The Influence of Height on Self-Confidence in Students

Samuel Gerardo Putera Serva[1], Algani Adam Ray[1], Irma Wati[1], Ummu Habibah Siregar[2*]

[1]Universitas Mercu Buana Yogyakarta, Sleman, Indonesia
[2]Universitas Ahmad Dahlan, Yogyakarta, Indonesia
*ummu2107050012@webmail.uad.ac.id

ABSTRACT

Confidence is the capital that is owned by every individual in an effort to actualize themselves, one of the factors that influence self-confidence is height. The purpose of this study was to find out whether height has an influence on self-confidence. This research method is descriptive quantitative. The population in this study were 266 students of the Communication Studies Program at Mercu Buana University, Yogyakarta, with a sample of 116 respondents using a probability sampling technique. The instruments used in this study were height indicators and self-confidence questionnaires based on Lauster's theory (2012). The data obtained were then analyzed using the Pearson's technique. The results of the study found that most of the respondents had low self-confidence, namely 50.9% and had above average height, namely 68.1%. The results of the regression analysis obtained a significance value of 0.002 ($p < 0.05$) and an r square of 8.1% which indicates that there is an effect of height on self-confidence. In conclusion, there is an effect of height on self-confidence of 8.1%, while 90.9% is influenced by other variables. Suggestions for future researchers are to be able to follow up on other variables that affect self-confidence.

Keywords: Self-Confidence; Student; Height

INTRODUCTION

Self-confidence is an important aspect of personality during adolescent development (Fitri et al., 2018). Confidence is a natural human trait that grows and develops as the individual develops. Confidence is the capital that is owned by each individual in an effort to actualize themselves. According to (Komara, 2016; Amma, et. al., 2017), self-confidence is one of the works of positive self-actualization, by having self-confidence students are able to develop their talents, interests and potential so that they can develop into success or what is called achievement.

Some of the supporting factors for increasing or decreasing self-confidence are environmental conditions, parenting styles, and genetics (height). Height is the distance measured on a person's body in an upright position from the crown of the head to the feet. Height is an anthropometric measure that describes the state of skeletal growth (Hardinsyah, et al., 2008). The average height of Indonesians is 158.17cm (Bostock, 2019).

In the process of measuring, of course, a person is not allowed to wear footwear. According to Ahmad et al (in Santika & Subekti, 2020) Height is the distance from the vertex to the floor, when the person is standing upright, the anatomical position of the body and the position of the head in the Frankfort plane. The height of each individual is different from one another. Individual height depends on genetic makeup. However, other things such as nutrition, hormones, and daily activities also affect height. There is previous research that examines and discusses self-confidence. This topic is more or less similar to what the researcher chose. Komara's research (2016), entitled "The Relationship between Self-Confidence and Student Learning Achievement and Career Planning". The results of this study are the higher the level of student self-confidence, the greater the learning achievement and career planning, conversely the lower the student self-confidence, the smaller the learning achievement and career planning. However, this research still has drawbacks, namely to generalize junior high school students about career planning is still too far away to be able to conclude that way, moreover junior high school age is the age when every child is still searching for identity and has unstable emotions. In addition, each child's self-confidence can continue to grow along with environmental conditions, the process of self-maturity, external factors such as body posture, and others.

Based on the results of the study Fitri et al. (2018), most adolescent self-confidence is in the moderate category, and the optimistic aspect is the aspect that contributes the most to adolescent self-confidence, namely 23.04%. An indicator that plays a big role in supporting self-confidence is an optimistic attitude because this attitude can overcome fear in trying and being able to continue to see a bigger future. In this study the authors used the subject, namely students of the Faculty of Communication and Multimedia, Mercu Buana University, Yogyakarta, class of 2021, where the age of the respondents was more mature than the previous research above. In responding to the deficiencies/weaknesses of the research above, this research takes a different side from previous studies. Researchers see the topic of self-confidence from different angles and factors. This study tries to take and look at problems with self-confidence from the perspective of the influence of height. In addition, what distinguishes this research from previous research is the research instrument. This research can be used as a reference in increasing student self-confidence.

