

UNDERSTANDING THE POSITIVE SELF-CONCEPT OF ADOLESCENTS FROM AN ISLAMIC VIEW

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Abstract: This study examines about understanding draft self positive on teenager in Islamic perspective. Adolescence is period critical in formation identity And draft self . Islam as comprehensive religion give guide in formation draft self positive through the Qur'an And Hadith . Purpose This research is For analyze And describe draft self positive teenager based on Islamic values and its implementation in life everyday. The method used is studies literature with analyze verses from the Qur'an, Hadith , thoughts of scholars , and abstract writing work relevant scientific with formation draft self teenagers. Results study show that Islam views draft self positive teenager built through a number of fundamental aspects : (1) understanding of nature as God's noble creatures, (2) development potential self in accordance guidance sharia, (3) formation morals noble, and (4) balance connection with Allah (habluminallah) and each other human (habluminannas). Implementation draft self positive in Islam encourages teenager For own trust self, optimism, and resilience based on values monotheism. This research concludes that understanding draft self positive in Islam giving foundation sturdy for development psychological healthy teenager and balanced.

Keywords : Draft Self , Teenagers , Islamic Views

Introduction

Adolescence is phase critical in formation identity And draft self someone. In the era of globalization which is full of this challenge, many teenagers who experience confusion And difficulty in understand and develop draft positive self. Islam, as comprehensive religion, providing complete guide about How a teenager should understand And build draft positive self in accordance with values Islam. According to Jean Piaget in the explanation about teenagers, teenagers is individuals who are on stages development cognitive called as stage formal operations, which take place start around 12 years old until mature initially will be achieved (Pinem , et al. , 2021; Syahfitr , et al. , 2024).

Draft self its nature always changeable caused by draft self individuals will be able to grow from interactions individual with individual others who are influential in his life , like person parents , teachers, peers , and the environment around place residence (Sitepu & Nasution , 2017). Furthermore, Kim and Lee (2021) explained that they identify There is four main factors that influence change draft self namely, Influence family (35%), Interaction with peers (28%), educational experience (22%), and environmental factors social (15%).

Rahmatica and Ahmad (2023) emphasize that understanding draft self positive in Islamic perspective does not only limited on evaluation to aspect outwardly, but Also covers

dimensions spiritual that connect individual with the Creator. This is in line with study Nurhayati (2022) who revealed that Muslim teenagers who have understanding deep about values Islam tend own draft a more stable self and positive .

Draft self in Islam no can separated from understanding that man is created beings by Allah SWT with the best form (ahsani taqwim) and awarded various potential . As Allah says in the Qur'an Surah At- Tin verse 4 which means : " Indeed We has create man in the best form. "This understanding becomes foundation important for Muslim teenagers in develop view positive to himself (Daradjat , 2019; Masitah Pohan , et al. , 2021; Abdullah, & Rahman 2022; Kamal, 2023; Nurhayati , 2023).

According to Santrock (2021), concept self is evaluation to domain specific of self we who cover aspect academic, social, emotional, and physical. In Islamic context, formation draft self positive own fundamental position as explained in the Qur'an And Hadith that teaches about How man must look and judge himself Alone in a way proportional .

In context modern life, understanding draft self positive become the more crucial remember various challenges faced teenagers , starting from the influence of social media , peer pressure, to expectation academic And high social . Islam offers a unique perspective that combines spiritual, psychological and social in formation draft a balanced and positive self for teenager.

Study about understanding draft self positive teenager in This Islamic view becomes important For discussed in a way deep, remembering its vital role in to form generation of Muslims who believe self, morals noble, and capable contribute positive for public in accordance with Islamic teachings.

Review Literature

1. Understanding Self Concept

Draft self is draft self as " perception " physical , social , and psychological about self we who we are gain from experience and interaction with person other ." Components the main thing includes: Perception physical , Perception social , Perception psychological , and Evaluation self . (Rakhmat , 2015; Brooks, 2019; Shavelson, 2019; Burns, 2021).

Harter (2020) Interprets draft self as " construction cognitive And growing social throughout alive and influenced by experience with environment as well as evaluation of people other significant aspects ."The aspects are : Construction cognitive, Construction social , Development sustainable, and Influence environment .

2. Draft Self Positive on Teenager

Adolescence according to Santrock is period critical in formation draft self Because at this time it happened change physical, cognitive, and significant social. Furthermore, it is added Again by Santrock in the explanation that draft self positive on teenager is view And evaluation comprehensive about self itself which is of a nature positive, realistic and goal oriented on growth personal. This includes aspect physical , social , emotional , and academic (Santrock, 2016; Santrock, 2019). Teenager with draft self positive has the following characteristics: a) Capable of accept yourself as you are, b) Have a sense of self-confidence

good self, c). Capable recognize potential And his weaknesses, d). Optimistic in face challenges , and e). Having connection good social .

3. View Islam about Draft Self

Islam views man as noble creatures (QS. Al- Isra : 70). Al- Ghazali (2014) in his book Yes Ulumuddin explain importance know self (ma'rifat al-nafs) as road know Allah : a number of Islamic concepts related to with formation draft self positive: Husnudzon (prejudiced good) towards God and oneself alone, tawakkal (surrender) self to Allah), Qanaah (accepting what has been owned), and endeavor (trying) with truly.

