



Jurnal Eduscience (JES)

Volume 10, No. 2

Agustus, Tahun 2023

Submit : 01 Juni 2023

Accepted : 08 Agustus 2023

ANALYSIS OF SELF-CONTROL AS A PREDICTOR OF HEALTHY BEHAVIOR IN ADOLESCENTS

Sandra Adetya, Yomima Viena S

Program Studi Psikologi, Psikologi, Universitas Bhayangkara
Jakarta Raya

Email : Sandra.adetya@dsn.ubharajaya.ac.id

Abstract

This study aims to understand the factors that influence healthy habits among adolescents and address the prevalence of unhealthy lifestyles. Given that in this new normal era, health is a major aspect for the world community, especially in Indonesia after the Covid-19 Pandemic. The study adopted a quantitative approach and carried out influence tests to analyze the correlation of self-control and healthy behavior. The research sample was 500 participants with criteria aged between 15-18 years. Samples were taken randomly from several schools in the Jakarta area. Data collection was carried out by distributing questionnaires to determine the level of self-control and healthy patterns of adolescents. This study reveals that adolescents who have good self-control abilities have effective abilities in controlling their emotions. In addition, self-control also acts as an effective tool in triggering and maintaining healthy behavior. In this context, the results of this study have significant scientific impact because they provide strong evidence of the importance of self-regulation in promoting healthy habits in adolescents. The implication is that involving the development of self-control skills in educational programs and adolescent health interventions can be an effective strategy in promoting healthy habits. By taking this self-control factor into account, these programs have the potential to have a significant impact on improving the overall well-being and quality of life of adolescents.

Keywords: self control; healthy behavior; teenager.

Abstrak

Penelitian ini bertujuan untuk memahami faktor-faktor yang mempengaruhi kebiasaan sehat di kalangan remaja serta mengatasi prevalensi gaya hidup yang kurang sehatnya. Mengingat pada era new normal ini, kesehatan menjadi aspek utama bagi masyarakat dunia, khususnya di Indonesia setelah adanya Pandemi Covid-19. Penelitian menjalankan pendekatan kuantitatif serta melakukan uji pengaruh untuk menganalisis korelasi kontrol diri dan perilaku sehat. Sampel penelitian berjumlah 500 partisipan dengan kriteria berumur antara 15-18 tahun. Sampel diambil acak dari beberapa sekolah di daerah Jakarta. Pengumpulan data dilakukan dengan menyebarkan kuesioner untuk mengetahui tingkat kontrol diri serta pola sehat remaja. Penelitian ini mengungkapkan bahwa remaja yang memiliki kemampuan pengendalian diri yang baik memiliki kemampuan yang efektif dalam mengendalikan emosional mereka. Selain itu, kontrol diri juga berperan sebagai alat yang efektif dalam memicu dan mempertahankan perilaku sehat. Dalam konteks ini, hasil penelitian ini memiliki dampak ilmiah yang signifikan karena memberikan bukti kuat tentang pentingnya pengaturan diri dalam mendorong kebiasaan sehat pada remaja. Implikasinya adalah melibatkan pengembangan keterampilan pengendalian diri dalam program-program pendidikan dan intervensi kesehatan remaja dapat menjadi



strategi yang efektif dalam mempromosikan kebiasaan sehat. Dengan memperhatikan faktor kontrol diri ini, program-program ini memiliki potensi untuk menghasilkan dampak yang signifikan dalam meningkatkan kesejahteraan dan kualitas hidup remaja secara keseluruhan.

Kata Kunci: kontrol diri; perilaku sehat; remaja.

INTRODUCTION

In the New Normal era, health is a major aspect for the world community, especially in Indonesia after the Covid-19 Pandemic. WHO mentions corona as a virus capable of carrying diseases for humans (Aristya Rahadian Krisabella, 2020; Nariswari, 2020; Dehghani & Kassiri, 2020). This pandemic has a big impact, one of which is health problems. Health is a basic need for human life, both mental and physical health (Zavitsanou & Drigas, 2021). In general, psychically healthy i.e. mentally healthy including one's mind, emotional (Faradiba, 2022). Healthy among adolescents comes from physical symptoms and will further affect the mental and psychological among these adolescents so that a person's health will be interrelated between physical and psychic.

