

## SYSTEMATIC LITERATURE REVIEW: DEVELOPMENT OF ADOLESCENT SELF-CONTROL

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**Abstrac:** Many students experience problems with adolescent self-control that arise. The problems that arise are related to adolescent self-control in acting. Therefore the importance of developing research on self-control in guidance and counselling to improve students' quality of life in facing their future, as well as study material for guidance and counselling practitioners in efforts to develop adolescents. Self-control is an effort or individual ability to regulate, guide, and direct all forms of action in order to lead to positive action. With this self-control, the individual forms emotional control within himself. This article aims to analyze the development of self-control research in guidance and counselling. The method used in writing this article is a systematic literature review by doing a literature search from international journals and national journals. The result of this analysis is that the development of research on adolescent self-control has been carried out and applied a lot. With self-control, adolescents have boundaries that guard them in acting, being emotional, and developing cognition, which impacts avoiding various adolescent deviations.

**Keywords:** Self-Control, Adolescents, Development, Literature Review Systematics

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## INTRODUCTION

Self-control, namely the students' skills in controlling impulsive behaviour, which is interpreted as an emphasis on spontaneous or instinctive behaviour, still needs to be realized (Qudsiya, 2020). Self-control is the management of the

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stages of individual development, both in terms of physical, psychological and behavioural, in which these stages will organize themselves (Zulfah, 2021). The definition in question is an emphasis on skills in managing individual behaviour, psychological and physical, which, in the end, can form patterns of behaviour in individuals. According to Intani & Ifdil (2018) self-control is control over individual behaviour that tends to act negatively in thinking (Intani & Ifdil, 2018).

Based on some of the definitions above, self-control is a form of one's efforts to suppress behaviour that spontaneously occurs so that it does not manifest into negative behaviour and violates the rules in society. One of the negative behaviours that occur in students with low self-control in dating is behaviour that crosses boundaries, such as holding hands, kissing, being alone and others.

Adolescence is an era of transition from childhood to adulthood characterized by changes in physical, psychological and intellectual form towards a more mature direction. Adolescence is the best time in human life in the search for identity to improve and develop abilities and knowledge. In adolescence, humans begin to explore, and high curiosity emerges (Sibarani et al., 2022). Adolescence begin to want to do various impulsive actions because they cannot control themselves.

For example, behaviour related to the opposite sex is excessively carried out by adolescents. This is in line with Haryati's opinion, which says that dating behaviour is commonplace in society and at school, that opposite-sex relationships can train instincts, not allow lust and lust to dominate and make it normal for women and men to meet (Haryati, 2020). However, this habit can become a boomerang for these teenagers so that they lose control of themselves in dating because there is no reprimand from adults.

The inability of adolescents to control themselves can have an impact on many things. One of them is related to the example of the problem above. These, namely adolescents, are unable to control themselves in relationships with the opposite sex, which has an impact on premarital sexual relations. It can be seen from the facts according to data from the National Youth Risk Behavior Survey (YRBS) in the United States in 2006 that 47.8% of grade 9-12 students had sex, 35% of high school level students were actively having sex (Ratnawati & Ulandari, 2019). Meanwhile, according to statistical data from the Indonesian Demographic and Health Survey (BKKBN, 2017), it states that the majority of

women (80%) and men (84%) are in a committed relationship. 45% of girls and 44% of boys make new commitments to the opposite sex at the age of 15-17. Meanwhile, in terms of dating behaviour, the majority of girls and boys admit that their dating activity is holding hands (64% of girls and 75% of boys -men), hugging (17% of women and 33% of men), kissing on the lips (30% of women and 50% of men) and groping (5% of women and 22% of men).

According to Miftakhul that the contribution of the counselling teacher in student self-control is to help students manage actions and behaviour and positive self-control by building a good rapport with students in order to build a sense of comfort which is expected to foster student openness. to the counsellor so that it makes it easier for the counselling teacher to find the essence of the source of the problems faced by students (Intani & Ifdil, 2018). BK teachers can provide essential services in the form of providing information and classical guidance services in class and individual/group counselling by motivating students and applying several techniques according to the themes discussed. Besides that, counselling teachers can collaborate with parents who have an essential task of supporting the completion of students' dating behaviour problems and counselling teachers who have an open heart in helping students' problems will make students aware of their harmful actions.

In this era of development, students are expected to fulfil developmental tasks, one of which is the task of social development in dealing with relatives and the surrounding community, including the opposite sex and aligning themselves with the rules made by the society where they live. The problems described above are exciting to discuss, so researchers will discuss the development of self-control in adolescents more deeply.

