

## THE EFFECT OF SELF-CONTROL ON THE CONFIDENCE OF POSTGRADUATE STUDENTS AT UIN SUNAN KALIJAGA YOGYAKARTA IN LEARNING

**Nurhasanah**

*Sunan Kalijaga State Islamic University, Yogyakarta*

Correspondence Email: [Nurhasanah.kobar@gmail.com](mailto:Nurhasanah.kobar@gmail.com)

Received: 30 August 2024

Accepted: 24 October 2024

Published: 01 November 2024

### Abstract

*The problem studied in this study is the influence of self-control on confidence in new students. The purpose of this study is to find out how self-control affects self-confidence in new students. The research method used in this study is quantitative research with a descriptive approach. There are two variables in this study, namely the independent variable and the bound variable, which acts as the independent variable is self-control (X) while the bound variable is confidence (Y). The sample in this study is a student of UIN Sunan Kalijaga Yogyakarta, the sampling technique used is a saturated sample with a total sample of 35 people. With the data collection technique used in the form of a questionnaire. From the results of the research that has been carried out, it can be seen that: The result of the regression coefficient in self-control obtained a result of 0.244 or 24.4% which means that there is a positive influence given by self-control on self-confidence, this proves that the more self-control new students increase, the higher their confidence is. And vice versa, the lower the self-control of new students, the lower their confidence will also decrease.*

**Keywords:** *Self Control, Confidence, Postgraduate Students*

### A. Introduction

Confidence is an important aspect for every individual, this is because confidence is a positive attitude where individuals feel confident in their abilities, able to adapt to their environment, and can exert all their abilities to achieve their desired goals. Maslow argues that confident people are better equipped to know and understand who they are (Madhy, et al, 2022)

Learning is the most basic activity of the entire educational process in higher education, therefore one of the efforts of students to obtain academic and professional quality in higher education is through learning. Studying in college is essential for college students because it helps them develop as independent, self-reflective, and critical thinkers. Students are often required to have problem-solving skills for academic and non-academic problems (Minhaji, 2013).

One of the universities in Yogyakarta is the State Islamic University (UIN) Sunan Kalijaga. The first Islamic religious university in Indonesia was also nobducted to Sunan Kalijaga State Islamic University Yogyakarta. In this university, religious science is integrated and interconnected with other disciplines. In addition to offering general majors, UIN Sunan Kalijaga also offers religious majors. In addition, the student activity units available at UIN Sunan Kalijaga are very diverse. Many abilities or skills can be developed by students by participating in student activities. UIN Sunan Kalijaga Yogyakarta in 2022 has 9 (nine) faculties with various study programs at the bachelor's, master's and doctoral levels. One of the nine faculties is the Postgraduate faculty with the *Interdisciplinary Islamic Studies* (IIS) study program.

The postgraduate faculty is a master's level education program with *the Interdisciplinary Islamic Studies* (IIS) study program. This study program focuses on Islamic studies with several concentrations including the Nusantara Islamic Concentration, the Islamic Concentration, Development and Public Policy, the Islamic Communication and Society Studies Concentration, the Qur'an Hermeneutics Concentration, the Islamic Education Psychology Concentration, the Islamic and Gender Studies Concentration, the Middle East Studies Concentration, the Disability Studies and Inclusive Education Concentration, Concentration in Maqasid Studies and Strategic Analysis, Concentration in Social Work (Peksos), Concentration in Library and Information Science, Concentration in Halal Industry and Business Studies, and Concentration in Islamic Guidance and Counseling.

Admission of new students for the postgraduate program is open for 2 periods, namely in odd and even semesters. Each period consists of 2 waves of registration in one semester. So that many interested people register for the postgraduate program of UIN Sunan Kalijaga Yogyakarta because of the flexible registration time, including one of them is the concentration of Islamic guidance and counseling.