A poor diet can be bad for both physical and mental (Olvia & Abdul, 2019; Murty, 2022). Psychologically, this will affect a person's mentality in choosing the intake of nutrients consumed, it is based on knowledge, stress, and previous parenting. When someone is feeling sadness will tend to eat little or even not want to eat (Swanson & Reddekop, 2023). Lack of rest at night can affect concentration, and weakness in living tomorrow (Tharida et al., 2020). Thus, poor sleep patterns can cause prolonged insomnia. Insomnia is a condition of a person who cannot get good rest time ability (Tahirova et al., 2022; Santaji et al., 2021). Disorders in terms of obtaining good rest time are usually found in adults.

In addition to diet and sleep patterns, adolescents are also still lacking in maintaining health and forget about the importance of exercise (Honary et al., 2019; Dimitri et al., 2020). Meanwhile, exercise has health benefits for the body, namely; Improved immune system, lowered cholesterol, increased intelligence, and reduced stress (Bowen et al., 2019; Alfirdaus & Susanto, 2021).

This healthy behavior can be used as an indicator that has an influence on health among adolescents other than the environment. Every human being should maintain his health behavior, in order to avoid health problems caused by ignoring healthy behavior (Nurchandra et al., 2020; Hardianti et al., 2021). One of the commonly known parties who tend to neglect their health is students. Students are students at the college level who are growing into early adulthood. In general, students do not want to think about the correlation between health and the lifestyle they run (Rofii & Kumaat, 2021; Mardiana et al., 2022). When these students grow up, many students carry out unhealthy lifestyles such as not eating breakfast, eating junk food, and excessive consumption, smoking and drinking alcohol that is not balanced with exercise (Azmiardi, 2020). Research on students that includes healthy behavior has been carried out internationally, including;

The results of previous studies said the most common risky action carried out among adolescents was less intake of fruits, milk, vegetables, and juices (Kusdalina et al., 2022; Sari & Mahmudah, 2020). In addition, many students are less physically active, abandon breakfast, watch excessive television, and misuse of drugs (Efendi & Widodo, 2021). Unhealthy lifestyles among adolescents are still high in terms of lack of physical activity.



Thus, adolescents are very vulnerable both in the social environment and psychologically which can affect their physical condition and psychic abilities. Previous research states that adolescents become often involved in finding a lot of obstacles that arise from internal and external, such as adjustment to the environment, independence, competition and so on. In addition, there are many types of healthy behavior according to age. Students fall into the category of adolescents and young adults whose healthy behavior worsens (Arief et al., 2020; Dewi & Rohmah, 2023). Many of the students suffered from problems with impuls regulation, among female students the problem was with dietary adjustments, while surveys of male students showed that many suffered from problems with alcohol abuse. Someone with good management, can show less face of these problems (Rahardjo & Samudera, 2021).

Based on the results of research interviews about healthy behaviors seen in students, namely irregular eating patterns and meeting good nutrition, as well as lack of rest. Eight out of ten students interviewed said they had poor or unpunctual diets, and two out of ten students only ate on time when in the morning the rest were irregular at mealtimes. Furthermore, irregular sleep patterns are seen, due to campus activities until late at night, playing online games or just looking at social media. On the other hand, there is a lack of students to exercise because there is no time, but three out of ten students interviewed do sports, one student does sports regularly every day such as push ups and sit ups, and two students do sports with frequent intensity such as playing badminton or futsal for a period of once a week or three to four times a week.

