

The Influence of Self Help Group on Self Esteem of New Students

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ABSTRAK

Mahasiswa baru memerlukan adaptasi terhadap lingkungan baru karena adanya perbedaan dari pendidikan Sekolah Menengah Atas (SMA) dengan Perguruan Tinggi. Salah satu terapi terapeutik untuk mempertahankan kesehatan mental atau emosional yaitu dengan Self Help Group (SHG). Tujuan penelitian ini untuk mengetahui pengaruh self help group (SHG) terhadap harga diri mahasiswa baru Prodi Ilmu Keperawatan Universitas Muhammadiyah Gresik Penelitian ini menggunakan desain One Group PreTest – PostTest. Populasi penelitian ini adalah 43 mahasiswa baru prodi Ilmu Keperawatan Universitas Muhammadiyah Gresik dengan teknik pengambilan sampling Total Sampling. Peneliti menggunakan terapi Self Help Group sebagai variabel independen dan harga diri sebagai variabel dependen. Instrumen pada penelitian ini menggunakan kuesioner RSES dan lembar observasi. Uji statistik menggunakan Mc Nemar, Hasil penelitian sebelum diberikan terapi self help group (SHG) menunjukkan hampir seluruhnya mahasiswa memiliki harga diri tinggi sebanyak 37 (86%) dan setelah diberikan terapi self help group seluruhnya mahasiswa memiliki harga diri tinggi sebanyak 43 (100%). Hasil uji statistik Mc Nemar diperoleh $p = 0.031$ sehingga $p < \alpha 0.05$. Sehingga diketahui ada pengaruh Self Help Group terhadap harga diri mahasiswa baru Prodi Ilmu Keperawatan Universitas Muhammadiyah Gresik, sehingga diharapkan terapi ini dapat di terapkan di Universitas.

Kata Kunci : Mahasiswa baru, Self Help Group, harga diri.

ABSTRACT

New students need to adapt to a new environment because of the differences between high school and university education. One therapeutic therapy to maintain mental or emotional health is the Self Help Group (SHG). The purpose of this research is to determine the effect of self help groups (SHG) on the self-esteem of new students of the Nursing Science Study Program, Muhammadiyah University of Gresik. This research uses a One Group PreTest – PostTest design. The population of this study were 43 new students of the Nursing Science Study Program at Muhammadiyah University of Gresik using the Total Sampling sampling technique. Researchers used Self Help Group therapy as the independent variable and self-esteem as the dependent variable. The instruments in this research used the RSES questionnaire and observation sheets. Statistical tests using Mc Nemar, research results before being given self-help group (SHG) therapy showed that almost all students had high self-esteem, 37 (86%) and after being given self-help group therapy, all students had high self-esteem, 43 (100%) . The Mc Nemar statistical test results obtained $p = 0.031$ so $p < \alpha 0.05$. So it is known that there is an influence of the Self Help Group on the self-esteem of new students of the Nursing Science Study Program, Muhammadiyah University of Gresik, so it is hoped that this therapy can be applied at the University.

Keyword: New Students, Self Help Group, Self Esteem.

INTRODUCTION

Mental health according to the World Health Organization (WHO, 2008) is a condition where a person's physical condition, including mental, spiritual and social, is completely healthy and free from mental disabilities. According to (Astutik & Dewi, 2022) the mental health data found was emotional disorders that occurred in adolescents, namely 15 years and over and doubled from 4.4% to 8.4%. The data is strengthened by (Bruckauf, 2017) who provides a description of non-clinical symptoms of adolescent health, such as low self-esteem, feeling irritable, nervous, and having difficulty sleeping. According to research from (Malfasari *et al.*, 2020) the prevalence of people with mental health disorders in the world in the 10-19 year age range, mental health conditions account for 16% of the global burden of disease and injury. Mental disorders are more common in girls, 1 in 4 girls or 23.9% experience mental health disorders, while the presentation of mental disorders in boys is 10.3% or 1 in 10 children (Clarke *et al.*, 2020)

Research conducted by (Prihatiningsih & Wijayanti, 2019) states that mental disorders often occur in Colombia, Mexico, the United States, Nigeria, South Africa, Lebanon, Belgium, France, Germany, Israel, Italy and Indonesia. Based on global epidemiological data, it is found that a prevalence of 12-13% of children and adolescents experience mental health disorders. It is known that national mental health data according to research by (Fashan *et al.*, 2023) found that 1 in 3 Indonesian teenagers (15.5 million) had mental health problems. Data from (Kemenkes RI, 2018) in East Java province shows that 6.8% of emotional disorders occur in the age range 15–24 years. Emotional disorders in men are 10% and 7.6% in women.

