



The Relationship Of Self-Control With Hedonic Lifestyle In Adolescent

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Abstract. Lifestyle has become a trend among teenagers; many teenagers now want their behavior, attitude, and appearance to attract other people's attention so that a hedonistic lifestyle can influence them. Culture, family, motivation, emotions, reference groups, personality, or self-control can influence factors for a hedonic lifestyle. A hedonic lifestyle can be avoided with self-control. This research aims to analyze the relationship between self-control and hedonic lifestyle in teenagers at SMA Y. This type of research is quantitative research with a cross-sectional approach to determine the relationship between the independent variable self-control and the dependent variable hedonic lifestyle. The population in this study was 109, and used a random sampling technique with a questionnaire research instrument. The results of Spearman's rho obtained a significant value, namely $p\text{-value } 0.000 > 0.05$, so there is a relationship between self-control and a hedonic lifestyle in teenagers at SMA Y. It is hoped that this research can make teenagers better understand the pros and cons of a hedonic lifestyle. In future researchers, it is hoped that they will be able to add related variables that influence the lack of self-control and the increase in hedonic lifestyle.

Keywords: Self Control, Hedonic Lifestyle, Adolescents

1 Introduction

As time goes by, lifestyle will continue to experience many changes and significantly influence teenagers' lives, causing positive and negative changes [16]. Adolescence is a transition period from childhood to adulthood where individuals search for an identity that aligns with trends [23]. Many teenagers today want their behavior, attitudes, and appearance to attract the attention of others [24]. Lifestyle has become a trend among teenagers; it is very different from the past because teenagers are now more concerned with seeking pleasure by abusing their lifestyle [18]. Many teenagers adopt a hedonistic lifestyle. The hedonic concept describes a person's way of seeking pleasure, influencing individual behavior [4].

The hedonic lifestyle is divided into two categories, namely, 66.7% have a high hedonic lifestyle, and 33.3% have a low hedonic lifestyle [5]. Based on survey results, it is known that teenagers tend to spend most of their time going to the mall and hanging out in cafes at 24% and 17% going to the cinema [1]. The results of survey research by

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Sukarno and Indrawati found that many teenagers now choose malls as a place to hang out, namely around 30.8%, and spending on snacks is 49.4% [22].

Factors that trigger a hedonic lifestyle are influenced by culture, family, motivation, emotions, reference groups, and personality or self-control [24]. Adolescents with less self-control are likelier to imitate bad things in their environment and vice versa. Adolescents who can control themselves will not behave in a hedonic lifestyle [2]. Self-control can determine a person's ability to direct, guide, and regulate behavior toward positive behavior and can deal with conditions in the surrounding environment [4].

Adolescents can avoid a hedonic lifestyle by controlling themselves with self-control. With self-control, a person or teenager can control and direct their behavior toward a positive attitude [7]. Adolescents who have an upbeat personality will affect each person's ability to adapt to their environment. Efforts to control oneself by avoiding the habits of individuals who find it difficult to control their behavior cannot comply with existing norms. They can resist temptation so they can manage their attitudes and duties [12]. Adolescents who fail to control themselves can behave recklessly and carelessly in decisions, leading to increase involvement in conduct problem such as a psychopathy, hedonistic lifestyle and narcissism. To avoid the hedonic lifestyle problems, teenagers must have strong self-control [14].

2 Method

Quantitative descriptive research is a correlational method with a cross-sectional approach. This research used a random sampling technique on children aged 15-21, with as many as 109 respondents. Data obtained using a questionnaire was then tested using SPSS with the Spearman rho test to determine the relationship between variables. The hypothesis is accepted if the significance value is less than 0.05 and rejected if the significance value is more than 0.05. The population in this study were teenagers at SMA Y.

Instruments The research determined two instruments: self-control and hedonic lifestyle questionnaires. Test the validity of the questionnaire with 24 valid question items with a value of >0.195 . The results of the reliability test show that the self-control scale is 0.728 and the hedonic lifestyle scale is 0.718. The data analysis used by researchers was the Spearman rho test. The research was carried out after obtaining permission or approval from the ethical commission No: 130/03/KEPK-STIKESBWI/VIII/2023

3 Results

The results of this research consist of:

3.1 Level of Self-control

The results of Table 1 show that most teenagers have a moderate level of self-control, 68 respondents (62.4%).

Table 1. Frequency Distribution of Self-Control Levels

Self-control	Frequency	Percentage (%)
Tall	41	37,6%
Currently	68	62,4%
Total	109	100,0%

3.2 Hedonic lifestyle

Table 2 shows that 60 respondents (55.0%) of teenagers at SMA Y have a hedonic life.

Table 2. Frequency Distribution of Hedonic Lifestyle

Hedonistic Lifestyle	Frequency	Percentage (%)
Yes	60	55,0%
No	49	45,0%
z	109	100,0%

3.3 Relationship between self-control and hedonic lifestyle

The cross-tabulation results in Table 3 show that more teenagers control themselves in the moderate category, 68 respondents (62.4%), and most teenagers have a hedonic lifestyle, 60 respondents (55.0%).

Table 3. Cross-Tabulation Results

		Hedonistic Lifestyle		TOTAL
		Yes	No	
Self-control	Tall	4	37	41 (37,6%)
	Currently	56	12	68 (62,4%)
TOTAL		60 (55,0%)	49 (45,0%)	109 (100%)

Table 4. Spearman Rho Test Results

		Self-control	Hedonistic Life-style
Spearman's rho	r	-,707**	-,707**
	p	0,000	0,000
	n	109	109

Table 4, the Spearman rho test results state that H_0 is rejected and H_a is accepted, with a p-value = 0.000 < 0.05.