A healthy lifestyle is a person's behavior in maintaining health, such as preventing illness, doing personal cleaning, and maintaining exercise. Unhealthy behavior is defined as all the behaviors that a sick person performs to achieve healing. Unhealthy behavior is behavior designed to minimize discomfort due to the occurrence of something (Rosmi Eni et al., 2022; Putri et al., 2020; Wahyuntari & Ismarwati, 2020). A healthy pattern is used as an action in improving and defending one's health. There are several factors that influence it in other ways: social factors, personal goals, symptoms of the disease suffered, access to health services, and cognitive factors. Based on these factors, self-control has a major effect on a healthy lifestyle (Arifin & Milla, 2020; Kurnia & Nataria, 2021). Self-control as a skill in responding to actions among adolescents, to stop lifestyles that tend to be unhealthy. In self-control, there are aspects that strengthen this behavior, including self-discipline, if students have poor self-discipline, students are unable to focus on carrying out tasks. While students who have self-discipline can control themselves from everything that makes it difficult to concentrate. Then there is the nonimpulsive aspect where students can carry out without certain considerations. Furthermore, there are aspects of unhealthy living habits where students cannot manage actions in order to live healthy, students are unable to reject something that has a bad impact on themselves because they are happy to do it. Furthermore, there is the aspect of work ethics where students cannot carry out work completely. Finally, the reliability aspect where students cannot istiqomah in controlling themselves to want to carry out something that has been planned. Thus, the self-control possessed by a person or student cannot be equated. Low self-control will make a person unable to condition his healthy life behavior, and vice versa.

Referring to this background exposure, the novelty in this study that distinguishes it from previous research is the application of research in the context of the new normal era after the Covid-19 pandemic. This study tries to fill the knowledge gap by focusing on the influence of self-control on the



healthy behavior of adolescents in Indonesia. This is supported by several relevant references that mention that self-control factors can contribute greatly to healthy behavior among adolescents (Arifin & Milla, 2020; Kurnia & Nataria, 2021). By referring to previous research and using quantitative approaches and influence tests, this study aims to provide a deeper understanding of the role of self-control in shaping healthy behavior in adolescents.

RESEARCH METHODS

The study was conducted with a quantitative approach using influence testing to analyze the correlation of self-control and healthy behavior in adolescents (Musianto, 2002). A quantitative approach is used to collect data in the form of numbers and allows for more objective statistical analysis. In Jakarta, 500 adolescents from various schools were randomly selected to participate in a study examining self-control and healthy habits. The teens ranged in age from 15 to 18 and filled out questionnaires detailing healthy diet, physical activity, sleep schedules, and propensities for risky behavior. The data was then analyzed through influence tests, such as correlation tests or regression analysis, to identify statistical relationships between self-control variables and healthy behavior in adolescents.

The research was conducted through two scales as measuring devices in his research. The first scale is a modification of Albert Bandura (in Jaarvis, 2019) which aims to measure health-supportive behaviors. This scale consists of four aspects that include self-efficacy, social learning, positive reinforcement, and self-adjustment. The second scale is an adaptation of research by Tangney et al., (2004) which focuses on measuring self-control. This scale consists of five aspects which include self-discipline, control of impulsive actions, healthy lifestyle, work ethic, and reliability.

The validity of the instrument is tested through content validity and internal consistency, while its reliability is tested using the Cronbach Alpha method. The collected data was analyzed using simple regression techniques. The instrument used to measure healthy behavior has an Alpha Cronbach reliability level of 0.862 for a total of 12 statements. Meanwhile, the instrument used to measure self-control has an Alpha Cronbach reliability level of 0.780 with a total of 36 statements.

To measure healthy behavior and self-control in adolescents, the study used validity and reliability techniques carefully. This ensures that the instruments used provide accurate and consistent results. In addition, basic regression techniques were used to analyze the data and recognize the relationship between self-control variables and healthy behaviors.

RESULTS AND DISCUSSION

Based on the results of Table 1, it can be seen that the value of healthy behavior has a lower average ($m = 34.92$), with a standard deviation of 6.939, and the number of participants is 500. Meanwhile, the self-control score had a higher mean ($m = 58.67$), with a standard deviation of 8.198, and the same number of participants, which was 500.

Table 1. Variable Statistics

	N	Mean	Std. Deviation
Perilaku_Sehat	500	34.92	6.939
Kontrol_Diri	500	58.67	8.198
Valid N (listwise)	500		

Table 2 displays the regression equation $Y = 44.943 + 0.171X$. A positive result at a coefficient of 0.171 indicates that every increase in one score in the self-control variable will be associated with an increase in the healthy behavior score of 0.171.

Adolescents who display self-control tend to show healthier patterns of behavior, according to our findings. Our hypothesis is supported by a calculated t result of 2.457, which exceeds the table t value of 2.006647. As a result, we can confidently state that self-control can predict healthy behavior in adolescent participants.

