

THE IMPACT OF INSECURITY ON SELF-ADJUSTMENT IN ADOLESCENTS

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Abstract

The background of the problem in this study is the emergence of the phenomenon of insecure feelings experienced by some teenagers today who feel less confident. This is caused by internal and external factors. This insecurity arises consciously or unconsciously, adolescents experience an unfavorable event and have a negative view of themselves. The purpose of this study: (1) reveal the characteristics of adolescents who experience insecure feelings (2) understand the factors that cause insecure feelings in adolescents (3) know the impact of insecure feelings on self-adjustment that occurs in adolescents. The research used a descriptive qualitative research approach, data collection techniques using observation, interviews and documentation. The subjects of this study were adolescents who felt insecure. The results showed that the characteristics of adolescents who experience insecure are low self-esteem, comparing themselves and thirsting for praise and recognition from others. The factors that cause adolescents to feel insecure are internal factors, namely focusing on their own shortcomings and perfectionism. As for external factors, namely experiencing failure and getting unfavorable judgment from others. And the impact of insecure adolescents on self-adjustment is negative thinking and considering themselves worthless. Suggested to: 1) adolescents to be able to love themselves and focus on developing themselves, 2) for counseling teachers to develop information services regarding feelings of insecurity, 3) for the community to pay more attention to the behavior of their teenage sons and daughters regarding feelings of insecurity, 4) for future researchers to be able to conduct broader research related to Insecure Feelings and explore research with similar titles.

Keywords: Insecure, Self Adjustment.

1 INTRODUCTION

Having self-confidence is a trait that exists in individuals with a sense of confidence in their abilities. However, there are still some people who have insecurity. Someone who experiences insecurity will feel that they are insecure, causing someone to tend to feel insecure and inferior.

There is a phenomenon of insecure feelings experienced by some of today's teenagers who feel less confident. Sabil (2022: 2) states, "Insecure is common in adolescents, because adolescents tend to feel excessive worry and insecurity because of their high desires". Adolescence is the age of someone who has just felt valued and accepted by the existence around him. The word insecure comes from the English in meaning not and secure meaning safe, so insecure is insecurity. Fernandya, Hidayat and Resmadi (2021: 1) reveal that "Insecure is a term for uncomfortable feelings that arise when individuals feel guilty, feel they have shortcomings and are unable to do something". So insecure is a feeling of fear or anxiety with the surrounding environment due to the emergence of a sense of discomfort with the circumstances that exist in him. The word insecure is used to express feelings of insecurity and anxiety, causing a person to feel insecure. The emergence of feelings of insecurity can be caused by internal and external factors. This insecurity arises consciously or unconsciously, when experiencing situations that threaten themselves as if they feel guilty or even when they feel they have shortcomings. A teenager who feels a little insecure is good for himself, because it can help individuals in the process of self-development by assuming that we are able to reach something higher than what we imagine. However, some adolescents also experience excessive feelings of insecurity that have a negative impact on themselves, such as physical fatigue and even depression.

When adolescents already feel insecure, it will cause them to always want to be considered and accepted by others, in achieving this, individuals are willing to not be themselves. Adolescents need support from the social environment in the form of encouragement, encouragement, understanding

and affection that can help adolescents see themselves valued and cared for by those around them. If a person is positively accepted, then that person will develop positive behavior in himself and individuals can appreciate and accept themselves more, then adolescents are able to make better adjustments. Scheineders in Aristya & Rahayu, (2018: 76) states "Self-adjustment is a process that covers behavior and mentality. This makes a person strive to overcome the needs, chaos and problems that arise from within well and obtain compatibility between the demands of the individual and the place where the individual lives". So, self-adjustment is carried out by adolescents for their individual and social physical and mental needs.

Researchers conducted observations and initial interviews with research time between December 17, 2022 to January 9, 2023 by looking at conditions in early adolescents to late adolescents in Bogo Hamlet, Karangmoncol Village, Randudongkal District, Pemalang Regency. From the results of observations and interviews, 8 adolescents aged 17-21 years were obtained who often experienced feelings of insecurity and were negatively affected by feelings of insecurity. The results of observations and interviews conducted in reality there are 2 factors that cause feelings of insecurity experienced in adolescents, namely internal factors such as focusing on one's own shortcomings and perfectionism. As for external factors such as experiencing failure and getting bad judgment from others. Therefore, adolescents who experience feelings of insecurity are triggered by focusing on self-deficiencies such as physically having a height that is less or short, having a thin body, having a fat body and a face with acne, a different skin color and if their wishes are not achieved someone will feel disappointed, sad and blame themselves. Then experiencing failure due to an event experienced by the individual and when someone often gets unfavorable words or criticism from his friends which makes a teenager become anxious and insecure. In addition, someone who experiences a failure event will judge themselves more negatively or consider themselves incapable and dissatisfied so that individuals tend to blame themselves. And the lack of gratitude for what has been given by Allah SWT causes feelings of insecurity to increase. Then there will be an impact of these insecure feelings on insecure adolescents.

