

THE INFLUENCE OF PERSONAL LIFE DEVELOPMENT AS AN INDIVIDUAL DURING ADOLESCENCE

Frezy Paputungan

Bina Mandiri University, Gorontalo City, Indonesia
Email: frezypaputungan@gmail.com

ABSTRACT

Individual personal life is a life that is whole and complete and has special or unique characteristics. A person's personal life involves various aspects, including emotional, social-psychological, socio-cultural, and intellectual abilities which are integrated in an integrative manner with the environmental factors of his life. At the beginning of life, in order to lead to a more mature pattern of personal life, individuals will strive to live independently, in the sense of being able to take care of themselves by managing and meeting their needs and carrying out their daily duties and responsibilities. For this reason, it is necessary to have the ability to master situations in the face of various stimuli that can disrupt personal stability. In addition, in personal life harmony between physical and non-physical needs is needed. Physical needs, for example someone needs to breathe freely, need to eat well, drink enough, enjoyment, happiness, security, and so on. With regard to the socio-psychological aspect, every person needs the ability to master his attitudes and emotions as well as a means of communication to socialize. This is seen as a whole and complete in the form of steady behavior and actions. Thus the problem of personal life is a form of integration between physical, socio-cultural and psychological factors. An individual also needs recognition from other parties about his self-esteem, both from his own family and from society in

Keywords: Development, Personal Life, Individual, Adolescence

INTRODUCTION

An individual's personal life is a complete and complete life and has special and unique characteristics. A person's personal life concerns various aspects, including emotional, social psychological and socio-cultural aspects, and intellectual abilities which are integrated in an integrative manner with life's environmental factors. At the beginning of life, in order to move towards a more stable personal life pattern, an individual tries to be able to be independent, in the sense of being able to take care of himself and to organize and fulfill his daily needs and tasks. This requires mastery of the situation to deal with various stimuli that can disrupt personal stability.

The specificity of personal life means that all one's needs require fulfillment and are related to problems that cannot be equated with those of other individuals. Therefore, each individual will naturally display unique characteristics that are different from other individuals. Apart from that, in this life there is a need for harmony between physical and non-physical needs. Everyone's physical needs need to be fulfilled, for example someone needs to breathe freely, needs to eat well and enough, needs enjoyment, and needs security. In connection with the socio-psychological aspect, every individual needs the ability to control their attitudes and emotions as well as the means of communication to socialize. All of this will appear completely and completely in the form of stable behavior and actions. Thus, personal life problems are a form of integration between physical, socio-cultural and psychological factors. Apart from that, an individual also needs recognition from other parties

regarding his self-worth, both from his own family and from outside his family. Everyone has self-esteem and the desire to always maintain that self-esteem.

RESEARCH METHODS

Metode penelitian menurut Sugiyono According to Sugiyono, the research method is basically a scientific way to obtain data with specific purposes and uses. Based on this, there are four key words that need to be considered, namely scientific methods, data, objectives and uses⁽¹⁾. This research will be used as teaching material given to Bachelor of Educational Technology students in semester 2 (even), Development and Introduction to Student Characteristics courses. The development of science and technology increasingly encourages reform efforts in the use of technological results in the teaching and learning process.

This research uses qualitative research methods which aim to explain a phenomenon in depth and is carried out by collecting data in as much depth as possible. Qualitative methods prioritize observing phenomena and researching more into the substance of the meaning of these phenomena.

DISCUSSION

Understanding

Development shows a certain process, namely a certain process, namely a process that goes forward and cannot be repeated. In human development there are changes that are more or less permanent and cannot be repeated. Development shows changes in a direction that are permanent and proceed⁽²⁾. All human behavior has a cause. Behavior is not only caused by one type of cause, but by various causes that are related to each other. For example, a first grade elementary school student shows that he does not like going to school, in fact, he often plays truant and does not do his school assignments. The teacher considered that he had low intellectual abilities, so he was advised to enter a special school.

