

THE RELATIONSHIP OF SELF EFFICACY WITH ADOLESCENT DELINQUENCY

M. Elyas Arif Budiman¹, Achmad Robbert Robby², Achmad Ali Basri³

^{1,2,3} Fakultas Ilmu Kesehatan, Universitas dr. Soebandi

Email: lanisusi521435@gmail.com

Abstract

Juvenile delinquency is increasingly worrisome, especially for parents. Because juvenile delinquency is increasingly common in various environments. This is very worrying because delinquency is often also carried out in the school environment. Some examples of juvenile delinquency such as causing physical victims, causing material victims, social losses and fighting status. To overcome juvenile delinquency, self-efficacy is needed to be able to behave adaptively and not enter the juvenile delinquency environment. The purpose of this study is to analyze the relationship between self-efficacy and juvenile delinquency. The design of this study is a quantitative correlation study using a cross-sectional approach. The sample in this study is 103 adolescents using cluster random sampling techniques, the research instruments used are self-efficacy questionnaires and juvenile delinquency questionnaires that have been tested for validity and reliability. Data analysis uses a spearment rank test. Independent Self Efficacy variable and Juvenile Delinquency dependent variable. The results showed that the Self Efficay of adolescents in the High category was 56.3% and did not commit juvenile delinquency 68.0%. The results of the spearment rank test with a significance value of $p\text{-value } 0.000 < 0.05$, which means that there is a relationship between Self Efficacy and Adolescent Delinquency in Madrasah Aliyah Al Hidayah with a very strong correlation coefficient of 0.826. The implication of the importance of high self-efficacy can reduce the impact of juvenile delinquency because if self-efficacy in adolescents is high, it means that adolescents have good self-efficacy and can control their every action. This can make juvenile delinquency small if the self-efficacy is high.

Key words: Adolescence, Self Efficacy and Juvenile Delinquency

INTRODUCTION

Adolescence is often referred to as a stormy period, or "storm and stress," namely a period where adolescence experience emotional tension due to physical and psychological changes when facing social pressures in life (Yang et al., 2022). This can cause various problems that can hinder adolescent development (Nissa et al., 2022). Many adolescent are involved in naughty behavior that can cause physical victims, material victims, cause social harm and challenge status. Some examples include bullying, smoking, illegal racing, skipping school, brawls, smoking glue, stealing, taking other people's belongings, leaving the house without asking parents' permission, spreading hoaxes and going out at night without thinking about the consequences of their actions (Sriyanto et al., 2014).

Cases of brawls between students, juvenile delinquency, bullying cases, promiscuity, there are even records of cases of teenagers being drug dealers (Mardhalena et al., 2025). Cases of adolescence in conflict with the law include drug cases and most teenagers are these victims. The increase in juvenile delinquency from year to year has increased by around 10.7%. Juvenile delinquency cases include theft, murder, promiscuity and drugs. The predicted number of juvenile delinquents in 2022 will reach 12955.47 cases. According to (BPS), of Indonesia's 233 million population, 28.6% are teenagers aged 10-24 years. The impact of juvenile delinquency

in terms of health is that they are susceptible to sexually transmitted diseases (HIV/AIDS), pregnancies out of wedlock, abortions for those who engage in free sex, accidents for those who engage in illegal racing which can possibly cause physical disability, injuries to the body during brawls, respiratory diseases, heart problems, hallucinations, can damage the fetus, and can even damage the fetus due to sucking glue and using drugs (*Statistik Indonesia 2024, 2024*). The impact of juvenile delinquency will definitely affect the teenager. If not treated immediately, they will grow up with bad personalities (Haines, 2019). Teenagers who are involved in certain types of delinquency tend to be avoided or even ostracized by many people (Adha et al., 2025). They are considered a nuisance and useless people. As a result of social exclusion, these teenagers can experience mental disorders (Siddiqah, 2015). Mental disorders do not mean crazy, but they will feel isolated in terms of socialization, feel sad, or even hate the people around them (Rahmawati & Asyanti, 2017).

Another internal factor that can influence juvenile delinquency is self-efficacy. According to deviant behavior such as verbal aggression, theft, lying, cheating, vandalism, delinquency, and use of alcohol and drugs can be associated with self-efficacy (Mofrad, 2015). Self-efficacy is an individual's belief in his ability to organize and carry out the actions needed to achieve goals (Remondi et al., 2023). The supporting aspects are: Magnitude (Level Dimension), Strength (Strength Dimension), and the last one is Generality (Generalization Dimension) (4).

