

Research Article

Perceived Social Support As a Predictor of Personal Growth Initiative in Adolescents

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Abstract.

Adolescence is a potential period in preparing for better future results. At this time, adolescents also have potential for development that is able to repair decline, which is called Personal Growth Initiative, which will help a series of steps that continues to grow throughout their journey of life. However, the facts show that many adolescents experience psychological difficulties. Data proves that adolescents experience mental health problems and mental disorders. This data explains that they will tend to feel fall down, despair, don't want to try, give up easily, engage in risky behavior, and have the desire to end their life which becomes real problems in their Personal Growth Initiative. It certainly affects and hinders adolescents from developing into better individuals. One of the factors that can influence individuals to change in a positive direction is Perceived Social Support. Using resources in Personal Growth Initiative can be the main aspect that can be accessed by individuals in utilizing social support that is felt by individuals (Perceived Social Support). The subjects of this study were 392 high school students aged 15–18 years, both boys and girls. The measuring tool used is a Likert scale for both variables. The sampling technique uses probability sampling with simple random sampling. The results of this study indicate that there is a significant positive ($R^2 = 0.120$) effect between the variable Perceived Social Support (x) and Personal Growth Initiative variable (y), $F = 17.714$ ($P \leq 0.05$). With the equation of the multiple linear regression line $Y = 40.226 + 0.312 \cdot X_1 + 0.107 \cdot X_2 + 0.040 \cdot X_3$.

Keywords: adolescence, personal growth initiative, perceived social support, social support

1. BACKGROUND

Adolescence can be said to be the most potential period for preparing a better future. Adolescence grow, learn, explore, and develop important skills that help them develop throughout their lives. During their development period, adolescents have the opportunity to find new perspectives, form relationships with peers and adults, and explore their developing self-identity. Adolescence is a time when they have the resilience to fix up setbacks in childhood and prepare a series of step by step developments throughout their life's journey [1]. However, in their development, individuals have their own challenges in each process. Each individual will respond differently when facing these challenges. There are those who give up trying, and there are also those who

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continue to struggle and try to become a better person by facing the challenges in their lives.

The ideal conditions for adolescent development should provide conditions that support them in continuing to make efforts to be better. The effort and desire to make changes for the better is known as the Personal Growth Initiative (PGI) [2]. PGI involves active and intentional involvement in the process of individual growth. PGI can be considered as a metacognitive construct, namely awareness and control of intentional involvement in cognition and behavior that promotes development in all areas of life [3]. PGI is a global trend to improve the individual self through active search of self-development experiences and habits towards self-change and development. The skills developed include cognition, behavior, attitudes, and motivation that individuals will bring into every experience of their life [4]. The level of PGI that an individual has is an important factor among many factors, among many others, [4], in influencing the extent to which individuals seek opportunities to develop [5]. Individuals with a high PGI will feel themselves continuing to develop, realize their potential, and be able to see themselves developing over time in their life [6].

Individuals with good PGI have awareness of making changes so that they feel ready and able to adjust the plans they want to achieve by deliberately utilizing existing resources with appropriate behavior [4]. Individuals with a high PGI will tend to continue to make changes in a better direction and intend to continue to improve themselves [7]. Good Personal Growth Initiatives for individuals are marked by feelings of confidence and being able to face the problems they are facing [8]. This condition can encourage individuals to look for ways to continue to develop in order to make a positive change. According to Ryff, [9] the characteristics of individuals with good Personal Growth Initiatives are having a sense of ongoing development, seeing themselves as individuals who grow and develop, being open to new experiences, having awareness to realize their potential, and finding themselves experiencing improvements in themselves and their behavior from time to time.

Individuals with high PGI are more likely to develop more adaptive coping strategies, have higher levels of psychological well-being and expectations, and have fewer psychological problems [8]. High Personal Growth Initiatives will also increase subjective happiness, which is an indicator of well-being [8]. The research conducted by Zaman and Naqvi [10] found that adolescents with a high level of individual growth initiative have increased mental health. In addition, individuals with higher individual growth initiatives experience more satisfying relationships and a greater sense of autonomy, mastery, and purpose in life compared to individuals with lower Personal Growth Initiatives [7].