Based on the above problems, the researcher formulated a problem (1) What are the characteristics of adolescents who experience insecure feelings in Bogo Hamlet, Karangmoncol Village, Randudongkal Subdistrict, Pemalang Regency? (2) What are the factors that cause insecure feelings in adolescents in Bogo Hamlet, Karangmoncol Village, Randudongkal Subdistrict, Pemalang Regency? (3) What is the impact of insecure feelings on self-adjustment that occurs in adolescents in Bogo Hamlet, Karangmoncol Village, Randudongkal Subdistrict, Pemalang Regency?. The expected results of this article are to know the description of the impact of insecure feelings on self-adjustment in adolescents in the Bogo Hamlet environment, Karangmoncol Village, Randudongkal District, Pemalang Regency.

2 METHODOLOGY

This research uses a qualitative approach that is descriptive in nature. Because completing this research requires information or data obtained to describe a phenomenon that occurs. The qualitative approach presents data in the form of statements or information.

This research uses purposive sampling technique. Helaludin & Wijaya Hengki (2019: 64) define "purposive sampling is a data source sampling technique with people who are considered to know best and understand what we want". So, researchers take respondents who have been observed by observing the behavior of certain informants who can find out about the problems to be studied so that the respondents who have been determined can answer the research objectives.

The data collection techniques used by researchers are observation, interviews, documentation. Researchers conducted interviews and observations at the respondent's home and researchers also conducted interviews with people closest to adolescents as triangulation.

The data analysis technique used from Miles and Huberman in Sugiyono (2018: 246) "data analysis in qualitative research is carried out when data collection is ongoing and after completion of data collection, the general pattern of analysis follows an interactive model, namely data reduction, data presentation and conclusion drawing".

3 RESULTS

3.1.1 Characteristics of Insecure Teens

Based on the results of observations and interviews that have been conducted by researchers on 8 adolescents by presenting several questions in accordance with the interview guidelines. The results of the study are described in the table below.

The following are the results of research on the characteristics of adolescents who experience feelings of insecurity:

Table 1. Data on the characteristics of insecure adolescents

No	Name of Respondent and Next of Kin	Characteristics of Insecure
1.	PR (Respondent)	Comparing oneself to others and feeling envious
	WS	Lack of self-confidence, comparing oneself to others, and avoiding others.
2.	GA (Respondent)	Low self-esteem, sadness and emotions.
	ZK	Likes to be alone and moody.
3.	FAR (Respondent)	Sad and thirsty for praise and recognition from others
	DIS	Feeling jealous or envious of others, asking about appearance and then comparing oneself with others.
4.	LIP (Respondent)	Low self-esteem, panic and overthinking.
	RTP	Becomes quiet and seems to be thinking about problems.
5.	SAP (Respondent)	Low self-esteem and moodiness.
	NM	Not confident and asking questions about appearance such as fashion and makeup.
6.	KZ (Respondent)	Low self-esteem and comparing oneself to others
	IS	Comparing herself to others and the respondent often asked her mother about her appearance either in her clothes or her facial appearance.
7.	HH (Respondent)	Low self-esteem and comparing oneself to others.
	NA	Lack of confidence, asking questions about appearance, comparing oneself with others.
8.	AS (Respondent)	Irritability, irritability, moodiness, comparing oneself with others.
	ND	Behaving uneasy such as restlessness, being in a bad mood and comparing yourself to others.

There are characteristics that insecure adolescents feel including: (1) Low self-esteem. In accordance with the views of Syifa, Tsindi (2020: 9) "Insecure people tend to think that other people are better than themselves". So, someone with low self-esteem will think badly about themselves. Low self-esteem can make someone insecure and unconfident. Everyone is different in assessing themselves. (2) Comparing oneself with others. Insecure people also often assume that other people's lives are much better. According to Utari, Rosi (2020: 13) "Comparing other people will cause a person to feel under, feel defeated, and feel that he has no advantages". For example, comparing oneself and feeling jealous of others regarding physicality, appearance, academics and work. In accordance with the opinion of Parroth and Smith in Farida & Abdillah (2022: 2) states "things that affect the characteristics of envy are feeling inferiority, distrust and anxiety". So, the emergence of envy in respondents is partly due to a lack of self-confidence. (3) Thirst for praise and recognition from others.

