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## The feelings inferiority of student in islamic junior high school

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### ABSTRACT

Feelings of inferiority in the individual can interfere with his development. Therefore, it is important to provide treatment through Guidance and Counseling services. In order for the implementation of Guidance and Counseling services to run effectively and efficiently, it is necessary described the inferiority condition of individual accurately. This study aims to describe feelings of inferiority student's in Islamic Junior High School. The research methodology used is quantitative with a descriptive-analysis. The research instrument used Likert scale model. Research subjects amounted to 38 students. The results showed that the feelings inferiority of student was in a medium category with a percentage 50%.



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## Introduction

The teenager is an icon that is synonymous with the transition from childhood to adulthood phase (Agbaria, Ronen, & Hamama, 2012). Adolescence is also indicated as a period that seems quite risky, where some teenagers might have some difficulties to deal with various changes that occur in their lives. Regarding this, the adolescence possibly need multiple ranges of professional help in understanding their difference to achieve and complete their developmental tasks effectively and excellently (Papalia, Old, & Feldman, 2011; Santrock, 2012).

It can be said that one of the most striking changes in adolescence is a change in their physical condition (Papalia et al., 2011). Richard et al. (Papalia et al., 2011) suggest that adolescents tend to dislike seeing themselves. Teenagers will have many assumptions that may feel they are less impressive than their counterparts. Feelings of dissatisfaction with their body image can lead to inferiority (Muhsin, 2014a). The study of Ekbote, Shimpi, Rairikar, Shyam, & Sancheti (2017) in India found that 15.25% of the adolescent population had concerns about body image.

The Feeling of inferiority is a psychological condition experienced by humans. People might feel less worthy, less capable, helpless, self-pity as a form of compensation from the failure to achieve superiority (Adler, 1997; Brachfeld, 2001; Feist & Feist, 2011; Feldman, 2012; Friedman & Schustack, 2008). People who may have low self-esteem tend to be difficult in making decisions for their progress, and slowly they will marginalize themselves from their communities (Centi, 1993; Kaluzna, 2017; Kartika & Nurihsan, 2009).

Erikson states that in adolescence, the students will face a phase, called "effort versus inferiority". If the teenagers pass this period effectively, then they will have a high sense of competence towards

themselves. Nevertheless, if the teenagers fail to deal with this period, they might feel overrun by feelings of inferiority that negatively impact the next period (Feldman, 2012; Santrock, 2012).

Several factors that cause the emergence of inferiority feelings in adolescents are social relationships with peers (Min, Lee, & Lee, 2014), socioeconomic status, parenting patterns (David & Trandafira, 2012), confusion of self-identity (Papalia et al., 2011), anxiety, and physical form (Feist & Feist, 2011; Hidayat, 2015; Hoang, Cytrynbaum, & Scherer, 2017; Hurlock, 2008; Kaluzna, 2017; Suryabrata, 2012).

Data from the National Research Council (NRC) shows that children who come from low-income family and have low education tend to have high-level inferiority feelings compared to middle- and upper-level children with adequate parental education (Papalia et al., 2011). In this case, Dornbusch, Ritter, and Robert (Papalia et al., 2011) found that among 6400 high school students in California showed self-pity attitudes caused by parental parenting.

Acute feelings of inferiority will cause to the emergence of inadequacy sense, feelings of worthlessness, and lack of self-confidence (Ferguson & Hull, 2017; Jin et al., 2014). The result of Maharani & Mansur (2016) discovered that the feeling of confidence in Junior High School students is still in the low category. This condition also probably leads to adverse impacts, such as the students becomes depressed, even tends to suicide, mental disorder, and self-destructive behavior (Iltizamah & Sastroatmodjo, 2017). This research is considered important, because it can be used as a basis for guidance and counseling teachers in improving guidance and counseling services in schools, especially handling problems about feelings inferiority of students.

## Method

In this study, researchers used descriptive research method. This research was conducted on students Madrasah Tsanawiyah in West Sumatera. Research subjects was consisted of male and female students. The researchers used the questionnaire as an instrument developed by researchers using a Likert scale models. The questionnaire consists of 29 item questions measuring the inferiority feeling based on physical condition, namely physical natural form, physical appearance, physical ability, and physical disability.

