Social comparison relationship with self-love in adolescents and the implications of guidance and counselling

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Abstract: Confidence is one of the keys to someone being able to perform optimally in everything he does. Reaching that level of self-confidence requires maximum self-management. The purpose of this study was to find out how much social comparison affection is on self-love in adolescents at SMA Negeri 1 Bandar Khalipah. In this study, quantitative research methods and data analysis techniques used simple linear regression. The population of this study were 120 class XI students of SMA Negeri 1 Bandar Khalipah. The sampling technique used random sampling. The sample in this study was 120. The results of this study showed a relationship between social comparison and adolescent self-love, besides that, there was a significant relationship between perception and students' attitudes towards guidance and counselling with students' interest in utilizing guidance and counselling services.
Keywords: Guidance and counselling; social comparison; self love

Introduction

Adolescence is a transition from childhood to adulthood. The temporary grouping of the first adolescent period is individual early adolescents aged 12-16 years, unmarried or attending school at that age (Mills et al., 2021) . With the state of puberty, at this time many teenagers begin to pay attention to the circumstances surrounding their environment at home and school. On average, this happens a lot in the school environment, especially among students who are in puberty (Dong et al., 2021). In adolescence, they are required to have good self-management of various things, one of which is how to love yourself, the term is called self-love.

A study said, loving yourself means respecting yourself by being able to do things that support physical, psychological and spiritual development as well as being compassionate to yourself, focusing more on life goals, and with the effort you make you feel happy *(Karaşar, 2021)*. Self-love is an important part of self-esteem and self-confidence, so it can reduce students' risk of developing mental health problems such as depression, anxiety, and perfectionism. It can also increase optimism and help reduce stress, especially in the face of life's challenges*(Azahrah et al., 2022).* Self-love is an understanding that must be taught to every teenager if each person has their values and goals (Deniz & Yıldırım Kurtuluş, 2023). This understanding is very important to teach teenagers because, at their age, they will continue to try something new and have set goals or ambitions regarding something. Teenagers also have good self-esteem to defend their beliefs and are not easily influenced by other people.

Other studies also said that adolescents who have applied self-love to themselves will remain strong even though they sometimes fail or experience disappointment(Stock et al., 2019). But unconsciously some factors hinder self-love, namely social comparison or

comparing oneself with others, consciously or unconsciously, so that individuals can choose or imitate other people who are different.(Liu et al., 2019). Social comparison is not something that is rarely found in the school environment. Not a few students do social comparisons every day (Diel et al., 2021). Social comparisons are also social-cognitive adjustments that a person makes by comparing himself with others. The theory of social comparison states that people have an innate urge to evaluate themselves, and often compare themselves with others(Allcott & Kessler, 2019). People are always making all kinds of judgments about themselves, and one of the main ways is through social comparison.

This social comparison theory is also closely related to the urge to evaluate behaviour in groups so the implications of this theory are closely related to group formation and group dynamics (Hewitt, 2020). The reasons are, first, because comparisons can be made only within groups, besides that, self-evaluation drives can also cause a person to become a member of a group and associate with other group members. Second, the group that provides satisfaction is the group that has the closest opinion to the opinion of its members, or the person concerned(Jiang & Ngien, 2020). Therefore individuals will be more attracted to groups that have similar opinions and will tend to leave the group if the group has different opinions.

In addition, social comparison is a process in which a person compares abilities, opinions or characteristics with other people(Hewitt, 2020). The impact of this social comparison is also a trigger for ourselves, not making a form of appreciation and satisfaction or our affection for ourselves which should be done as a whole and sincerely includes the strengths and weaknesses that each person has, so that this condition can be it doesn't happen excessively, you need to know that it's important to learn to love yourself or commonly called self-love (Eom et al., 2019). Social comparison and self-love are related but different concepts. Self-love encourages investment in one's personal life while also respecting, protecting, and valuing oneself. There is a term Compassion, which means showing kindness, patience and understanding towards oneself during difficult times. Based on research conducted by that social comparison and self-love are associated with higher levels of life satisfaction(Oktawirawan & Yunanto, 2021).