Self-esteem in adolescents is a process of forming self-esteem that lasts from childhood to adolescence. Self-esteem develops from social interactions and individual experiences, both pleasant and unpleasant. This can form positive self-esteem or negative self-esteem in adolescents (Engel, 2014). According to research, low self-esteem can cause emotional discomfort, which can lead to problems. The impact that occurs on teenagers is the emergence of emotional instability and bad behavior regarding

themselves. Adolescents who experience low self-esteem will also feel like they always fail in their achievements, lack enthusiasm, helplessness and lack self-confidence. In contrast to teenagers who have high self-esteem, they will always feel safe, happy, calm, get love, and can control themselves, so they can overcome problems that happen to them.

One therapy that can increase students' self-esteem is the Self Help Group (SHG). SHG is a group therapy that can be formed for students to maintain and improve personal and social functioning. SHG also helps students to understand that they will not feel alone (Sugiyono & Asparati, 2016). The results of research by (Purnomo & Suciati, 2020) show that SHG has a big influence, it will help, especially new students, increase their self-esteem.

LITERATURE REVIEW

Self-Help Group

A Self-Help Group can be interpreted as a therapeutic effort that can be implemented which consists of a group containing two individuals or many individuals, who have similar problems and thus have the desire to exchange problems. Apart from that, this therapy can also help each individual with each other according to their abilities and willing to participate to provide explanations and experiences they have. Through the medium of self-help group therapy, individual groups can develop their skills to increase feelings of respect for individuals in each group with each other (Dinyati *et al.*, 2019). Self-help group therapy is a therapy that focuses on individuals with each other to solve the problems they experience, whether mental or psychological problems (Yunita *et al.*, 2020). This research is supported by (Sugiyono & Asparati, 2016). If self-help groups have been proven to be quite effective in dealing with problems and coping that exist in each individual.

According to (Yunita *et al.*, 2020), the aim of this Self Help Group is that if it is carried out with new students, it can have a positive impact, including:

1. This Self Help Group can provide support to other groups within fellow members, so that problems that have occurred within each individual can be resolved better.
2. As an intermediary for this Self Help

Group, each individual can join as a group with other members, so that new students can share their previous experiences and feelings while experiencing the same problems.

3. This therapy can encourage other groups to study together about the same problems, so that other groups can provide solutions to solve the problem.
4. This therapy can provide opportunities for new students to be able to express any problems they are experiencing so that they get solutions from other members. Not only that, they can also provide alternative solutions that will be provided.
5. Through the intermediary of the implementation of self-help groups, they can switch to explaining information and providing suggestions so that groups can support by sharing ideas, suggestions and advice with other groups.
6. Self Help Group can develop feelings of togetherness with each other, other groups can listen to other members, optimizing feelings of mutual respect and mutual respect. This can create a group in which it feels safe, happy, comfortable, and happy and prosperous, because it gets concern received by other members.
7. Self Help Group intermediary, between other members so that other groups can experience and experience the same problems so that they can provide support between one individual and another individual.

SELF ESTEEM

According to (Febristi *et al.*, 2020) self-esteem is one of the main forms of development experienced by each individual. Self-esteem has a very high value, which means that all forms of self-esteem will increase if a person has good coping (Wigati & Kusumaningsih, 2020) Self-esteem has two different meanings, namely high self-esteem and low self-esteem, each individual will have an important role in maintaining himself, according to (Nofitriani, 2020) high self-esteem is self-esteem that can create a person with positive value, so that he will can take action, a decision that he will face if there are challenges within himself without affecting the environment around him.

Aspects of Self-Esteem

Consists of several aspects that can

influence self-esteem (Khairunnisa, 2017) as follows:

1. Strength, the ability of each individual to control themselves, not only that, strength can also control other people at certain times.
2. Virtue, the obedience of each individual to obey the norms that exist in the surrounding environment, especially in society.
3. Meaning, significance of each individual to the surrounding environment. Every person in other people will feel valuable if there is praise, appreciation, attention and affection that will be received from the surrounding environment, for example: Family, community, close relatives and closest relatives.
4. Competence, every competency that exists within a person can face problems that will come in time.

