

# The Relationship between Self-Concept, Knowledge, and Attitudes Towards Acceptance of Physical Changes in Young Girls during Puberty at Tanjungpandan 1 Public High School in 2023

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## ABSTRACT

**Background:** Adolescence is a period of transition from childhood to adulthood. As a result of physical changes, the body proportions of adolescents also change, where the proportions of the body become larger and unbalanced so it often makes adolescents feel awkward with their bodies and causes adolescents to want to change it. Based on this, the researcher is interested in conducting a research entitled "The relationship between self-concept, knowledge, and attitudes towards acceptance of physical changes in female adolescents during puberty at SMA Negeri 1 Tanjungpandan in 2023". **Research Objectives:** Knowing the Relationship between Self-Concept, Knowledge, and Attitudes towards Acceptance of Physical Changes in Young Girls during Puberty at Tanjungpandan 1 Public High School in 2023. **Research Methods:** This research was conducted using an analytic survey method with a cross-sectional approach with a total sample of 185 people. Technical data were collected using a questionnaire and analyzed univariately and bivariate using the SPSS program statistical calculations. **Research Results:** the results of this study indicate that there is a significant relationship between self-concept, knowledge, and attitudes, with a p-value  $(0.000) < \alpha (0.05)$  on the acceptance of physical changes in female adolescents during puberty at SMA Negeri 1 Tanjungpandan in 2023. **Conclusions and Suggestions:** There is a relationship between self-concept, knowledge, and attitudes toward acceptance of physical changes in young girls during puberty at SMA Negeri 1 Tanjungpandan in 2023. It is hoped that the school can increase the knowledge of its students so that they accept any changes that occur within themselves at the stages and make themselves better individuals for the future by holding PIK-R activities at school.

**Keywords:** Self-Concept, Knowledge, Attitude, Adolescence, Physical Changes During Puberty.

## 1. Introduction

Adolescence is a period of transition from childhood to adulthood. At this time, teenagers are undergoing a variety of changes, the obvious changes are physical changes and accompanied by the development of reproductive capacity.

The World Health Organization (WHO) states that adolescence is the stage in which a person is between childhood and adulthood characterized by physical, behavioral, cognitive, biological, and emotional changes. Demographically, the largest population of a country is a group of teenagers.

As a result of physical changes, the adolescent body proportions also change, where the proportions of the body become larger and unbalanced, often causing adolescents to get awkward with their own bodies and cause adolescent to want to change them.

According to the National Population and Family Planning Agency (BKKBN) in 2012 showed that the knowledge of teenage daughters about adolescent reproductive health is still very low. Proved by the survey of the Association of Planned Families (PKBI) of Java Central in 2010 in Semarang on knowledge of reproductive health showed (43.22%) low knowledge, sufficient knowledge (37.28%), while knowledge is only good (19.50%).

Study conducted by Siti Inayah Rihmaniah in 2014 on “The Image of Knowledge and Attitude of Adolescent Daughters in Facing Physical Changes During Puberty in Al-Baqiyatusholihat Fitness House” showed that adolescent daughters facing physical changes in puberty were negative behavior which is as much (53.3%) of the total respondents. This explains that most teenage daughters are not yet able to accept the physical changes that occur during puberty.

According to a study conducted on some high school girls in the district of Belitung, out of 10 female students who were asked, 7 were negative and 3 were positive. For his own knowledge three people have good knowledge, knowledge is enough for two people, and knowledge is less than five people.

## 2. Methods

Method should be structured as follows:

### 2.1 Research design

This study uses the type of analytical survey study with a cross sectional approach where independent variables (self-concept, ageing, and adolescent attitude with dependent variables) are collected at the same time. (Sugiono, 2017 dalam Octarina, Hilda 2022).

#### *Setting and samples*

The research was conducted at 1st Tanjungpandan State High School with a sample of 185 students with the type of data techniques used in this study are primary data and the data collection techniques used are with the use of Questioner and data analysis techniques using Chi-Square analysis.

## 3. Results

### A. UNIVARIATE ANALYSIS

**Table 1**

**Frequency Distribution of Teenage Girls' Self-Concepts in State High School 1 Tanjungpandan 2023**

Self Concept	Frequency	Percentage (%)
Negative	80	43,2
Positive	105	56.8
<b>Total</b>	<b>185</b>	<b>100,0</b>

Table 1 shows that out of 185 adolescent respondents who showed positive self-conceptions, 105 (56.8%).

**Table 2**

**Distribution of the Frequency of Knowledge of Teenagers in State High School 1 Tanjungpandan 2023**

The Knowledge of the Teenage	Frequency	Percentage (%)
Less	42	22.7
Enough	64	34.6
Good	79	42.7
<b>Total</b>	<b>185</b>	<b>100,0</b>

Table 2 shows that out of 185 respondents, 79 girls were well-informed (42.7%).

