

IDENTIFICATION OF FACTORS AFFECTING STUDENT SELF-CONFIDENCE IN THE ALPHA (DIGITAL) GENERATION

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Submission : Mei 06, 2023

Revised : June 14, 2023

Accepted : June 28, 2023

Published : June 30, 2023

Abstract

Every student will experience development in his life. In each of these developments, students must go through it well. Students will experience many changes in themselves, especially experiencing a lack of self-confidence. Self-confidence is an individual's awareness of the strengths and abilities they have, belief in a sense of self-confidence, feeling satisfaction with himself both mentally and physically and can act according to his certainty, and can control achieving the goals he hopes for. It is undeniable that achieving achievement in students' lives requires self-confidence, but the problem is that many students lack self-confidence even though they are good at academics. Therefore, self-confidence in students is not something that can grow and exist in a person by itself. However, each student has different self-confidence. Some students have high self-confidence and some have low self-confidence, when students have low self-confidence, these students are unsure of their abilities, tend to look at things negatively in dealing with everything, are afraid to be themselves, and find it difficult to control themselves. This is due to the many factors that influence student confidence. Because self-confidence is not simply attached to students and is also not innate. It is possible that the alpha generation must also have a high sense of trust. As we know, this alpha generation is the first generation born in the digital world and is a generation that is very familiar with digital technology. For this reason, it is necessary to study how this alpha generation as a student can have high self-confidence. This study aims to examine more deeply related to the factors that influence students' self-confidence. The method used in this research is a literature review. The literature that researchers used in this study consisted of books, scientific articles, and other quotations. This literature was collected and then analyzed to examine the factors that influence students' self-confidence.

Keywords: Self Confidence, Generation Alpha (Digital).

1. Introduction

Students are those who are specifically submitted by parents to follow the learning process organized at school to become human beings who have knowledge, skills, experience, personality, morals, and independence. The definition of a student according to the general provisions of the Indonesian law No. 20 of 2003 concerning the National Education System is a member of society who seeks to develop their potential through the learning process available at certain paths, levels, and types of education. Every student should be able to actualize himself well, one way is that students have a high sense of self-confidence. Self-confidence is one of the important aspects of personality in a person. Self-confidence is the belief that a person can overcome a problem in the best situation and can provide something pleasant for others. Self-confidence is a very valuable attribute in students. Without self-confidence, it will cause many problems for students. This is because, with self-confidence, students can actualize all their

potential. Self-confidence is urgent for every student to have. Self-confidence is needed by both children and parents, individually and in groups. (Ghufron, 2011: 34). People who lack self-confidence will be pessimistic in facing challenges, afraid and hesitant to convey ideas, and indecisive in making choices and often comparing themselves with others. In this era of advances in information technology in the Alpha generation, students need to have a high sense of self-confidence. Generation Alpha is the generation born after Generation Z. One of the characteristics of the Alpha generation is digital literacy from a very early age, this generation has been exposed to technology continuously since childhood. Khofifah Indar said in (Marissa, 2012: 1) that the ongoing technological advances will cause the Alpha generation to grow individualistic or anti-social. This causes students' self-confidence to decrease because they are accustomed to living alone with the technology they use.

Problems related to students' lack of self-confidence are very much encountered in the school environment. Many students have good potential, but they do not dare to develop it because they do not have good self-confidence. Students also discourage their intention to develop their potential for fear of being laughed at by their friends. Some students do not believe in their ability to do something that they can do well, such as being reluctant to participate in academic and non-academic competitions at school or outside school. Many students are indicated to be concerned with their gadgets rather than hanging out with their friends, making students lack a high sense of self-confidence when hanging out with their friends or developing their potential. People who lack self-confidence will be pessimistic in facing challenges, afraid and hesitant to convey ideas, and indecisive in making choices, and often comparing themselves with others. This happens because it is motivated by factors that cause low student confidence in the Alpha generation. Therefore, each student needs to have a sense of self-confidence, it is very useful for the progress of students to develop their potential both at school and outside school in the era of technological advances that continue to develop today.

