SELF-CONTROL AND CONSUMPTIVE BEHAVIOR OF ADOLESCENTS IN AN ISLAMIC BOARDING SCHOOL

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ABSTRACT

Consumptive behavior in adolescents has a negative impact on themselves and others, especially the adolescents living in a boarding school area. Islamic boarding schools, known for their simplicity, are gradually changing. The students' lifestyle that is not simple attracts the attention of the researchers. For this reason, this study aims to determine the relationship of self-control and the consumptive behavior of adolescents in a boarding school environment. This research uses quantitative research methods with measuring the self-control from Tangney and consumptive behavior from Fromm. The research population was taken from Darul Ulum Islamic Boarding School in Jombang. 237 active students at Darul Ulum 2 Jombang High School with a duration of 30-45 minutes for each class were taken as samples The data were analyzed using a statistical correlation test with the IBM SPSS Version 20 program. The results show that self-control has a negative relationship with moderate correlation strength, namely p = -0.509, which means there is a negative sign. The negative sign indicates an inverse relationship between the two variables. Therefore, it can be concluded that H_0 is rejected and H_a is accepted, meaning that when self-control is high, the consumptive behavior is low, and vice versa.

INTRODUCTION

Consumptive behavior is the tendency to consume excessive goods without adequate considerations. Lubis (Mulyodiharjo, 2002) argued that consumptive behavior is a behavior that is no longer based on rational consideration, but because of desires that are no longer rational. Meanwhile, consumptive behavior according to Dahlan (dalam Mulyodiharjo, 2002) is an activity that is marked by a luxurious and excessive lifestyle. The use of everything that is considered the most expensive can apparently provide physical satisfaction

and comfort so that it presents a pattern that is controlled and driven by a desire to fulfill mere desires of pleasure.

Some studies revealed the factors that influence consumer behavior, which comprise product use, purchasing power, social status, satisfaction, and prestige (Enrico, Aron and Oktavia, 2014). Acikalin (2009) also believes that a person consumes goods and services not only to get satisfaction, but also to publicize their social status and show off (Acikalin, Gul and Develioglu, 2009).

In a previous study, Thohiroh (2015) mentioned several factors that influence the decision to buy goods through an online shop, namely following friends, new lifestyles, the appearance of attractive goods, low prices, urgent needs, and trial and error (Thohiroh, 2015). Meanwhile, a study conducted by Peltzer (2017) found that students who behave in a consumptive manner can cause worse mental health disorders and socioeconomic vulnerability (Peltzer and Pengpid, 2017).

Further exploration points out that consumptive behavior is not only present in the daily life of common adolescents. Adolescents in boarding schools that have strict rules apparently also follow this behavior. This is triggered by various factors, such as peers and an environment that support consumptive behavior as well as lenient boarding school rules (Wulaningsih and Hartini, 2015). The factors that make students in Islamic boarding schools consumptive are financial support from parents, the environment, the influence of friends, and lenient boarding school rules that have been set. (Rofiqo, 2016)

This phenomenon then contradicts the theory revealed by Yaqub (dalam Diponegoro, 2005) regarding students of Islamic schools who are referred to as agents of social change with their positive influence. In reality, these students are not much different from ordinary adolescents when carrying out consumption activities.

Self-control eventually became one of the efforts to prevent consumptive behavior among boarding school adolescents. Self-control is the ability of individuals to adjust behavior with something that can be accepted by society (Papalia, Feldman and Olds, 2009). Therefore, this study aims to discover the relationship between self-control and consumptive behavior of adolescents in an Islamic boarding school and how much self-control these students possess in dealing with consumptive behavior.

RESEARCH METHOD
This study used a quantitative method by presenting data in the form of numbers from the results of measurements. Quantitative research refers to hypothesis testing, the process of analyzing data using statistics, tables, or diagrams that show the relationship in the hypothesis, and the utilization of standardized procedures (Neuman, 2014). This study also used a survey, which included the research instrument as a means of measuring variables

(Neuman, 2014). In this study, there are two main variables used, namely self-control and consumptive behavior.

Inter-variable relationship

X Self-Control	Y Consumptive Behavior

The research subjects were taken from the population at Darul Ulum 2 Islamic Boarding School. The location was chosen because by the characteristics of the students are suitable with what the researchers looked for, namely students with high amount of pocket money. This can be indicated from the tuition fee that is the highest among all schools in the area.

In the sampling process, researchers used a number of considerations, one of which was the subjects have to be in the late adolescence, particularly between the age of 16 and 19 years old, and students who live in the school. The population itself consisted of class X and XI students of Darul Ulum 2 Jombang High School with a total of 651 students.

