

Students' Self-Control Depiction among Junior High School Students

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Abstract. *This research aims at identifying and examining self-control among students at State Junior High School (SMP) 14 Malang. This research employed qualitative design with case study approach. This research employed observation and interview guideline to obtain the data regarding the examined aspects. The interview guideline was conducted in two approaches, namely classical and individual to the subject. Parents and teachers were interviewed to obtain additional information. This research focuses on the factors depicting students' behavior, which is considered as vulnerable self-control in school, precisely, students' action in violating school rules. There were 32 research subjects recruited from VIII 2 Class at State Junior High School (SMP) 14. In order to collect the data, observation and interview session were accomplished in School Counseling room (BK). Researcher did the interview twice, there are individual and classical interview. The finding has indicated that self-control among students in second grade at VIII2 State Junior High School (SMP) 14 Malang remains vulnerable. Parents and teachers have significant contribution to construct student self-control.*

Keywords: *Depiction, self-control, students*

Introduction

Nowadays, the number of juvenile delinquency is increasing, either at school environment or outside school environment. Majority of adolescents frequently skip the classes, bully their colleagues, fight to each other, do cheating during the exam, ignore the given assignment, break school rules, wear improper uniform etc. Furthermore, some of them may behave beyond those instances proposed before, such as smoking, engaging in free sex, drinking alcohol, and even conducting a crime. Those aforementioned behaviors occur due to effortless self-control. According to Santrock, people in the stage of adolescent cannot distinguish and learn whether or not certain behavior is acceptable. When the youngster is not able to distinguish such problematic behavior, they will be involved in juvenile delinquency. In contrast, when they are able to distinguish one of problematic behaviors, they will have a self-control. Further, Erikson (in Papalia and Feldman, 2014:4) argues that the primary issue among adolescents is the fighting over identity crisis and identity confusion. Consequently, they become a unique adult figure with their coherent self-determination and valuable role within adolescent social group, no longer as a child, yet they do not possess an adult identity. This phase deviation of behavior is inevitable. It is the role of adolescents, indeed, to strengthen the self-control. It is important to establish a self-control that is based on the scale of values, principles, and life philosophy. Adolescents with descent self-control can avoid themselves from deviated behavior (Yusuf, 2006).

Self-control is an integrative relationship between the individual and the environment they belong. High self-

control will lead individual to take into account the appropriate approach to behave in varied situations and circumstances. In this case, the individual may alter the behavior in order to adapt with the demand of current situation and circumstance. It controls the perception of the behavior to be more responsive toward the flexible situational direction and attempt to initiate an open and warm social

It is considered mandatory for all students at SMP N 14 Malang to obey and stick with it. Before the certain rule is implemented, the school member will announce it to the students and parents in the way of written and spoken. However, according to the observation results in school, violations upon school rules by students still occur. Mostly, students are engaged in fighting between classes (sometimes between different level of grade), classmates conflict, social media conflict, inappropriate language use in social media, cellphone carriage (cell phone is prohibited at school, and bad-mannered behavior. The presence of teacher anger is usually emerged by the way students behave and at some point, the way students respond is similar.

Literature Review

Self-control

Self-control is defined as individual perception regarding the attempt in achieving the certain result through self-action. In addition, according to Thompson, the individual's feeling is highly influenced by a certain situation. However, self-control perception is located within the individual; it does not rely on the situation. Therefore, the individual feels having self-control when

they are able to recognize between what can be influenced and what cannot be influenced by self-action during certain situation when the individual focuses on the part which can be controlled by self-action and when the individual believed if they have organizational ability to achieve successful behavior (Thompson, 2016:14).

Self-control is defined as an individual's ability to adjust, take a control upon action employing certain suitable pattern which is in accordance with the individual inner-self (Goleman, 2005:13). Meanwhile, according to Piaget, self-control is any action, which is intentionally taken, and having a clear purpose but it is limited by a certain situation. Self-control is the individual's ability to respond on a certain situation. According to Muhammad Al-Mighwar, self-control is the ability to direct self-action or prevent any impulsive action comes within the individual.

Self-control is one of the abilities which every single individual should possess it. By having good self-control, students will direct their behavior to an appropriate behavior. Unfortunately, self-control is not an innate behavior and it does not literally come within the individual. Self-control is a learned ability in which the individual should go through several process and phase in their life such as encountering several conditions and situation that occur in the surrounding environment. If a teacher can penetrate the students regarding good and positive self-control, thus the learning process will be run conveniently. In addition, student positive characters such as respecting each other and to themselves will be established. Self-control is related to the difficulty and inability to understand the consequences of certain action. Therefore, the core definition of self-control is the awareness of the individual in taking and performing any action. Self-control is the control force of the individual towards the individuals themselves and it occurs when the individual attempts to alter the way the individual in thinking, perceiving, and behaving (Muraven and Baumeister, 2000). An individual with weak and insufficient self-control tends to consider themselves more important without taking into account others feeling (Brannigan, Gammell, Pevalin&Wade, 2002).