New students in the learning process need a sense of confidence to be able to adjust to their academic environment. Self-confidence is the basis for the development of independent, creative, and responsible traits, as quality human traits that are needed to face future challenges. Self-confidence is a belief that a person has that he is able to behave as needed to obtain the expected results (Lauster, 2003).

According to Tatlor (2011) Confidence is not an inherited (innate) trait but is obtained from life experience, and can be taught and instilled through education, so that certain efforts can be made to form and increase self-confidence. Thus, self-confidence is formed and developed through the learning process in a person's interaction with his environment. If the confidence of each student is mature, then students prepare themselves to be able to compete and be able to respond to the flow of globalization.

According to Lauster (2023), having excessive confidence is also not a good trait. In general, this will cause the person to act less carefully, It can be a habit that annoys others. He then stated that self-confidence can be assessed from several aspects, namely belief in one's own abilities, optimistic, objective, responsible, and rational and realistic.

In Islam, self-confidence is very important to pay attention to because it is related to the issue of faith and trust. In Surah Ali-Imron verse 139, Allah says:

وَلَا تَهِنُوا وَلَا تَحْزَنُوا وَأَنْتُمْ الْأَعْلَوْنَ إِنْ كُنْتُمْ مُؤْمِنِينَ

"Do not be weak, and do not be grieved, for you are the highest (degree), if you are believers." (Q.S. Ali-Imron: 139)

From the verse of Surah Ali-imron above, people should not be weak and should not be sad in the sense that humans must have determination in fostering and growing one's confidence is very important, especially among teenagers who are in doubt, insecurity, inferiority and lack confidence in deciding something. In addition, the main problem in adolescence that is most prominent is related to confidence that has not been built. Most still carry childhood traits and habits that in every way lack confidence because they are related to unprepared mental factors.

In fact, in the learning process, students need a sense of confidence to be able to adapt to their academic environment, the following are the characteristics that describe a person who exudes confidence: Confident in their own skills Putting their own needs first and stopping depending on others. Not easily disappointed, tenacious, persistent, and unyielding, and daring to voice ideas (Triani, 2017). People who are not confident will have the opposite characteristics. In seeing how confident the new students are, the researcher conducted an initial survey by interviewing several new Postgraduate students of Sunan Kalijaga State Islamic University Yogyakarta.

Based on the interviews conducted by the researcher with several new students, it is seen that, from the first statement, namely the respondent with the initials IZ said that he felt a lack of confidence in the classroom, he felt this when asked by the lecturer to give an opinion in front of the class but he was still hesitant and did not dare to give an opinion in front of the class. Then a statement from the NM respondent, he said that his confidence would decrease when there was a lecture and joined a different batch. Because when the lectures that are carried out join a different generation, especially with a higher generation, the lectures will be dominated by the higher generation. This condition makes him as a new student not confident to speak in front of the class. It is also known that the implementation of lectures at the master's level in one class is not only for new students, but also combined with different generations.

Finally, an interview with the respondent with the initials RS. The hospital also expressed the same thing. That in the learning process in the classroom and outside the classroom, he still feels that he lacks confidence. He felt this when he was about to start interacting with his classmates. He always feels hesitant to ask questions or give opinions when discussing. Not only that, he also felt reluctant and afraid of being mistaken for acquaintance by others when he was going to chat with his classmates.

From some of the interviews above, so many anxieties are felt by new students in the learning process. Especially in the matter of self-confidence. This is also supported by direct observation that the researcher conducts in the classroom. Researchers obtained data that there are still many students who choose seats in the back compared to seats in the front or near the lecturer's desk. This is exactly the same as found by Bidjuni (2016) when

making an observation where the seats in the back fill up faster than the seats in the front, this is because most students prefer to sit in the back rather than sitting in the front.

In addition, the researcher also found that when students were asked to participate by lecturers, most of them looked at each other and hoped that someone would advance. This shows that many students feel unconfident in their abilities.