The explanation above illustrates that teenagers experience emotional tension due to physical and psychological changes (Budiman et al., 2023). In this condition, teenagers have to face various demands from themselves and the environment, which makes the situation even more difficult. However, with self-efficacy, where teenagers have confidence in carrying out various tasks to achieve their goals, they are able to face obstacles related to demands and changes in themselves and their environment. This can trigger success which will encourage teenagers to behave adaptively and avoid juvenile delinquency.

METHOD

This research uses a correlative design using a cross-sectional research design which was carried out at Madrasah Aliyah Al Hidayah in May 2024 which was carried out in person. The population in this research is students of class 11, numbering 114 students. With a sampling technique using random sampling and using a lottery draw with the benchmark number of absences, the number not taken for class 11, Science 1 was 4%, Science 2 was 2%, IPS 1 was 2%, IPS 2 was 3% and was obtained. the sample size was 103 students. The independent variable in this research is self efficacy and the dependent variable in this research is juvenile delinquency.

The research instruments used are a self-efficacy questionnaire (GSES) and a juvenile delinquency questionnaire (Likert Scale) which have been tested for validity and reliability t-value > 1.96 and t-value > 1.27. The Self Efficacy Questionnaire has 10 questions and the Juvenile Delinquency Questionnaire has 30 questions. Then analyze the data using bivariate analysis, namely to determine whether the two variables are correlated using the Spearman Rank test. This research received ethical approval number No.287/KEPK/UDS/IV/2024.

RESULT

The characteristics of respondents in research on the relationship between Self Efficacy and Juvenile Delinquency can be seen in the table below.

Table 1. Characteristics of Respondents (General Data)

Characteristics	Category	Frequency (f)	Percentage (%)	Total
Gender	Man	56	54,4%	100%
	Woman	47	45,6%	
Age	16 years	29	28,2%	100%
	17 years	47	45,6%	
	18 years	27	26,2%	
Residence	House	89	86,4%	100%
	Boarding/Hostel	13	12,6%	
	Brother's House	1	1,0%	
Class	Science 1	13	12,6%	
	Science 2	28	27,2%	
	Social Sciences 1	33	32,0%	
	Social Sciences 2	29	28,2%	

Table 1 shows that the distribution of respondent characteristics data can be seen that of the 103 respondents, the majority are male, 54.4%. The majority of respondents aged 16-18 were 100%, Less than half of class 11 IPS 1, namely 33 students or 32.0%. The majority of students live at home, 89 students or 86.4% of whom live in boarding houses/dormitories and also at relatives' homes.

Table 2 Frequency Distribution of Self Efficacy (Special Data)

No	Self Efficacy Variable	Frequency (f)	Percentage (%)
1	Low Self Efficacy	16	15,5%
2	Medium Self Efficacy	29	28,2%
3	High Self Efficacy	58	56,3%
Total		103	100,0

Table 2, student Self Efficacy can be seen that the highest percentage is high Self Efficacy at 56.3% with a total of 58 respondents. Meanwhile, the percentage of Self-Efficacy was moderate, namely 28.2% with a total of 29 respondents and low Self-Efficacy, namely 15.5% with a total of 16 respondents.

Table 3 Frequency Distribution of Juvenile Delinquency (Special Data)

NO	Juvenile Delinquency Variables	Frequency (f)	Percentage (%)
1	Do Not Do Mischief	70	68,0%
2	Doing Mischief	33	32,0%
Total		103	100,0

Table 3, Frequency distribution of juvenile delinquency shows that 32.0% of students commit juvenile delinquency with a total of 33 respondents. The remainder, more than half of the students, did not commit juvenile delinquency, 68.0% with a total

of 70 respondents.

Table 4 Relationship between Self Efficacy and Juvenile Delinquency.

No	Variable	Juvenile delinquency				Total		P Value
		Do not commit mischief		Doing Mischief				
		F	%	F	%	F	%	
1	Low	0	0,0%	16	15,5%	16	15,5%	0,000
2	Currently	12	11,7%	17	16,5%	29	28,2%	
3	High	58	56,3%	0	0,0%	58	56,3%	
Total		70	68,0%	33	32,0%	103	100,0%	

Table 4 above results show that the Self Efficacy of teenagers in the High category is 56.3% and they do not commit juvenile delinquency 68.0%. Spearment rank test results with a significance value of $p\text{-value } 0.000 < 0.05$, which means that there is a relationship between Self-Efficacy and Juvenile Delinquency at Madrasah Aliyah Al Hidayah with a very strong correlation coefficient of 0.826.