In accordance with the opinion of Mei Na (2021: 35) "usually individuals will feel inferior to others so that they will seek attention from those around them if they also want to be noticed". Insecure people will ask for judgment from others about the circumstances that exist in themselves. When individuals feel insecure and do not feel satisfied with their situation, they tend to need praise and recognition from others.

3.1.2 Factors Causing Insecure Feelings in Teens

The following are the results of research into factors that cause insecurity in teenagers:

Table 2. Data on factors causing insecure adolescents

No	Name of Respondent and Next of Kin	Factors that cause insecurity
1.	PR (Respondent)	Self-assessment of facial acne or breakouts
	WS	PR insecure because they see their friends who are good at taking care of their faces and then see their friends' appearance in terms of the clothes or fashion they wear and the respondents tend to be shy.
2.	GA (Respondent)	Judgment of lack of height or shortness and other people's achievements
	ZK	GA The person is lazy if there is a school assignment, the respondent prefers to play gadgets such as opening tiktok and indeed lacks confidence because he is less tall or short.
3.	FAR (Respondent)	Assessment of fashion appearance
	DIS	FAR does often ask about the appearance of the clothes she wears.
4.	LIP (Respondent)	Being judged by others and not being insecure about being underweight or thin and having a brownish skin color
	RTP	LIP insecure about skin color, thin body but respondent LIP also tried to fatten up her body to make it look fuller.
5.	SAP (Respondent)	Receiving unfavorable judgment from others about work
	NM	Lack of confidence in his current job
6.	KZ (Respondent)	Self-assessment of facial acne or breakouts
	IS	KZ is insecure about her physical appearance and fashion because she tends to look at her friends who wear a variety of skincare, nice clothes and KZ is insecure because of her short body.
7.	HH (Respondent)	Looking at other people's achievements
	NA	HH feels insecure because he has a motorcycle loan and wants to be like his friends who have good bodies and cool fashion so HH feels less confident.
8.	AS (Respondent)	Seeing the privilege of others, experiencing failure and perfectionism.
	ND	AS feels insecure because she is doing college while working and AS respondents also feel inferior because they have a height that is less or short than their friends and AS respondents also often ask questions about their appearance such as fashion and makeup during college.

There are two factors that cause adolescents to experience insecurity, namely internal factors and external factors. (a) Internal factors: 1. Focus on one's own shortcomings. According to Arifin Syamsul (2022:18) "Deficiencies in oneself cause a person to become immersed in negative feelings, thus making a person fall into feelings of insecurity". some respondents who experience insecurity because they feel uncomfortable with their body image both height, facial condition, and body shape. Internal factors can cause feelings of discomfort with the circumstances they have. However, there are also some respondents who experience insecurity in terms of academics, appearance and other people's privileges. 2. Perfectionism. In accordance with Adams' opinion, Sony (2021: 91) defines "perfectionism is an ego derivative, a person's ego that wants something to look perfect". So, the difficulty in feeling satisfied and the need to perfect something can make individuals become perfectionists. Such as not good enough and unsatisfactory in terms of work, achievement, ability or expertise and others. Meanwhile (b) External Factors: 1. Experiencing failure. People who experience failure events consider themselves to have no ability. According to Uci Lestari, Ega (2023: 104) "experiencing failure can cause anxiety, loss of interest, insecure, overthinking, feeling sad and helpless". This can cause feelings of insecurity. 2. Receiving unfavorable judgment. Insecurity can arise due to an individual's inability to respond well to criticism. In accordance with Widadt's view, Wardatul (2022: 94) "there is good or bad criticism from others. However, bad criticism is more dominant in causing insecurity" Criticism from others can lead to feelings of insecurity and lack of confidence. criticism from the closest people both in the family and friends said negative things about the respondents and considered that they did not think about the feelings of others. So that negative comments that appear from the closest people can cause respondents to become insecure and compare themselves with others.

3.1.3 The Impact of Insecure Feelings on Self-Adjustment in Adolescents

The following are the results of research on the impact of insecurity on self-adjustment in adolescents:

