

Research article

The Relationship Between Self-Concept, Interpersonal Communication and Self-Adjustment in Students

Ulfiana Ulfa*, Asliah Zainal, Ros Mayasari, Nurdin Karim, and Anita Rezki

Fakultas Ushuludin, Adab, dan Dakwah, Institut Agama Islam Negeri, Kendari, Indonesia

ORCID

Ulfiana Ulfa: <https://orcid.org/0000-0002-3685-816X>

Abstract.

The housing/dormitory unification system for students has caused psychological shock due to socio-cultural clashes between individuals. This study examined the dynamics of self-concept, interpersonal communication and self-adjustment of students. The research subjects were students of IAIN Kendari class of 2018 who resided in Ma'had Al Jami'ah IAIN Kendari. Data collection was carried out by questionnaires, interviews and non-participation observation. Primary data were analyzed using a social dynamics perspective. The results showed that the dynamics of self-concept can be demonstrated from the positive experiences of the subjects; the dynamics of interpersonal communication can be observed from the psychological conditions caused in communicating; while the dynamics of self-adjustment can be found in the strategies used by female students in facing social and cultural obstacles. This study confirmed that the dormitory system for students has necessitated adaptation, as well as adoption of new habits. The process of adaptation and adoption to students who are different socially and culturally has promoted openness, tolerance and respect for different communities, and has underlined the very distinctive Indonesian education system.

Keywords: self-concept, interpersonal communication, self-adjustment, student dormitory

1. Introduction

One of the dynamic processes in life is adjustment. According to Schneiders quoted by Desmita, self-adjustment aims to change individual behavior so that there is a more harmonious relationship between oneself and their environment [1]. Then Desmita [1] states that the adjustment process that occurs in each individual will be faced with a condition in a new environment that requires verbal and nonverbal responses. However, not all individuals are successful in adapting themselves because they have many obstacles, both from within and from outside. There are some individuals who can adjust themselves positively, but there are also those who fail to make a positive adjustment so that the individual makes the wrong adjustment and then the wrong adjustment can

Corresponding Author: Ulfiana

Ulfa; email:

ulfianaulfa4@gmail.com

Published 08 April 2022

Publishing services provided by
Knowledge E

© Ulfiana Ulfa et al. This article is distributed under the terms of the [Creative Commons](#)

[Attribution License](#), which permits unrestricted use and redistribution provided that the original author and source are credited.

Selection and Peer-review under the responsibility of the ICONIK Conference Committee.

 **OPEN ACCESS**

have a negative effect on the environment in which the individual is located. The signs of this negative influence are individuals who lose status in society, commit behavioral deviations in the eyes of the law and the environment and experience loneliness or emptiness due to the absence of warm relationships with other people.

Self adjustment is needed in dealing with social and cultural changes that will be faced by individuals. Making adjustments will also depend on the way he sees himself and how a person interacts with his environment, which then results from one's interaction with his environment will form an adjustment. The way to see oneself is part of self-concept, therefore self-concept has an important role for someone in determining their behavior. The self-concept of a person is not a result of birth but is formed from the experience of individual interactions with the surrounding. The various results of his experiences related to his condition are then realized by the individual, causing different views on him. As Rogers's opinion is quoted by Feist and Feist [2] that the self-concept in an individual includes all aspects of being an individual, and one's experience is felt as a form of consciousness by the individual. Interacting with new social and cultural environments also requires interpersonal communication. The success of interpersonal relationships starts with good interpersonal communication in their environment, but many individuals ignore the importance of building interpersonal communication.

In the IAIN Kendari environment, there is Ma'had Al-Jami'ah IAIN Kendari as a dormitory on campus which is different from other dormitories. At Ma'had Al-Jami'ah IAIN Kendari there is a change of rooms every year, the selection of roommates is random, each individual in Ma'had has social and cultural differences, and in Ma'had there is a Musyrifah as the dormitory supervisor. The system of housing unification for students of Ma'had Al-Jami'ah IAIN Kendari has caused psychological shock caused by socio-cultural clashes between one individual and another. Adjustment formation also has an interest in elements of self-concept and interpersonal communication, this interest will form a relationship pattern which in sociological terms is called a relationship. According to Rakhmat [3] the development of an interpersonal relationship is divided into three, namely the formation of relationships, affirmation of relationships, and termination of relationships.