Recent research shows that individual growth initiatives also have an important effect on optimal well-being [2], and are an important psychological characteristic for low psychological distress in individuals [11].

Individuals with higher PGI levels also have higher levels of psychological, emotional, and social well-being [7], with lower levels of psychological and emotional distress [12]. High Personal Growth Initiative in individuals makes them recognize themselves more, understand more goals in their lives, have healthier relationships with others, and have a superior sense of security and satisfaction with themselves (self-sufficiency). In the same way, they have a feeling of better connectedness to society, a feeling of superiority for contributing to society, are wiser towards the people around them, have a progressive perception of the world, and have a positive view of the world. They also have satisfaction in life, feel happier, and generally have more optimistic beliefs [13].

Previous studies have found that individuals who have a low PGI are associated with high psychological pressure [14]. Robitschek, C., and Kashubeck, [12] stated that high PGI levels are associated with high levels of well-being and low levels of stress, depression, and anxiety. This explanation means that PGI withstands psychological stress. And conversely, individuals with a low PGI have a low level of well-being and tend to be vulnerable to psychological stress. This explains that adolescents who face difficulties in their development and experience mental health problems will become an obstacle to achieving well-being, which also hinders their personal growth. Adolescents with a low PGI are less able to anticipate adversity and put less effort into preventing problems from occurring than adolescents with a higher PGI. Furthermore, adolescents with a low PGI tend not to be ready to change for the better, do not have plans to change to become better individuals, do not use existing resources, and have behaviors that do not intentionally support changes for the better [15]. It was also found that adolescents who have high stress and low PGI levels tend to have deteriorating mental health [10].

In addition, there are several factors that influence an individual's Personal Growth Initiative, including achievement goals, psychological well-being, and personality. Individuals who have goals will try to actively achieve the goals they want to achieve, so this encourages individuals to go in a better direction [16]. Furthermore, individuals who have good psychological well-being become a better version of themselves because they are able to accept themselves, make decisions independently, and face social pressure, and are ready to accept challenges [17]. It was explained that individuals with rigid personalities who are impatient, restless, achievement-oriented, task-centered, and work enthusiasts tend to push themselves to keep changing for the better [18]. In addition, research conducted by Saraswati and Amalia, [19] shows that individual

Personal Growth Initiatives can also be influenced by social support. Based on the results of this study, it was found that the individual, family, friends, and the environment around them are parties that can support individuals in developing self-skills towards a better and optimal version of themselves.

Social Support is a multi-conceptual [20], the concept cannot be defined in just one sense, it is broad and can be interpreted from various perspectives. Social support is a response from other people indicating that the person pays attention to, loves, respects, and cares for the individual [21]. Individuals who have social support will feel valued and loved because they are part of a social network that can provide assistance when needed [22]. Social support refers to support that is intended to meet emotional needs and help manage aspects of daily life in challenging or stressful situations [23]. Social support has two sub-constructions, namely Received Social Support and Perceived Social Support. Received social support refers to the naturally occurring helping behavior that is given [24] and is the fact of support that is actually received by the recipient of support [25]. Meanwhile, Perceived Social Support is referred to as individual feelings related to individual beliefs about the level and quality of support available to them [32, 33]. Perceived Social Support reflects individual perceptions and impressions of the social support they feel [28]. This individual believes that he will get help from the environment around him when he needs it. Perceived Social Support has a more significant impact on recipients of social support because Perceived Social Support refers to individual feelings that support has been given and is indeed needed by individuals who feel they have received enough support [29].

This variable is interesting to study because there are many researchers who find that Perceived Social Support is a better psychological predictor than objectively measured social support [30]. This is stated in research that Perceived Social Support is more consistent in improving psychological health and protecting individual psychology during times of stress [31] [32]. While the direct effects of received social support are more difficult to understand and are limited to the specific context of an event and population in a particular life [33]. The influence that received social support has on psychological stress is also mediated by Perceived Social Support, which is an individual's belief regarding the availability of support [34]. In addition, there are studies with anecdotal observations explaining that received social support predicts results that are less consistent when compared to Perceived Social Support [37, 38, 39, 31]. Over the years, research has stated the superiority of Perceived Social Support over received social support, which is more consistent in improving psychological health and protecting individuals in times of stress [24]. Perceived Social Support has a tendency towards individual differences in

perceptions, judgments, and memory processes that can result in special perceptions related to supported experiences, perhaps also influenced by judgments about the relationship context in which supportive events occur [40, 41, 31].

