



Insecure In Adolescent : Study Literature

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ABSTRACT

Background: Adolescents are a vulnerable group who often experience feelings of insecurity or insecurity. Insecurity can have a negative impact on the psychological and social well-being of adolescents, such as decreasing the quality of interpersonal relationships, decreasing academic performance, and the emergence of mental health problems such as depression and anxiety. Therefore, it is important to understand what factors influence the level of insecurity in adolescents and strategies that can help them overcome this insecurity. Objective: The aim of this literature study is to identify factors that influence the level of insecurity in adolescents and strategies that can help them overcome this insecurity. Method: The method used in this literature study is literature search from various sources, such as academic journals, books, and online articles. A literature search was carried out using keywords related to insecurity and youth. Results: It is hoped that this literature study will provide a better understanding of what factors influence the level of insecurity in adolescents and strategies that can help them overcome this insecurity. The results of this literature study are also expected to provide suggestions for parents, teachers, and mental health professionals in helping adolescents overcome insecurity and improve their psychological and social well-being.

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1. INTRODUCTION

Adolescence at the age of 10-19 years is a period of human development that is vulnerable to complex and rapid changes in physical formation, neurodevelopment, psychology and social [1], [2]. Connection person parent-child play role important on development psychological , emotional And social teenager [3], [4]. Connection person parent-child function as prototype For connection child in period front [5], [6]. Connection First this is what is used child as a template for applied on experience connection in period front [7]. In short , quality connection beginning predict connection next , and success in connection furthermore rooted in context connection parent-child [8], [9].

Period teenager is period in life For grow look for teak self And identity self in journey going to mature . No A little teenager experience problem related their mental problems on period This [10]. For look for teak yourself , teenager usually join with group socially direct or No direct influence psychology And style life they At a time in group social This they can helped For find teak himself [11], [12].

Factor environment social role important in process search identity [13] [14]. An exemplary environment action positive for teenager help smoothness search identity self on teenager [15]. Environment social giving influence negative for teenager , hinder teenager in process search teak self [16], [17].

Because of the great influence of association for adolescents and adolescents who also do not have a strong identity foundation, adolescents will usually compare themselves with people in their association or circle of friends.

Kindly direct or No right away , teenager will copy style association the people. Association become place compare And copy for teenager [18].

Insecurity is a natural feeling in humans [19]. However, being insecure about oneself due to other people's judgments, the habit of comparing oneself to others, low self-esteem and other influences can have a long-lasting negative impact on adolescents which can cause mental stress which certainly affects their future. Insecurity can lead to self-harm or self-harm through violence, depression, or other mental problems or even death [18].

Security – Insecurity is two very factor determine personality teenager. Security is circumstances thought in where somebody willing accept consequence from his behavior . All aspect behavior individual in all field his life can interpreted in term security . Modern psychologists have show that factor most important For development health teenager is Love And love Darling and the subsequent sense of security depend on attitude person old to their children) [20]. With the problem of insecurity that is still rife, education is needed regarding the impact of insecurity on adolescents

2. RESEARCH METHOD

The research approach used is literature review or literature study. The research data was obtained through a literature review and empirical studies on various books and previous research journals that focused on the insecurity and youth. Data collection uses search engines such as Google Scholar (online article, journal).

3. RESULTS AND ANALYSIS

The results of the study found that from the five articles analyzed, it was found what factors influenced the level of insecurity in adolescents and strategies that could help them overcome this insecurity. The five articles used have relevance and pay attention to research objectives. The following table reviews the results of the analysis in this article :

Table 1: Article Reviews

Research (Years)	Article Title	Database Source	Method	Result	Conclusion
Surya & Ming, 2022	Circle Association: A Case Study on Adolescent Insecurity	Google Scholar	This research method uses a type of qualitative research and uses a case study approach. The research was carried out by observation, interviews, and filling out questionnaires and documentation to collect the data needed for the research. This research will be carried out in depth (in-depth study) on the association of adolescents in society with various patterns or types, as well as linking them with insecurity youth.	The results of this study, researchers can find out in depth about social relationships that influence adolescents in causing insecurity.	Friends are the most important influence in adolescent association which can cause insecurity. Teenagers feel insecure about themselves because they don't have what their friends have. Teenagers will continue to compare themselves with their friends about anything.