**Table 3**

**Distribution of the Frequency of Attitude of Teenagers in State High School 1 Tanjungpandan 2023.**

The Behaviour of The Teenage	Frequency	Percentage (%)
Negative	53	28.6
Positive	132	71.4
<b>Total</b>	<b>185</b>	<b>100,0</b>

Table 3 shows that out of 185 respondents, 132 were positive girls (71.4%).

**Table 5**

**Frequency Distribution of Admission of Physical Change of Adolescent Girls in State High School 1 Tanjungpandan in 2023.**

PPFMS	Frequency	Percentage (%)
Less	50	27.0
Good	135	73.0
<b>Total</b>	<b>185</b>	<b>100,0</b>

Table 5 shows that out of 185 adolescent girls respondents who received their physical changes well, there were 135 (73.0%).

**B. Bivariat analysis**

**Table 1**

**Relationship of self-concept with acceptance of physical changes of teenage daughters during puberty in State High School 1 Tanjungpandan 2023.**

No	Self Concept	PPFMP				Total	P Value	OR
		Enough		Good				
		N	%	N	%			
1.	Negative	42	52,5	38	47,5	80	100	13.401 (5.762)
2.	Positive	8	7,6	97	92,4	105	100	0,000 – 31.167)
	<b>Total</b>	<b>50</b>	<b>27.0</b>	<b>135</b>	<b>73.0</b>	<b>185</b>	<b>100</b>	

Table 1 shows that out of 80 teenage girls students who had negative self-conceptions, 42 (52.5%) received less change, while out of 105 positive teen girls students, 8 (7.6%) received fewer change. From the statistical test results (fisher

exact test) showed that  $\text{p} = 0,000$  or  $\text{p} < \alpha (0,05)$ , the conclusion was  $H_0$  rejected and  $H_a$  accepted which means there is a meaningful relationship between self-conception and acceptance of physical changes during adolescent puberty of the daughter. The value  $OR = 13,401$ , which means respondents who have negative self conception tend to have 13.401 times less self-acceptance compared to adolescent daughters who have positive self conceptions.

Self-concept can generally be defined as a person's beliefs, views, and judgments of himself. Self-concept can be one of the important aspects of one's self where it becomes a reference shell in interacting with other people or the environment. Adolescence itself is a complex transition for an individual so that the inner self concept of a person is so influential as to how the individual himself responds to or faces the physical changes he undergoes. Self-concepts are categorized into two categories: negative self-concept and positive self concept. A person who has a positive self-concept can understand and accept a very diverse set of facts about himself, have hopes and be able to design life goals accordingly and realistically refers to the fulfillment of those hopes. A person is said to have a negative self-concept if he believes and sees that he is weak, helpless, incompetent, failed, unattractive, unloved and losing attraction to life.

The results of this study are in line with Research conducted by Wahyuni, dkk (2020) entitled "The Relationship of Self-Concept with Acceptance of Physical Change in Early Adolescence in Puberty" had the majority (85,0%) have a good self-concept, (15,0%) respondents have a bad self concept. The test results with the Chi-Square statistic test obtained a value  $p=0,000$ .  $p = 0,000$  which indicates that ( $p$ ) value  $\alpha = 0.005$ , then based on this there is a significant relationship between the relationship of self-conception with the acceptance of early adolescent physical changes in puberty.

The researchers argue that self-concept has an influence on the process of accepting self-change during puberty in teenage daughters. This is because of the importance of the concept of self that a person possesses, especially someone who has a positive self concept. A student who has a positive self-concept is a student who is able to understand the strengths and weaknesses she has, who is capable of planning life goals realistically, who can cope with problems that occur effectively, optimistically, and confidently, and who has good adjustment. The self-concept that is present in a person also definitely affects how the person faces the changes that are present in him. The changes in puberty in teenage daughters can be said to be a sign of the maturity of a woman characterized by a positive self-concept, that is, having the ability to see the self-image of self-deficiency means they are able to evaluate themselves. From that will grow a sense of self-esteem that will eventually form self-confidence.

To maintain and further develop the existing self-concept, action is needed from all sides of both the family and school in developing the concept of self, which is aimed at enabling students to look at the future with more optimism and confidence in their ability to cope with the problems faced by the physical change they are experiencing.

**Table 2**  
**The relationship of knowledge with the acceptance of physical changes of adolescent daughters during puberty in State High School 1 Tanjungpandan in 2023.**

No	Knowledge	Less		Good		Total		P Value
		N	%	N	%	N	%	
1.	Less	22	52,4	20	47,6	42	100	0,000
2.	Enough	12	18,8	52	81,3	64	100	
3.	Good	16	20,3	63	79,7	79	100	
<b>Total</b>		<b>50</b>	<b>27.0</b>	<b>135</b>	<b>73.0</b>	<b>185</b>	<b>100</b>	

Based on table 2 showed that the acceptance of herself is about more in the teenage girls whose knowledge is less than 22 people (52.4%) whereas accepting herself well is more in teenagers who know well 63 people (79.7%). From the results of the statistical test using the chi square test not qualified then continued using the fisher exact test obtained P Value (0,000) <  $\alpha$  (0.05) so it was concluded that there is a significant relationship between knowledge and accepting the physical changes of puberty in the adolescent girls in the State High School 1 Tanjungpandan in 2023. Knowledge is the result of a person's curiosity through sensory processes using a sensory pad towards a particular object. (Donsu, 2017 dalam Luawo, 2021). Knowledge of adolescent daughters during puberty can influence adolescent behavior because behaviour based on knowledge will be better than not based upon knowledge.