Perceived Social Support is proven to affect the level of individual resilience. This means that individuals who feel they have received enough social support will be much more able to adapt and bounce back when dealing with or overcoming difficult situations that make them depressed [40]. The availability of greater family support that is felt by individuals through Perceived Social Support can influence better physical quality (health-related quality of life) [41]. In a study conducted by Huang et al., [42] Perceived Social Support is stated as a protective factor for individual mental health. Individuals with high levels of Perceived Social Support from their families have lower rates of depression and PTSD (post traumatic stress disorder) [43]. Theory and research consistently show that adolescents who experience relationships by giving and receiving emotional support tend to build more stable and long-lasting relationships in adulthood [44].

Social support has been proposed as a protective factor against stress, which includes the social system as a source of well-being [47, 48, 34]. Thoits [46] states that social support acts primarily as “coping assistance”. Specifically, Thoits assumes that the adverse effects of stressful situations will change when other people help someone change the situation itself, change the meaning it has, and/or change the individual’s affective response to the stressor [28]. There is some evidence to support the hypothesis that support can have an immediate effect, regardless of the level of stress or disruption in a person’s life [47]. Researchers agree that social support has a major role as a buffer, protecting individuals from the harmful effects of stress [30]. In other words, although social support can be directly helpful in all circumstances, it is especially effective as a buffer during stressful times.

Higher levels of social support are associated with positive self-esteem. Previous research has proven that social support can increase self-confidence [48], self-efficacy and satisfaction [49], mental health in adulthood [50], stress reduction [51] and the ability to deal with interpersonal conflict [52]. Research has shown that when they receive support in pursuing their own goals, students feel happier and have greater motivation to achieve goals and be independent [28].

Meanwhile, individuals with low Perceived Social Support will also be aligned with individuals with low social relations, this will influence individuals to be biased towards their appraisal of the assistance provided by others so that they will judge it as unhelpful behavior. Low Perceived Social Support makes it easier for individuals to remember

unhelpful behavior given by others, but it also prevents them from remembering all the help they have received from others before [53]. Individuals who lack social support or individuals who have low social support are associated with levels of depression, anxiety, alcohol and drug abuse, risky sexual behavior, high shame, and low self-esteem [54]. Another study explains that lack of social support is known as a determinant of mental health problems [55].

Thus, researchers are interested in conducting research on the influence of Perceived Social Support on Personal Growth Initiative. There is previous research that examines the variables Perceived Social Support, and Personal Growth Initiative by Pol and Chandani, [56] entitled "Relationship between Peer Victimization, Personal Growth Initiative and Perceived Social Support. This study found that the high level of Personal Growth Initiative is related to the high Perceived Social Support felt by individuals, the higher the level of individual Perceived Social Support, the stronger the individual's desire to process better. There are several things that distinguish previous research from this research, namely the data analysis used. This study uses multiple linear regression tests to measure the extent of the contribution or influence exerted by each aspect on Perceived Social Support on Personal Growth Initiatives, especially in adolescents.

Based on the explanation above, the formulation of the problem is obtained to find answers to the question, What is the role of Perceived Social Support for Personal Growth Initiative in adolescents? Then, the goal to be achieved in this study is to examine the effect of Perceived Social Support on Personal Growth Initiatives in adolescents. Furthermore, this research is also expected to contribute to the development of knowledge and insight in the field of psychology, especially concerning matters related to the Personal Growth Initiative and its relation to Perceived Social Support. In addition, this research is expected to provide an empirical contribution in the field of education, especially in tertiary institutions, and to add to the experience of researchers in conducting research.

