

# The Development of Self Concept in Adolescent through Meaningful Movies

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**Abstract**—This article was made to discuss the development of self concept in adolescent through a meaningful movie. The author used literature study method that is based on abstract of research result, journal review, and reference books. The development of self concept in adolescent is influenced by various factor, especially when they interact with their social environment. The existence of movie is an example of a complex social phenomenon that has become a part of adolescent life. Movie has a negative effect but also has a positive effect, especially when the movie presents the values, shows an example of prosocial behavior, and filled with a positive information. This condition make the selection of movie is important thing in adolescent life, especially when they try to develop their self concept that involve many aspects of life. If the movie has a positive meaning, adolescent will get a positive reference and would be a valuable factor that improve their self concept. Adolescent who have a positive self concept will be confident to overcome the problem, feel equal with others, receive compliments without embarrassment, aware that everyone has different feelings wants or desires, avoid behaviors that are not approved by the community, able to do self introspection and develop themselves by changing aspects of personality that is bad for them.

**Keywords**—*self concept; adolescent; meaningful movie*

## I. INTRODUCTION

Nowadays, we are entering the era of globalization, so that digitalization becoming familiar in human life especially in adolescent life. In the era of globalization, the existence of internet, smartphones, and laptops are things that adolescents need. They need those things to be able to access application through the internet so that can support their educational and social life. Those things can make them active to search information and it can facilitate their conformation efforts. In the era of globalization, movies are not only obtained from television or cinema, but can be access through various internet-connected applications such as YouTube, Netflix, or Viu which contains a variety of the latest movies that can be accessed on their smartphone or laptop. Through technological sophistication, adolescents can easily access movies from various parts of the world. This is a phenomenon that needs to be considered by parents, educators, and society in general.

Adolescent is a period of self-identity searching which everything that happens and seen by adolescent can be factors

that are positive or negative for their self-concept formation. Adolescent in searching for their identity can get values from everywhere. They can get it from the social environment such as family, school, and community, and other values like movies that they watch. Therefore, parents, educators, the community, even adolescent, need to understand that is important for every adolescent to have a strict filter in selecting the right movies for their self- concept formation. Roberts et al., in Jamieson said that adolescents are able to spend almost nine hours using a gadget in one day which one of the function is to watch movies. Almost all ages group, including adolescent, have an interest in movies that is considered popular entertainment from time to time [1].

Movies become a popular media because it is a source of entertainment. Movie contains a story that present through pictures and sounds. The plot of movies is diverse and have varied meaning which in the end the movie, the meaning will certainly be appreciated by the audience. The values that contained in the movie can be a source or reference for adolescents. Based on Fitri research on the picture of the identity of the late adolescent fans of Korean drama, the data said that Indonesian adolescent turned out to be imitating Korean culture through the movies and dramas that they watched [2].

Another example is Dilan, an Indonesian movie which in the past year has become a public discussion, especially among adolescent. How Dilan speaks and dressed up become things that are followed by adolescent. If the adolescent imitates a good or positive behavior, it will certainly be a positive supporting factor for their concept. However, if the adolescent imitates a negative behaviors or negative values, it will be a negative factor for their self concept. Adolescents who identic with the search for self identity, eventually the values from the movie will be affecting their self-concept.

## II. METHOD

This article is made using the literature study method by looking for theories that are relevant to the problems. The first step is to do a literature study on books that discuss adolescents and self-concepts, journals, and research conducted related to the self-concept of adolescents.

The type of data used by the author in this study is primary data by conducting observations to film that related to

problems and secondary data, namely data obtained from journals, documentation books, and the internet.

### III. DISCUSSION

Developmental Psychologist defined that adolescent is transitional period from childhood to adulthood. Adolescent periods generally take place at the age of 13-18 years. Gunarsa explained that individuals who entering adolescence will encounter with changes in their lives aspects such as physical, cognitive, social, and psychological aspects. In the psychological aspect, the changes that occur involve the self release from emotional bonds with parents, the formation of life plans and personal value systems [3].

Many changes that happened make the adolescent period often become the center of attention and it is a difficult time for adolescents, their families, or their environment as told by Grobler [4]. In this period, adolescents are beginning to build their own self-concepts so that this period is often called as the identity searching. The effort for self-identity as the series in the formation of self-concept often involves factors outside of theirs, like peers and the use of technology which one of its functions is to watch movies. The movies phenomenon as one of the factors that influence adolescent self concept is illustrated through several studies that have been conducted in Indonesia and also in other country.

