

The Relationship Of Self-Concept And Lifestyle Of Students Receiving Bidikmisi Scholarship

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Abstract: This study aims to describe self-concept, lifestyle, and examine the relationship of self-concept to the lifestyle of BIDIKMISI scholarship recipients. This research is descriptive and correlational research. The study population was students receiving BIDIKMISI scholarships majoring in UNP's BK FIP 2016-2019. The number of samples was 90 students who were obtained by using the Stratified Random Sampling technique. The instrument used was a questionnaire with a Likert scale model. The data obtained were analyzed using the percentage technique and Pearson product moment correlation with the SPSS program version 23.00. The results showed that in general the self-concept of BIDIKMISI scholarship recipients in the category was not positive and the lifestyle of scholarship recipients in the medium category, and there is a significant negative relationship between self-concept and the lifestyle of BIDIKMISI scholarship recipients.

Keyword: self-concept, lifestyle



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INTRODUCTION

The concept of self is a picture of someone about themselves which is a combination of physical, psychological, social, emotional aspirational beliefs, and the achievements they achieve. This concept is a mirror image, determined in large part by the roles and relationships of others, what would be people's reactions to it (Firman, 2018). Ideal self-concept is a picture of the appearance of the coveted personality, such as having a lifestyle that is not in accordance with its finances (Hurlock, 2010; Ardi, et al, 2019).

A study showed that the majority or (63%) of 42 students who received the BIDIKMISI scholarship stated that they had an academic self-concept in the high category. While those included in the medium criteria were (28.7%) as many as 19 people, and the low criteria were (7.7%) as many as 5 people. Of the three dimensions of academic self-concept studied, namely the dimensions of individual knowledge about themselves, individual expectations about themselves, and individual judgments about themselves are in the high category (Joseph, 2014).

Adler psychologist states that lifestyle is a set of behaviors that have meaning for individuals and other people at one time somewhere, including in social relations, consumption of goods, entertainment and clothing (Suryabrata, 2010). Meanwhile, according to Widjaja (2009) lifestyle

as a lifestyle that illustrates the activities, relationships, and opinions of individuals who interact with the surrounding environment and how to measure it with psychographics.

Factors that influence one's lifestyle are factors originating from within the individual (internal) and factors originating from the outside (external). Internal factors are attitude, experience and observation, personality, self-concept, motives, and perception. The external factors include reference groups, family, social class, and culture (Kotler 2000).

Students who receive the BIDIKMISI scholarship tend to like things that lead to the glamorous and hedonistic lifestyle with a percentage of 55.4% while the recipient of the BIDIKMISI scholarship lifestyle is more towards the future that prioritizes education, success and business with a percentage of 46.7% . So it can be concluded that students are still not right in using the BIDIKMISI scholarship money (Fery, 2015).

The pattern of use of funds can be seen from the average consumption expenditure of BIDIKMISI students for one month for food and beverage needs by 37%, and for lectures only by 9% of the total cost of living. Judging from the average consumption expenditure by group of goods, more is allocated for food needs. Viewed from the average consumption expenditure based on gender, the pattern of use of male and female BIDIKMISI student funds is relatively the same. The consumptive lifestyle of BIDIKMISI students mostly falls into the medium category at 66%. The consumption behavior of Bidikmisi students is mostly included in the rational category which is equal to 66% (Hilaria, 2018).

The form of a lifestyle can be a lifestyle of an appearance, through advertising media, modeling of the idolized artist, a lifestyle that only pursues mere enjoyment to an independent lifestyle that demands reasoning and responsibility in its behavior patterns.

METHODS

The study population was students receiving BIDIKMISI scholarships majoring in UNP's BK FIP 2016-2019 with a total of 116 students. The number of samples was 90 students who were obtained by using the Stratified Random Sampling technique. The instrument used was a questionnaire with a Likert scale model. The data obtained were analyzed using the percentage technique and Pearson product moment correlation with the SPSS program version 23.00.

RESULT AND DISCUSSION

This research consists of two variables, Self Concept (X) and Lifestyle (Y). Based on data processing that has been done, the results obtained from this study are as follows:

1. Self Concept

Based on the criteria set in the processing of research data that has been set, it can be described the self-concept of BIDIKMISI recipient students majoring in Guidance and Counseling for the 2016-2019 batch as a whole is as follows:

Table 1. Description of Self Concepts
n = 90

NO	CRITERIA	INTERVAL SKOR	F	%
1	Very Positive	≥ 119	1	1%
2	Positive	97-118	15	17%
3	Fairly Positive	75-96	34	38%
4	Not Positive	53-74	40	44%
5	Very Not Positive	≤ 52	0	0%
TOTAL			90	100%

Based on table 1 it can be seen that the self-concept of BIDIKMISI scholarship recipients is in the non-positive category of 40 respondents or with a percentage of 44% of the total sample. Furthermore, it is in the quite positive category with a frequency of 34 with a percentage of 38% of the total sample. Furthermore, there were 15 respondents with a percentage of 17% of the sample having a positive self-concept and 1% of the sample having a very positive self-concept. While for the very non-positive category there were 0 respondents. From this explanation it can be concluded that the self-concept of the most BIDIKMISI scholarship recipients in the category is not positive.

2. Lifestyle

Based on the criteria set out in the processing of lifestyle research instrument data, the lifestyles of BIDIKMISI scholarship recipients in general can be described as follows:

Table 2. Lifestyle of BIDIKMISI Scholarship Recipients
n = 90

NO	CRITERIA	INTERVAL SKOR	F	%
1	Very High	≥ 119	1	1%
2	Height	97-118	15	17%
3	Medium	75-96	34	38%
4	Low	53-74	40	44%
5	Very Low ≤	≤ 52	0	0%
TOTAL			90	100%

Based on table 2 it can be seen that the lifestyle of BIDIKMISI scholarship recipients is in the moderate category of 38 respondents or with a percentage of 42% of the total sample. Next is in the high category of 30 respondents with a percentage of 33% of the total sample. Then as many as 12 respondents with a percentage of 13% with a low category and as many as 10 respondents with a very high category. From this explanation, it can be concluded that the lifestyle of BIDIKMISI scholarship recipients is mostly in the medium category.

3. Relation of Self Concept and Lifestyle

The following are the results of the correlation test between self-concept and lifestyle after conducting a correlation test using SPSS version 23.00. The results obtained regarding the magnitude of the correlation coefficient between self-concept variables (X) with lifestyle (Y) obtained the following results:

Table 3. Correlation of Self-Concept and Lifestyle

		Self Concept	Lifestyle
Self Concept	Pearson Correlation	1	-0,451
	Sig. (2-tailed)		0
	N	90	90
Lifestyle	Pearson Correlation	-0,451	1
	Sig. (2-tailed)	0	
	N	90	90

Based on table 3, it can be seen that the significance value indicates the numbers 0,000 and 0,002, based on these data, there is a correlation between self-concept and the lifestyle of

students receiving BIDIKMISI scholarships. Furthermore, the magnitude of the correlation coefficient between self-concept variables (X) and lifestyle (Y) is -0.451. From these data it can be seen that there is a negative directional correlation. So it can be concluded that the more self-concept of BIDIKMISI scholarship recipients is not positive, the higher the lifestyle.

CONCLUSION

Based on the results of research and testing hypotheses about the correlation of self-concept with the lifestyle of BIDIKMISI scholarship recipients, it can be concluded, there is a significant negative relationship between self-concept and the lifestyle of students receiving the 2016-2019 BIDIKMISI BK scholarship. The meaning of self-concept is one of the factors that influence lifestyle.

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