The socio-cultural environment that influences a person's personal development. Therefore, individual personal development varies according to the nature of the environment in which they live and are raised. The socio-cultural environment that influences a person's personal development is very complex and heterogeneous. Both natural environments and environments created for the purpose of personal formation of children and adolescents, each have different characteristics. Therefore, in short it can be said that the personal development of each individual varies according to the environment in which they were raised and how they each interact and integrate themselves with their environment.

Life is a continuous series of processes of growth and development. Current life circumstances are influenced by previous circumstances, and future circumstances are largely determined by current life circumstances. Thus, a person's behavior is also influenced by the results of the development process of previous life and in its journey is integrated with current events. The specificity of personal life means that all one's needs require fulfillment and are related to problems that cannot be equated with those of other individuals. Therefore, each individual will automatically display unique characteristics that are different from other individuals. Apart from that, in this life there is a need for harmony between physical and non-physical needs. Each person's physical needs need to be fulfilled, for example someone needs to breathe freely, needs to eat well and enough, needs pleasure, and needs security. In connection with the socio-psychological aspect, every individual needs the ability to control his attitudes and emotions as well as the means of communication to socialize.

Monks dkk⁽³⁾ limits the period of adolescence to the age range from 12 to 20 years, namely until physical growth has been completed and reproductive capacity has been achieved. Then enter adulthood which already has maturity in terms of both physical and psychological growth which is characterized by mental maturity and strength, the ability to

think, the ability to understand, and the ability to remember. Early adulthood is a transition period from adolescence. Adolescence is marked by the search for self-identity. In early adulthood, this self-identity is obtained little by little according to chronological age and mental age. Various problems also arise with increasing age in early adulthood. Early adulthood is a transition period from dependence to independence, both from an economic perspective, freedom to determine oneself, and a more realistic view of the future. A person who is classified as early adulthood is in the stage of a warm, close and communicative relationship with or not involving sexual contact. If he fails in the form of intimacy then he will experience what is called isolation (feeling excluded from other people, lonely, blaming himself for being different from other people)⁽⁵⁾.

The understanding of personal life as an individual is indeed a little difficult to explain etymologically, but as previously explained, humans as complete creatures have personal needs, namely physical and non-physical. These two needs are aspects of a person's personal life as an individual. Whether emotional, social psychological and socio-cultural, or intellectual abilities that are integrated in an integrative manner with environmental factors in life. So the meaning of life here is the efforts of humans as individual creatures, who are independent, able to take care of themselves, to the point of being able to organize and fulfill their needs and duties. Likewise with their own needs, every human being has different needs. Therefore, each individual will naturally display unique characteristics that are different from other individuals.

a. Factors that Influence Personal Development

Personal development concerns the development of various aspects, which will be shown in behavior. A person's behavior that describes a combination of various aspects is formed in the environment. As is known, the environment in which children develop is very complex. Personal development is influenced by heredity and environmental factors. The flow of nativism states that an individual will become a person as he or she is, which is determined by the nature and characteristics that are innate from birth. Meanwhile, emperism states that an individual will be a distinctive and unique person, which is influenced by their experience, education or living environment. An individual first grows and develops in a family environment. In accordance with the family's duties in carrying out its mission as a responsible educational provider, prioritizing the child's personal formation. Thus, the main factor that influences a child's personal development is family life and its aspects. As explained in the previous section, child development regarding psychophysical development is influenced by: socio-economic status, family life philosophy and family lifestyle such as discipline, concern for health, and order, including order in carrying out religious teachings. The following are several factors that influence personal development:

1. Family Environment

Family is the first and foremost environment for every human being, especially for children to develop. In accordance with the family's duties in carrying out its mission as a responsible educational provider, namely prioritizing the formation of children's personality, morals and ethics.