METHODS

This study used a quantitative descriptive method with a cross-sectional technique, namely looking for a relationship between height and self-confidence. The population is 266 students of the Faculty of Communication and Multimedia, Mercu Buana University, Yogyakarta. Sampling made use of probability sampling technique with a total of 116 respondents. Sample calculation using Slovin formula. Height and self-confidence questionnaire developed from Lauster's theory (in Denich, 2016: 50). In

an effort to get valid conclusions and research results, validity and reliability tests were carried out where there were 19 valid items.

RESULTS AND DISCUSSION

This study used 116 students of the Faculty of Communication and Multimedia, Mercu Buana University Yogyakarta from class of 2021.

Table 1. Validity Test of Variable Y

Variabel Y	R Count
Item 1	0,506
Item 2	0,824
Item 3	0,588
Item 4	0,565
Item 5	0,584
Item 6	0,833
Item 7	0,743
Item 8	0,529
Item 9	0,750
Item 10	0,628
Item 11	0,617
Item 12	0,573
Item 14	0,582
Item 16	0,631
Item 17	0,544
Item 21	0,596
Item 22	0,792
Item 23	0,515
Item 25	0,637

Based on table 1 test the validity of the instrument, from 25 question items obtained 19 valid items, which obtained the value of r count> from r table (0.423). The instrument was made with reference to Lauster's theory (in Denich, 2016: 50) to see self-confidence. This instrument is in line with research instruments (Yuliani et al., 2021).

Table 2. Body Height of the Respondent

Item	Item	N	%	Mean
Height	>158.17 cm	79	68.1%	158.17 cm
Low	<158.17 cm	37	31.9%	
Total		**116**	**100%**	

Based on the table above, the height category is high 79 (68.1%) and lower category 37 people (31.9%), with a mean value of 158.17 cm. It also was found that the majority of respondents had a height above the average Indonesian population (158.17 cm). This shows that the height of students of the Faculty of Communication and Multimedia, Mercu Buana University, Yogyakarta, class of 2021 is above average. This is in line with research (Sandjaja & Soekatri, 2014) which showed that there was an increase in the height of Indonesian children from 1940-2010, namely an increase of 0.8-3.5 cm for boys and 0.3-1.9 cm in girls.

Table 3. Confidence

Category	N	%	Mean
High	57	49.1%	67.11
Low	59	50.9%	
Total	**116**	**100%**	

Based on the table above, respondents have low self-confidence, with 59 (50.9%) respondents and high self 57 (49.1%) respondents.

Table 4. Analysis of Regression Results

Variable	R Square	Sig.
Height on Self-Confidence	0.081	.002

Based on the table above shows that the significance value of the results of the regression analysis obtained a value of 0.002 (p <0.05) with an r square of 0.081 (8.1%) this indicates that there is an influence between height and self-confidence. Based on the self-confidence table, it was found that student self-confidence was at low self-confidence, namely 59 (50.9%). These results are not in line with research (Wahyuni et al., 2016) which shows that adolescent self-confidence is in the high category of 45 people (73%). Based on the analysis of the regression results in table 4, the results obtained a significance of 0.002 (p <0.05) and an r square of 8.1%, this indicates that there is an effect of height on self-confidence of 8.1%, while 91.9 % influenced by other variables. This data shows that the effect of height on self-confidence is low.

CONCLUSION

In conclusion, this study delved into the relationship between height and self-confidence among 116 students in the Communication Studies Program at Mercu Buana University, Yogyakarta. The findings revealed that a considerable proportion of the respondents, specifically 50.9%, reported low self-esteem. Additionally, the majority, comprising 68.1%, had above-average height.

