, 2005), a friend deeply influences an individual self-concept. Several factors that influence self-concept are parenting, parents, friend, and self-esteem (Saraswatia, Zulpahiyana, & Arifah, 2015).

Generally, people's perspective on the drunk individual is identical with 'buzz' behavior, self-

disruptive, and other negative images. These perspectives refer to self-concept of the drunk individual which is negative in the social image. Self-concept is a set of belief which is organized (Baron & Byne, 2004). In this situation, it is primarily important to establish and implement self-concept specifically and globally (Jr, Chang-schneider, & Mcclarty, 2007). According to (Campbell, 1990), the low self-concept will affect the self-esteem and confidence of an individual.

There are numerous studies that discuss teenagers who like to consume alcoholic beverages or drunkenness which are caused by promiscuity and environment that supports them to become a drunk so that it can have an impact on the formation of self-concept on the teenager (Zumroh & Budiati, 2015). This not only focuses on adolescents, but drunk behavior can be sustained until the individual is mature and this makes the individual increasingly addicted, which results in the lack of knowledge and belief of the individual about his personal characteristics (Ardyanti & Tobing, 2017).

In daily life, everyone can form a dependence on many things, but dependence on illegal drugs and alcoholic beverages is the most prominent and distorted dependence. As previously explained that alcohol affects the body and can slow down the brain or reduce consciousness. Drinking more alcohol, individuals will not feel shame anymore and their decisions are not in a good target (Santrock, 2002).

This study focuses on the self-concept of individuals who like to drink which consists of the following aspects: (1) an individual perspective on him/herself; (2) the reason of being drunk; (3) an individual role; (4) life's goal; (5) people's opinion; (6) an individual quality; and (7) self-willing. Based on the following aspects, the researcher concluded that how is the self-concept of a drunk individual.

The benefits of this study based on the theoretical and empirical concept are: to provide a relevance reference for further study, to add knowledge and information to the public, educational psychology and development, especially for a drunk individual which is related to the importance of self-concept understanding. The results of the study are expected to give descriptions to a drunk individual regarding self-concept and its understanding.

Based on this phenomenon, the researcher wants to understand more deeply about the self-concept of a drunk individual perceived from the subject's point of view. The researcher applied a qualitative paradigm. Practically, this study is conducted in a natural setting.

Literature Review

Self-concept is a description of someone which is formed by experiences from interaction with the environment (Agustiani, 2009). According to (Widiarti, 2017), self-concept is divided into two main dimensions, namely as follows:

Internal dimension is an assessment conducted by an individual whose judgment is made by an individual toward himself based on personal experiences. This dimension consists of three forms, namely: 1) identity self, this part is the most fundamental aspect of self-concept and refers to the question 'who am I'; 2) self-behavior is an individual's perception of the behavior which contains awareness of 'what is done by an individual'; 3) Judging self-aims at being observer, standard determinant, and evaluator. The position is as an intermediary between self-identity and self-behavior.

External Dimension is a kind of how an individual judges himself through social relationships and activities, values, and other things. This dimension consists of five forms, namely (1) physical-self disrupts personal perception of the physical condition; (2) moral-ethical self is an individual perception from the standard of consideration of moral and ethical values; (3) personal self is a feeling or perception of someone about certain personal condition; (4) family self is a form of self-esteem in the position as a family member; and (5) social-self is an individual's assessment towards the surrounding environment.

A drunk individual

Based on (Prabowo & Pratisti, 2017), Alcohol highly causes the decrease in awareness level which leads to disruptive and aggressive behavior of an individual. Specifically, alcohol contains a chemical formula of ethanol and decreases an individual awareness (Soekanto, 2006). The excessive consumption of alcohol will cause the following symptoms of physical disorders and psychological disorders, such as loss of self-control. Excessive consumption of alcohol will cause the following symptoms of physical disorders and psychological disorders: Loss of self-control, as the first symptom in an alcoholic. Alcoholism is: the tendency for small and precise amounts of alcohol, giving and enhancing the good taste. So alcoholism is: Anxiolytic, reducing anxiety, anti-depression, improving mood / stemming, making people euphoric, able to eliminate psychic brakes, enhancing self-esteem and self-feelings, preventing derealization and depersonalization, promoting self-judgment of self-punishment and self prohibitions (Kartono, 2009).

Method

This study applied qualitative design using phenomenology approach. This study was conducted in Jl. Tlogomas Gg 15A, Malang Regency. The researcher mapped the subject with certain criteria, such as an alcohol drinker. The data were collected using interview, observation, and interview. Therefore, the subject involved in this study was a men 25 years old. The stages of data analysis are: understanding the data, determining beneficial meaning, transforming the meaning of sensitive-psychological expressions, and determining the structure.

Results

The subject has a positive self-concept, even though the subject likes to consume alcohol and is difficult to escape from the habit because the subject is still influenced by the environment. However, the subject always thinks positively about what people say about him. The subject also has a priority to reach his life goals and things for the future. Sometimes, the subject is not consistent with his personal choice. The subject feels difficulty in identifying his strengths and weaknesses.

The subject is a humorist. Every time the subject tells a story there must be many people laughing. However, he is mostly silent. In social interaction, the subject is easy to make friends without concerning social and economic status. The subject has a wish of becoming an entrepreneurship or businessman. This is a pride for him and his parent. The subject frequently performs prayer five times a day and night, studies on campus, and thinks about the future.

The subject has ever been frustrated with himself due to his sorrow of past events. Hence, the subject motivated himself to work hard for the future because he believes that he is still meaningful for many people.

Discussion

Based on the results, the researcher believes that the subject still has a positive self-concept. (Centi, 1993) stated that self-concept is a description of personal identity and perception towards thing around an individual. The researcher concluded that the subject has a good personality in making friends and reaching life's goal.

The subject is sometimes confused by the strengths and weaknesses he has, but the subject accepts all the shortcomings and advantages. The subject at first did not realize that the actions of a subject who like to consume alcohol. At the time, the subject tried to realize his life's goal of becoming a better person. According to (Calhoun & Acocella, 1990), a positive self-concept is an individual who knows himself, especially strengths and weaknesses. Self-concept will give effect to the thinking process, feelings, desires, values, and goals of an individual's life (Clemes & Bean, 2001). A drunk individual who has a positive self-concept is able to accept all the

shortcomings and also the advantages possessed by him so that he can feel confident and realize what is best for him and what is done is the wrong thing or the right thing, and he can reach expectations and achieve life goals.

According to the results of research conducted by (R & Mulyana, 2004), a positive self-concept was characterized by several factors, namely realizing that everyone had various feelings, desires, and behaviors that were not all publicly agreed upon. A positive self-concept is also characterized by individual ability to improve the capability. The subject is able to express what has become a life expectancy that has not been achieved, and the subject is in the process of realizing that expectation.

Conclusion

The researcher argues that the subject has a positive self-concept due to his ability to accept himself as what is expected, has a purpose in life and strives to achieve the goals of life and expectations. The subject is able to accept and adapt to the new community and environment. A subject is a good person among friends and family. The subject strived to pray Salah five times a day and night.

The researcher suggested the subject to be open about the problems faced and not consuming alcohol anymore. The researcher also suggested the parent pays more attention to the subject due to the educational role and guidance that should be monitored.

For the future study, the researcher suggested examining self-concept and alcoholics in order to increase the number of subjects, so it can support the results of the study to be more valid.

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