

# Self-Confidence in Generation Z

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## ABSTRACT

Self-confidence is a positive attitude that is an important part of life because having self-confidence makes it easier to develop one's potential. The purpose of this study is to find out how the current generation of Z's self-confidence is described. This descriptive study research uses descriptive research with non-experimental quantitative methods. The sample in this study used random sampling of 135 respondents. This research was conducted online by filling out a questionnaire provided with the population in this study, all of Generation Z in Indonesia, aged 16-27 years. The self-confidence scale is used as a measurement instrument in this study. Data were analyzed using SPSS 16 with validity taken from the highest or lowest aiken / rit. With a Cronbach alpha reliability index of 0.806. Of the 15 items, the lowest score was 0.306 and the highest score was 0.605. The results of this study show that self-confidence in Generation Z is in the moderate category, meaning that it can be seen that self-confidence in Generation Z is still not optimal and efforts are needed to increase self-confidence in adolescents. Furthermore, the description of self-confidence in Generation Z is seen based on the aspect of self-confidence, the highest mean is the optimistic aspect (13.42) and the lowest mean is the objective aspect (2.93).

Keywords: *Self-Confidence, Generation Z.*

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## Introduction

Currently there are still many generation Z who are still not confident. This is in accordance with data on a crisis of confidence that occurs due to body image in 2016, Dove brand of shampoo products conducted a survey of Dove's Global Report on Beauty and Confidence of Women Age 10-6. Which is where this survey was conducted in 13 countries with a total of 10,500 respondents. The survey results show that 89% of Australian women still feel very uncomfortable with their body shape. KPPPA data in 2018 found that 56% of teenagers in Indonesia had low self-confidence. Reported by [rejogja.republika.co.id](http://rejogja.republika.co.id), just before International Women's Day, Watson released the results of a regional survey from the "Women's Confidence Survey in Asia" (Wise), namely that almost 50% of women in Asia feel insecure. Research on self-confidence in terms of gender has been carried out by several researchers. The first is research conducted by Mother Nurika (2016) entitled "The Relationship Between Self-Concept and Self-Confidence in Adolescents Who Upload Selfies on Instagram (Viewed from Gender and Age)" in Surakarta, obtaining a T value of -0.597 with p =

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0.552 ( $p < 0.05$ ) in terms of gender. So it can be concluded that  $H_0$  is rejected  $H_a$  is accepted, which means that there is a difference in the self-confidence of male and female adolescents because the average male self-confidence is 66.89 while that of female is 65.86. This means that men have a higher level of self-confidence than women. The second study was conducted by Hadi, Rizka & Trimayati (2023) entitled "Comparison of the Level of Self-Confidence in terms of Gender in Students of SMA Negeri 1 Cerme" in Sumatra, found that the male sex was 48 students who were above the median and 18 students who are below the median / equal to the median of the total, namely 66 students. While female, there were 11 students who were above the median and 55 students who were below or equal to the median of 66 students. From the results of data analysis, it shows that the  $p$  value  $< 0.001$ . The research hypothesis is accepted, so it can be concluded that there are differences in students' self-confidence in terms of gender.

Post-Millennials are known as Generation Z (1997-2012) which have many similarities with Millennials, namely bringing new patterns of behavior. Generation Z is often referred to as the generation that is familiar with advanced technology and gadgets (Youarti & Hidayah, 2018). This generation was born and raised in the digital era where technological and internet developments have developed so rapidly, since childhood they have been familiar with sophisticated technology, one of which is a smartphone. For them, information and technology are things that have become part of their lives because they think that their world is divided into 2 worlds, namely the virtual world and the real world, where the virtual world has been arranged the same as the real world. So that from a psychological point of view, this generation has a psychology and personality as well as a distinctive character that is different from previous generations who have not had a post-modern environment.

College students belong to Generation Z, who are entering their late teens and early adulthood with a range of 16-27 years who are studying in tertiary institutions. In this case, self-confidence is very necessary and becomes an important part of every individual, especially students, because it can spur students to express their abilities freely because according to Ghufon and Risnawati (2014), self-confidence is an attitude or feeling confident in one's abilities. themselves so that the person concerned is not too worried in any of his actions, can feel free to do things he likes and is responsible for all the actions he does, is warm and polite in interacting with others, can accept and respect other people, have the drive to excel and be able to recognize their strengths and weaknesses. Taylor (2013) self-confidence is a belief in a person's ability to display behavior to achieve certain targets (in Wahyuni, 2023). Furthermore, confidence is how to feel about yourself and the behavior that reflects without realizing it. Hakim also argues that self-confidence is a positive belief in a person in all aspects

of the advantages possessed by him and can achieve all his goals in life by manifesting them in everyday life (in Wahyuni, 2023). Finally, according to Coleman, self-confidence is ability and self-esteem accompanied by strong self-awareness (in Kartini, 2019; Adawiyah, 2020).