On the other hand, the technique used is the non-probability sampling method with a purposive sampling technique since the researchers took samples with a specific purpose in this study. Meanwhile, the data were collected using a Likert scale questionnaire to measure each variable. The researchers used 4 alternative answers for the questionnaire, consisting of Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS).

Scale reliability is an instrument to determine the regularity and consistency of a measuring instrument used in research. Reliable measuring instrument is a measurement tool that is consistent and able to provide the same measurement results in every study. To test the reliability, Alpha Cronbach with the help of a statistical application software IBM SPSS Statistics Version 20 was used (Morgan et al., 2012).

The technique of data analysis applied was correlation analysis. The researchers implemented these techniques since correlation analysis can determine the significant relationship between self-control and consumptive behavior. The initial step that was taken was to test the normality and linearity. Next, the correlation test was conducted with the Spearman correlation analysis technique. This is due to the normality test showing abnormal data distribution. The analysis was aided using SPSS software version 16 for Windows.

RESULTS

Descriptive statistical analysis is an analysis test that is used to see an overview of the data that will processed for assumption testing. Descriptive statistical analysis results will explain the graph related to the average value

(mean), maximum value, minimum value, standard deviation, range, and value skewness and kurtosis (Molloy et al., 2001). The researchers used SPSS 20.0 for Windows application program to help conduct analysis in this study. The following is the table of descriptive analysis.

Table1. Descriptive analysis of variables

Research Variable	Min	Max	Range	Mean	Standard Deviation	Skewness		Kurtosis	
	Stat	Stat	Stat	Stat	Stat	Stat	SE	Stat	SE
Self-Control (X)	34	86	52	62.65	7.758	-.195	.158	1.003	.315
Consumptive Behavior (Y)	72	142	70	109.30	11.673	.076	.158	.508	.315

Based on table 1, it is known that there are subject values consisting of minimum values, maximum values, range of values, mean, standard deviation, skewness, and kurtosis. The data show that the minimum value of self-control is 34 and the maximum value of self-control is 86. Hence, the range of values is 52 with an average of 62.65. Consumptive behavior has the minimum value of 72 and the maximum value of 142, which resulted in a value range of 70 with an average of 109.30.

The skewness value of the self-control variable is known to be -0.195 with a standard error of 0.158, which indicates that the distribution of self-control has a negative value. It can be inferred that the self-control distribution is leaning towards the right where more items have values above the median. The variable of consumptive behavior skewness value is 0.076 with a standard error of 0.158. This suggests that the distribution curve of the consumptive behavior variable leans to the right because it is positive. It means that many consumptive behavior distribution items have values that are lower than the median value.

The value of kurtosis or curvature of the distribution curve of the self-control variable is known to be 1.003 with a standard error of 0.315, whereas the consumptive behavior has a kurtosis value of 0.508 with a standard error of 0.315, which means that self-control and consumptive behavior have a sharp kurtosis because it is positive. This shows the large number of items that are at the median value and only very few of them have values above or below the median value.

The researchers classified data distribution into three categories based on the normalization according to the formula of Azwar (Azwar, 2013). Thus, the categorization of this research is divided into high, medium, and low

categories. The categorization was carried out to discover how many samples are in each level. High, medium, and low categories were based on quartile values. The following are the results of self-control categorization.

Table2. Self-control categorization norms

Category	Self-Control	F	Percentage
High	$X \geq 70.41$	33	13.9%
Moderate	$54.89 \leq X \leq 70.41$	170	71.7%
Low	$X \leq 54.89$	34	14.3%

Based on table 2, the mean is 62.65 and SD is 7.758. The results of the above categories of research subject data show that the dominant self-control variable is the moderate level with 170 subjects (71.7%). Then, the rest are divided almost equally at high and low levels. At the high level of self-control, there are 33 subjects (13.9%), while there are 34 subjects (14.3%) at the low level.

Table3. Categorization of consumptive behavior

Category	Consumptive Behavior	F	Consumptive Behavior
High	$X > 120.97$	34	14.3%
Moderate	$97.63 \leq X \leq 120.97$	168	70.9%
Low	$X < 97.63$	35	14.8%

The table 3 have a mean of 109.30 and SD of 11.673. It can be seen that the dominant level of the consumer behavior variable is also the moderate one with as many as 168 subjects (70.9%), whereas the rest are spread almost equally at high and low levels. At the high level, there are 34 subjects (14.3%) with high consumptive behavior, and at the low level, there are 35 subjects (14.8%) with low consumptive behavior.

