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The Influence of The Quality of Interpersonal Relationships on Student Self-Concept

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Abstract: Interpersonal relationships are an important factor in the formation of one's self-concept. This research is a type of qualitative research with a literature review approach. The keywords used are "interpersonal relationships", "self-concept", and "adolescent". The results of this research show that the quality of interpersonal relationships influences individual self-concept. The more quality the interpersonal relationship has, the more positive self-concept the individual has. And conversely, failure in terms of interpersonal relationships will have a negative impact on one's self-concept. The quality of interpersonal relationships, along with individuals' awareness of themselves and their environment, plays a significant role in shaping both positive and negative self-concepts. This influence is evident not only in general circumstances but also within the specific context of college students.

Keywords: INTERPERSONAL RELATIONSHIPS, SELF-CONCEPT, ADOLESCENT

1 INTRODUCTION

Interpersonal relationships play a crucial role in our lives, and the quality of these relationships is deeply intertwined with our self-concept. Self-concept refers to how we perceive ourselves, including our identity, values, beliefs, and self-worth. It influences how we interact with others and shapes the dynamics of our interpersonal connections. Understanding the relationship between interpersonal relationship quality and self-concept is essential for fostering healthy and fulfilling connections with others. Referring to Lewandowski et al. (2010), recognizing the significance of self-concept clarity in a relationship provides valuable insights into the complexities of human connections and highlights the importance of self-awareness and emotional understanding in fostering strong and satisfying interpersonal bonds. In this article, we will explore the intricate interplay between these two factors, examining how our self-concept impacts the quality of our interpersonal relationships and how our relationships, in turn, shape and influence our self-concept.

Furthermore, we will delve into the various aspects of interpersonal relationship quality that are influenced by self-concept, such as trust, communication, and emotional intimacy. We will discuss how a positive self-concept, characterized by self-confidence and self-acceptance, can contribute to healthier and more satisfying interpersonal relationships. Conversely, a negative self-concept, marked by self-doubt or low self-esteem, may hinder the development of strong and meaningful connections. By gaining insights into these dynamics, we can enhance our self-awareness, improve the quality of our relationships, and foster personal growth. Ultimately, understanding the intricate relationship between interpersonal relationship quality and self-concept empowers us to cultivate more fulfilling and authentic connections with others.

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2 MATERIALS AND METHODS

Basically, all humans need other humans. Where someone needs a place where they can express their heart's content, get happiness, get information and need a life partner. In the pattern of human social interaction, the term interpersonal relationship is known. Interpersonal relationships are relationships outside of oneself or also called adjustments to others. A good interpersonal relationship is a relationship in which there is mutual trust, has a high sense of sympathy, and empathy, can open between individuals, and so on according to ability in interpersonal relationships. There are two factors that can improve interpersonal relationships, namely internal factors, namely the need for interaction and the influence of feelings, while external factors, namely closeness and physical attractiveness (Baron, 2002). Interpersonal relationships can influence an individual's self-concept by promoting positive self-esteem and fostering a constructive attitude, even in the face of failures. Individuals recognize that failures do not define their entire being and maintain a positive outlook. On the negative side, if an individual experiences failure in interpersonal relationships, it will affect a negative self-concept, believing and seeing that he is weak, unable to do anything, incompetent, failed, unattractive, disliked by others and loses interest in life. Individuals like this will tend to be pessimistic about life. A study conducted in 2019 involving adolescents revealed that those who faced failure in interpersonal relationships exhibited three distinct characteristics in their self-concept. These characteristics included a low self-concept, challenges in establishing new relationships, and a tendency to engage in pessimistic thinking (Ningsih, 2019).

Self-concept is an image that a person has of himself based on the experiences he gets when interacting with the environment around him (Irawan, 2017). This is formed as the individual heals and not only comes from internal factors, but also from external factors that come from experiences throughout life, so that the self-concept that each person has is different. Goffman in his view says that individuals in interaction project themselves about the situation, according to their own habits and experiences which then influence the other's "definition of the situation" in him. In successful interactions, a single definition of the situation will be built, and both partners build constructive lines of action that involve adjustments to how they see themselves (Hinde et al., 2001). Self-concept has a strong influence on a person's behavior in interacting with their environment, if individuals are able to perceive, react and give meaning to themselves, there will be awareness of themselves and the ability to view themselves as they do to others. Experiences in individuals are the result of searching and reflecting on themselves from the closest people around them. Hurlock said that the self-concept as age progresses will become more formed and stable, which is an important factor in a person to improve their personality (Ningsih, 2021). The image in the self-concept includes everything contained in the individual such as physique, personality, motivation, deficiencies, strengths, and so on. The image in self-concept is related to the awareness that individuals have regarding themselves which is then associated with positive or negative values based on the experiences that individuals have in the past, present and future. Expectations in individuals about themselves encourage the formation of limits to their behavior in life, the higher the expectations they have, the more behavior individuals must do to obtain these expectations. Self-concept can also be interpreted as an individual's assessment of himself, which is then compared to what he can and should be, this will affect the level of self-esteem he has and his behavior. The better the individual's assessment of himself, the more positive his self-concept will be and vice versa.