2. RESEARCH METHODS

2.1. Variables or concepts studied

The variable used in this study are Personal Growth Initiative as the dependent variable (y) and Perceived Social Support as the independent variable. Personal Growth Initiative (PGI) can be defined as active and intentional involvement in the process of self-improvement and self-change. It is defined as active and intentional involvement in the

process of personal growth. PGI involves openness, a willingness to change for self-improvement as well as the capacity to adapt to good or bad things in life, and being able to continue to develop oneself as an individual towards self-development [57]. Then, Perceived Social Support is the independent variable (x). Perceived Social Support emphasizes individual beliefs that reflect individual perceptions and impressions of available social support around them [27], 55]. According to this perspective, Perceived Social Support is largely based on subjective and sometimes special evaluative processes for individuals [60, 31].

2.2. Sampling Method

The research implementation procedure consists of four stages: preparation, implementation, data analysis, and preparation of research results. The description of the four stages of the research procedure is as follows: 1) In the preparatory stage, a search for theoretical reference sources regarding the Personal Growth Initiative has been determined as the main variable in this study. After finding many sufficient sources, a search for psychological constructs was carried out as the next variable relevant to the problems found empirically and theoretically supported, and the variable Perceived Social Support was found as the x variable. After determining the x and y variables, it is followed by preparing a research proposal, namely, compiling the research background, theoretical studies, and research methods. Before moving on to the next stage, scale adaptation, validity, and reliability tests need to be carried out on the Multidimensional Scale of Perceived Social Support (MSPSS). Meanwhile, the Personal Growth Initiative Scale II (PGIS-II) is available in an Indonesian version adapted by Putri Saraswati. 2) The implementation phase begins with data collection. Data collection was carried out by distributing the MSPSS and PGIS II questionnaires through the Google Form and on paper and pencil to the appropriate subject criteria. 3) At the data analysis stage, scoring is carried out first, which is then followed by an assumption test to perform multiple linear regression analysis, which looks at the effect of the x variable on the y variable. 4) The stage of compiling the results of the research is carried out after processing and getting the results of data analysis. The research results are based on the results that have been obtained by explaining whether the research hypothesis is rejected or accepted.

The sampling technique in this study used probability sampling with simple random sampling. Probability sampling is a sampling technique that provides equal opportunities

for each member of the population to be selected as a research sample [59]. Furthermore, simple random sampling is a simple data collection technique in which samples from the population are taken randomly without regard to strata in the population [59]. Because the size of the study population is still not known with certainty, the sample size calculation refers to the Cochran formula. So that a total of 385 subjects were taken with a significance level of error of 5% [59]. The number of subjects obtained in this study was 392.

2.3. Research subject

The population determined in this study was made up of high school students aged 15-18 years, male or female.

2.4. Research Instruments

Personal Growth Initiative is an individual's will and effort to develop and change towards a better direction in all domains of life. The Personal Growth Initiative is measured by the Personal Growth Initiative II (PGIS-II) scale developed by Robitschek et al. [4] using the version that has been translated into Indonesian by Putri Saraswati. PGIS-II has 16 items with four subscales, namely 4 items for readiness for change, 5 items for planfulness, 3 items for using resources, and 4 items for intentional behavior. All items are favorable. Items are presented such as "I ask for help when I try to change myself" and "I take every opportunity to grow as it comes up". The Likert scale is presented with a range of points from 0 to 4. 0 represents "strongly disagree", 1 "strongly disagree", 2 "disagree", 3 "agree" and 4 "strongly agree". The PGIS-II scale has a validity value of 0.271–0.618 and a reliability level of 0.872 based on Cronbach's α analysis.

Perceived Social Support is an individual's impression or perception of the social support they receive. Perceived Social Support is measured using the Multidimensional Scale of Perceived Social Support, which has been proven to consistently provide high reliability and validity since 1988 [30]. The MSPSS scale uses the version translated into Indonesian. The MSPSS is specifically intended to subjectively measure social support through self-reported measurements. MSPSS has 12 items with three domains, each of which consists of 4 items: (a) family, (b) friends, and (c) significant other [30]. The MSPSS has a three-factor structure, with each subscale consisting of four items that discuss practical help, emotional support, availability to discuss problems, and help in decision-making. All items on this scale are favorable. As for items presented such as "I

have a special person who is a real source of comfort to me". The scale is presented on a 7-point Likert scale, with a range of 1 for "strongly disagree" to 7 for "strongly agree". Perceived Social Support is proven valid and has a reliability value of 0.88 [30]. Based on the test results of the MSPSS scale instrument, a validity value of 0.716–0.803 is obtained on the family dimension, 0.679–0.758 on the friends dimension, and 0.727–0.809 on the significant others dimension. The reliability values were 0.896, 0.856, and 0.893, respectively, on the dimensions of family, friends, and significant others.