Students who live in Ma'had Al-Jami'ah IAIN Kendari will form a pattern of relationships or interpersonal relationships which will then attract each other between adjustment, self-concept and interpersonal communication. Mutual attraction will lead to social dynamics that lead to changes in self-concept, interpersonal communication and self-adjustment. As according to Munir [4] that dynamics is a system of bonds that are interconnected and influence each other between these elements, if one

element changes it will also bring changes to other elements. Then according to Setiadi and Kolip [5], social dynamics is one of the sociological studies that discusses the changes that occur in social life. Therefore, this study aims to determine the level of self-concept, interpersonal communication and self-adjustment of students at Ma'had Al-Jami'ah IAIN Kendari and to find out the dynamics of self-concept, interpersonal communication and self-adjustment experienced by students at Ma ' had Al-Jami'ah IAIN Kendari. The research subjects were focused on students of IAIN Kendari class of 2018 who resided in Ma'had Al jami'ah IAIN Kendari. Data collection was carried out by distributing questionnaires, interviews with subjects who had been determined according to categories, and non-participation observation.

2. Result And Discussion

Ma'had Al-Jami'ah IAIN Kendari is a dormitory for female bidikmisi recipients, although it is aimed at bidikmisi recipients but some students who live in Ma'had are not bidikmisi recipient students. According to the Chancellor of IAIN Kendari in the news published on the official website of IAIN Kendari (<http://www.iainkendari.ac.id>), the Chancellor of IAIN Kendari hopes that Ma'had mahasantri can become an icon of students and become a reflection of IAIN Kendari students who are graceful in moral, superior in science, and brilliant in work where students have at least three advantages, namely spiritual excellence, academic excellence, and language excellence. Respondents in this study came from students of class 2018 who had resided in Ma'had since the beginning of semester 2 (two). The student moved to Ma'had because of the necessity after becoming a student who received the Bidikmisi IAIN Kendari scholarship in 2018, totaling 101 people after the distribution of the questionnaire. In this study the data came from respondents who met the criteria as a sample with the amount of data that was 90 people. The criteria for the sample of this study were students of the 2018 class who resided in Ma'had Al Jami'ah IAIN Kendari.

Based on the distribution of questionnaires that have been carried out, the results of the research show that the level of self-concept of the 2018 batch of students at Ma'had Al-Jami'ah IAIN Kendari is at the medium category level with a percentage of 62.20%, totaling 56 female students who have scores ranging from 60 , 30 to 71.80, the self-concept of female students in Ma'had is at a moderate level which is also caused by various factors, as according to Rakhmat [3]that there are two factors that influence self-concept, namely that other people have a role in shaping one's self-concept. if we know ourselves then we need to know others first, the more we are accepted by

others, respected, liked because of our condition, we will tend to respect and accept ourselves. Then the reference group factor is a group that emotionally binds a person and influences one's self-concept by referring to certain groups which are then directed according to the behavior with the characteristics of the group. So that the self-concept will continue to develop and depend on these two factors.

The level of interpersonal communication is in the medium level category with a percentage of 74.50%, amounting to 67 female students who have scores ranging from 97.38 to 112.04. Interpersonal communication is at a moderate level because each individual sometimes performs interpersonal communication depending on the level of familiarity or depending on who the opponent is talking to. Communicating means achieving the same meaning from the sender of the message to the recipient of the message with the aim of providing explanation, influencing attitudes, providing psychological support and creating and maintaining a better relationship. The more often a person communicates with other people, the more likely it is that a person reaches a closer level of relationship.

However, of course the process of communication sometimes experiences obstacles called cognitive distortions or thoughts that are excessive and irrational to something, as according to Devito [6] that the obstacles that occur in interpersonal communication, first; polarization or the tendency to look at something in an extreme good or bad category, both; intentional orientation, namely the orientation of the view towards something whether it is in accordance with what is happening or just a glimpse, and third; cut the compass or error in evaluation and fail to communicate the intended meaning.

The level of self-adjustment is at a moderate level with a percentage of 73.40%, amounting to 66 female students who have scores ranging from 84.75 to 101.25, the cause of the level of self-adjustment is at a moderate level because in adjusting, the 2018 class of students in Ma'had Al-Jami'ah IAIN Kendari needs to reduce the gap between individuals and the demands expected by the environment to be successful in making adjustments. According to Al-Mighwar [7] explains that the success of adjustment is marked by the absence of hatred, running away from reality or responsibility, resentment, disappointment or disbelief in his condition, the absence of shock or anxiety accompanied by guilt, anxiety, dissatisfaction, feeling less and complaining about the fate they experienced. Then the three variables are at a moderate level, which means that there are students who approach the high level and there are students who approach the low level even static. This means that there are changes or dynamics experienced by the subjects in this study.

As a student icon, it is not uncommon for students at Ma'had Al-Jami'ah IAIN Kendari to be asked many things, which makes it difficult for students to adjust. In addition to difficulties in making adjustments, students will also form a new secondary self-concept. The adjustment causes social changes which, according to Setiadi and Kolip [5], are a shift in values, social norms, patterns of organizational behavior, the composition of community institutions, social layering, authority, social interaction and so on. The form of changes that occur in social dynamics can be in a deliberate or planned mechanism and a mechanism that is not deliberate or planned (unplanned change). To maintain the quality, capability and existence in a good social life value order, it starts with the renewal of the personal value order of each individual which is increasingly positive. It is not uncommon for these reforms to clash with the socio-cultural values that were adhered to before living in Ma'had so that students experience psychological shock.