The survey above is also supported by Bidjuni's (2016) statement that being a new student must still have obstacles in its implementation. A sudden fundamental change is a new environment, new friends from various walks of life and the granting of academic freedom. In a sense, a student is not required to go to college or do homework like in school, causing shock to a number of individuals

This is the reason why researchers will raise problems related to the confidence of new students, especially new students. Because self-confidence has a significant role in the development of a person's personality, namely as a determinant of how successful they are in learning, interacting with others, and adjusting to their environment. Because it will be difficult to create positive social relationships with friends and the environment without confidence in the individual.

Self-confidence in an individual, one of which is also influenced by self-control. self-control according to Averill (in Gufron and Risnawati, 2016) *control* is the ability of individuals to modify behavior, manage unwanted and unwanted information, and choose actions based on something that the individual believes. *Self-control*, according to Golgfriend and Merbaum, is the ability to organize, guide, regulate, and direct forms of behavior that can lead to positive outcomes. *Self control* also refers to individual decisions made through cognitive considerations to integrate behaviors to achieve desired consequences and goals.

Self-confidence can also be influenced by many aspects of students. As is the case in the research conducted by Safitri and Mugiarto in 2022, data was obtained that there was an influence of confidence in terms of seniority culture. With seniority, students with a total of 0.87 percent out of 60 students still do not have the courage to do something new and it is very inhibiting in increasing confidence (Mugiarto, 2022). Research by Purba et al. in 2022 also found that there are other factors that affect self-confidence, namely self-concept. where the better a person's self-concept, the higher the level of confidence. This statement is evidenced by the data obtained of 32.8% of the contribution made by self-concept in influencing student confidence (Purba, et al. 2022). Then a study conducted by Rida Ayu Sestiani and Abdul Muhid in 2021, related to the effect of social support on confidence in bullying survivors. Thanks to the high social support, children also have a high sense of confidence, because with social support, children feel valued and loved by others so that it can increase a person's sense of self-confidence (Muhid, 2021).

The above studies look at the influence of self-confidence from various sides. In this study, the author is interested in seeing how the influence of self-confidence is influenced by student self-control factors and focuses on students of UIN Sunan Kalijaga Yogyakarta.

## B. Method

The research method used in this study is quantitative research. Quantitative research is a research approach based on positivist philosophy that examines a specific population or sample, collects data using research instruments, and analyzes

quantitative/numerical data with the aim of testing established hypotheses (Sugioyono, 2019).

The type of data analysis carried out in this study is descriptive statistical analysis. Descriptive statistical analysis is a form of data analysis that describes or describes the data that has been obtained as it is, without the purpose of drawing broad conclusions or generalizations. Meanwhile, multiple linear regression is an analytical approach used in this study to assess the research hypothesis. Meanwhile, SPSS (*Software Product Moment and Service*) software was used to analyze the data in this study.

### C. Result and Discussion

The research data analyzed with the help of SPSS 23.0 for Windows shows that there is a positive and significant influence of *self-control* on self-confidence. This is evidenced by a coefficient value of 0.244, which shows that the higher the level of *self-control* in students, the more their confidence increases. Based on the determination test, the *self-control* variable contributed 24% to the formation of self-confidence, while the remaining 76% was influenced by other factors.

Confidence is a behavior that is needed by everyone in living life. With confidence, an individual will find it easier to live his life, he will be easy to make every decision without being surrounded by worries. In addition, individuals who have a high attitude of confidence will easily socialize and blend in with the environment wherever they are, and the individual will not feel afraid of failing in doing something because he has confidence in his abilities.

Likewise for students, confidence is an important attitude to have. Because, with a sense of confidence, students are able to actualize themselves freely without any anxiety or worry. As in Lauster's theory which says that self-confidence is an attitude or confidence that an individual has over his own abilities, so that individuals are not too anxious in every action they take.