Valentia, Putri G L, Villani, and Putri O H, 2022	Visual Communication For Education Of Insecurity In Adolescent Women Caused By The Use Of Social Media	Google Scholar	The research method used is a qualitative method. In conducting this research, pre-research was carried out in the form of observation and literature on the topic of insecurity. This was done to determine the urgency of this research to be communicated. Then, a survey was carried out regarding Media Habits using Google Forms and shared online which will be used as a basis for compiling visual communication media that will be used to communicate the topic of insecurity	The results of a survey obtained via Google form randomly among 103 young women ranging in age from 18 to 21 years, on average, teenagers stated that the greatest impact of insecurity they experienced came from social media. Instagram can be used as a communication medium and to design visual communication by providing motivation for self-development as an educational alternative through visual communication to help female adolescents aged 18-21 years to avoid insecurity..	Instagram is highly recommended to be used as a communication medium to spread educational content against insecurity as a result of social media. So that when young girls open their social media, they not only see content that makes them feel insecure, but they can also see content that makes them more confident and love themselves.
Qatrunanda, Firdaus, Karnila, Romli, 2022	The Phenomenon of Insecurity Among Adolescents and Its Relation to the Understanding of Islamic Aqidah	Google Scholar	This research uses a quantitative method, which is a type of research that uses statistics through survey research with a fairly large scale, then collects data using questionnaires and structured interviews. This research is classified as an associative descriptive research.	The results of this study are that there is a significant relationship between the understanding of Islamic aqeedah and the insecurity experienced by adolescents. The results of this study indicate that the understanding of aqidah is in a very good category, affecting the good response of adolescents in dealing with insecurity. They tend to be able to overcome feelings of fear and anxiety because of their understanding of faith and belief in Allah SWT.	Aqidah has a function as a starting point for each individual in carrying out daily activities and when managing emotions. Because aqidah is related to his belief that Allah SWT. very close to him, even always accompanied him in business and activities. Meanwhile, people who do not understand the true creed will not have strong beliefs, so their souls will become barren and empty, and will always be filled with doubts in their actions. . If a few trials and obstacles befall him, he becomes restless, complains, which often ends in despair, because he does not have a strong mental grip beyond his ability.
Wardhani, Widyorini, Roswita, 2021	Negative Parenting and Insecure Attachment with Disruptive	Google Scholar	There were 136 adolescents who participated in the study with the characteristics of still actively	The results of research on the relationship between negative parenting and insecure attachment with disruptive behavior in	Adolescents with disruptive behavior can improve with negative parenting and insecure attachment strategies. In

	Behavior in Adolescents		climbing the MTs ladder and living with their parents. The sampling method used in this research is purposive sampling technique. Measuring tools used include disruptive behavior scale, negative parenting scale and insecure attachment scale. The media for providing measuring tools is through the Google form.	adolescents can be concluded that there is a significant relationship between negative parenting and insecure attachment with disruptive behavior in adolescents	particular, it is known that a higher presentation is found in the negative relationship between parenting and insecure attachment with aspects of aggressive behavior. In addition, negative parenting variables are more related to the two aspects of disruptive behavior in adolescents. The implication of this research is that parents can increase their sense of concern by trying to be active in every youth activity, so as to minimize the tendency for increased disruptive behavior.
Mardiana, Yosep, and Widiyanti, 2021	Insecure Phenomena In Adolescents In The Era Of The Covid-19 Pandemi: Literature Study	Google Scholar	The research uses the Literature Review method. The supporting databases used are Google Scholar, Scient Direct and MEDLINE. This literature review uses keywords in Indonesian using the keywords Covid19, Psychological and Adolescents. In English use the keyword insecure.	There are many insecure phenomena in adolescents during the Covid-19 pandemic, including psychosocial disorders such as anxiety, depression, trauma and so on.	The role of the family also contributes to the phenomenon of insecure issues because if it is not followed up quickly and responsively it can lead to psychiatric disorders. Family support and motivation are very consequential in terms of psychotherapy healing for adolescents who experience mental disorders. Individual coping mechanisms for someone who is insecure and support for loved ones can make them feel relaxed, safe when telling what they are experiencing.

Adolescents are a group that is entering a difficult transition period. Both internal and external conflicts are experienced by adolescents during their development [21], [22]. One of them is emotional problems and self-control, such as the insecure phenomenon [23]. According to Jihan Insyirah Qatrunnada, Salma Firdaus, Sofika Dwi Karnila, and Usup Romli Feelings (2022) feelings of insecurity generally occur in relation to the individual self (Inner circle), including :

1. Low self-esteem (Inferiority Feeling)

Inferiority is an individual's feelings of inferiority, as well as feelings of insecurity, instability, indecision, feeling completely meaningless, and unable to meet the demands of life. Adler stated that inferiority feeling is a feeling of inferiority or inferiority that arises from feeling less valuable or less capable in any life. Lauster describes the characteristics of someone who has feelings of inferiority, which include :



- a) Person feels that the actions taken are not strong enough. These individuals tend to feel insecure and not free to act, tend to waste time and hesitate in making decisions, have feelings of inferiority and cowardice, are irresponsible and tend to blame others as the cause of problems, and are pessimistic in facing obstacles.
- b) Someone feels not accepted by other people or groups. This individual tends to avoid communication situations for fear of being blamed or embarrassed, feeling embarrassed when appearing in front of many people.
- c) A person is insecure and gets angry easily, feels anxious when expressing his ideas and always compares himself with others.