2.5. Research design

This study uses a non-experimental, quantitative approach. Quantitative research is used to examine certain populations or samples using data collected using research instruments as well as statistical data analysis, with the aim of testing established hypotheses [59]. In general, quantitative research places more emphasis on the breadth of information, so this research is suitable for use with a large population and limited variables [59]. Quantitative researchers see the relationship between variables and objects as more of a cause-and-effect nature, so in their research, there are independent and dependent variables looking for how much influence the independent variables have on the dependent variable [59]. This study aims to see the influence of family, friends, and significant others, which are aspects of Perceived Social Support as an independent variable (x), on Personal Growth Initiative as the dependent variable (y). The data analysis used in this research is a multiple linear regression test.

2.6. Data Collection Procedures

The data collection process involves distributing questionnaires to research samples obtained from a predetermined research population. Data collection was obtained by high school student spread across several schools in Malang city. Several schools were selected as several research samples, followed by randomly selecting the list of names of students in 10th, 11th, and 12th grade with a random picker generator. Distributing the questionnaire uses two methods: a paper and pencil form and sending a Google Form link to be filled in.

2.7. Data analysis technique

The data analysis used in this study is a multiple linear regression test to see the effect of family, friends, and significant others on Perceived Social Support. The software used in analyzing research data is JASP.

3. RESULT

TABLE 1: Variabel Categorization.

Research Variable		Category	Frequency	Percentage
Personal Initiative	Growth	High	203	51,7%
		Low	189	48,2%
Perceived Support	Social	High	202	51,5%
		Low	190	48,4%

TABLE 2: Categorization Based on Total Average on Perceived Social Support Aspects.

Variable	Aspects of Perceived Social Support	Category	Frequency	Percentage
Family		High	227	58%
		Medium	119	30,3%
		Low	46	11,7%
Friends		High	171	43,6%
		Medium	180	46%
		Low	41	10,4%
Significant others		High	220	56,1%
		Medium	139	35,4%
		Low	33	8,5%

Based on the results of the variable categorization in Table 3, it shows that as many as 51.7% of participants have a high level of Personal Growth Initiative and as many as 48.2% of participants have a low level of Personal Growth Initiative. Meanwhile, 51.5% of participants had a high level of Perceived Social Support and 48.4% had a low level of Perceived Social Support.

Based on the total average category in each aspect of Perceived Social Support it is divided into 3 groups, namely high, medium, and low. From this categorization, it was found that the number of subjects in the high group was far greater than the number of subjects in the low group, both in terms of family, friends, and significant others.

TABLE 3: Normality Test Result.

Descriptive Statistics	PGI	Family (PSS)	Friends (PSS)	Significant Others (PSS)
Valid	392	392	392	392
Missing	0	0	0	0
Mean	49.401	20.242	19.145	20.640
Std. Deviation	6.714	6.124	5.454	5.921
Skewness	-0.191	-0.702	-0.546	-0.803
Std. Error of Skewness	0.123	0.123	0.123	0.123
Kurtosis	0.531	-0.372	-0.114	0.107
Std. Error of Kurtosis	0.246	0.246	0.246	0.246
Minimum	25.000	4.000	4.000	4.000
Maximum	64.000	28.000	28.000	28.000

Based on the table above, it can be seen that the PGI variable skewness value is -0.191 and the PGI variable kurtosis value is 0.531 ($-1.96 \leq z \leq 1.96$). This shows that PGI has a normal distribution. Furthermore, the data for each aspect of the PSS variable is also normally distributed. This can be seen from the skewness and kurtosis values, which are in the range ($-1.96 \leq z \leq 1.96$). Because the data obtained is quite large, the results of statistical analysis in the normality test refer to the magnitude of the value of the skewness and kurtosis of each variable without dividing it by the standard error of the skewness and the standard error of the kurtosis itself.