The family environment is also influenced by various aspects, including aspects of social status, family philosophy of life, and family lifestyle, so it is clear that the family environment will shape how children behave both as individual creatures and as social creatures.

2. Community Environment (Culture and Customs)

The community environment is the second place after the family environment for an individual to actualize himself. Just like the family environment, in the community environment personal development can be formed, namely through the culture and customs adopted. The variety of cultures and customs that every human has also shapes the diversity

of each individual's development. The culture and customs adopted will become a principle and philosophy of personal life as an individual.

3. Parenting

Basically, parenting patterns are determined by parents. Good for children's growth and development, including parenting patterns for their education. There are many schools regarding parenting styles and educational principles. Some of them are nativism, empiricism and convergence. In the flow of nativism, the belief that an individual will become a complete human being is determined by the abilities and characteristics they are born with. In the school of empiricism, adheres to the understanding that an individual will become a complete human being and will be determined by the will of his environment. In this school, humans are analogous to paper that is still pure white. Meanwhile, in the convergence school, adheres to the understanding of the two previous schools, namely that the two schools in an integrated way have an influence on a person's life. This convergence school is applied in education in Indonesia as stated by Ki Hajar Dewantara, namely *ing ngarsa sung tulada, ing madya mangun karsa, and tut wuri handayani*.

4. Descendants

As with the three previous factors, hereditary factors also have an influence on personal development. It is clear that the meaning of heredity here is the genetics passed down from parents to their children or generations. This cannot be rejected because it is natural or a gift from God.

5. Life Patterns and Philosophy

In essence, a person's pattern and philosophy of life is not created by himself, but is the result of various things he has received since childhood, which form a principle of life for himself. So it is clear that the principles and philosophy of life will determine the lifestyle chosen by each person, where this will shape and influence the personal development of each individual.

6. Education

The essence of the purpose of education is to form every individual who is intellectual and moral. This will clearly determine how each individual's personal development will be. In fact, a person's ethics and morals can be seen and measured by looking at the level of education they have received or the way they learn.

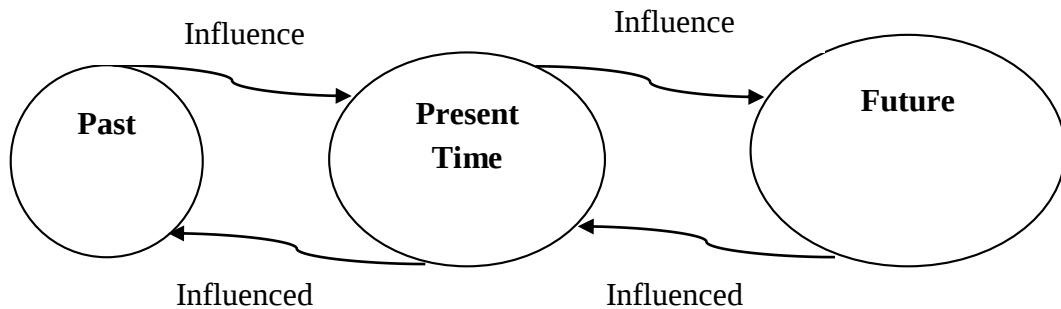
7. Technology

We are all familiar with increasingly sophisticated technology, because no matter what, we cannot prevent the development of technology, so that it will clearly affect human life, even the world. It cannot be denied that, with the rate of technological development, personal development as an individual will also experience changes and developments, either in a positive direction or in a negative direction, because all the factors that have been mentioned will determine how each individual acts and decides in carrying out actions or how they behave.

b. The Influence of Personal Life Development on Behavior

Life is formed from various aspects and factors of development that are very complex, heterogeneous (diverse), and hereditary (continuous). Where the current life is influenced by the previous life or its background, while the next life will be determined by the current life. Likewise with an individual's behavior, the formation of behavior reflects how a person's ethics and morals are formed from the beginning of their life in the world to the way they interact and integrate themselves with the environment which is determined by the development of their previous life, and their current life will determine their next life. So that a personal life that is complete (complete), that is, one that is formed in an integrated and harmonious way, has a great possibility of forming complete behavior as well. Where he will

be able to face and solve various problems by controlling his emotions in a mature, orderly, disciplined and responsible manner.