Individuals who have high levels of compassion and self-love consistently have more positive perceptions of themselves and feel more satisfied with their lives as a whole without comparing themselves to others. However, the problem that is the focus of this study is the lack of self-love at SMA Negeri 1 Bandar Khalipah, Serdang Bedagai Regency, which can be said to be a lack of acceptance which can be described as a sense of support and care that is not limited to oneself, this is also due to adolescents I often compare my condition with the condition of others.

The situation of students who experience social comparison requires family supervision and also requires the role of the counselling teacher so that the growth of self-love in students must also be seen as our willingness to meet our own needs, not to think about things that judge ourselves, and to see ourselves as something valuable, good, valuable, and deserves happiness. Therefore, it is necessary to research to find a solution to this problem. One of the right solutions for this is the support from the role of the counselling teacher so far has a positive impact on students, including solving problems. Likewise, at inappropriate times, parents or teachers must also pay attention to supervising student development. Therefore it is necessary have the role of the BK teacher to be able to foster new enthusiasm in students. As long as

students are at school, the attention and support of the counselling teacher are considered capable of minimizing the problems experienced by students and can foster new enthusiasm in students in the social and academic fields. From the statement above, the writer is interested in researching the relationship between social comparison and self-love in adolescents and the implications of counselling.

Methods

The research method is quantitative, with a correlational design. The subjects of this research were 120 students of class XI. The research was conducted at SMA Negeri 1 Bandar Khalipah, Serdang Bedagai Regency. The data analysis technique of this research uses simple linear regression analysis. Data analysis used normality, linearity, simple linear regression and t-test assisted by the SPSS version 26 analysis tool. Data collection instruments in this study used two scales. First, the social comparison scale from the Iowa-Netherlands Comparison Orientation Measure (INCOM) scale by Gibbons & Buunk (1999) was modified and translated into Indonesian.

The scale consists of 11 items which are then modified by adding 10 new items compiled by the researcher with the help of a supervisor so that the total items tested are 21 items of favourable and unfavourable statements. The self-love instrument uses the theory of Benyamin et.al (2006), with indicators: 1) loving oneself, 2) trying new things to gain experience, 3) getting used to positive things, 4) being indifferent.

Results and Discussion

This research has been tested, the researcher compared the Pearson correlation for each item with the moment product r table. The results of the validity test obtained on the self-love and social comparison variables have account with a range (0.691-0.848), so $r_{count} > r_{table}$ means that the question items on the self-love and social comparison questionnaires are valid. The calculation of reliability is a calculation of the consistency of the questionnaire data using the Alpha-Cronbach formula. In this study, the normality test was statistically analyzed using the Kolmogorov-Smirnov test because the data is > 30. Deciding the Kolmogorov-Smirnov normality test, it can be done by comparing the Asymp values. Sig. (2-tailed), with the significance used α=0.05. This is illustrated in Table 1

Table 1. Validity and Reliability Test

No	Variabel	Cronbach's Alpha	Asymp. Sig. (2-tailed)
1	Social Comparison	0.957	.064
2	Self Love	0.954	

Based on the reliability test results in the table above, information is obtained that all variables have a Cronbach's Alpha value of > 0.60. Based on this, it can be concluded that all these variables are reliable. Based on the results of the normality test with the Kolmogorov-Smirnov in the table above, it is known that the probability value of p or Asymp. Sig. (2-tailed) of 0.064. Because the probability value of p, which is 0.064, is greater than the significance level, which is 0.05. This means that the normality assumption is met.

In addition, a partial test was conducted to determine the effect of each independent variable on the dependent variable partially. The partial test can be done through t-test statistics by comparing the Sig. t with an alpha value of 0.05 and also count with table. By using a sample of 120, the independent variable 1 and a significant level of 5%, a table of $(\alpha/2; n-k-1) = (0.025; 118) = 1.980$ is obtained, and the basis for decision-making is described in Table 2.

Tabel 2. Partial Test Results

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	8.083	2.350		3.439	.001
	Social Comparison	.768	.034	.903	22.885	.000

Based on the results of the t-test, which are presented in the table above, information is obtained that the Social Comparison variable has a significance value of 0.000, this value is less than 0.05. Meanwhile, the t count obtained a value of 22,885 > t table (1,980), so the Social Comparison variable affects the Self Love variable. So that the first hypothesis, H1: the Social Comparison variable has a partially significant effect on the "accepted" Self Love variable.