## **METHODE**

The method used in writing this article is a systematic literature review. The systematic literature review method is a process of identifying, assessing and interpreting all available research evidence with the aim of providing answers to specific research questions (Kitchenham, 2004). The systematics of this literature review was carried out by conducting a literature search from both international and national journals using the Scholar database. The following is the article criteria used for analysis.

**Table 1**  
**Article criteria in the analysis**

No	Article criteria in the analysis			
	Criteria Type	Criteria	Yes	No
1	Journal type	International Journal	√	
		National Journal	√	
2	Publication period	last 10 years (2010-2023)	√	
3	Problems	Development of self-control	√	
4	Population	Adolescent	√	
5	Research methods	Quantitative	√	
		Qualitative	√	

In the early stages of searching for journal articles within the last 14 years, from 2010 to 2023, using the keyword "self-control". From this search, 30 journal articles were identified. However, the 30 journal articles need to be identified and explored based on the criteria in Table 1. to determine their relevance for analysis. After identifying and exploring the relevance of the number above, only about five articles were considered the most suitable for the journal article criteria to be analyzed.

**FINDINGS AND DISCUSSION**

**Findings**

**Table 2**  
**Finding**

No.	Author, Year	Sample	Variable	Methods, Instruments	Summary Of Results
1	Yugyun Kim, Jennifer S. Richards, Albertine J. Oldehinkel, 2022	Adolescents	Self-control, Mental Health Problems, and Family Functioning	Data comes from Tracking Adolescents Individual Lives Survey (TRAILS) consisting of populations with the same characteristics that are referenced by reference clinicians, who were recruited in North Holland. The instrument used is Random-intercept cross-lagged panel model (RI CLPM) to investigate transactional relationships between controls self-esteem, mental health problems, and family functioning.	The family is the main social unit that helps adolescents to adapt in adjusting. This study demonstrates the relationship between self-control, mental health problems and family functioning among adolescents and early adults. Furthermore, self-control problems in adolescents are associated with mental health problems and family functioning. If in self-control, mental health problems, and family functioning influence one another, it can reflect transactional effects in the individual among the variables studied. This requires further research, with a smaller time scale, for example per week or per day. In addition, the CLPM results reflect an insignificant reciprocal relationship between variables. Problems with self-control, mental health and family functioning may occur in childhood. Further research is needed to confirm whether self-control, mental health, and family functioning influence each other during early development or after adolescence (Kim, Richards, & Oldehinkel, 2022).
2	Alexander T. Vazsonyi, Gabriela	Preschool age, middle youth	<i>Self Control, Deviance</i>	Data for this study were based on the National Institute of Child Health and Human Development	The results of the study show that self-control develops during childhood, followed by stabilization in late childhood, around the age of 10,

	Ksinan Jiskrova 2018			(NICHD) Early Child Care Research Network Study of Early Child Care. The NICHD study is a longitudinal project initiated to examine how different childcare experiences relate to children's developmental outcomes, including their physical, social, emotional, intellectual, and language development. To assess children's and adolescents' deviant behavior, we used maternal reports from the Child Behavior Checklist (CBCL; Achenbach, 1991). The method used is descriptive statistics.	at the point of transition to early adolescence. The relationship between self-control and deviance is mutually influenced, due to the influence of genetic factors and environmental influences during infancy (Vazsonyi & Ksinan Jiskrova, 2018).
3	Munawaroh, Fitrianingrum 2015	Class X SMA Muhammadiyah 7 Yogyakarta Academic Year 2014/2015	Self Control, Juvenile Delinquency Behavior	The research approach uses a quantitative approach with a correlational type. Collecting data in this study using self-control scale and juvenile delinquency behavior scale.	There is a positive relationship between self-control and juvenile delinquency behavior. So it shows that the higher the level of self-control, the lower the level of juvenile delinquency behavior in class X SMA Muhammadiyah 7 Yogyakarta. Conversely, if the level of self-control is low, the higher the level of juvenile delinquency behavior in class X SMA Muhammadiyah 7 Yogyakarta (Munawaroh, 2015).
4	Jian-Bin Li1, Yayouk E Willems3 F., Marijn Stok5, Maja Dekovic, Meike	<i>Parenting, Self Control</i>	Adolescents	Research uses a variety of methods to examine the relationship between parenting and self-control. Cross-sectional and longitudinal designs were used to examine the relationship between self-control and child	Research shows that parenting styles significantly contribute to self-control in adolescents aged 10 to 22 years. This shows that adolescent self-control shows a significant effect on parenting in the future. Our findings provide further evidence of the importance of considering the continuous and dynamic interaction of developmental self-control