Problems related to self-confidence in the Alpha generation are important to study because this is related to the ability of students to develop the potential that exists within themselves in this digital era. With this research, it is intended that students can understand self-confidence, factors that affect self-confidence, and the characteristics of good self-confidence in this alpha generation. Lauster defines that self-confidence is gained from life experience, which has aspects of personality in the form of belief in one's abilities so that they are not influenced by others and can act as they wish, happy, optimistic, tolerant, and responsible. Self-confidence can be interpreted that a belief in one's abilities that marks and realizes the abilities possessed can be utilized appropriately. (Kartono, 2000: 202). Maslow states that self-confidence is the basic capital for the development of self-actualization. With confidence, people will be able to recognize and understand themselves. Meanwhile, the lack of self-confidence will hinder the development of self-potential. Thantaway (2005: 87) says self-confidence is a mental or psychological condition of a person that gives him strong confidence to do or perform an action. People who are not confident have a negative self-concept and lack confidence in their abilities so they often close themselves off. (Mastuti, 2008: 50). Self-confidence can make individuals act, and if the individual acts based on self-confidence, it will make the individual able to make decisions and make choices that are appropriate, accurate, efficient, and effective. Self-confidence will make individuals more capable of motivating others to develop and improve themselves and make various innovations as a continuation.

Hendra (2007: 2) says that self-confidence is a belief that one will succeed and has a strong will in trying and realizing and seeking more value for its potential without having to listen to discordant voices that can weaken itself so that later can make careful planning. According to Grace (2000: 109) self-confidence can be interpreted as a belief in oneself that everyone has in his life and how the person views himself as a whole concerning the self-concept. Self-confidence is also referred to as self-esteem or self-image. (Santrock, 2003: 333). Ghufon (2010: 76) says several factors influence self-confidence, namely self-concept, self-esteem, and experience. The characteristics of self-confidence are that individuals feel strongly about the actions they take, individuals feel accepted by their group, and individuals have a calm attitude. (Niko, 2008: 1-9).

Generation Alpha is a term coined by researcher Mark McCrindle to describe the group of people born in 2011. They will play, learn and interact in new ways. They were born with the introduction of smart devices, all connected with real and digital environments merging into one. As they grow up, emerging technologies will become a normal part of their lives, and will shape their experiences, attitudes, and expectations of the world. As stated by Edwin (2017: 11-12) that this Alpha generation is accustomed to using technology at a very early age, therefore the integration of daily lifestyle with technology is certainly inseparable in this generation.

2. Method

This research uses the literature study method or literature review. A literature review is a systematic, explicit, and reproducible method for identifying, evaluating, and synthesizing the works of research results and the results of thoughts that have been produced by researchers and practitioners. (Zulfikar, 2020: 4). The literature review aims to analyze and synthesize existing knowledge related to the topic to be studied to find empty spaces for research to be carried out. The literature review also aims to provide a theoretical background/basis for the research to be carried out, study the depth or breadth of existing research related to the topic to be studied, and answer practical questions with an understanding of what has been produced by previous research.

The literature that researchers use in this study consists of books, scientific articles, and other quotations related to the topic of the problem discussed. This literature is collected and then analyzed to examine the factors that influence students' self-confidence. In the process of collecting data, the literature study was carried out through 3 processes, namely:

- a. Editing: Re-examination of the data obtained, especially in terms of completeness, clarity of meaning, and harmony of meaning between one another.
- b. Organizing: Organizing the data obtained with the necessary framework.
- c. Finding: Conduct further analysis of the results of organizing data using predetermined rules, theories, and methods so that conclusions are found which are the result of answers and problem formulations.

3. Results and Discussion

Self-confidence is a positive attitude of an individual that enables him/her to develop positive judgment. This does not mean that the individual is capable to do everything alone, aka magic. High self-confidence only refers to the existence of several aspects of the individual's life

that he feels he has competence, namely mapu, and believes that he can because it is supported by experience, actual potential, achievement, and realistic expectations of oneself. (Marko, 2005: 54). Self-confidence is a belief in the human soul that any life challenge must be faced by doing something.