4. The Factors that Influence Draft Self

There are two factors that influence draft self teenager namely, internal factors : development cognitive, condition physical, emotional maturity, values personal, and successful experiences. Next are external factors : parenting patterns family, environment social, social media and technology, achievements academic, and peer support (Chen et al., 2022). The factors that influence draft self according to view Islam exists six factors, namely :

a. Spiritual Aspects and Monotheism (Al- Qahtani , 2019)

Aspect spiritual is relate with man with Allah SWT, namely connection about : strength faith And piety , understanding of purpose creation human , awareness of nature as servant of God, intensity worship and dhikr , and understanding the Qur'an and Hadith . While monotheism is relate with values spiritual that is includes : obedience on Islamic law , morals and morals Islamic , patience in face test , gratitude on God's favor and trust in every business.

b. Aspects (Al-Ghazali, 2020)

Aspect social Islamic there are two , namely environment family And environment social . Environment family between other includes : education religion in family, role model parent in worship, parenting in accordance Islamic guidance, harmonious relations between members family, and implementation Islamic values in everyday life. Next, the environment social that is relate with : association with Muslim community, involvement in activity mosque, interaction with cleric And ustadz, activities Islamic preaching and social, and the influence of social media Islamic.

c. Internal Factors (Al- Mannai, 2021)

Internal factors that influence draft self according to view Islam religion among others is understanding self And aspect psychological. Understanding self includes : awareness of potential as caliph, introduction teak self as a Muslim, understanding the advantages And lack of motivation For repair self, and awareness of spiritual responsibility. Furthermore, the aspect psychological includes : balance emotion based on Islamic teachings, control self in accordance sharia, motivation worship And charity pious, resilience in face trials, and optimism in Islamic perspective .

d. External Factors (Al- Qardhawi, 2022)

External factors that underlie this draft self according to the Islamic view, namely , Islamic education and culture and tradition. In view Islamic education must in accordance with, curriculum Islamic education, methods learning religion, teacher as Muslim role model , environment education Islamic, and activity extracurricular religious. In view culture And

tradition includes, values harmonious culture with Islam, tradition Islam in society, influence modernization to Islamic values, adaptation culture in Islamic context, and preservation Islamic tradition .

e. Aspect Development Self (Ramadan, 2023)

Two aspects that underlie behind aspect development self in draft self according to view Islamic education, namely, development intellectual, and development spiritual. In development intellectual teenager covering, deepening knowledge religion, understanding science in Islamic perspective, development thinking critical Islamic, digital literacy in Islamic context, and Arabic language proficiency. In development spiritual teenager includes , Al- Qur'an memorization program, routine worship sunnah, activities halaqah and study, practice of self-reflection self, and practice manners Islamic.

f. Implications (Mattson, 2024)

There are two applications the modern background draft self teenager according to the Islamic view is, the challenge contemporary And solution Islamic. Contemporary challenges covering, influence globalization, impact of digital technology, issues modern social, pluralism And tolerance, and Muslim identity in the modern era. Solutions Islamic includes, adaptation Islamic values in modern life, strengthening Muslim identity, balance world-afterlife, moderation in religiou, and digital preaching .

Conclusion of the review This literature shows that Islam has comprehensive concept in formation draft self positive on teenagers . The Islamic approach does not only emphasize aspect psychological but also spiritual, which can help teenager develop draft healthy self And balanced.

Method

Method Which used is studies literature with analyze verses from the Qur'an , Hadith , thoughts of scholars , and abstract writing work relevant scientific with formation draft self teenagers (Muniroh, 2019; Hapsari, 2022). In this research, researchers using 5 articles that become literature in *literature review*.

Results And Discussion

Process selection in This research uses database *Google Scholar*. This study resulted in Influence between draft self to religiosity Participant Educate MTs Futuhiyyah is of 0.818 so that big his contribution is 18%. So it can be concluded draft self have influence to religiosity teenager And religiosity influence draft self teenager.

Furthermore, Firmayanti (2022) said that Hypothesis in This research is draft self own influence significant direct to Religiosity Participant Educate SMAN 1 Cileungsi Bogor. Testing hypothesis use technical analysis analysis regression And analysis track using SPSS software version 23 with level significance alpha 5 percent ($\alpha=0.05$). This study produced Influence between draft self to Religiosity. From this second article also explain that There is significant influence to religiosity teenagers and in line with the article that First .

Poerwanto (2021) said that , Based on results analysis with one dependent variable that is adjustment self and three independent variables that is draft self , regulation self , and

level religiosity obtained F value = 15.358, with the value of R_{x_1, x_2, x_3} is 0.614 and the p value = 0.000 ($p < 0.05$) then it can be concluded that There is significant relationship draft

self, regulation self, level religiosity with adjustment self on student cottage Al Berr Islamic Boarding School Pasuruan. In this third article, we convey that There is significant relationship between draft self with increasing religiosity teenager and this is in line with articles 1 and 2.

Furthermore, Syahraeni (2020) explains that, Results This study shows that implanted teenagers Islamic values tend to own draft positive self, compared to with teenagers who concept himself tend negative Because lack of planting Islamic values during formation draft self ongoing. In the article to these four explain that implanted teenagers Islamic values tend to own draft positive self. This is in line with with articles 1, 2, and 3.

According to Afif (2020) Concept self give donation effective on assertiveness by 26.2%. In general overall, results show that majority Students of Sultan Agung 1 Islamic High School, Semarang have draft self And positive assertiveness. In the article to these five explain that, the concept self give very much contribution effective And positive to teenager in its development. This is in line with articles 1, 2, 3, and 4.

Conclusion

The conclusion that can be drawn taken from hhasil This study shows that Islam views draft self positive teenager built through a number of fundamental aspects : (1) understanding of nature as God's noble creatures, (2) development potential self in accordance guidance sharia, (3) formation morals noble, and (4) balance connection with Allah (habluminallah) and each other human (habluminannas). Implementation draft self positive in Islam encourages teenager For own trust self, optimism, and resilience based on values monotheism.

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