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	Bartels, Catrin Finkenauer 2019			rearing. The instrument used is Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA)	and the environment (parenting or parent-child relationship) during the period of Adolescence. (Li et al., 2019).
5	Nada Annisah, Mudjiran, Z. Mawardi Effendi 2022	Self Control, Premarital Sexual Behavior	Adolescent, Students of SMA Negeri 15 Padang	The research method used is quantitative research using descriptive methods. Data collection tool in the form of self-control scale.	Based on the research results, SMA 15 Padang students already have high self-control, which means that in behaving they tend to be able to direct their behavior towards a positive way of thinking, by focusing on things that bring benefits and being careful in making decisions. There is a positive and significant relationship between self-control and attitudes towards premarital sexual behavior. So it can be concluded that high self-control will have low premarital sexual behavior. Conversely, the lower the self-control, the higher (positive) the attitude towards premarital sexual behavior. Based on these data, that someone who has high self-control is someone who can manage situations, regulate emotions, regulate behavior and act rationally. (Annisah et al., 2020).

## **Discussion**

Self-control is an effort or individual ability to regulate, guide, and direct all forms of action to lead to positive action (Kim, Richards, Oldehinkel, et al., 2022). In other words, this self-control forms emotional control within the individual. Self-control, in this sense, is someone who is able to control himself well and optimally based on knowledge and insight so that a person is able to control himself well, someone who is able to control himself well is not only able to control automatically, but there is a series of cognitive knowledge and skills that make a person able to control himself well (Intani & Ifdil, 2018). The benefit of having high self-control for adolescents is that they will be more selective in their behaviour.

Self-control allows adolescents to inhibit unwanted actions, emotions, and cognitions and to reinforce the desired long-term adaptation (Kim, Richards, Oldehinkel, et al., 2022). The nature of adolescents who are still emotional and have not been able to control themselves properly, so with this self-control, teenagers will be hampered from taking emotional and passionate actions. Several previous studies have consistently shown that low self-control is vital in understanding deviance and that it is a stable predictor throughout life (Peradilan et al., 2017). Low self-control will result in destructive behaviour. Also, according to Averill, self-control is a psychological variable that includes the individual's ability to manage information that is unimportant and the individual's ability to choose an action that he believes.

Adolescence is a period that is vulnerable and easy for various problems to occur, especially in the cognitive, emotional, and social domains (Santrock, 2019). This is due to the many new adjustments that teenagers are experiencing. In addition, teenagers are still unstable in weighing and making decisions (Hurlock, 1994). In line with this, the character of adolescent self-control is very vulnerable and fragile, but when someone has good self-control, bad things will be prevented. Why is that? Because poor self-control will result in wrong behaviour. In this case, juvenile delinquency is due to self-control that cannot be adequately mastered. Because adolescents are still unable to control themselves properly, two things have the potential to affect adolescent self-control, namely (1) mental health and (2) parenting patterns towards emotional and stress responses.

The importance of self-control and related constructs Current studies such as self-regulation and impulse control in predicting adjustment have also been

recognized in several social and behavioural science disciplines, including psychology. Previous studies have examined the development of self-control and stability (Peradilan et al., 2017). Therefore, self-control in adolescents is significant, so good parenting and a harmonious family will produce emotionally stable children because they are well-equipped with knowledge and principles. When examining the average developmental change in self-control over time, from childhood through adolescence, the results follow one main prediction by Gottfredson and Hirschi: self-control generally stabilizes by the end of childhood, at the age of 10 years (Peradilan et al., 2017).

In this case, adolescent self-control can be said to be more mature, so self-control is more stable because of increased knowledge and cognitive functions that function correctly, so self-control will also be better. Around age 10, at the transition point to early adolescence (Peradilan et al., 2017). No evidence was found to support that self-control continued to develop beyond ten years of age, according to either latent growth models or cross-lagged latent models over the 11 years from 4 to 15 years of age; however, the course of abnormal development, primarily up to the age of 10, parallels self-control. Thus, the relationship between self-control and deviance over time is bidirectional until the age of 10 years. From this study, a person will be able to control himself sufficiently from the age of 10 years because this is the transition period from childhood to adolescence.

Following are the factors that influence adolescent self-control according to Borba (2000) (Aristanti & Rohmatun, 2019). The first is the mental health factor; in this case, the factor is the cause or trigger for the emergence of a reaction; it can be said that the basis of an event that triggers something to appear, the correlation with mental health and self-control is that adolescence is a period full of emotions, there are many triggers for a adolescent to carry out behaviour that goes against norms and religion for reasons of experimenting and many things that cause adolescence to suffer mental health, one of which is social media, with social media a teenager has a bridge to know the world, the world feels very transparent because social media surround it, many adolescents who end up having jealousy, lack of self-confidence because they compare themselves with friends on social media. Mental health problems, which are generally divided into externalizing problems (for example, aggressive behaviour and breaking the rules) and internalization problems (for example,

anxious behaviour and depression), often arise. In adolescence (Kim, Richards, Oldehinkel, et al., 2022).