4 Discussion

4.1 Level of Self-control

The research results in Table 1 show that most self-control respondents were in the medium range, with 68 respondents at 62.4% and 41 respondents at 37.6% in the high self-control category. It can be said that teenagers are quite capable of controlling behavior, thoughts, and information and are quite capable of making decisions about each incident [21].

The teenage age category refers to individuals who should be able to take responsibility for all their behavior. Controlling behavioral control allows a teenager to manage and lead good behavior so that it can lead to positive consequences [19]. Self control is the best ability to control thoughts, emotions and impulses to pursuit of long term goals. Adolescents with high self control experience higher flourishing levels [13].

A person's ability to control and control himself is known as self-control [5]. Adolescents who lack self-control will find it more difficult to control spending (more extravagant), less able to control their minds (chaotic thoughts), and less able to make the decisions they are facing [11]. The greater self-control, the more effective teenagers are in controlling bad behavior [6]. Efforts to increase self-control through attention because this can direct a person's attention to be more mindfulness, because it is the absolute ability to put aside obsessions with something that is contrary to our standards [10].

Everyone has self-control to assist in controlling his actions. Today's youth, with much information that they understand a lot, should be able to cultivate better self-control by being able to make decisions and be able to analyze every incident. Adolescents who have moderate self-control will find it difficult to control themselves and try to change their appearance and behavior so that a hedonic lifestyle can influence them.

4.2 Hedonic lifestyle

The research results in Table 2 show that of the 109 respondents, 60 respondents, with a percentage of 55.0%, have a hedonic lifestyle. In comparison, 49 respondents, with a percentage of 45.0%, do not have a hedonic lifestyle. Many teenagers who have a hedonic lifestyle can be influenced by several factors, namely internal and external factors, such as gullibility and unpleasant emotions, financial resources, and supporting infrastructure [8].

A teenager who considers pleasure or fulfilling desires as the goal of his life is said to have a hedonic lifestyle and their lifestyle is a person's behaviour that shown in their activities, interest and opinions especially those related to self-image to reflect their social status [20]. They will work hard and may achieve happiness and satisfaction within themselves. A hedonic lifestyle can be described as a lifestyle whose only goal is to have fun, such as spending more free time outside the home, playing more, and enjoying buying expensive things that one likes [15]. People with a higher capacity for hedonic traits spend more time achieving their goals, because they initiate activities more often and persist in them longer. Based on hedonic principles, the quality of achieving

hedonic goals may also be negatively related to hedonic quantity, but if people manage to increase their positive affect effectively by engaging in hedonic activities, it is likely they are making a long-term investment [3].

The hedonic lifestyle arises because of the times. Technological advances are currently a factor in the emergence of a hedonic lifestyle, especially in adolescents. As time passes, many teenagers today are spending more fun outside the home, such as playing and hanging out with their friends. As a result, they are less able to control their thoughts and behavior, which makes them influenced by a hedonic lifestyle.

4.3 Relationship between self-control and hedonic lifestyle

The cross-tabulation results in table 3 show that of the 109 respondents, 68 respondents had moderate self-control and 60 respondents live hedonistically. The Spearman rho test results, showed that $p=.000 < 0.05$ and a correlation value of $-.707^{**}$; H_0 is rejected, and H_a is accepted, indicating a significant negative relationship between self-control and a hedonic lifestyle. The correlation coefficient of $-.707^{**}$ indicates that the strength of the relationship (correlation) between the independent and dependent variables is $-.707^{**}$ or firm, which means the lower the self-control, the more hedonic. Conversely, higher self-control can lead to less hedonism.

This research is also in accordance with ongoing writing carried out by Desita Sari 2022. His research results show a negative and significant relationship between self-control and a hedonic lifestyle, which means that the higher the self-control, the lower the hedonic lifestyle, and conversely, the lower the self-control, the higher the hedonic [19]. Someone who has a hedonic lifestyle is someone who likes to pursue the pleasures and enjoyment of life by wasting money (wasteful living) and spending time for nothing, and he will buy something he thinks is intriguing, even though it is not needed [17]. Unilateral self-control may not always be the optimal outcome, it is a limited resource that individuals use to resist psychological stress. Someone who experiences the negative impact of conflict or problem may be more likely to choose hedonic acts that provide immediate satisfaction compared to utilitarian products that offer long-term benefits [25].

Self-control is considered one of the main strengths of human beings, that enable one to regulate thoughts, behaviours, emotions and steadily improves from childhood maturing during adolescence. Adequate self-control in early life is associated with a vast range of positive long-term outcomes, low self-control is linked to problems in life [13]. Self-control dilemmas typically involve tradeoffs between short-term, hedonic considerations and longer-term or more abstract standards and values. Social interactions in immature relationship in adolescent often force an individual to weigh self-interest against norms favoring equity and other regard [9]. This shows that young women with moderate self-control will find it challenging to adapt their lifestyle to the changes in their environment. The large number of teenagers who behave hedonistically because of the desire of adolescents to be accepted in their environment requires adolescents to behave hedonistically without them knowing it. Teenagers always put themselves in the same category as hedonists.

5 Conclusion

This research produces a relationship between Self-Control and Hedonic Lifestyle in Class. In the category of teenagers who live hedonic lifestyles, 60 respondents (55.0%), and teenagers who do not are 49 respondents (45.0%). The results of the Spearman rho statistical analysis showed $p=0.000 < 0.05$ and a correlation value of $-.707^{**}$, so H_0 was rejected, and H_a was accepted, which means there is a significant negative relationship between self-control and hedonic lifestyle. The lower a teenager's self-control, the more hedonic lifestyle they follow.

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