From several aspects of Lauster's theory, researchers can identify that in general students have high confidence, especially in the aspect of belief in their own abilities. The researcher identified the new student's self-esteem through his confidence to appear in front of the class and his ability to give an opinion.

In line with this aspect, Tamelab et al classify this as the ability in public speaking. The data obtained by him as many as 70% of the informants said that they already have good confidence, as evidenced by the learning process of students in the classroom. Students in the learning process in the classroom are already very confident in verbal communication problems, for example giving opinions, criticizing and giving arguments with well-organized language. However, when they are faced with a new environment, their confidence begins to decrease due to the factors of anxiety, fear and reluctance, which makes public speaking or verbal communication not as good as when they are on campus.

The results of the study found by tamelab et al (2021), also support the results of this study related to respondents who are not yet confident to appear in front of the class and have opinions in public. Because some individuals will feel confident in the familiar environment and when they are in a new environment, their confidence will be weakened.

Meanwhile, for the optimistic aspect, the researcher gave statements related to achievements, potential development, attitudes in the classroom and target respondents

on campus. From the data obtained, it is identified that most students already feel confident regarding this aspect. This proves that the confidence of students will support a sense of optimism to achieve their learning achievements in the campus environment. This finding is also supported by the results of research conducted by Wardani, et al. who identified a positive influence given by self-confidence on student learning achievement. Furthermore, the results of this study are also supported by the results of research conducted by Amri who conducted a review of student confidence based on scout extracurriculars. Based on the results of his research, it was identified that differences in a person's confidence level will affect their learning achievement. A person who has a low sense of confidence, does not believe or doubts about his abilities and potential, so that it will affect his learning achievements.

The third aspect is objective, in this aspect it is hoped that students who have confidence will be able to be open and look at the problems faced wisely. From the data obtained, most new students choose neutral answers from several statements submitted in this aspect. So it can be concluded that some students have weak confidence from the objective aspect.

The fourth aspect of Lauster's theory is responsibility. In this aspect, students are expected to be able to take responsibility for everything that has consequences. The statement given is related to the responsibility in terms of doing student coursework, whether students do their coursework alone or through the help of friends and most students answer neutrally.

According to Lie, healthy people will have confidence in their own abilities. Self-confidence is having confidence in the ability to carry out a task, work or deal with a problem. A sense of confidence will arise if individuals do their tasks with their own abilities, by asking for help from others when doing tasks will make their confidence slow to develop.

The fifth and final aspect of Lauster's theory is rational. A rational person will be able to analyze something through a lanar that is indeed based on reality. In this aspect, the statement given is in the form of always being positive in every situation, and how the respondent behaves when he is going to do something. From the two statements, there is a difference in the level of confidence of students which is marked by their different answers.

Self-confidence, according to Thantaway, is the mental or psychiatric state of a person who has high confidence in himself or herself to perform an action. Individuals who have confidence will consider themselves as something valuable, they will be able to consider various choices to be made and be able to make their own decisions without hesitation. From the data obtained, it can be concluded that most students have a high sense of confidence.

There are several factors that affect self-confidence, one of which is self-control. The researcher found that there was a positive influence exerted by self-control on self-confidence, although the contribution of self-control was 24% smaller than that of self-concept which had an influence of 50.7%.

Averill in his theory states that self-control is the ability of individuals to modify behavior, manage unwanted and unwanted information, and choose actions based on what the individual believes. A person who has good self-confidence will have good self-

control, and vice versa, someone who is not able to control himself will have a low level of self-confidence.