c. Personal Life Development Efforts

To avoid behavioral and social deviations caused by behavior or behavior that is far from ethical and moral, personal life can be a series of growth and development processes, so it needs to be well prepared and mature. For this reason, various efforts need to be made to form good and useful habits, several efforts that can be made include: :

1. Healthy and orderly living and wise use of time, namely recognition and understanding of the values and morals that apply in life need to be instilled correctly, continuously, integrated and systematically.
2. Carry out practical daily tasks and work independently with full responsibility.
3. Live in society by socializing with others, especially with peers, namely to show a good style and pattern of life in accordance with good culture and accepted by society.
4. Ways to solve problems faced, namely to show and train how to respond to various problems faced.
5. Follow the rules of family life with full responsibility and discipline, which can start from parenting, education and instilling religious understanding in order to form strong and sturdy faith and sincerity.
6. Carrying out roles and responsibilities in family life, namely by training and developing an attitude of respect for others and leading by example.
7. Creating an atmosphere of example by parents or more mature people, whether teachers or community figures in social life.
8. Highlight sportsmanship, honesty, fight hard while adhering to mature (trustworthy) principles.

RESEARCH RESULTS

According to Kuhlen and Thompson (Hurlock, 1956) that individual physical development includes four aspects, namely the nervous system which greatly influences the development of intelligence and emotions; muscles that influence the development of strength and motor skills; endocrine glands that cause the emergence of new behavioral patterns, such as when teenagers develop feelings of pleasure in being active in an activity where some members consist of members of the opposite sex; physical or body structure which includes height, weight and proportions. Another very important physiological aspect is the brain. The brain can be said to be the center of human development and function. Based on its function, the brain is divided into two hemispheres, namely the left and right hemispheres. From the previous discussion, it can be concluded that the development of personal life as an individual influences the development of adolescence. One of the

physiological aspects that supports individual development is brain growth, the following are its functions:

Left Brain Function	Right Brain Function
Rational, scientific, logical, critical, linear, analytical, referential and convergent thinking.	non-linear, non-verbal, intuitive, imaginative, non-referential, divergent and even mystical.

Normal brain growth will have a positive influence on the development of other aspects. Meanwhile, if brain growth is abnormal, it tends to hinder the development of these aspects.

CONCLUSION

Learning will be more successful if it suits one's interests and needs as an individual. Dreams about the type of work in the future are an important factor that influences interest and learning needs. In adolescence, the aspirations for adulthood begin to become clearer. Therefore, it can be said that teenagers have a clear interest in certain types of work. For this reason, teenagers consciously know that to achieve the type of job they dream of, they require certain knowledge and skills that must be possessed. Basically, studying or attending certain education is preparation for teenagers themselves to get a job. This is what guides teenagers in determining the type of education they will follow.

REFERENCE LIST

- (1) Sugiyono. (2017). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung : Alfabeta, CV.
- (2) Elfi Yuliani Rochmah, *Psikologi Perkembangan (Sepanjang Rentang Hidup)*, (Ponorogo: STAIN Po PRESS.,2014), 18.
- (3) Monks, dkk. 1999. *Psikologi Perkembangan : Pengantar Dalam Berbagai Bagiannya*. Jogjakarta : Gajah Mada University Press.
- (4) https://www.academia.edu/44357783/PERKEMBANGAN_KEHIDUPAN_PIRIBADI_SEBAGAI_INDIVIDU
- (5) Paputungan, F. (2023). *Developmental Characteristics of Early Adulthood*. Journal of Education and Culture (JEaC), 3(1), 1-9.