Self-confidence according to Barbara (2000: 10) is born from the realization that if you decide to do something, that something must also be done. Self-confidence will come from an individual's awareness that the individual has the determination to do anything until the goal he wants is achieved. Self-confidence is a person's belief in the abilities that exist in his life. Self-confidence is also a belief in one's ability in one's life to accept reality, to develop self-awareness to think positively and independently. As for self-confidence in a person, it can be seen in the aspects of independence, optimism, selflessness, tolerance, confidence in one's abilities, reasonable ambition, and resistance to trials. (Bimo, 2000: 15). The emergence of self-confidence is caused by the views and attitudes of individuals towards their abilities, if the individual's view is good towards himself / thinks positively, it will result in good self-confidence, and vice versa if the individual's view is not good towards himself, it will cause low self-confidence. (Silvia & Fadhillah Yusri, 2023: 2). Self-confidence grows from a healthy interaction process in the individual's social environment and takes place continuously. (Nadila & Syawaluddin, 2023: 2).

According to Willis, self-confidence is the way a person can overcome a problem in the best situation and can provide something pleasant for others. Lauster defines self-confidence as being gained from life experience. Self-confidence is one aspect of personality in the form of belief in one's abilities so that it is not affected by others and can act as desired, happy, optimistic, tolerant, and responsible. Lauster (1992) adds that self-confidence is related to the ability to do something good. This assumption means that individuals never become people with true self-confidence. However, abilities are limited to several things that can be done well and several abilities that are mastered. Anthony argues that self-confidence is an attitude in a person who can accept reality, can develop self-awareness, think positively, have independence, and can have and achieve everything they want. Kumara states that self-confidence is a personality trait that means confidence in oneself. This is in line with the opinion of Aflatin and Andayani who state that self-confidence is an aspect of personality that contains beliefs about their strengths, abilities, and skills. (Ghufron, 2014: 34). Self-confidence according to Zakiah (1995: 25) self-confidence is belief in oneself which is determined by the experiences that have been passed since childhood. People who believe in themselves can overcome all frustrating factors and situations, maybe even mild frustration will not be felt at all. But on the other hand, people who lack confidence in themselves will be very sensitive to various stressful situations. Self-confidence is a very urgent thing for every individual to have. (Susi & Budi Santosa, 2023: 215-216).

So it can be concluded that self-confidence is an individual's awareness of his strengths and abilities, believes in his confidence, feels satisfied with himself both inner and physical, can act according to his certainty, and can control it in achieving his expected goals and can help a person to view himself positively and realistically so that he can socialize well with others. Self-confidence is a positive perspective and realistic expectations of oneself so that one can accept himself as a whole in the sense of taking risks and feeling competent by trying to foster positive characters, always being optimistic and confident in his ability to do something and there is no fear of being rejected if he becomes himself.

According to Ghuftron and Rasnawita (2010: 76), self-confidence is influenced by several factors, including:

- a. Self-concept, the formation of self-confidence in a person begins with the development of a self-concept obtained in his association with a group, the results of the interactions that occur will produce a self-concept.
- b. Self-esteem, self-esteem is an assessment made of oneself, according to Ghuftron someone who thinks that a person's level of self-esteem will affect the level of self-confidence.
- c. Experience, the experience can be a factor in the emergence of self-confidence, otherwise experience can also be a factor in decreasing one's self-confidence.
- d. According to Hakim (2008: 56), self-confidence can be influenced by several factors which can be categorized into two, namely:
 - 1) Internal factor
 - a) Self-concept is an idea about himself, someone who has low self-esteem usually has a negative self-concept, on the other hand, people who have self-confidence will have a positive self-concept.
 - b) Self-esteem is an assessment made of oneself, people who have high self-esteem will assess themselves rationally and correctly for themselves and easily establish relationships with other individuals.
 - c) Physical condition and changes in physical condition also affect self-confidence, physical disability can cause low self-esteem in a person.
 - d) Life experience, and self-confidence gained from disappointing experiences is most often the source of low self-esteem.
 - 2) External factor
 - a) Education affects a person's self-confidence, a low level of education tends to make individuals feel under the power of smarter people, on the contrary, individuals with higher education tend to become independent and do not need to depend on other individuals.
 - b) Employment, work can develop creativity and independence, and self-confidence.
 - c) Environment and life experiences, including family and community environment, good support received from the family environment such as family members who interact well with each other and provide a sense of comfort and high confidence.