According to Ghufron, one of the characteristics of people who have good self-confidence is having good self-control. The same thing was also found in the research Destisya et al (2019) found data that if a person's self-control is weak, it will make him easily influenced by his environment. Lazarus also describes self-control as an individual decision that has been made through cognitive considerations to declare a planned behavior, for better results and a specific goal as to what is desired

The results of the study obtained based on data that have been analyzed with the help of SPSS 23.0 *for windows* show that there is a positive influence of *self-control* on self-confidence. This is evidenced by a coefficient value of 0.244. This value shows that *the self-control* variable has a positive effect on self-confidence. This means that the higher the level of *self-control* in students, the more confidence they will have. This is also supported by research conducted by Destisya et al who said that if a person's *self-control* is weak, it will make him easy to influence. In line with that, Marsela & Supriatna (2019) revealed that when individuals have good self-control, they can direct their behavior as they wish, and vice versa if individuals have low self-control.

Thus, the effort that must be made by students to increase their confidence is to continue to strengthen *their self-control*. Because, if a person's *self-control* is weak, he will be easily influenced by his environment, so it will be difficult to develop a sense of confidence. But on the other hand, if his *self-control* is good, his confidence will also increase.

#### D. Conclusion

Based on the results of data analysis using SPSS 23.0 for Windows, it was found that self-control has a positive and significant influence on student confidence. The coefficient value of 0.244 shows that the higher the level of self-control of students, the higher their confidence. In other words, individuals who are able to control their behavior and make planned decisions will be more confident in dealing with various situations.

The study also indicates that self-control plays an important role in shaping self-confidence, although the contribution given is 24% smaller than other factors such as self-concept. Nevertheless, self-control remains a crucial factor that affects an individual's ability to navigate challenges, both in academic and social life. These findings are supported by research that states that individuals with good self-control tend to be more confident in making decisions and are not easily influenced by their environment.

Thus, to increase their confidence, new BKI Concentration Postgraduate students 2022/2023 need to continue to strengthen their self-control skills. Strong self-control will help them in dealing with environmental pressures and optimizing their potential, so that confidence can continue to develop

## Bibliography

- Akh. Minhaji, (2013), *Academic Tradition in Higher Education*, Yogyakarta: SUKA-Press UIN Sunan Kalijaga Yogyakarta
- Bidjuni, H. (2016). The Relationship between Confidence and Self-Adjustment in New Students in the Nursing Study Program, Faculty of Medicine, Sam Ratulangi University, Manado. *Journal of Nursing*, 4(2). 1-7
- Destisya, et al., (2019) "The Role of Peer Groups in Shaping Consumptive Behavior of Students of the Faculty of Economics, Sriwijaya University", *Journal of Nusantara Sociology*, 5(2), 133
- Ghufro, M. N., & Risnawati, R. (2012). *Teori Psikologi* cetakan III. Yogyakarta: Ar-ruzz media.
- Mar'i Ahmad Madhy, et al. (2022). The Relationship Between Self-Concept and Self-Confidence in Students of Stambul 2019 University of Medan Area. *JOUSKA: Scientific Journal of Psychiatry*, 1(1). pp. 16-24
- Marsela & Supriatna, "Self-Concept: Definitions and Factors". *Journal of Innovative Counseling: Theory, Practice, and Research*, (2019), 3(2), 67
- P. Lauster. (2003). *Tes Kepribadian (terjemah D.H. Gulo)*. Jakarta: PT. Bumi Aksara
- Purba, et al, (2022), The Relationship Between Self-Concept and Self-Confidence in Students? I 2019 University of Medan Area, *JOUSKA: Scientific Journal of Psychology*, 1(1), 16
- Safitri & Mugiarto, The Influence of Culture of Seniority on Student Confidence. *Bulletin of Counseling And Psychotherapy*, 4(1), 2022, 1
- Sestiani and Muhid, (2021), The Importance of Social Support for the Self-Confidence of Bullying Survivors: *Literature Review, Thematic Journal*, 3(2), 245
- Sri Puji Triani, (2017), Efforts to Increase Student Confidence through Peer Counseling at SMA Negeri 9 Bandar Lampung, 4.1, . 35-37.
- Sugiyono, (2014), *Metode Penelitian Kuantitatif, Kualitatif dan R&D*, Bandung: Alfabeta