

**ABSTRAK**

**Hubungan Konsep Diri Dengan Resiliensi Pada Remaja Di SMA N 1  
Kedungwuni**

Yulia Mega Lestari <sup>1</sup>, Hana Nafiah<sup>2</sup>

**Latar Belakang:** Remaja mengalami berbagai perubahan fisik dan psikologisnya sehingga rentan terhadap pengaruh eksternal, karena proses pencarian jati diri remaja mudah terombang ambing dan terpengaruh oleh gaya hidup masyarakat disekitarnya dan cenderung mengambil jalan pintas tanpa memikirkan dampak negatifnya. Konsep diri berperan penting dalam proses ketahanan pada remaja. Remaja harus memiliki pendirian yang kuat serta tidak mudah terpengaruh serta memiliki perilaku positif dalam menghadapi situasi yang sulit (resilien).

**Metode:** Desain penelitian dengan deskripsi korelasi. Pendekatan *cross sectional*. Sampel yang diambil dengan teknik *proportionate stratified random sampling* sebanyak 240 remaja SMA N 1 Kedungwuni. Pengambilan data menggunakan kuesioner konsep diri *tennessee self concept scale* diadaptasi oleh Marlen S dan kuesioner *resilience scale* wagnild dan young yang diadaptasi oleh Aptini Dwi. Analisa data menggunakan uji *pearson correlation*.

**Hasil:** Hasil penelitian menunjukkan rata-rata responden berusia 16,24 tahun. 74,2% berjenis kelamin perempuan. Seluruh responden beragama islam. Sebagian besar pendidikan sebelumnya responden SMP/MTS non pondok (93,5%). Sebagian besar responden tinggal dengan ibu dan ayah kandung (97,5%) dan status pernikahan orang tua responden yaitu masih bersama (82,9%). Variabel konsep diri didapatkan mean 116,65 dengan std.deviation 13.782 dan resiliensi dengan mean 118,15 dan std.deviation 21.372. Hasil analisa menunjukkan hubungan antara konsep diri dengan resiliensi remaja dengan *p value* 0,000 ( $p < 0,05$ ) dan berkorelasi cukup dengan  $r^2$  542.

**Simpulan:** Terdapat hubungan antara konsep diri dengan resiliensi pada remaja di SMA N 1 Kedungwuni. Dari hasil tersebut diharapkan institusi pendidikan mampu menjadi fasilitator bagi remaja untuk membentuk konsep diri yang baik sehingga resilien terhadap situasi apapun.

**Kata Kunci:** Konsep Diri, Resiliensi, Remaja

**Daftar Pustaka:** 35 (2013-2023)

## **ABSTRACT**

### **The Relationship between Self-Concept and Resilience in Adolescents at Kedungwuni Senior High School**

Yulia Mega Lestari,<sup>1</sup> Hana Nafiah<sup>2</sup>

**Background:** Adolescents experience physical and psychological changes, making them vulnerable to external influences. The lifestyles of those around them easily sway their identity-finding process, and they often take shortcuts without considering the consequences. Adolescent resilience depends on self-concept. Resilient adolescents must be strong-willed, uninfluenced, and positive in adverse situations.

**Methods:** The design of this study used a description correlation with a cross-sectional approach. A proportionate stratified random sampling technique was used to sample 240 respondents. Marlen S's self-concept and resilience scales from Wagnild and young questionnaires adapted by Aptini Dwi were used as the instrument. Pearson correlation was used to analyse data.

**Results:** The findings indicated that the mean age of the participants was 16.24 years. Approximately 74.2% of the population identifies as female. All participants identify as followers of the Islamic faith. Most participants (93.5%) did not have prior experience attending a boarding junior high school. Most participants reside in households with both their biological mother and father (97.5%), and the prevailing marital status of the respondents' parents is that they remain in a committed relationship (82.9%). The self-concept variable had an average score of 116.65 ( $\pm 13,782$ ), whereas resilience had an average score of 118.15 ( $\pm 21,372$ ). The analysis findings indicate a statistically significant association between self-concept and adolescent resilience, with a p-value of 0.000 ( $p < 0.05$ ). Furthermore, the correlation between these two variables is modest, with a coefficient of  $r = .542$ .

**Conclusion:** There is a relationship between self-concept and resilience in adolescents. This study hoped that educational institutions could facilitate youth to form a good self-concept and be resilient to any situation.

**Keywords:** *Self-Concept, Resilience, Adolescent*

**Bibliography:** 35 (2013-2023)