Based on the above opinion, it can be concluded that factors that can affect self-confidence are internal and external. The self-confidence of an individual has several prominent criteria. Hakim in Asmadi Alsa (2016: 49) suggests certain characteristics of people who have self-confidence, namely:

- a. Always be calm in doing everything.
- b. Have adequate potential and abilities.
- c. Able to neutralize tensions that arise in various situations.
- d. Able to adjust and communicate in various situations.
- e. Have a mental and physical condition that is good enough to support his performance.
- f. Have sufficient intelligence.
- g. Have a sufficient level of formal education.
- h. Have foreign language skills or expertise.
- i. Have the ability to socialize.
- j. Have a good background.

- k. Having life experiences that make them mentally strong and resilient in the face of trials.
- l. Always react positively in the face of various problems, for example: tough, patient, and steadfast in facing life's problems.

Another opinion explained by Fatimah (2006: 149-159) suggests several characteristics or characteristics of individuals who have proportional self-confidence are as follows:

- a. Believe in their abilities or competence, so they do not need praise, recognition, acceptance, or respect from others.
- b. Not encouraged to show a conformist attitude to be accepted by others or groups.
- c. Dare to accept and face the rejection of others, dare to be oneself.
- d. Have good self-control (not moody and emotionally stable).
- e. Has an internal locus of control (views success or failure, depends on one's efforts and does not easily give up on fate or circumstances, and does not depend on or expect help from others).
- f. Has a positive perspective on oneself, others, and situations outside oneself.
- g. Having realistic expectations of himself so that when these expectations are realized, he is still able to see the positive side of himself and the situation that occurs.

The word Alpha Generation according to Tolbize is a group of people who can be identified by year of birth, age, location, and events in life that significantly influence their stage of development. Members of the generation share experiences that influence their thoughts, values, behaviors, and reactions. Each individual of course brings their personality, certain influences, and backgrounds of race, social class, gender, region, family, religion, and more, but some broad generalizations are possible about the characteristics of those born around the same year. (Erfan, 2018: 98). In the opinion of Victoria (2017: 1) explains that The next generation of young people will have unprecedented exposure to technology. Generation Alpha - a term coined by social researcher Mark McCrindle to describe the cohort of people born in 2011 onwards - will play, learn and interact in new ways. They are born into a landscape in which devices are intelligent, everything is connected, and physical and digital environments merge into one. As they grow up, technologies that appear new or unusual to older generations will become a normal part of their lives and will shape their experiences, attitudes, and expectations of the world. Some neuroscientists and psychologists even believe that their minds will be in some ways different from those of previous generations.

Victoria says that the next generation of young people will have an unprecedented experience of technology. Generation Alpha is a term coined by researcher Mark McCrindle to describe the group of people born in 2011. They will play, learn and interact in new ways. They were born with the introduction of smart devices, all connected with real and digital environments merging into one. As they grow up, emerging technologies will become a normal part of their lives, and will shape their experiences, attitudes, and expectations of the world. Some scientists and psychologists even believe that their minds will be different from previous

generations. Generation Alpha is a group of people born in the period 2011-2015. In this era, there is a new phenomenon that emerges with the emergence of different and new figures. The generation born after generation Z, born from the late X and Y generations. In this period, communication technology is so advanced and practical that this generation is predicted to be a generation that is completely dependent on technology in their daily lives. Not much is known about the future or lifestyle of this generation, but some experts say that the Alpha generation will bring about some drastic changes especially in social order and lifestyle, because the Alpha generation grew up in a rapidly developing infrastructure. In addition, because the Alpha generation is accustomed to using technology at a very early age, the integration of daily lifestyle with technology is certainly inseparable in this generation, including the adverse effect on students' confidence in interacting and developing their abilities.