Benefit of Self-Control

By having positive and decent self-control, it is beneficial for students in order to be able to encounter any challenge, distraction, disruption, and confrontation in every single aspect of life, be able to make students develop a wide and conducive relationship with other people. It enables them to capable of adjusting and interacting with the surrounding environment and encourage responsibility of the individual in performing any task given.

Adolescence

Middle school students are students in adolescence where at that time had the following developmental characteristics. Adolescent period is a crucial stage of individual development since it influences the

individual's attitude and behavior construction. This influence has a long-term impact. Adolescence is the period when the individual, child, develops into the next phase of the individual, an adult. As explained by Osterrieh, there are several general characteristics of youth, which are considered as the ending of child period. The degree of changing regarding attitude and behavior as well as physical changing during adolescence occur rapidly. There are several universal signs of changing as follows are emotional dynamic, physical changing, interest and behavior changing, and showing ambivalent attitude towards all changing (Hurlock.1991:207)

It is commonly known that adolescent period is the period when individual look for the identity (self-identity). Generally, teenagers in this period perform imitating and try the things as much as possible to identify and figure out what they really want. If teenagers fail to look for what they want during identity searching, they will encounter an identity crisis or identity confusion. Furthermore, it constructs a personality system that reflects the true situation of the individual. Unstable and vulnerable reactions and emotional expression performed by teenagers' impact on personal and social behavior. Consequently, teenagers will frequently feel under pressure, alienated, and having an aggressive behavior.

Method

The subject participants of this research were 32 students of Second Grade from VIII 2 class at State Junior High School (SMP) 14 Malang. The researcher employed a qualitative design with a case study approach to reveal the previously mentioned issue. The instrument of this research employed interview and observation guideline as a consideration of the examined aspects. The researcher employed the classical approach of the interview that focused on each student as primary data. Additionally, the researcher also performed an interview with parents, teachers, and school discipline officials to obtain additional information. This research focused on the factors depicting students' behavior that are considered as vulnerable self-control in school. Further, it dealt with impolite spoken interaction to the elders, peer conflict due to the trivial issue, doing prayer after being advised, bringing a cellphone to school, skipping classes, and fighting.

Discussion

In order to collect the data, researchers did observation and interview from the 32 research subjects. The observation and interview were conducted at Counseling room (BK). The interview was conducted twice. Then, individual interview and classical interview were done in the classroom by having a discussion and using power point presentation. During the discussion in the classroom, the researchers presented a movie with a

theme of juvenile delinquency. The entire subjects and some representative of parents attended the discussion. Additionally, the researchers took students' behavior notes in students' discipline book, classroom teacher and subject teacher journals, departure permission recapitulation from school security, anecdote and absent recapitulation from school counseling teachers.

The findings of the research indicate that the self-control among students of the second grade at VIII2 State Junior High School (SMP) 14 Malang remains vulnerable. It is further confirmed by the points of sanction obtained by students regarding violations of school rules. The number of students who skip classes is high. Some teacher feels that students' learning motivation is low. It is due to the circumstance and environment of students that discourage their learning motivation. Most of the students socialize in a negative circumstance; they are having wrong social intercourse both in school and outside the school. The data from school counseling and parents are further affirmed that students take the opportunity to have negative social intercourse with their friends after school time is dismissed. Hence, the teacher cannot control them as well as the parents. Some parents admitted that the students sometimes arrived home late.

The aforementioned phenomena from the examined case, it is important to take into account good self-control awareness from family as the initial social institution and continues to school as the second family of teenagers. Further, it can cooperate with other entities such as religious institution, skill training institution, society, and government. Piaget argues that behavior which is intentionally performed by individual and has a clear purpose but it is limited by the certain situation is considered as self-control.

Conclusion

According to the findings and discussion above, it has been concluded that each individual has the equal potency to manage their self-control, particularly students who have their social intercourse in school where they can be supervised and controlled by the teachers, school security staffs, school staffs, and the schoolmates. Hence, it enables an opportunity to construct positive self-control among students. In addition, they will have an opportunity to directly practice how to behave within social interaction that is in accordance with acceptable values. The findings, however, affirm that students of VIII 2 at State Junior High School (SMP) 14 Malang still requires a guidance and encouragement for both the internal factor which deals with persona understanding and an external factor which deals with the social intercourse they are engaged. Parents and society have a responsibility to construct positive character among teenagers.

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