2. Fear

Fear is a feeling of anxiety and restlessness. Fear arises from threats, so someone will avoid these threats and so on. Feeling afraid and insecure when you have to start communicating or interacting with other people, being the center of attention or being in situations that invite elements of judgment or evaluation from other people that you may encounter in everyday life.

3. Anxiety

Psychology defines anxiety as a mixed feeling of fear and sadness about the future without any particular cause for that fear and is individual in nature [24]. Sarason and Davison said that anxiety is a part of every human person, especially when he is faced with an unclear and uncertain situation.

Syamsu Yusuf stated that anxiety is a feeling of insecurity, not thinking maturely, and not being able to deal with the demands of reality (environment), difficulties and pressures of everyday life. Kartini Kartono revealed that anxiety is a form of not having the courage to be filled with worry about things that are not clear [23].

Insecurity can shape teenagers into bad people. Of course, parents' upbringing is a major factor in the formation of adolescent personality [25]. Often there is something called negative parenting, which is a relationship between parents and children that is characterized by hostility to physical punishment which can have a negative impact on children's behavior. Another factor that influences disruptive behavior is insecure attachment. Insecure attachment is a type of attachment to reject or avoid caregivers, as a form of individual fear to explore the environment [26]. The research is in accordance with research conducted by Niniek Kusuma Wardhani, Endang Widyorini, Maria Yang Roswita 2021, that there is a simultaneous relationship between negative parenting and insecure attachment with disruptive behavior in adolescents. researchers also found that negative parenting and insecure attachment had a greater relationship with aggression behavior than rule-breaking behavior [27].

Another factor that influences teenagers to feel insecure is social media. Social media is like a part of the lives of teenagers, both for educational purposes, getting the latest news, and much more [28]–[30]. According to research, 88% of people often compare their lives with other people they usually see on social media. This can lead to reduced self-confidence and negative thoughts about oneself [31]. The intensity of excessive use of social media greatly affects the lack of self-confidence of adolescents, a perfect picture on social media makes adolescents often feel dissatisfied and worried about themselves every day [32].

The next factor is the lack of understanding of Islamic Aqeedah in adolescents. Guidance on Islamic Aqidah aimed at youth is urgently needed because the current conditions are quite apprehensive. Islamic Aqeedah is defined as a number of things that must be believed to be true by the heart and are able to bring peace to the soul without doubt. It is this statement that has a similar meaning to the definition of faith in Islamic teachings [33].

Strategies that can be done to overcome insecurity in adolescents are: first, the use of social media as a medium of visual and creative communication. according to research conducted by Anny Valentina, Grivenna Lavender Putri, Valiani, Olivia Halim Putri (2021) this visual communication is to provide education to young girls to avoid insecurity problems as an effect of social media. Exemplary story and show the need are communication approaches taken (how to say) to provide examples of stories and problems that are often experienced by young girls because they are too attached to social media and provide motivation as a solution to solving the problems being faced. The message to be conveyed (what to say) in this campaign is that insecurity cannot be removed, but can be transferred. Make "insecure" a motivation for self-development and use social media wisely so you can continue to grow [10].

The second strategy is to increase the understanding of Islamic aqeedah. According to research conducted by Jihan Insyirah Qatrunnada, Salma Firdaus, Sofika Dwi Karnil, Usup Romli (2022) Aqidah is a starting point and at the same time a life goal. On this basis, aqidah has a very important role in raising the spirit of improving one's quality of life. Aqidah is related to his belief in Allah SWT. that Allah is very close to him, even always accompanies him in his endeavors and activities. Meanwhile, people who do not have a true and strong faith will not have strong beliefs, their souls will be empty and void, and they will always be filled with doubts in their actions. So if a few trials and obstacles hit him, he becomes restless, complains, which often ends in despair, because he does not have a strong inner grip beyond his ability [23].

4. CONCLUSION

Insecure is a natural feeling that every teenager has. however, insecurity is not a positive thing, insecure can make adolescents feel increased psychological pressure, then trigger the emergence of mental illness. Adolescents tend to feel depressed, worried or feel a lack of confidence in their ambitions. These feelings arise in the process of adolescent growth and development resulting in or increasing feelings of insecurity in the adolescent's life and ultimately leading to mal adaptive coping.

Factors that cause adolescents to become insecure are the lack of parenting from parents, the excessive use of social media so as to form a person who is always lacking in what he has, and a lack of understanding of Islamic aqeedah. The role of parents, teachers, and other adults must certainly accompany adolescents in the process of growth and development, each of which is vulnerable. strategies that can be done are: as parents continue to accompany children at any time, continue to provide support, love and affection so that children do not feel alone. then, use social media wisely, social media as visual communication continues to campaign about not being insecure "love yourself" and so on, of course this action can reduce feelings of insecurity in adolescents. Finally, understand and know the science of Islamic aqeedah, learn Islamic aqidah will make teenagers calm and safe from any feelings, because they are with Allah SWT who will always help his servant and give a feeling of calm.

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