DISCUSSION

Based on the research results, there is a relationship between self efficacy and juvenile delinquency with a significance level of 0.05, with a $p\text{-value } < 0.000$ ($p\text{-value } < 0.05$). High efficacy can prevent teenagers from risky behavior such as drinking, smoking, stealing, destroying other people's things and even free sex (Awalokita, 2025). Adolescents experience significant physical and psychological changes during adolescence (Mulyani et al., 2025). These changes lead them to different demands from the environment and from themselves, which leads to difficult situations (Mardhalena et al., 2025). High self-efficacy can influence how much effort teenagers will make in facing even difficult situations. Adolescents with high self-efficacy can try more to adapt to changes that occur within them and are better prepared to face conflict, which helps them avoid juvenile delinquency.

Internal and external factors contribute to juvenile delinquency. Internal factors include inconsistent personality, low self-motivation, development of wrong attitudes, inability to accept reality, erroneous self-internalization, inner conflict, controversial emotions, and the inability of adolescents to maintain cartonal self-control (Egele et al., 2025a). Adolescence is a period of transition from childhood to adulthood, which is marked by physical, social and emotional changes. Adolescents experience a rebellious period, characterized by conflict and mood swings (John W. Santrock, 2015). Selling efficacy is one of the structures contained in cognitive theory in psychology that can understand human behavior. Social cognitive theory (social cognitive theory) was first put forward by Albert Bandura, saying that social and cognitive factors have an important role in learning (Egele et al., 2025b).

Self-Efficacy can influence the goals and behavior of each person and their environment. Confidence in oneself will shape the basics of what will be accepted and can even influence the activities chosen (Raimondi et al., 2025). High self-efficacy in teenagers will enable them to overcome various difficult situations so that they can produce something positive, even accepted by their environment, so that teenagers can avoid juvenile delinquency (Cherewick et al., 2024). A person's self-efficacy process can be affected by loss of motivation, which impacts a person's level of commitment to the goals they set and how long they will persist in the face of obstacles (Kleppang et al., 2023).

Researchers argue for teenagers that a teenager who has high self-efficacy can improve a teenager's own achievement at school and outside school and also minimize juvenile delinquency or even avoid wearing juvenile clothes. This is because the higher self-efficacy, the more someone can control themselves and they will stay away from negative things such as stealing, fighting, suppressing emotions, and not violating status.

CONCLUSION

Based on the results of research on 103 students, Self Efficacy with Juvenile Delinquency. Self Efficacy can influence the goals and behavior of each person and their environment. Confidence in oneself will shape the basics of what will be accepted and can even influence the activities chosen

REFERENCES

- Adha, M. Y., Armanda, R., Toni, & Muhammad, A. (2025). Kenakalan Remaja (Juvenile Delinquency) dalam aspek Hukum Pidana. *Jurnal Legalitas*, 3(1), 1–11. <https://doi.org/10.58819/jle.v3i1.133>
- Awalokita, S. (2025). *Analisis Pola Kenakalan Remaja Studi Kriminologi Geng Motor dan Kriminalitas Jalanan di Pangkalpinang* (Vol. 4, Number 3).
- Budiman, M. E. A., Yuhbaba, Z. N., & Cahyono, H. D. (2023). Calming Corner Therapy in an Effort to Increase Mental Resilience in Adolescents. *Blambangan Journal of Community Services (BJCS)*, 1(1), 8–16. <https://doi.org/10.61666/bjcs.v1i1.2>
- Cherewick, M., Lama, R., Rai, R. P., Dukpa, C., Mukhia, D., Giri, P., & Matergia, M. (2024). Social support and self-efficacy during early adolescence: Dual impact of protective and promotive links to mental health and wellbeing. *PLOS Global Public Health*, 4(12). <https://doi.org/10.1371/journal.pgph.0003904>
- Egele, V. S., Klopp, E., & Stark, R. (2025a). An empirical ranking of the importance of the sources of self-efficacy for physical activity. *Health Psychology and Behavioral Medicine*, 13(1). <https://doi.org/10.1080/21642850.2025.2567322>
- Egele, V. S., Klopp, E., & Stark, R. (2025b). How Valid Is Bandura's Social Cognitive Theory to Explain Physical Activity Behavior? *European Journal of Investigation in Health, Psychology and Education*, 15(2). <https://doi.org/10.3390/ejihpe15020020>
- Haines. (2019). Kesehatan Mental Anak dan Remaja. *Journal of Chemical Information and Modeling*, 53(9), 1689–1699.