With the existence of social media and the era of globalization, things that often appear among teenagers are anti-social behaviour, depression and breaking the rules. This is partly due to increased plasticity in cortical areas, which facilitates the development and increases adolescent sensitivity to the effects of stress on mental health (Kim, Richards, Oldehinkel, et al., 2022). In this sense, adolescents are very vulnerable to stress, and therefore, self-control is significant in inhibiting aggressive and anxious behaviour.

Second, are family factors; family factors also influence adolescent self-control (for example, parenting, parent-child relationships, and family functioning) and self-control in children and adolescents, and the findings show that the family environment plays an essential role in the development of self-control (Kim, Richards, Oldehinkel, et al., 2022). Factors that influence one of them is the family that influences adolescent self-control is the family factor, in this case, the parenting factor, which results in adolescent self-control patterns. In this case, the parenting style is very influential on adolescents; for example, if a child is not taught to express his feelings, then children tend not to be able to express their feelings, then the result is that the child will be vengeful and grumpy and can cause stress

Problems with mental health and family functioning can influence and be affected by self-control. In addition, families that are not functioning correctly can increase the risk of adolescent mental health problems, and adolescent mental health problems can stress families so that their functioning worsens (Kim, Richards, Oldehinkel, et al., 2022). In a sense, this is that these three things are related to each other mental health, family and their relation to self-control, so self-control, in this case, bridges mental health and family parenting with good self-control patterns so that mental health will be good as well—good parenting style for teenagers.

Based on the results of Munawaroh's research (2015), it is known that there is a positive relationship between self-control and juvenile delinquency behaviour. So it shows that the higher the level of self-control, the lower the level of juvenile delinquency behaviour (Munawaroh, 2015). This aligns with the research of Aviyah & Farid (2014), which states that self-control can be interpreted as an activity to control behaviour. The ability to structure, guide, organize and direct forms of behaviour that can lead individuals towards

positive consequences. Aspects as follows: a) Ability to control impulsive behaviour, b) Ability to control stimulus, c) Ability to anticipate an event or event, d) Ability to make decisions. If there is low self-control, juvenile delinquency will increase. This is because, along with the development of the era where it is complicated to filter things that enter the world of teenagers, it is necessary to understand certain boundaries well. One way to gain this understanding is from the religiosity taught to children from parents, schools and the surrounding environment (Aviyah & Farid, 2014).

Based on findings in other studies, there is a positive and significant relationship between self-control and attitudes toward premarital sexual behaviour (Annisah et al., 2020). So it can be said that high self-control will have low premarital sexual behaviour (Noor, 2015). Conversely, the lower the self-control, the higher (positive) the attitude towards premarital sexual behaviour. Someone with high self-control can manage situations, regulate emotions, regulate behaviour and act rationally. When viewed from an age perspective, the adolescent phase is a vulnerable phase considering that many changes occur both in the physical, psychological and social aspects. In this phase, adolescents are full of desire for self-freedom, filled with enthusiasm, love, hope, activity, imagination, and curiosity. Generally, adolescents in this phase are high school (SMA) or vocational (SMK) students aged 15-18 years.

The way to develop adolescent self-control is by providing guidance and counselling services, either with essential services or responsive services (Gunawan, 2001; Lutfiyani & Bhakti, 2017; Nurihasan, 2003; Yusuf & Nurihsan, 2008). In addition, the counsellor asks the counselee to think about the consequences that will be faced if an action is carried out impulsively and continues to be carried out and the consequences (Wulandari & Lubis, 2018). In this case, as a counselling teacher, you must be able to change the mindset of the counselee by giving an idea of what will happen if the pattern of behaviour continues. With the counselee's notes making a choice, the counselling teacher only directs and facilitates it.

## **CONCLUSIONS AND RECOMMENDATIONS**

Self-control is an effort or individual ability to regulate, guide, and direct all forms of action in order to lead to positive action. With this self-control, the individual forms emotional control within himself. The benefit of having high self-control for adolescents is that they will be more selective in their behaviour.

A person with good self-control is able to control himself properly and optimally based on knowledge and insight so that the individual is able to control himself well. However, someone who is able to control himself well is not only able to control himself automatically, but there is a series of cognitive knowledge and skills that make a person able to control himself well. At the age of adolescents, the characteristics possessed by adolescents are still emotional and have not been able to control themselves properly, so with this self-control, adolescents will be hampered and reconsider taking emotional and passionate actions.

From the results of the analysis that has been carried out, it is found that research developments in adolescent self-control have been carried out and examined a lot. Good self-control in adolescents can influence all actions that will be carried out by adolescents. So that Adolescents have boundaries that guard them in acting, being emotional, and developing cognition which has an impact on avoiding various adolescent deviations that occur.

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