The statistical analysis, employing Pearson's technique, produced significant results with a significance value of 0.002 (p < 0.05) and an r square of 8.1%. This indicates that 8.1% of the variation in self-confidence can be attributed to height. However, it is crucial to acknowledge that despite this observed influence, the study underscores that 90.9% of the variability in self-confidence is influenced by other unexplored variables.

Conclusively, the study suggests a noteworthy effect of height on self-confidence within the studied population, signifying the relevance of considering height as a contributing factor. Nevertheless, the substantial percentage of unexplained variability underscores the complexity of self-confidence, emphasizing the need for future research to explore additional variables that play a role in shaping individuals' self-esteem.

REFERENCES

Amma, D. S. R., Widiani, E., & Trishinta, S. M. (2017). Hubungan citra diri dengan tingkat kepercayaan diri remaja di SMKN 11 Malang kelas XI. Nursing News: Jurnal Ilmiah Keperawatan, 2(3).

Bostock, B. (2019). Ranked: The countries with the shortest people in the world. Insider.Com. https://www.cnnindonesia.com/gaya-hidup/20220928143742-284-853762/urusan-tinggi-badan-indonesia-nomor-182-di-dunia#:~:text=Ternyata rata-rata tinggi badan,dengan penduduk terpendek setelah Kamboja.

Denich, I. (2016). Konsep Kepercayaan Diri Remaja Putri | denich | Jurnal EDUCATIO: Jurnal Pendidikan Indonesia. Jurnal EDUCATIO: Jurnal Pendidikan Indonesia, 2, Vol 2-No 2. https://jurnal.iicet.org/index.php/j-edu/article/view/72

Fitri, E., Zola, N., & Ifdil, I. (2018). Profil Kepercayaan Diri Remaja serta Faktor-Faktor yang Mempengaruhi. JPPI (Jurnal Penelitian Pendidikan Indonesia), 4(1), 1–5. https://doi.org/10.29210/02017182

Hardinsyah, H., Damayanthi, E., & Zulianti, W. (2008). Hubungan Konsumsi Susu Dan Kalsium Dengan Densitas Tulang Dan Tinggi Badan Remaja. Jurnal Gizi Dan Pangan, 3(1), 43. https://doi.org/10.25182/jgp.2008.3.1.43-48

Komara, I. B. (2016). Hubungan antara Kepercayaan Diri dengan Prestasi Belajar dan Perencanaan Karir Siswa SMP. PSIKOPEDAGOGIA Jurnal Bimbingan Dan Konseling, 5(1), 33. https://doi.org/10.12928/psikopedagogia.v5i1.4474

Sandjaja, N., & Soekatri, M. Y. (2014). Kecenderungan Pertumbuhan Tinggi Badan Anak Usia 5-18 Tahun Di Indonesia 1940 – 2010. Gizi Indonesia, 37(2), 79. https://doi.org/10.36457/gizindo.v37i2.153

Santika, I. G. P. N. A., & Subekti, M. (2020). Hubungan Tinggi Badan dan Berat Badan Terhadap Kelincahan Tubuh Atlet Kabaddi. Jurnal Pendidikan Kesehatan Dan Rekreasi, 6(1), 18–24. https://ojs.ikippgribali.ac.id/index.php/jpkr/article/view/601/482

Wahyuni, F., Opod, H., & David, L. (2016). Hubungan tingkat kepercayaan diri dengan obesitas pada siswa-siswi SMA Negeri 7 Manado. Jurnal E-Biomedik, 4(1). https://doi.org/10.35790/ebm.4.1.2016.12144

Yuliani, P. R. R. H., Hidayat, W., & Yuliani, W. (2021). Uji Validitas dan Reliabilitas Angket Kepercayaan Diri. FOKUS (Kajian Bimbingan & Konseling Dalam Pendidikan), 4(5), 367. https://doi.org/10.22460/fokus.v4i5.7257