2.1. Dynamics of Self Concept

The self-concept can develop and continue in the process by observing one's own function, so that someone will receive feedback about who he is from the people around him. Even though these observations make a person often complicate his mindset about a situation or to himself, a dynamic attitude will make the self-concept change to be more positive[3]. As according to Rakhmat [3] that one of the factors that influence a person's self-concept is other people, when other people underestimate and even reject the individual, the individual will not like himself. The dynamics of self-concept before and after living in Ma'had Al-Jami'ah IAIN Kendari contained a positive experience. The more positive the experience gained, the more positive the self-concept will be. The dynamics in a person's self-concept are influenced by various factors such as the results of experiences obtained from the reactions or responses of others to us, experiences in playing roles which are then considered positive or negative by others, and experiences built in a group.

2.2. Dynamics of Interpersonal Communication

Interpersonal communication is a form of communication that has dynamics when viewed from individual psychological conditions, to measure the psychological conditions of interpersonal communication described in five dimensions, namely openness, empathy, supportive attitudes, positive attitudes and good social interest, namely having the capacity to be in harmony and cooperative by placing the priority of values in society,

a sense of empathy and concentration for the welfare of others in the environment of Ma'had Al-Jami'ah IAIN Kendari. The psychological condition is good if communication with oneself is good, which then creates a feeling of pleasure so that an attitude arises. open, listen attentively, develop positive prejudice. This is in line with the objectives of interpersonal communication, namely creating and maintaining relationships into meaningful relationships, changing attitudes and behavior and providing entertainment, a sense of calm, and also relaxation from all the busyness of things [8].

2.3. Dynamics of Adjustment

Adjustment is not absolute or absolute but is relative, therefore it is necessary to be assessed and evaluated in accordance with the capacity of each individual in fulfilling the demands of himself. It should also be noted that no individual is capable of perfect adjustment. Because of its relative nature, each individual has his own way of achieving harmony with himself and his environment. This method can be seen from the coping strategies undertaken by individuals. It should be noted that coping strategies are an individual's way of solving problems, overcoming any changes that occur and being able to overcome threatening situations that they will face both cognitively and behaviorally [9]. The copying strategy carried out is supported by a realistic and objective attitude, namely an attitude that adapts to the environment, does not differentiate and acts in accordance with the applicable rules in Ma'had Al-Jami'ah IAIN Kendari. However, the lack of a copying strategy will lead to failure in adjustment such as a defense reaction or a defensive reaction which is shown through an attitude of looking for reasonable reasons and an attempt to suppress or forget about unpleasant things that have been experienced.

3. Conclusion

To maintain the quality, capability and existence in a good social life value order, it starts with the renewal of the personal value order of each individual which is increasingly positive. It is not uncommon for these reforms to clash with the socio-cultural values that were adhered to before living in Ma'had so that students experience psychological shock. The surprise can be seen from the dynamics that occur in self-concept, interpersonal communication and self-adjustment. The dynamics of self-concept can be seen from the positive experiences experienced by research subjects and the dynamics of interpersonal communication seen from the psychological conditions that arise in

communicating, while the dynamics of self-adjustment can be found in the copying strategy of female students in facing social and cultural obstacles. However, this study confirms that the dormitory system for students is a medium of adaptation to previous experiences, as well as the adoption of new habits that are encountered. The process of adaptation and adoption of students who are different socially and culturally will make community life more open, tolerant, and respect for differences, as well as underlining the miniature Indonesian education system that is very distinctive and characterized by the archipelago.

References

- [1] Desmita, *Psikologi perkembangan*. Bandung: PT Remaja Rosdakarya, 2015.
- [2] G. J. Feist and F. J., *Theories of personality*. Yogyakarta: Pustaka Pelajar, 2008.
- [3] J. Rakhmat, *Psikologi komunikasi*. Bandung: PT Remaja Rosdakarya, 2003.
- [4] Munir, *Metode dakwah*. Jakarta: Kencana, 2006.
- [5] H. Setiadi, *Penilaian kinerja*. Pusat Penelitian Pendidikan Balitbang Depdiknas, 2010.
- [6] J. A. Devito, *Komunikasi antarmanusia. Pamulang-tangerang*. Selatan: Karisma Publishing Group, 2011.
- [7] Al-Mighwar, *Psikologi remaja*. Bandung: Pustaka Setia, 2006.
- [8] D. S. Sendjaja, Ed., in *Pengantar komunikasi*, Jakarta: Universitas Terbuka, 2005.
- [9] L. R. Rahayu and P. S. W. Lesmana, "Potensi peran perempuan dalam mewujudkan moderasi beragama di Indonesia," *J Pustaka*, vol. 20, no. 1.