The first studies are concerned with the influence of foreign drama on adolescent self concept. The research by Apsari describes that to fulfill their image, adolescents can do the imitation towards the Korean drama that they watch. Imitation behavior itself is the behavior of imitating other individuals who are considered as role models. If the thing that adolescents imitate is positive behavior, it will have a good impact, but the results of this study, adolescent as the participants actually imitate values that conflicted with Indonesian socio-cultural values such as drinking soju when they have many problems and how the character on the film dress too vulgar [5].

Another research by Grobler found that the participants in her research were able to relate to the characters from the movie they had watch and how they use the depicted strengths in their own lives [6]. Participants watch positive psychology films that contain positive stories with positive characters possessed by each character. Positive values in this film turned out to affect the participants and the results of the study showed an increase in positive values such as openness of mind, enthusiasm, kindness, leadership ability, and politeness.

These results show that the contents of a film can affect the lives of the audience, in this case are adolescents. As explained that adolescents influenced by multifactor during the process of building their own self concept. Regarding the social environment, adolescents try to fulfil the demands of their social environment in general, the environment outside the family environment. This is due to the fact that adolescent like to spend a lot of time with peers so the influence of peers becomes very strong. Adolescents can make an effort for conformity which is an attempt to adjust to the values and behaviors displayed social group. If the movie is something that is often discussed and becomes the values that can be followed by their social groups, then most likely the adolescent

will also participate in discussing and imitating the values or behaviors displayed by the movie.

Therefore, the selection of the contents of the film is very important. Film has two sides, both good and bad. We can use film to be a good thing for teenagers as counselors often do through cinema therapy. Wu explain that films or movies recently use as metaphor to create indirect but powerful therapeutic interventions in counseling including in treating adolescents [7]. With film or movies that adolescents watch they can identify and relate to situations and characters, leading to personal exploration and insight while keeping an emotional distance from stressful or frightening experiences or topics. It means that film or movie has a powerful effect.

Learning theory which is stated by Albert Bandura in Lalila explained that an individual can learn through the process of imitating what is in his environment, especially towards the behavior of others [8]. The behavior of others that is imitated is called model behavior or example behavior. If the imitation process gets positive reinforcement such as attention, praise, or other rewards, then the individual will tend to repeat the behavior that is imitated repeatedly until it finally becomes his behavior.

Regarding a movie, if a character in the movie becomes a model figure or example figure for an adolescent, and if it related to the social learning theory, adolescent is very likely to imitate the behavior of the model's character. The description can be concluded that the movie can be a role model for adolescents who are looking for identity searching. Through the movies that being watched, adolescents can imitate the behaviors they see in the movies both positive behavior and negative behavior. It is very vulnerable for adolescent to get negative impacts from movies which do not contain positive messages in them. An adolescent can emulate his idol in terms of both appearance and behavior to be role models in the process of finding adolescent identities.

As explained by Hurlock that someone in adolescence appoints another person they want or their idol as a mentor in reaching the final identity when they are in an attempt to find identity [9]. Adolescent still do not know who they are, what are they strengths and weaknesses so they do not know what are their own hope. It means that adolescent is still looking for identity or do not know how to conceptualize themselves. This is related with the psychosocial theory which is stated by Erik Erikson in [10]. The theory explains that adolescence is at the stage of identity versus role confusion, the stage of self discovery where adolescents try to describe themselves by looking for uniqueness, self-strength, what role is suitable for themselves. If adolescents succeed in describing who they are, and able to find specificities within their self, they will be able to play in accordance with their image. But on the contrary, if adolescent experience confusion in describing themselves, they are not able to identify the right role for them.

Erikson's psychosocial theory clearly reveals that the concept of self holds important role for the success of adapting to each adolescent. Adolescence is a period of the process of searching for identity and at this time the emotions possessed by adolescent are still unstable, the meaning can still change, for that it is expected that at this important time adolescent can

have the correct self-concept. Correct self concept can be seen when individuals are confident in the ability to overcome problems, individuals feel equal to others, individuals can receive praise without shame or do not pride themselves, especially underestimate others, individuals can be sensitive to the feelings of others so that they can appreciate personal and the feelings of others, and individuals can introspect themselves and change them for the better [11]. Therefore, it is important to discuss the role of movie in the lives of adolescent, especially in the formation of adolescent self-concept. Therefore, the discussion will begin by explaining who is adolescents, what is self concept, how self concept is formed, and what factors might influence the development of self concept especially adolescents self concept.