Here are the characteristics of the Alpha generation:

- a. Alpha-generation children tend to be practical and behave instantly

Alpha-generation children like practical problem-solving. They are reluctant to spend a long process looking at a problem. This is because these children were born into an instantaneous world. Starting from waking up, eating, going to school, studying, everything is instant. Parents should educate their children about the concept of process, endurance, and commitment in completing tasks. (Elizabeth, 2015: 21-22).

- b. Love of freedom and changing play behavior

The passage of time from then to now certainly brings many differences. One of them is the behavior of children who experience changes in each generation. We often hear conversations around us that say that the current generation is different from the previous generation. (Mona, 2018: 3). The Alpha Generation is very fond of freedom. Freedom of speech, freedom of creativity, and so on. They were born in the modern world, where authoritarian tyrannical regimes no longer have the power to control the population. Children of this generation do not like memorized lessons. They prefer exploratory lessons. The emergence of sophisticated games that attract the Alpha generation has also changed the pattern of play behavior. If millennial children have many opportunities to play outside the home, then the Alpha generation spends a lot of time indoors. With reasons such as unfavorable environment and safety. Both educators and parents need to provide the concept of responsible freedom to children. Do not let them be free without understanding the principle of cause and effect, and consequences.

- c. Has a great desire for recognition

Everyone needs recognition for their efforts and hard work. Moreover, this generation tends to want to get rewards, such as praise, gifts, or awards.

- d. Away from books and magazines

This is due to the ease of finding information nowadays. By typing the topic you want to search through Google, a world window opens that contains all the information and images related to that topic. Physical books and magazines have also been replaced by electronic books or e-books.

- e. Familiarity with digital and information technology

This generation is proficient in using all kinds of gadgets and uses technology in all aspects and functions of daily life. These children prefer to communicate through cyberspace, and social media rather than spending time face-to-face with others.

f. Challenges for parents

The biggest challenge for parents and educators is when we cannot provide enough information for our children. This generation would rather look for answers through the internet than their parents.

4. Conclusion

Self-confidence is a belief in the human soul that any life challenge must be faced by doing something. Self-confidence is born from the realization that if you decide to do something, that something must also be done. Self-confidence will come from an individual's awareness that the individual has the determination to do anything until the goal he wants is achieved. Self-confidence is a person's belief in the abilities that exist in his life. Self-confidence is also a belief in one's ability in one's life to accept reality and develop self-awareness to think positively and independently. As for self-confidence in a person, it can be seen in the aspects of independence, optimism, selflessness, tolerance, confidence in one's abilities, reasonable ambition, and resistance to trials. Two factors can affect self-confidence, namely internal factors and external factors. Internal factors consist of self-concept, self-esteem, physical condition, and life experience. While external factors consist of education, work, and environment. Furthermore, the characteristics of self-adjustment are always calm in doing everything, having sufficient potential and abilities, being able to neutralize tensions that arise in various situations, being able to adjust and communicate in various situations, having a good enough mental and physical condition to support their appearance, having sufficient intelligence, having a sufficient level of formal education, having foreign language skills or expertise, having the ability to socialize, having a good background, having life experiences that deceive their mentality to be strong and resistant in the face of trials and always reacting positively in dealing with various problems, for example: resilient, patient and steadfast in facing life's problems. Generation Alpha are children born to the millennial generation, they grow up interacting with a variety of Artificial Intelligence technologies and human-like robots. They will play with toys that are connected and will respond to commands and also be able to show emotional intelligence.

This research implies that students understand that high self-confidence is very important to have. Students can also apply this high confidence in developing their potential. The most important thing to understand is that students can know the various factors that affect self-confidence so that students will understand how to deal with conditions both internal and external to have high confidence.

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