TABLE 4: Summary of Linearity Test Model.

Model Summary -- Total PGI				
Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	6.714
H ₁	0.347	0.120	0.114	6.321

The table above explains the percentage of influence of Perceived Social Support on Personal Growth Initiative obtained from the coefficient of determination (R²), which is 0.120. This means that the effective contribution or influence of Perceived Social Support on Personal Growth Initiative is 0.120, or 12.0%. While the remaining 88% is the influence of other factors outside of Perceived Social Support.

Based on the table above, it can be seen that the significance value is 0.01. This value is less than 0.05. This means that the Perceived Social Support data is linear. This significant effect is indicated by the value of $F = 17,714$ ($p \leq 0.05$).

The multiple linear regression test equation is $Y = a + b_1 + X_1 + b_2 + X_2 + \dots + b_n + X_n$. Based on the table above, it can be seen that the value (a) located in the first

TABLE 5: Annova Linearity Test.

		Annova				
	Model	Sum Squares	of df	Mean Square	F	p
H ₁	Regression	2123.365	3	707.788	17.714	< .001
	Residual	15502.755	388	39.956	17.714	
	Total	17626.120	391			

TABLE 6: Multiple Linear Regression.

		Coefficients				
	Model	Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	49.401	0.339		145.675	< .001
H ₁	(Intercept)	40.226	1.398		28.769	< .001
	<i>Family</i>	0.312	0.060	0.284	5.157	< .001
	<i>Friends</i>	0.107	0.073	0.087	1.455	0.146
	<i>Significant others</i>	0.040	0.073	0.035	0.542	0.588

unstandardized column is a positive constant value of 40,316, which indicates a positive influence of Perceived Social Support (x) on Personal Growth Initiative (y). Furthermore, the value (b1) located in the second column is unstandardized, which is the value of the regression coefficient on the family aspect, which has a value of 0.312, or 31.2%. In the third column, unstandardized is the regression coefficient value (b2) on the friends aspect, which has a value of 0.107, or 10.7%. Then in the fourth column, unstandardized, is the regression coefficient value (b3) on the significant others aspect, which has a value of 0.040 or 4%. The regression coefficients mentioned above state that if the aspects of Perceived Social Support (x) increase by one unit, then Personal Growth Initiative (y) will increase by 31.2%, 10.7%, and 4% in family, friends, and significant others sequentially. So it can be said that the higher the Perceived Social Support also has a significant effect on the high Personal Growth Initiative.

It can be seen that the multiple linear regression equation model in this study is **Y = 40.226 + 0.312*X1 + 0.107*X2 + 0.040*X3** or **Personal Growth Initiative = 40.226 + 0.312*family + 0.107*friends + 0.040*significant others**. Positive values for b1, b2, and b3 indicate that there is a positive influence between each aspect of Perceived Social Support on the Personal Growth Initiative.

4. DISCUSSION

This study aims to determine whether there is an influence of Perceived Social Support on Personal Growth Initiative in adolescents aged 15-18 years. The results of the research show that the alternative hypothesis is accepted. This means that there is a significant influence between Perceived Social Support on Personal Growth Initiative. Perceived Social Support is significantly able to predict Personal Growth Initiative. Increasing the value of Perceived Social Support also affects increasing the value of the Personal Growth Initiative. This is indicated by the influence exerted on each aspect of the family by 31.2%, the friends aspect by 10.7%, and the significant others aspect by 4%.

The Perceived Social Support variable has a positive influence on the Personal Growth Initiative variable. This explains that the higher the level of Perceived Social Support, the higher the level of Personal Growth Initiative. The results of this study are consistent with the results of a previous study by Sun et al. (2014), that feeling social support from the people around can increase the level of individual Personal Growth Initiatives [60]. In line with ecosystem theory which states that environmental factors can generally play a role through individual internal factors [61], this means that social support felt by individuals can play a positive role in encouraging self-growth when the individual actively transforms it as a resource that supports it to grow.