Positive self-confidence is when the individual has an optimistic attitude and is able to accept all of one's abilities in dealing with everything confidently. Meanwhile, according to Wahyuni (2023), if a person feels inferior, he will have difficulty conveying his ideas to others and avoid speaking in public for fear of being blamed by others. The impact on people who lack self-confidence tends to be egocentric, feel dissatisfied with themselves, position themselves as victims, give up easily, feel sorry for themselves, and think they have no significant abilities. Mustari (2014) states that self-confidence in a person is not a hereditary trait, but is obtained from life experiences that can be taught and instilled through education (in Trimayati, Sholichah & Alfinuha, 2023). The characteristics of self-confidence, according to Lauster, reveal some of them 1) act independently in making a decision, 2) dare to express opinions, 3) believe in one's own abilities, and 4) have a positive sense of oneself (in Wahyuni, 2023). Ghufron and Risnawati (2014) suggested several factors that influence self-confidence including self-concept, experience, self-esteem, and education. There are also several points of the importance of having self-confidence according to Kartini (2019), including self-confidence means being able to control things, being confident means being able to withstand any pressure, life will be more fun and comfortable if you are confident, self-confidence makes someone avoid behavior low self-esteem, self-confidence can improve abilities, and self-confidence means being sure of one's own function. Self-confidence also has several types as expressed by Tanjung & Amelia (2017), namely there are 3 types that need to be developed, namely emotions, behavior, and spirituality. Ghufron & Risnawati (2014) also put forward several aspects of self-confidence, namely belief in one's own abilities, optimism, objectivity, responsibility, as well as rationality and reality.

Therefore, this is the background of this research, namely to find out how much influence self-confidence has on Generation Z students. The goal to be achieved in this study is to find out how big the difference in the level of confidence in Generation Z students is in terms of gender and age. The hypothesis put forward by the researcher is how is the self-confidence of Generation Z described?

## **Material And Methods**

This descriptive research study on self-confidence in Generation Z uses descriptive research with non-experimental quantitative methods. The sample in this study used random sampling with the time the research was carried out from May 8 2023 to May 11 2023. This research was conducted online by filling out the provided questionnaire. The population in this

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study is the entire Z generation in Indonesia, namely the age range of 16-27 years. Based on the results of the census, BPS noted that the majority of the population in Indonesia in 2020 was dominated by Generation Z (1997-2012) as much as 27.94% of the total population, while the sample in this study was 135 respondents. The data collection technique in this study was to use a self-confidence scale which was compiled based on the theory of Ghufron and Risnawati (2014). The scale is shown to all Generation Z in Indonesia. Validity is taken from the highest or lowest Aiken'V. With a Cronbach alpha reliability index of 0.806. Of the 15 items, the lowest score was 0.306 and the highest score was 0.605. All analyzes in this study were assisted by the SPSS version 16 statistical program.

## Results

In the research results there are demographic data, research categorization, and a description of self-confidence including the following:

### a. Demographic Data

The following is an overview of demographic data regarding self-confidence in Gen Z by gender and age group:

Table 1. Demographic Data of Confidence in Generation Z

Variable	Frequency	Percentage (%)
<b>Gender</b>		
Man	28	0,21
Woman	107	0,79
<b>Age</b>		
16-19 years old	47	0,35
20-23 years old	83	0,61
25-27 years old	5	0,04

In Table 1. regarding demographic data on self-confidence in Generation Z. The results of demographic data including gender and age group show results in the male group with a score of 21% and the female group with a score of 79%. Then the results of demographic data on the 3 age groups show that ages 16-19 years get a score of 35%, ages 20-23 years with a score of 61%, and ages 25-27 years with a score of 4%. Thus it can be concluded that the phenomenon of self-confidence in Generation Z is widely experienced by individuals with an age range of 20-23 years.

### b. Research categorization

Below is an overview of the categorization of research on self-confidence in Generation Z into low, medium and high categories:

Table 2 Research Categorization of Confidence in Generation Z

Category	Score Range	Frequency	Percent	Valid Percent	Cumulative Percent
<b>Low</b>	X < 30	5	3.7	3.7	3.7
<b>Moderate</b>	31 > X < 44	87	64.4	64.4	68.1
<b>High</b>	X > 45	43	31.9	31.9	100
<b>Total</b>		135	100.0	100.0	

The results of the self-confidence category show gains in the medium category with a score of 64.4%. Thus it can be concluded that the phenomenon of self-confidence that occurs in Generation Z is at a moderate level.