- John W. Santrock. (2015). *Adolescence*. McGraw-Hill Education.
- Kleppang, A. L., Steigen, A. M., & Finbråten, H. S. (2023). Explaining variance in self-efficacy among adolescents: the association between mastery experiences, social support, and self-efficacy. *BMC Public Health*, 23(1). <https://doi.org/10.1186/s12889-023-16603-w>
- Mardhalena, A., Riwayati, A., Nur Handayani, D., Kunci, K., & Author, C. (2025). *Membangun Budaya Anti Tawuran di Kalangan Remaja SMP Melalui Sosialisasi Edukatif Article History*. <https://doi.org/10.31960/caradde.v7i3.2712>
- Mofrad, K. S. (2015). The role of self-efficacy and assertiveness in aggression among high-school students in Isfahan. In *Journal of Medicine and Life* (Vol. 8).
- Mulyani, T., Nuswanto, A. H., Riana, R., & Aryaputra, M. I. (2025). Peningkatan Pemahaman Mengenai Akibat Kenakalan Remaja Bagi Peserta Didik SMA Negeri 16 Semarang. In *Jurnal Pengabdian Kepada Masyarakat* (Vol. 5, Number 2). <https://journals.usm.ac.id/index.php/tematik>
- Nissa, A. K., Majid, A., & Lailiyah, S. (2022). Konsep Self Efficacy pada Karakter Remaja dalam Pendidikan Agama Islam. *Jurnal Basicedu*, 6(4), 7526–7531. <https://doi.org/10.31004/basicedu.v6i4.3552>
- Rahmawati, A., & Asyanti, S. (2017). Fenomena perilaku agresif pada remaja dan penanganan secara psikologis. *Prosiding SEMNAS Penguatan Individu Di Era Revolusi Informasi*.
- Raimondi, G., Dawe, J., Alivernini, F., Manganelli, S., Diotaiuti, P., Mandolesi, L., Zacchilli, M., Lucidi, F., & Cavicchiolo, E. (2025). Self-Efficacy and Psychological Well-Being in Adolescents: Evaluating the Moderating Role of Socioeconomic Status and Cultural Factors. *Pediatric Reports*, 17(2). <https://doi.org/10.3390/pediatric17020039>
- Remondi, C., Gerbino, M., Zuffianò, A., Pastorelli, C., Thartori, E., Bacchini, D., Giunta, L. Di, Lunetti, C., Favini, A., Lansford, J. E., & Dodge, K. A. (2023). The developmental trends of parental self-efficacy and adolescents' rule-breaking behaviors in the Italian context: A 7-wave latent growth curve study. *PLoS ONE*, 18(11 November). <https://doi.org/10.1371/journal.pone.0293911>
- Siddiqah, L. (2015). Pencegahan dan Penanganan Perilaku Agresif Remaja Melalui Pengelolaan Amarah (Anger Management). *Pencegahan Dan Penanganan Perilaku Agresif Remaja Melalui Pengelolaan Amarah (Anger Management)*, 37(1), 50–64. <https://doi.org/10.22146/jpsi.7692>
- Sriyanto, -, Abdulkarim, A., Zainul, A., & Maryani, E. (2014). Perilaku Asertif dan Kecenderungan Kenakalan Remaja Berdasarkan Pola Asuh dan Peran Media Massa. *Jurnal Psikologi*, 41(1), 74. <https://doi.org/10.22146/jpsi.6959>
- Statistik Indonesia 2024. (2024). Badan Pusat Statistik.
- Yang, F., Kenakalan, M., Generasi, P., Berkuliah, Y., Semester, D., Lestari, A., Banjarmasin, N. A., & Komalasari, S. (2022). in *Generation Z Who Are Studying in Semester 3*. 11(02), 1235–1247. <https://doi.org/10.26740/cjpp.v11n2.p1235-1247>