Self-Esteem Measurement

1. The Rosenberg Self-Esteem Scale (RSES) is one of the most widely used self-esteem measurements including for this research. The RSES also includes a Likert Scale test, which is short and easy to apply with 10 items (Tinakon & Nahathai, 2012)). According to (Fitrianur *et al.*, 2019) the 10 statement items consist of 5 positive statements for example "I am satisfied with myself" and 5 negative statements for example "Sometimes I think I am not good at all" and then answered on a measurement value scale favorable strongly agree (4), agree (3), disagree (2), and strongly disagree (1) while the unfavorable measurement values strongly agree (1), agree (2), disagree (3), and strongly disagree (4). The total score ranges from 10 to 40, and the higher the score, the higher the level of self-esteem. So the categories are seen from the value of high self-esteem > 20 and low self-esteem ≤ 20. According to Rosenberg (Rusfiana, 2021) it consists of three aspects of human self-esteem, including the following:
 - a. Physical Self Esteem: This aspect discusses the physical conditions that exist in individuals. Self-esteem exists in everyone, but it is not certain that individuals will accept their physical condition as it is or have a desire to change the function or shape of an individual's physical parts.

- b. Social Self Esteem This aspect discusses self-esteem which is related to individual skills in interacting with other individuals.
 - c. Performance Self Esteem This aspect discusses self-esteem which is related to individual performance abilities and achievements. This aspect of self-esteem can show whether an individual is satisfied with what he has, whether he feels inferior and whether the individual's skills are good or not.
2. Coopersmith defines self-esteem as "Positive and negative attitudes toward oneself." He considers self-esteem as an expression of approval or disapproval of oneself, this measurement can assess the extent to which a person believes that his life has meaning and value. In order to explain the conditions necessary for the development of self-esteem, Coopersmith created 58 evaluation criteria for children and 50 criteria for adults. In the questionnaire, respondents answer each question with "Like me" or "unlike me" (Hosogi et al., 2012). The data is confirmed by (Potard *et al.*, 2015) that the internal consistency of this questionnaire is quite satisfactory, namely that the Cronbach's alpha value is 0.68-0.77.
 3. Janis and Field define self-esteem as "One's feeling of social adequacy". This scale consists of one's feelings of social adequacy, anxiety in social situations, self-consciousness and feelings of personal worthlessness. The field-type feelings of inadequacy scale consists of questions about 23 different items, and the evaluation is carried out using a Likert scale (Rahmadina, 2019).
 4. Pope 5- scale test defines self-esteem as a feeling of evaluation that a person has of himself and the feeling that a person has good values, and he emphasizes that self-esteem is evaluated as the difference between the actual self and the ideal self. Actual self is based on objective information that is felt about oneself, while ideal self is a description of the type of person each individual wants. High self-esteem is high if the actual self and ideal self are in balance and low if they do not match.
 5. The Pope's 5 Scale Children's Self-Esteem Test consists of 60 questions and evaluates self-esteem on 5 scales: Global Scale,

Academic Scale, Body Scale, Family Scale, and Social Scale. The maximum score for each scale is 20 points, and the total score for each scale is used for evaluation. Additionally, a Dishonesty Scale was created to evaluate the validity of responses to this test.

New student

New Student is the status held by students in their first year of college, because this transition is a significant change in a person's life. This is related to adaptation, which is a challenge that new students must face when entering the world of college. Generally, someone will enter the world of college at the age of 18 years, so according to (Mailiza et al., 2022) entering the age of 17 years - 22 years is the initial stage of the young adult era which can be marked by significant changes such as adolescence (pre-adulthood) to adult life. At this age a person enters college as an important path towards adulthood. This condition brings a person to two changes that must be carried out in one period of time, namely from teenager to adult and from a senior in high school to a new student in college.

METHOD

Research design is a plan for how research can be carried out. The research design used in this research is "One Group PreTest - PostTest" where the experimental group is given a pre-test before being given treatment which is then measured with a post-test after treatment. In this study, the level of self-esteem of students will be looked at before being given Self Help Group (SHG) therapy and then measuring the level of self-esteem again after being given Self Help Group (SHG) therapy (Agung & Yuesti, 2017).

Research design on the influence of self-help groups on the self-esteem of new students at Muhammadiyah University in Gresik.

PRE TEST	TREATMENT	POST TEST
01	X	02

Information :

- 01: Measurement of Self-Esteem Level before being given Self Help Group therapy.

X: Self Help Group (SHG) Therapy.
 02: Measurement of Self-Esteem Level after being given Self Help Group therapy.

Population, samples and sampling technique

Population according to Sugiyono, (2015) is a generalization area consisting of objects or subjects that have certain characteristics that are determined by researchers to be studied and then conclusions drawn. The population in the study were 43 new students of the nursing science study program.

The sample in this study was 43 new students from the Nursing Science study program class of 2023.

Sampling in this study was determined by Consecutive sampling which can control selection more than other Non Probability Sampling methods because the sample is selected by making boundaries based on the characteristics of the subjects who will be used as research samples, for example demographics, gender, age (Tjoanda, 2021)..