The results of this study are in line with the study conducted by Kristy Melly Putri (2017), on "The relationship between knowledge and early adolescent attitudes about physical changes in adolescents" has the analysis results obtained 25 respondents less knowledge with 24 respondents with negative attitudes, and 19 respondents well knowledge with 4 respondents of negative attitude.

Researchers argue that teenage daughters who have sufficient and good knowledge are better prepared to cope with the changes that occur during puberty. But nowadays there are still teenagers who are worried and afraid of it because they are not ready to face the real adult world. A person with less knowledge can influence the acceptance of the changes he will experience during puberty, whereas a person with good knowledge will be more likely to accept and cope with physical changes during puberty.

**Table 3**  
**Relationship of attitude to acceptance of physical changes of adolescent daughters during puberty in State High School 1 Tanjungpandan 2023.**

No	Attitude	PPFMS						P Value	OR
		Less		Good		Total			
		N	%	N	%	N	%		
1.	Negative	32	60,4	21	12,5	53	100	0,000	9,651
2.	Positive	18	13,6	114	86,4	132	100		
<b>Total</b>		<b>50</b>	<b>27,0</b>	<b>135</b>	<b>73,0</b>	<b>185</b>	<b>100</b>		

Table 3 shows that out of 53 negative teenage girl students, 32 (60.4%) had less acceptance of physical changes during puberty, while out of 132 positive teenage girls students, 114 (86.4%) have a good reception of puberty physical changes. From the results of the statistical trial using the unqualified chi square test then continued using the fisher exact test obtained P Value (0,000) <  $\alpha$  (0,05) so it was concluded there is a significant relationship between attitude and the process of accepting physical changes during puberty in teenage girls in State High School 1 Tanjungpandan 2023, with an OR score of 9,651. A growing attitude begins with knowledge that then responds as a positive or negative, and applies to oneself. It can affect a person's activity. If a person responds to a good thing, then he will have

a tendency to do good activity according to what is agreed and known, while if someone responds badly, then the person will be inclined to avoid it in his behavior.

The results of this study are in line with the study conducted by Ade Rahayu Prihartini, dkk (2019) on “the relationship between the level of knowledge and the attitude of early adolescents to physical changes in puberty” have the analysis results as much as (69.23%) positive, and negative as much (30.77%), with the results of the chi-square test showed that early adolescent attitudes have a significant relationship to the physical changes of puberty. It can be seen from the  $X^2$  value of 5,968 >  $X^2_{table}$  3,841 or the P value of 0,026 <  $\alpha$  0,05. The researchers argue that attitudes have an influence on the process of acceptance of puberty in adolescent daughters. This physical change during puberty affects all parts of the body, both external and internal, thus also affecting the physical and psychological state of adolescents eating consequences are usually temporary, but rather provoke changes in patterns of behavior, attitudes and personalities. When puberty children are not psychologically prepared or not informed about the changes that occur, the experience of those changes can be a traumatic experience and children tend to develop inferior attitudes that are more likely to settle rather than disappear.

#### **4. Discussion**

The researchers argue that self-concept has an influence on the process of accepting self-change during puberty in teenage daughters. This is because of the importance of the concept of self that a person possesses, especially someone who has a positive self concept. A student who has a positive self-concept is a student who is able to understand the strengths and weaknesses she has, who is capable of planning life goals realistically, who can cope with problems that occur effectively, optimistically, and confidently, and who has good adjustment. The self-concept that is present in a person also definitely affects how the person faces the changes that are present in him. The changes in puberty in teenage daughters can be said to be a sign of the maturity of a woman characterized by a positive self-concept, that is, having the ability to see the self-image of self-deficiency means they are able to evaluate themselves. From that will grow a sense of self-esteem that will eventually form self-confidence. To maintain and further develop the existing self-concept, action is needed from all sides of both the family and school in developing the concept of self, which is aimed at enabling students to look at the future with more optimism and confidence in their ability to cope with the problems faced by the physical change they are experiencing.

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## **5. Conclusion**

The conclusions of this study show that there is a meaningful relationship between self-concept, knowledge and attitude towards the acceptance of physical changes of adolescent daughters during puberty in State High School 1 in 2023. It is expected that the school will be able to enhance the knowledge of its pupils so that they can accept any changes that occur in themselves at this stage and make themselves towards better individuals for the future by holding PIK-R activities in the school.

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## **Author contribution**

We encourage authors to provide statements outlining their individual contributions or roles to the manuscript.

## **Conflict of interest**

State whether there is a conflict of interest among authors.

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