Baumeister has suggested that selfhood is built upon three fundamental human experiences. These experiences include reflective awareness, where individuals gain a sense of self by observing their own behaviors and interpreting social events. Interpersonal existence is another crucial aspect, as individuals learn about themselves through their relationships with others and adapt their behavior accordingly based on the context. Lastly, the executive self plays a role in decision-making, initiating actions, and other self-directed behaviors. According to this perspective, the self exists within an individual's mind and also in the shared reality of the social world they are part of (Hinde et al., 2001). Self-concept is closely related to the experiences that individuals learn when interacting with their environment which then forms a perception of an event that will affect the way individuals behave. This process occurs throughout an individual's life until the formation of a concrete self-concept of himself from childhood to adulthood. A person whose self-concept has been formed will behave in accordance with his self-concept, but if someone behaves inconsistently, it can be said that his self-concept has not been fully formed. According to Fitts, the self-concept is composed of two dimensions. The first dimension is internal and involves self-evaluation based on one's inner world, which includes self-identity, self-actors, and self-assessors. The second dimension is external and involves self-evaluation based on social relationships, activities, and values. This external dimension encompasses various aspects, including the physical self (perception of one's physical condition), ethical-moral self (perception of oneself from an ethical and moral standpoint), personal self (perception of personal circumstances), family self (feelings and self-esteem as a family member), and social self (perception of interactions within society) (Irawan, 2017).

From the discussion above, the researcher is interested in conducting a qualitative research study with a literature review approach on the effect of the quality of interpersonal relationships on students' self-concept. The research data uses references in the form of books and online journals with the keywords "interpersonal relations" and "self-concept".

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Then, researchers connected and analyzed the relationship between research results, then concluded based on the results of the literature study.

3   RESULTS

Based on the literature review that has been conducted, it is found in Ningsih (2019) that interpersonal relationships can affect a person's self-concept. A person tends to have a negative self-concept of themselves when they experience failure in their interpersonal relationships, where they are usually pessimistic about life, and tend to judge themselves as weak, helpless, incompetent, unattractive, and disliked individuals. As a result, individuals' self-concept is manifested in their behaviors during interactions with their surroundings. They often display reduced confidence, become more reserved, and struggle to engage with new people, leading to a limited social circle. The pessimistic attitude that individuals have can be reflected in their behavior such as being unsure, moody and sad, a feeling of hopelessness and hopelessness as if they are in a very bad situation. Just like how it is said in Neff & Beretvas (2013) that a positive self-concept leads to better relationship functioning which is why individuals who had a strong sense of self-concept experienced higher levels of satisfaction and well-being in their relationships. This was evident in their feelings of self-worth, overall happiness, authenticity, and ability to freely express their opinions within the relationship. The findings emphasized the positive association between a strong self-concept and the overall quality of relationships. This connection is also evident in the positive correlation between self-concept and interpersonal communication. Individuals with a higher self-concept tend to exhibit better interpersonal communication skills, and conversely, individuals with strong interpersonal communication skills often possess a more developed self-concept. Furthermore, when individuals have a comprehensive understanding of themselves and their surroundings, it significantly contributes to the formation of a positive self-concept, including among college students (Juliana & Erdiansyah, 2020). Simply put, interpersonal relationships have been found to have an impact on an individual's self-concept. Failure in interpersonal relationships can lead to a negative self-concept, characterized by pessimism, self-judgment, and feelings of weakness, helplessness, incompetence, unattractiveness, and being disliked. This negative self-concept often manifests in behaviors such as low confidence, social withdrawal, and difficulty in forming new relationships. Conversely, a positive self-concept is associated with better relationship functioning, as individuals with a strong sense of self-concept experience higher levels of satisfaction, well-being, self-worth, happiness, authenticity, and assertiveness within their relationships. Additionally, there exists a positive correlation between self-concept and interpersonal communication, whereby individuals with a well-developed self-concept often possess stronger interpersonal communication skills, and conversely, individuals with strong interpersonal communication skills tend to have a more developed self-concept. The cultivation of a positive self-concept is influenced by individuals' comprehension of themselves and their environment, which is equally applicable within the context of college students.

4   DISCUSSIONS

The results of this study are in line with several previous studies which were used as a reference source in writing. The advantage of our research is to see the relationship between the two variables with a broader perspective because the subjects used also vary. Meanwhile, the weakness of this study is in the aspect of the subject, we generalize conclusions based on previous studies that have different subjects, so it is possible if there are errors. We suggest that future researchers use more homogeneous data to make it easier and the results more accurate.

5   CONCLUSIONS

Based on the results of the literature review research that we have done, it can be concluded that the interpersonal relationship variable has a positive relationship with individual self-concept. The better the quality of one's interpersonal relationships, the more positive self-concept one has. Conversely, failure in interpersonal relationships can lead to a negative self-concept, characterized by pessimism, self-assessment, and feelings of weakness, helplessness, incompetence, unattractiveness, and dislike. This negative self-concept often manifests itself in behaviors such as low self-esteem, withdrawing from social situations, and difficulty forming new relationships.

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