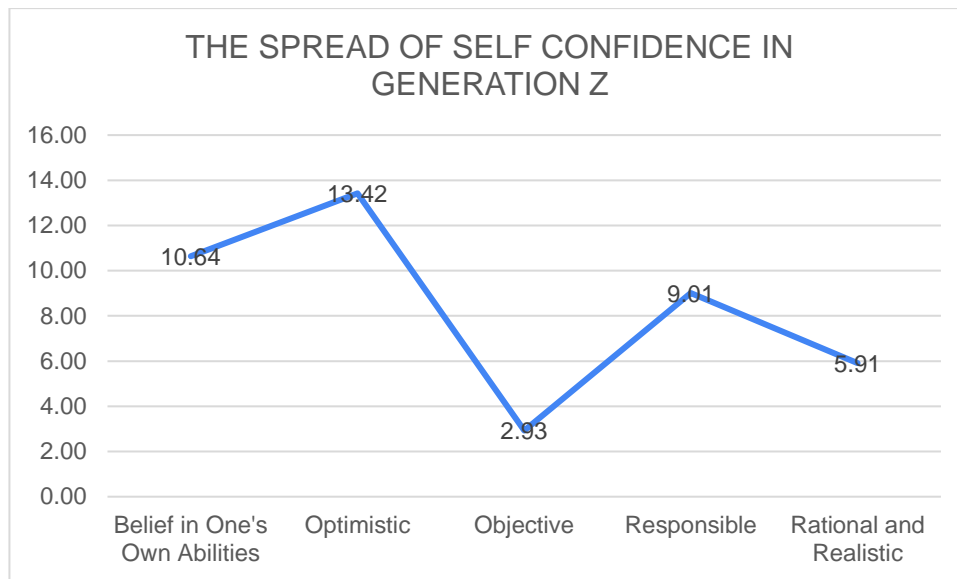
c. Depiction Self Confidence

The next result is an overview of self-confidence in Generation Z with several aspects as can be seen in table 3 below:

Table 3 Description Self Confidence

Variable	Minimum	Maximum	Mean	Std. Deviation
Self Confidence	24	60	41.91	6.416
Belief in One's Own Abilities	4	16	10.64	2.546
Optimistic	6	20	13.42	2.433
Objective	1	4	2.93	895
Responsible	5	12	9.01	1.427
Rational dan Realistic	2	8	5.91	1.129

Based on the table above, the picture of self-confidence in Generation Z gets a mean of 41.91. When viewed based on the aspect of self-confidence, the highest mean is the aspect of optimism (13.42), the aspect of belief in one's own abilities (10.64), the aspect of responsibility (9.01), the aspect of rational and realistic (5.91), and the lowest mean on the objective aspect (2.93). So that the results of obtaining scores from these aspects can be seen in the distribution of confidence as follows:



Source: Graph created by researchers

Figure 1. Graph of the Distribution of Confidence in Generations Z

## Discussion

Based on the results of the data it is known that the self-confidence of Generation Z students is in the moderate category with a score of 64.4%. This means that it can be seen that self-confidence in Generation Z is still not optimal and efforts are needed to increase self-confidence in adolescents. This is in accordance with research conducted by Fitri, Zola, Ifdil (2018) entitled "Adolescent Confidence Profiles and Influencing Factors" in Indonesia, which obtained results in the moderate category (71.8%) and those conducted by Suhardinata (2011) which revealed that the self-confidence of adolescents in Laboratory High School was in the moderate category; and the third researcher was conducted by Tohir (2005) on 63 students at MTS Al-Badiyah West Bandung which revealed that the level of adolescent self-confidence of 69.84% was in the medium category. From some of the results of these studies it can be seen that the self-confidence of adolescents is still not optimal and efforts are needed to increase self-confidence in adolescents.

In this case, self-confidence is very necessary and becomes an important part of every individual, especially students, because it can spur students to express their abilities freely because according to Ghufroon and Risnawati (2014), self-confidence is an attitude or feeling confident in one's abilities. yourself so that the person concerned is not too worried in any of his actions, can feel free to do things he likes and is responsible for all the actions he does, is warm and polite in interacting with other people, can accept and respect other people, have the drive to excel and be able to recognize their strengths and weaknesses. Then according to Taylor (2013), self-confidence is a belief in a person's ability to display behavior to achieve

certain targets (in Wahyuni, 2023). In other words, confidence is how you feel about yourself and the behavior that reflects you without realizing it. In addition, Hakim (in Wahyuni, 2023) argues that self-confidence is a positive belief in a person in all aspects of the strengths he has and can achieve all his life goals by being realized in everyday life. Finally, according to Coleman (in Kartini, 2019 & Adawiyah, 2020) states that self-confidence is ability and self-esteem accompanied by strong self-awareness.