Respondents in this study were given five choices of tiered answer starting from scale 1 (very unsuitable) to 5 (very suitable) (Azwar, 2014). Reliability of the instrument was obtained from Cronbach Alpha calculation with coefficient  $\alpha = 0,921$ . The result of validity test for variable feelings of inferiority with a coefficient of range 0,30 until 0,80 (Product Moment Correlation). For the research procedure, the researchers visit the school and provide the questioners to the students. Before they fill out and complete the questioners, the researchers give some brief explanations about the purpose of this study.

## Results and Discussion

The results of this study were tested using descriptive analysis. Table 1 shows the meaning, percentage and standard deviation of variables research (inferiority feelings).

Table 1: Categorization The Feelings of Inferiority

Interval Skor	%	Category	Frekuensi
107 – 145	74 - 100	High	3
68 – 106	47 - 73	Medium	14
< 67	≤ 46	Low	21
<b>Total</b>			38

Based on Table 1 it can be seen that students' feelings of inferiority are grouped into three categories (High, Medium, and Low). As for the explanation is from 38 respondents given questionnaire then 3 students have a feelings inferiority in high category, 14 students have a feelings inferiority in medium category, and 21 students have a feelings inferiority in low category. The following details the description of feelings inferiority students based on indicators (n = 38).

Table 2: The Results of Feelings Inferiority Variable Analysis

No	Indicators	Score						
		Maks	Min	$\Sigma$	Average	%	Deviation Standar	Gloss
1	Natural physical form	34	8	646	17	49	7,1	Medium
2	Physical appereance	37	11	790	21	52	5,6	Medium
3	Physical ability	32	12	718	19	54	5,3	Medium
4	Physical disability	28	8	578	15	43	4,7	Low
	<b>Total</b>	126	46	2732	72	50	21	Medium

Based on Table 2, it generally shows that the description of the students' inferiority is stated in the medium category (50%). It generally indicates that the students did tend to feel inferior. The data analysis of each indicator are natural physical form (49%), physical appearance (52%), physical ability (54%), and physical disability (43%).

The results of study about inferiority can be caused by a misperception about the students' body image (Ekbote et al., 2017). Elkind (Papalia et al., 2011) states that the Imaginary of an audience in adolescence will show an increasing and will decline as they face the adult phase. One of the reasons that cause teenagers to have inferiority feelings as they might not satisfy with their body images (Flores, Mayumi, Zapata, & Alvarado, 2017).

The feelings of inferiority acute can lead to an emergence of a sense of inadequacy, a feeling of worthlessness, and lack of self-confidence (Jin et al., 2014). The results of previous research revealed that junior high school students have a low confidence level in the forms of teeth. They use stirrup teeth for trends, teenagers are dissatisfied with sensitive and oily facial skin, discouraged by dark skin tones, feeling inferior to body fat or thin, so adolescence experience stress when choosing the right clothes for themselves, feel having an ugly face because of acne and shame to have a short body (Muhsin, 2014). The results of Rahima, Neviyarni, & Daharnis (2015) revealed that most adolescents obesity has a high feeling of inferiority. The results of study Maharani & Mansur (2016) also revealed that the self-confidence junior high school students in Indonesia are on average still in the low category. The results of this study corresponding with the theory, which shows the feelings of inferiority students' in terms of physical conditions on average in the medium category.

Some other factors that could also trigger emergence feelings inferiority in adolescents are social relationships with peers (Min et al., 2014), socioeconomic status, parenting patterns (David & Trandafira, 2012), feeling confuse about self-identity, bad live experiences (Papalia et al., 2011), anxiety, and physical appearance (Hoang et al., 2017; Hurlock, 2008; Kaluzna, 2017). Previous research suggests that peers group might have a significant influence on the student's self-image (Min et al., 2014). Also, Environmental acceptance plays a vital role in shaping adolescence's self-identity. If some students feel they are a minority in such a group community, then it might indicate a rise of inferiority feeling. Consequently, the individual would develop as an apathetic person (Flanagan, Sommers, & Sommers, 2004). Based on these explanations, the results found in this study related to feelings of inferiority based on physical condition, founded some students have feelings inferiority in medium category.

## Conclusions

In summary, the feelings of inferiority of the students in Islamic Junior High School are in a medium category, which was seen from the natural physical form, physical appearance, physical ability, and physical disability. For the next researchers, it is probably suggested that they might extend their research sample, and be able to find other factors that could trigger the emergence of feelings inferiority in adolescents.

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