Table 2. Coefficients^a

Type	B	Std. Error	Beta	t	Sig.
	44.943	6.945		6.472	.000
Kontrol_Diri	.171	.117	.202	2.457	.001

a. Dependent Variable: Perilaku_Sehat

In adolescents, healthy behaviors can be predicted by having self-control as shown in Table 3. Regression analysis showed an F value of 5.121 and a significance level of $\alpha = 0.001$ ($p < 0.05$). Therefore, it can be concluded that self-control plays an important role in promoting healthy behavior.

Table 3. ANOVA^a

Type	Sum of Squares	Df	Mean Square	F	Sig.
Regression	99.954	1	99.954	5.121	.001b
Residuals	2355.739	50	47.115		
Total	2455.692	51			

a. Dependent Variable: Perilaku_Sehat
 b. Predictors: (Constant), Kontrol_Diri

Table 4 shows that self-control variables have a significant influence on healthy behavior as shown through an R Square value of 0.091.

Table 4. Model Summary

Type	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.202a	.091	.022	6.864

a. Predictors: (Constant), Kontrol_Diri

Based on the results of the study conducted, data analysis showed that there was a significant influence of self-control variables on healthy behavior in adolescents by 9.1%. These results suggest that self-control may be an important factor in improving healthy behaviors in adolescents. The findings are



also consistent with previous studies that have been conducted by researchers (Arifin & Milla, 2020; Kurnia & Nataria, 2021; Prabawati & Setiyowati, 2022), which also found a significant link between self-control and adolescent behavior.

The resulting regression equation, $Y = 44.943 + 0.171X$, suggests that every increase in score 1 on the self-control variable will result in an increase in score of 0.171 on healthy behavior in adolescents. A positive sign on the regression coefficient value of 0.171 indicates that there is a directly proportional relationship between the two variables. That is, the higher the self-control score adolescents have, the higher the level of healthy behaviors they have, and vice versa.

During the study process, the findings were consistent with previous research stating that adolescents with high levels of self-control were able to change their behavioral tendencies with positive and healthy effects. Previous studies, such as those conducted by Khasanah & Winarti, (2021), Faishol & Budiyo, (2020) and Rahman, (2020), it has been shown that self-control plays an important role in shaping adolescent behavior.

The study adds further evidence that adolescents who have good self-control skills have an effective ability to control their emotions and encourage healthy behaviors. The results of this study provide a deeper understanding of the importance of self-control in encouraging healthy habits in adolescents. By having a high level of self-control, teens can change unhealthy behaviors into healthier behaviors. For example, they may be able to avoid the temptation to consume unhealthy foods or engage in regular physical activity. The ability to control negative impulses and make better decisions can help teens develop behaviors that support their health.

With these findings, this study makes an important contribution in strengthening previous evidence and strengthening our understanding of the role of self-control in shaping healthy behaviors in adolescents. The implication is the importance of developing self-control skills in adolescent health education and intervention programs. By taking these self-control factors into account, these programs have the potential to produce a significant impact in improving the overall well-being and quality of life of adolescents. This confirms the importance of developing self-control skills in adolescent health education and intervention programs as an effective strategy in promoting healthy habits (Maliangkay et al., 2023; Rafie, 2021; Nasihah et al., 2019).

Thus, the findings in this study contribute significantly to the understanding of the factors that influence healthy habits in adolescents. This research provides strong evidence of the importance of self-regulation in encouraging healthy behaviors in adolescents, which can be used as a basis for the development of effective adolescent health education programs and interventions. Through an emphasis on developing self-control skills, these programs have the potential to produce a significant impact in improving the overall well-being and quality of life of adolescents.

CONCLUSION

In adolescents, self-control is a predictor of healthy behavior, according to the results of this analysis. As per current evidence and research, healthier adolescent activity correlates with higher levels of self-efficacy, rather than lower levels. In this case, adolescents who have good self-control have a tendency to make wise decisions about diet, adequate sleep time, and avoid unhealthy behaviors. Therefore, efforts to improve healthy behavior in adolescents need to involve a holistic and holistic approach. Health education that involves learning about self-control, wise decision-making, and



improved anger management skills can be an effective step. In addition, social and environmental support that supports healthy behaviors should also be considered. With the right effort, self-control can be a potential predictor of improved healthy behaviors in adolescents.

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