Research Location and Research Time
 The research was conducted on the campus of the Faculty of Health, Nursing Science Study Program, Muhammadiyah University, Gresik. This research was carried out in November 2023.

The research instrument was a questionnaire and observation sheet containing the influence of the Self Help Group (SHG) on the self-esteem of new students of the Nursing Science Study Program, Muhammadiyah University of Gresik. In this research, the Rosenberg questionnaire and observation sheet were used.

1. Fill out the questionnaire regarding the respondent's demographic data which includes initials, gender, age and place of residence.
2. Self Help Group (SHG) Therapy Observation Sheet.
 Self Help Group (SHG) steps:
 - a. Session 1: Determine the topic or identify the problem.
 - b. Session 2: Solutions to solve problems
 - c. Session 3: Choosing a solution to solve the problem
 - d. Session 4: Practicing the chosen solution to solve the problem
 - e. Session 5: Preventing recurrence

- d. Session 4: Practicing the chosen solution to solve the problem
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RSES questionnaire.

Self-esteem was measured using the Self Esteem Scale by Rosenberg consisting of 10 question items. This questionnaire uses a Likert scale with assessment criteria from 1, namely strongly disagree to 4, namely strongly agree for favorable statements in numbers 1,3,4,7, and 10 if there are answers strongly agree (4), agree (3), disagree (2), and strongly disagree (1). and the assessment criteria are 1 strongly agree to 4 strongly disagree for the unfavorable statement. So the categories are seen from the value of high self-esteem > 20 and low self-esteem ≤ 20.

RESULTS AND DISCUSSION

Tabel 1: Self Esteem of New Students

No.	New Students' Self-Esteem Before Being Given Self Help Group Therapy	Frequency	Presentase (%)
1.	Low Self Esteem	6	14%
2.	High Self Esteem	37	86%
Total		43	100 %

The results showed that almost all new students from the Nursing Science Study Program at Muhammadiyah University of Gresik had high self-esteem, 37 (86%) students and 6 (14%) students had low self-esteem. Self-esteem is a positive or negative evaluation of oneself and originates from other people or one self (Townsend, 2009). Almost all of the new students in this study had high self-esteem and a small number had low self-esteem. Apart from that, according to research (Fisdayani, 2022) self-esteem in students can be influenced by several other factors such as gender, family and social environment. This is supported by data that almost all of the new students who took part in the research were women, totaling 40 (93%) students.

Tabel 2: New Students' Self-Esteem after Being Given Self Help Group Therapy

No.	New Students' Self-Esteem after Being Given Self Help Group Therapy	Frequency	Presentase (%)
1.	Low Self Esteem	0	0%
2.	High Self Esteem	43	100%
Total		43	100 %

The results show that all 43 (100%) new students of the Nursing Study Program at Muhammadiyah University of Gresik have high self-esteem.

Self Help Group (SHG) is an alternative therapy that can be done to increase self-esteem in new students (Sulistiyowati & Sulistiyowati, 2018). This is because SHG therapy is a therapy that can provide social and psychological support, namely by sharing feelings, treatment information, preventing relapse, communicating problems, providing treatment and providing motivation, and can also provide solutions to problem solving (Salmiyati, 2018).

Tabel 3 : Self-Help Group Therapy On New Students

Variabel	N	P.Value
Pre dan Post	43	0.031

Analysis of the influence of self-help group therapy on new students of the Nursing Science Study Program at Muhammadiyah University of Gresik resulted in a p value of $0.031 < 0.05$. This means that there is an influence of self-help groups on the self-esteem of new students of the Nursing Science Study Program, Muhammadiyah University of Gresik.

In this study, almost all students had high self-esteem. Students have a positive relationship with themselves, they have good feelings and assessments of themselves (Self-concept). Not only that, positive experiences and relationship processes can also give rise to positive attitudes and actions (Malik, 2019). So it can be concluded that students with a high

level of self-esteem will be able to rise above the problems they experience and can also overcome changes in their lives (Hidayat, Rahmad D, 2020).

CONNCLUSION

Before being given Self Help Group therapy on the self-esteem of new students of the Nursing Science Study Program, Muhammadiyah University of Gresik, almost all of them had high self-esteem, 37 students (86%). After being given Self Help Group therapy to new students from the Nursing Study Program at Muhammadiyah University of Gresik, all 43 students (100%) had high self-esteem. There is an influence of Self Help Group therapy on the self-esteem of new students of the Nursing Science Study Program, Muhammadiyah University of Gresik.

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