The influence exerted by Perceived Social Support on the Personal Growth Initiative can be related to the using resources aspect in the individual's PGI. The existence of social support felt by individuals has a role in how individuals can empower sources that exist outside of the individual to change into a better person. The presence of Social Support can facilitate individuals to be able to access aspects of personal growth within themselves towards positive changes through help outside of themselves, such as other people and materials.

Based on previous research, it was found that there was a significant positive correlation between Perceived Social Support and Personal Growth Initiative which was studied in subjects who experienced peer victimization [56]. With a positive correlation between the two variables, this finding can be used as a basis for researchers to further investigate how much influence Perceived Social Support has on the level of Personal Growth Initiative in adolescents with different background problems. The results of this study can support the possibility of an effective contribution of Perceived Social Support to the Personal Growth Initiative in adolescents.

According to the My Voice Report research survey, there are ten top answers related to something or someone that helps teenagers live their best lives [1]. Based on the

responses received, overall the adolescents mentioned support coming from family, friends, and romantic partners sequentially. This is in line with the results of this study that the family has contributed the most support followed by support from friends and other significant others [1]. There is constant support from parents from time to time in various forms and types of support provided, making the family a source of support that is always there for adolescents. Next, followed by friends who always support and think about the best interests of teenagers. Other important people who also help teenagers get out of adversity, help teenagers live a better life and provide understanding or inspiration (insight) in changing themselves for the better.

A study states that chronically stressful environments put adolescents at higher risk of experiencing depression, anxiety, alcohol or other drug use, teenage pregnancy, and violence [62]. Therefore, to deal effectively with pressure and difficult situations, youth must be able to develop resilience as well as the capacity to recover quickly from adversity. Resilience can be developed through interaction within the family, school, environment, and the larger community [30], which allows adolescents to practice dealing with difficult situations in a safe and supportive environment. So that this becomes a form of social support role for adolescents who are able to help them process and develop for the better.

Although there are important studies that predict the relationship between Perceived Social Support and self-control and meaning in life in adolescents [63], Perceived Social Support and adolescent self-esteem [64], Perceived Social Support in adolescence with results positive mental health in early adulthood [65]. However, not many studies have examined the relationship between Perceived Social Support and Personal Growth Initiative, especially in middle adolescents. The findings from this study are that Perceived Social Support has a significantly positive effect on Personal Growth Initiative.

Based on the research that has been done, it can be concluded that there is a significant influence between Perceived Social Support on Personal Growth Initiative in adolescents aged 15-18 years. The influence of Perceived Social Support on Personal Growth Initiative is 12%. That is, the influence exerted by the independent variable is not strong enough on the dependent variable examined in this study. So it can be said that the other 88% are other factors that may have more influence on individual self-growth initiatives that were not examined in this study. Factors that influence the Personal Growth Initiative include achievement goals [16], psychological well-being [17], and personality [18].

This research tends to have certain limitations because the topic of this research has not been studied extensively. This research lacks sufficient empirical support and lacks

evidence about whether this research has been researched before. Therefore, more factual research is needed on the field and related variables. However, this research is expected to act as a stepping stone towards future research developments.

5. CONCLUSION

Based on the research that has been done, it can be concluded that there is a significant positive influence given by Perceived Social Support on adolescent Personal Growth Initiative. As an implication of this research, it will be meaningful to develop policies that can support individual personal growth, especially in adolescents, by involving the role of social support. So that teenagers will be more focused on determining and living what they will become and what they dream of in a much more positive situation that can lead them to achieving goals, satisfaction, and mental health in the future.

Should this support be felt by individuals depending on who gives and who receives the support. It is possible that in the process of receiving it, it threatens self-esteem, or is of an inappropriate type, the delivery may be inappropriate or strange to the recipient of support. So in this case, the position, form, and strategy of social support provided must be understood and adjusted to individual needs at that time. In addition, another implication of this study is to consider other factors that are more likely to have a large role by measuring the extent to which other factors influence Perceived Social Support on Personal Growth Initiative, especially in middle adolescents in future research.

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