Then the results of demographic data including gender and age group show results in the male group with a score of 21% and the female group with a score of 79%. Then the results of demographic data on the 3 age groups show that ages 16-19 years get a score of 35%, ages 20-23 years with a score of 61%, and ages 25-27 years with a score of 4%. Thus it can be concluded that the phenomenon of self-confidence in generation Z is experienced by individuals with an age range of 20-23 years. Even so, the level of self-confidence in a person can certainly vary between individuals and others because there are several studies that try to distinguish the level of self-confidence in certain conditions, one of which is sex / gender. The results of this study are different from previous studies because the judge explained that for men, the standard of self-confidence is themselves, while women consider the views of other people / outsiders more (in Trimayati, Sholichah & Alfinuha, 2023). According to Edwart Thorndike, men's abilities in self-confidence are superior to women, even though they are given the same education because the differences in the two sexes are believed to result in differences in mental abilities and activities of men and women (in Afifah, Hamidah & Burhani, 2022 ). Women tend to show lower self-confidence than men. Therefore, women tend to pay more attention to their condition than to show their abilities. The difference in the concept of the source of self-confidence is both influenced by external factors where the ideal man has an independent mental quality / factor in his maturity compared to physical appearance. But there are still many who place the standard of ideal women with physical perfection.

Furthermore, according to Ghufroon & Risnawati (2014) stated several aspects of self-confidence, namely belief in one's abilities, optimism, objectivity, responsibility, also rational and realistic. In the description of confidence in the Z gene, it gets a mean score of 41.91. When viewed based on the aspect of self-confidence, the highest mean is the optimistic aspect with a score of 13.42 and the lowest mean is the objective aspect with a score of 2.93. The results of this study are different from research conducted by Yanti, Rozalina & Rizky (2022) entitled "The Influence of Classical Modeling Technique Guidance on Student Confidence" in Indonesia with the results of student self-confidence such as overall data of 45%, aspects of self-confidence 34%, optimistic aspect 40%, objective aspect 49%, responsible aspect 38%, rational aspect 55%, and realistic aspect 58% where the highest aspect is obtained in the

research, the realistic aspect is 58% which is different from the results of the research on self-confidence in Generations Z is the optimistic aspect with a mean of 13.42.

The first aspect, namely belief in one's ability to get a mean score of 10.64, namely a positive attitude towards the individual about himself that he really understands what he is doing by seeing how much confidence he has in his ability to resolve various stressful pressures. Individuals who have low efficacy tend to often experience failure because the effort expended is not optimal and they easily give up when faced with difficulties (Vancouver & Kendali, 2006; Sulastri & Jufri, 2021). Furthermore, the second aspect, namely optimism to get the highest mean score of 13.42 is a positive attitude of someone who always has a good outlook in dealing with everything about oneself, hopes and abilities or further expressed by APA (2020) that optimism is an attitude that anticipates positive results through effort as well belief in the ultimate goal being achieved. Meanwhile Raditya (2009) states that optimistic people are better able to deal with stress than pessimistic people (in Valentsia & Wijono, 2020). Then self-efficacy is about one's own ability to achieve goals which are considered fundamental because these aspects determine human motivation (Bandura, 1989; in Vattøy, 2020). Then the third aspect is the objective which gets the lowest mean score of 2.93, namely people who see problems or everything according to the truth as it should be, not according to personal truth or according to himself so that he can accept the opinions of others. The fourth aspect is being responsible with a mean score of 9.01, namely a person's willingness to bear everything that has been the consequence. Finally, the fifth aspect, namely rational and realistic, gets a mean score of 5.91, namely an analysis of a problem, a thing, and an event by using thoughts that are acceptable to reason and in accordance with reality and have the thought that failure is one of life's lessons.

## **Conclusion**

Based on the results of the data it is known that the self-confidence of Generation Z students is in the moderate category with a score of 64.4%. This means that it can be seen that self-confidence in Generation Z is still not optimal and efforts are needed to increase self-confidence in adolescents. Then the results of demographic data including gender and age group show results in the male group with a score of 21% and the female group with a score of 79% so that women's self-confidence is higher than men. The results of this study are different from previous studies because the judge explained that for men, the standard of self-confidence is themselves, while women consider the views of other people / outsiders more (in Trimayati, Sholichah & Alfinuha, 2023). Furthermore, the picture of confidence in Gen Z is seen based on aspects of self-confidence, the highest mean is the optimistic aspect with a score



of 13.42 which is a positive attitude of someone who always has a good view in dealing with everything about himself, his hopes and abilities.

### Limitation and Suggestions

In this study, there were several limitations, namely the lowest mean on the objective aspect (2.93), so it is recommended for further research to multiply or add more variables related to the objective. Furthermore, there is an unbalanced number of respondents based on gender groups, so it is suggested for further research to balance between men and women so that comparative descriptive research can be carried out. Then multiply the subject or respondent for research. Finally, there are several statement items that are invalid, so it is recommended for further research to improve and increase the statements on the variables taken.

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