In the normality test, the researcher used the data of skewness and kurtosis to determine whether the data have a normal or abnormal distribution. Data are considered normal if Z Skewness and Z Kurtosis are less than Z values for the 5% significance level, which is 1.96 (Field, 2009).

Normality test was carried out with the help of an application program, SPSS 20.0 for Windows, by looking at the skewness and kurtosis values. From the above data, it can be seen the value of skewness from self-control is -0.195, so the Z value of skewness from self-control is -1.23 < 1.96. It means the data tend to be normally distributed and lean towards the right or mostly have "disagree" answer.

The skewness value of consumptive behavior is 0.076, so that the Z value of skewness is 0.48 < 1.96, which means that the data tend to be normally distributed and lean towards the left. Both variables have data that tend to have normal distribution. The value of kurtosis can indicate the sharpness of data.

From the data above, it is known that the kurtosis value of the control is 1.003, so the Z value of the kurtosis is 3.18, which means that the graph of the self-control data is leptokurtic and the data tend to be homogeneous.

The kurtosis value of consumptive behavior data is 0.508, so the Z value of kurtosis of consumptive behavior is 1.61, which means that the graph of consumptive behavior data is platykurtic and the data tend to be homogeneous. So it can be concluded that both variables have data that tend to be normally distributed and tend to have data homogeneous.

Linearity test was performed to determine the tendency of the relationship between variables in the study. The relationship between two variables is said to be linear if it meets the assumption p (sig) < 0.05. If p (sig) > 0.05 the relationship between the two variables is not linear. The linearity significance value of the self-control and consumptive behavior variables is equal to 0.437. Thus, it can be inferred that there is a linear relationship between the two variables because the significance value is > 0.05. This means that the two variables have a linear relationship.

The normality and linearity assumption test, it is known that the data have an abnormal yet linear distribution. Parametric correlation test with product moment was used as a correlation technique to test data that have a normal and linear distribution. The following is the results of the correlation test that has been conducted to discover the whether or not there is a relationship between the independent and dependent variables in this study.

The correlation test that has been carried out, the significance level obtained is 0.000 or in other words 0.000 < 0.05. This shows that H_0 was rejected and H_0 was accepted. Therefore, it can be concluded that there is a relationship between self-control and consumptive behavior. It is known that the correlation coefficient is -0.509, which means there is an inverse relationship between consumptive behavior and self-control. Thus the smaller the self control the greater the consumptive behavior. Conversely the greater the self control the smaller the consumptive behavior.

DISCUSSION

Based on the results, it is known that the research hypothesis is accepted, which means there is a relationship between self-control and consumptive behavior of adolescents in an Islamic boarding school. This is indicated by the results of the Spearman correlation, which points out the correlation coefficient p = -0.509. Hence, it can be interpreted that there is a significant relationship between self-control and negative consumptive behavior. The negative correlation coefficient value indicates that there is an inverse relationship between the two variables, meaning when an adolescent's self-control is high, the consumptive behavior is low. In contrast, when the self-control is low, the consumptive behavior is high (Leismann et al., 2013).

The correlation coefficient value of -0.509 suggests that the strength of the relationship between the two variables is moderate (Molloy et al., 2001). This demonstrates that self-control has a high impact on consumer behavior.

Although the impact is great, there are still other factors that influence consumer behavior besides self-control, such as motivation, self-esteem, observation and learning process, personality and self-concept, and lifestyle (Kartikasari, 2013).

Therefore, it is also known that self-control is related to consumptive behavior. Adolescents in the Islamic boarding school who have high self-control can control their consumptive behavior with self-control abilities. Conversely, adolescents who have low self-control will tend to have difficulty in controlling their consumptive behavior, causing consumptive behavior to emerge. In the end, the two variables have an inter connected relationship that complement each other. One's self-control can certainly affect one's consumption of something, and vice versa (Chua, 2003). If a person cannot control themselves, then it is certain that this person easily achieves something that can cause harm, as does the culture of the consumption itself. On the other hand, it should be noted that the culture of consumption has become something that is "mushrooming" in various circles. In fact, it has become a "choice"; consuming an item is a form of importance, necessity, or merely a social status. Therefore, efforts to have self-control should be presented early so as not to cause negative effects (Shaw and Clarke, 1998).

CONCLUSION

In this study, H_0 was rejected and H_a was accepted, so there is a relationship between self-control and consumptive behavior of adolescents in an Islamic boarding school. The correlation test result of the two variables is p = -0.509. The negative sign shows that there is an inverse relationship between the two variables, which means that when self-control is high, consumptive behavior is low. In contrast, when self-control is low, consumptive behavior is high. 0.509 means that both variables have a strong relationship bond.

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