#### A. *The Definition of Self Concept.*

From Sunaryo explain that self concept is an individual's way of seeing himself as a whole which is related to physical, emotional, intellectual, social, and spiritual. Stuart and Sundeen in explains that self-concept is the whole of ideas, thoughts, beliefs, and convictions that individuals know about themselves and affect individuals in dealing with others [12]. Meanwhile, according to Calhoun and Acocella self concept is a mental picture of one's self [13]. From some of these definitions, it can be concluded that the concept of self is a way, the whole idea, thought, feeling and picture of the individual himself which includes the characteristics and characteristics of the individual. Another explanation is from Burns that self concept includes all the parameters that are considered relevant by an individual: from physical appearance to sexual capacities, social and intellectual abilities, age, media, culture, appliance, education, gender, income, environment, etc. [14].

#### B. *Self Concept Development*

Calhoun and Acocella explain that the development of self concept is formed not because it was brought from birth but formed from the process of interaction and learning of individuals with their environment [8]. The process of self-concept formation starts from childhood, when individuals begin to be able to differentiate the world of themselves and the world outside themselves or others. The more the individual grows and develops, the more self concept develops so that eventually a positive self-concept or negative self-concept is formed, all information about him is obtained by understanding the words of others.

Hurlock divides self-concept into two based on its development, primary self concept and secondary self concept [8]. The concept of primary self is formed which based on individual experiences at home that relate to family members, including parents and siblings, while secondary self concept is a self-concept formed by an outside environment, such as peers, playmates, and other factors that in the social environment.

Based on what has been stated above, it can be seen that self concept is not formed and develops by itself but is formed and developed because of interactions with other individuals or their environment. There are 5 things that need to be understood in self concept, there are: (1) Self concept is learned

through experience and individual interaction with others; (2) Self concept develops gradually, that is, starting when the baby starts to recognize and differentiate himself from others; (3) Self concept is also the basis of behavior formation; (4) Self concept also develops rapidly along with the development of speech; and (5) Self concept is formed from the role of the family, especially in childhood underlying and helpful the development [14].

One of the factors that influence one's self concept is the environment. Environmental awards will greatly influence adolescent self concept, because adolescents will feel valued, considered and needed their existence. The solid form of environmental tribute for themselves is given status. Adolescent who have a positive self-concept will display behavior; confident of the ability to overcome problems, feel equal to others, receive praise without shame, realize that everyone has various feelings, desires, and behaviors that are not all agreed upon by the community, able to improve themselves because they are able to express aspects of personality not liked and trying to fix it. But adolescent self concept can also be formed negatively so that adolescents with negative self concept will appear as individuals; difficult to accept criticism, enthusiasm and responsiveness only to praise, tend to difficult to accept criticism, enthusiasm and responsiveness only to praise, tend to feel disliked by others, be pessimistic about the competition as revealed in his desire to compete with others in making achievements.

Self concept is the base of one's behavior, therefore self concept plays an important role in determining the success of adolescents. The existence of a positive self-concept, the adolescent can see the weaknesses and strengths that are in theirs, have the appropriate self-esteem and have a clear self-identity so that adolescents will be sensitive to themselves and their environment. Behavior is not influenced by past and current experiences, but the personal meanings of each adolescent influence. The meaningful role of the film will of course contribute to the personal meanings of adolescents, therefore selective action on the screened film is a behavior that adolescent need to actively do. The selective action of adolescent in choosing a movie can be done from the beginning. For example, like reading the movie synopsis before starting watching the film. In general, films besides incorporating synopsis also include audience age limits. So if the information from the movie has informed the audience's age limit, then the adolescent should follow it.

#### IV. CONCLUSION

The adolescent period is a period of self identity searching that will shape their self-concept. In this period, the biggest interaction that adolescents do is with peers in their social environment. Many things discussed by adolescents in their social groups, generally are the latest things such as movies as topics that are often discussed by adolescents. Movies is an entertainment that is preferred by adolescents, especially if the content of the movie is popular and in accordance with the needs of adolescents. Movies generally contain stories that are presented through pictures and sounds. Plot of the movies are diverse and have varied meanings which in the end the

meaning of a movie will certainly be lived on by adolescents who watching it.

There have been many studies conducted that adolescents tend to imitate the behavior of the model characters in the movies like as personal behavior. If the movies being watched is positive for adolescent, of course it will positively contribute to the formation of the adolescent's personal meanings so that it will also be a positive contribution to the formation of adolescent self-concept. Because the values that exist in the movies have an influence on the formation of adolescent self-concept, then adolescents, parents, educators, as well as the community, need to be active to do the selection of movies that to be watched so that the values obtained by adolescents are positive values for adolescent self-concept so that adolescents are able to display positive behavior in their social environment.

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