Table 3. Data on the negative impact of adolescent insecurity

No	Name of Respondent and Next of Kin	Negative impact of insecurity
1.	PR (Respondent)	Overthinking, comparing oneself to others and being afraid of new people
	WS	PR respondents after experiencing insecurity became more quiet and shy, rarely interacting.
2.	GA (Respondent)	Lack of interaction, lack of confidence and anxiety.
	ZK	Respondent GA prefers to be alone, finds it difficult to communicate with others as she becomes lazy to talk and rarely interacts to avoid negative comments from others.
3.	FAR (Respondent)	Becoming shy and avoiding interactions with new people for fear of negative comments.
	DIS	FAR is indeed a shy person and tends to be lazy to talk to people who are rarely met, let alone with new people.
4.	LIP (Respondent)	Overthinking leads to anxiety, sadness, quietness and lack of interaction.
	RTP	LIP after experiencing insecurity is more of an introverted person, but LIP respondents are active in the family, but if in the school environment or outside the LIP respondent is more quiet, but if they have found friends who are of the same frequency and feel comfortable, LIP respondents can also be active.
5.	SAP (Respondent)	Overthinking and respondents tend to be reluctant to get to know new people.
	NM	After SA experienced insecurity, she became more shy and rarely interacted with people around the house.

6.	KZ (Respondent)	Feeling less social because of lack of confidence and becoming an introvert.
	IS	KZ became more quiet and shy and then KZ respondents liked to lock themselves in the room.
7.	HH (Respondent)	Overthinking and avoiding extroverts for fear of draining their energy.
	NA	After HH experiences insecurity, HH usually experiences overthinking and then often asks questions about appearance, feels inferior and shy with people who are rarely met.
8.	AS (Respondent)	Overthinking and a little afraid of the surroundings and mingling with new people
	ND	AS became withdrawn as he overthinks problems and compares himself to others.

The negative impact of insecure feelings affects adolescents, namely 1) negative thinking. According to Suyono Matatim (2021:118) "When individuals feel insecure or inferior, they tend to think badly or negatively". So, people who are insecure tend to think negatively or experience overthinking, namely overthinking a problem that has happened and that has not happened. In addition, in terms of socializing it becomes reduced because of the feeling of someone who is not confident to establish relationships with others. and 2) consider themselves worthless. In accordance with the opinion of Dr. Ikhsan in Sabil (2022: 5) states "Feeling himself worthless makes a person less enthusiastic in carrying out daily activities besides that the desire in hobbies and interests is lost". So, someone feels they are worthless because they are insecure. As a result, people who have these feelings become introverted, close themselves, do not socialize, and are afraid of the surrounding environment.

4 CONCLUSIONS

Based on the discussion and research in this thesis, the following conclusions can be drawn:

- 1) The characteristics of adolescents who experience insecure feelings are low self-esteem both in terms of physical, work, and do not believe in their own abilities. Comparing themselves with others such as in physical, academic and work. Thirsty for praise and recognition from others such as asking about fashion and physical appearance
- 2) Factors causing insecure feelings in adolescents are divided into two factors, namely internal and external factors. Internal factors are focusing on one's own shortcomings in terms of academic, physical, and fashion. The second internal factor is perfectionism, namely the respondent feels that his wishes are not satisfying in terms of work, achievement or expertise so that the respondent tends to feel disappointed and tends to blame himself. As for external factors, namely experiencing failures such as failing to follow competencies. The second external factor is getting unfavorable judgment from others regarding work and physique.
- 3) The impact of insecure feelings on self-adjustment in adolescents is that adolescents think negatively such as experiencing overthinking so that adolescents tend to avoid interactions with new people for fear of getting negative comments, fear of being underestimated by new people and fear if they are not accepted among them. The second impact is to consider themselves worthless such as being an introverted person, lazy to interact, lazy to get to know new people and lack of socialization due to lack of confidence. As stated by Fauzia and Rahmijah (2019: 7) "In introverted adolescent girls, the individual will be increasingly insecure, blame themselves, then feel uncomfortable with themselves, then increasingly limit themselves and have difficulty in the process of adjusting to their social environment".

From some of the conclusions above, suggestions can be made in this study as follows:

- 1) For adolescents, researchers hope that adolescents can recognize and love themselves by starting to accept themselves, make these shortcomings a strength and focus on developing themselves rather than comparing themselves with others so that they will become better individuals. In addition, researchers also hope that adolescents can get rid of negative

thoughts by remembering the good and positive things that have been done, hanging out with positive people and always being grateful by remembering all what we have, the blessings of life to date, and all the conveniences that have been obtained. With this, it will suppress negative feelings within and change by positive thoughts.

- 2) For counseling teachers, it is hoped that the results of this study counseling teachers should be able to develop information services related to the positive and negative impacts of insecure feelings and be able to guide insecure students to increase their self-confidence.
- 3) For the Community, For the community to pay more attention to the behavior of their teenage daughters regarding feelings of insecurity, especially in supporting and building positive interactions so as to create good self-adjustment.
- 4) For Further Researchers, For further researchers, it is hoped that they can conduct broader research related to Insecure Feelings and explore research with similar titles.

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