Several studies have found that a person's choice in comparing himself to others can be influenced by self-esteem, where someone who has low self-esteem or who experiences stress tends to form comparisons with people who are considered to have a position or situation lower than themselves (Schmuck et al., 2019). The direction of social comparison can show the motives of people who make social comparisons against themselves. A downward comparison is a comparison to other people whose performance or results are shown to be worse than that of the comparator, so this comparison is more aimed at enriching oneself through increased self-evaluation (Alfasi, 2019). The problem with this form of comparison is that sometimes a person can feel bad about themselves, especially if this person has low self-control. Upward comparisons with the aim of self-development tend to be made by individuals with high self-esteem, but these comparisons can have negative effects such as frustration, jealousy, violence and the emergence of feelings of low self-esteem. This will arise when individuals feel that they are less able to control the increase in their position (Fagundes et al., 2021).

Based on the results of the tests that have been carried out, the results show that social comparison has a partially significant effect on self-love. This is to the theory of self-love, or what is often called self-love, which is a state in which a person can respect himself by showing appreciation when he can make choices in pursuit of physical, mental and psychological development (Guajardo, 2021). Self-love is a person's ability to take care of himself as well as

possible by accepting and continuing to improve his shortcomings and make the best use of his strengths so that later he will experience satisfaction for his hard work in life (Rani et al., 2022). Applying the concept of loving oneself does not mean only fulfilling personal desires and longings, such as wearing beautiful clothes and makeup with expensive products and then pretending that you already love them. Self-love consists more of physical and non-physical love.

The results of research conducted in line with previous research all show that social interaction can have positive and negative effects on a person's self-esteem, depending on various factors such as individual differences, social context, and the nature of social interaction itself (Trisnani et al., 2022). This is the implication of finding efforts to promote self-interest and peace. the purpose of self-love is not only to make yourself happy but also to be tolerant of others. Our happiness and well-being can change ourselves without sacrificing others, how do love ourselves without sacrificing others (Rosida & Saputri, 2019).

He further explained the reasons it is difficult to love yourself, namely not being able to accept yourself as you are, not being grateful, not being able to love yourself, and not being able to evaluate yourself. Ways to be able to forgive yourself include being aware of what's going on inside of us, being aware of the feelings that arise, and being able to validate feelings and thoughts. Self-love is also a foundation that allows us to be assertive, establish healthy relationships with others, pursue our interests and dreams, and feel proud of ourselves (Englert, 2021). Therefore, it is important to manage self-love well. Not only is it useful to make you feel calm in living life, but self-love also has various benefits for physical and mental health. A study says when you practice self-love, you will accept yourself as you are.

This includes accepting all conditions in life, both good and bad, and taking responsibility for all actions taken. Everything certainly affects satisfaction in life because you have control over yourself. Meanwhile, its relation to the social process of comparison involves people who know themselves by evaluating their behaviour, abilities, and traits with other people. We usually compare ourselves to our peer group or to people who are similar to us. Social comparison often occurs consciously or even unconsciously, but naturally occurs as knowledge or social insight, experience, and social interaction are developed. Social comparison does not only play a role in making judgments or self-assessments based on others but can also affect how an individual makes a decision or acts and behaves towards the comparison he makes as a form of response. The existence of guidance and counseling services can be a place for individuals to be able to accept and love themselves more, so they don't compare themselves with the surrounding conditions.

Conclusions and Suggestions

Based on the analysis of the results of the research that has been done, it can be concluded that there is a relationship between social comparison and adolescent self-love, besides that there is a significant relationship between students' perceptions and attitudes towards guidance and counselling with students' interest in utilizing guidance and counselling services, so counsellors are expected to create and build perceptions and attitudes positive attitude of students to trigger students' interest in utilizing guidance and counselling services.

In addition, counsellors are expected to find things that can foster students' perceptions and attitudes to be positive. Counsellors are also expected to also avoid things that might trigger negative perceptions and attitudes in students. Future researchers are expected to find factors that can trigger students' positive and negative perceptions of guidance and counselling. And find out what factors can trigger the emergence of positive and negative attitudes of students. Other researchers are expected to find out what things can foster students' interest in utilizing guidance and counselling services.

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