

## Religious and Psychological Behavior of Adolescents in View of the Big Five Personalities

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### Abstract

*In adolescence, morals and religion are the most important part where some people argue that morals and religion can control the behavior of children who grow up at this time. Specifically to find out the level of belief in God during adolescence and to find out the causes of low belief in God during adolescence. The research method used in this study is a qualitative method, using a descriptive approach. The research design in this study is a literature review study. The library research data used are books and journals that are directly or indirectly related to the title of this research*

**Keywords:** *big five personalities, behaviour, teenager, psychology*

### Abstrak

*Pada masa remaja moral dan Religi adalah bagian yang terpenting dimana sebagian orang berpendapat bahwa moral dan religius bisa mengendalikan tingkah laku anak-anak yang beranjak dewasa pada masa ini. Secara khusus bertujuan untuk mengetahui tingkat kepercayaan terhadap Tuhan pada masa remaja dan untuk mengetahui penyebab rendahnya kepercayaan terhadap Tuhan pada masa remaja. Metode penelitian yang digunakan dalam penelitian ini adalah metode kualitatif, dengan menggunakan pendekatan deskriptif. Desain penelitian pada studi ini adalah studi literature review. Data library research yang digunakan adalah buku-buku dan jurnal yang berkaitan langsung maupun tidak langsung dengan judul penelitian ini..*

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## INTRODUCTION

One of the characteristics of Indonesian society is to believe in God Almighty, religion for humans, especially Indonesians, is an important element for life (Sudarsono, 2004). Likewise in adolescents, this is based on a survey conducted by Laura and Hugh (2010) on the tendency of spirituality and religiosity of adolescents where the country of the survey results Indonesia has a higher value of spirituality and religiosity than other countries. If you look at the results of the survey, religion should be able to provide life guidance to adolescents. Religion should be able to foster the mentality of adolescents so that they can live orderly and provide a sense of security and peace in society.

In adolescence, morals and religion are the most important part where some people argue that morals and religion can control the behavior of children who are growing up at this time. Adolescents need religion to be a guide and guidance for adolescents to find their identity towards personal maturity.

When adolescents believe in religion little by little experience shocks, this is because the physical changes that occur very quickly due to physical changes experienced during early adolescence make adolescents experience emotional shocks, anxiety, worry and doubt in religion. Belief in God that in adolescence grows also changes. At this time belief in God is sometimes very strong but sometimes also very weak which can be seen from the way of worship (Darajat, 2000).

A careful analysis of all aspects of development in adolescence, globally adolescence lasts between the ages of 12-21 years, with the division of 12-15 years: early adolescence, 15-18 years of middle adolescence, 18-21 years: late adolescence. In German books there are still other divisions, namely the division into prepuberty (the transition period from childhood to adolescence), puberty (sexual maturation period), and adolescence (late adolescence before entering adulthood).

Adolescence has certain characteristics that distinguish it from the period before and after. These characteristics are:

1. Adolescence as an important period, there are periods that are important because of physical effects and others because of psychological effects. In the adolescent period both are equally important.
2. Adolescence as a transitional period, adolescence as a transitional period has an unclear status and there is doubt about the role performed.
3. Adolescence as a period of change, there are five changes that are the same and almost universal in every teenager. First, the heightening of emotions whose intensity depends on the level of physical and psychological changes that occur. Second, changes in the body which will be further explained in the developmental aspects.

Third, changes in interests and roles expected by social groups to be played. Fourth, with changing interests and behavior patterns, values also change. What was considered important in childhood is now no longer important, for example in having friends, the quantity aspect is no longer important but rather the quality aspect.

Abu Ahmadi and Munawar Sholeh (1991: 87) added that, in addition to being characterized by primary and secondary physical maturity, pre-puberty is also characterized by tertiary maturity including the emergence of negative feelings, wanting to escape from parental authority, opposing the environment, being restless and pessimistic. This is intended by children as an actual form in equalizing their status with adults. While at puberty children begin to actively seek their selfhood - a guide to life with enthusiasm but sometimes still do not understand the nature of what they are looking for (strumund drang period).

The Big Five Personality Model is a trait and factor theory of personality based on factor analysis. McCrae and Costa (1992) in Feist & Feist (2010), see that personality traits are bipolar and follow a bell distribution. Where most people will have scores close to the midpoint of each trait, there are very few people who have scores at the extremes. According to John, Angleitner, & Ostendorf (1988) in Feist & Feist (2010), the five-factor model builds on a simpler approach by trying to find the basic core of personality by analyzing the words used by people to describe the personalities of others.

A further explanation of the Big Five Personality Model was put forward by Costa and McCrae (1992) in Klang (2012), the basic structure of 5 main factors, where each factor is built by interrelated parts. The five main dimensions of personality are Neuroticism, Extroversion, Openness to Experience, Agreeableness, and Conscientiousness.

The model emerged from factor analysis of adjectives used to describe personality and from factor analysis of various equivalent personality tests and scales. The big five approach to personality is based mostly on research rather than theory, or in other words, it is an inductive approach to personality which means that theory is generated from data (Friedman & Schustack, 2008).

As for the naming of the Big Five itself, it does not mean that there are only five personalities but this naming is based on the grouping of characteristics in five large sets, which are then called personality dimensions (Ramdhani, 2012). So, the conclusion is that the Big Five Personality or Five Factors Model is a consistent approach to seeing and assessing personality in a person through adjective factor analysis, where the five factors include extroversion, agreeableness, openness to experience, neuroticism, and conscientiousness. In this research, the Big Five Personality Model is used to measure the personality of the research objects.

## **RESEARCH METHODS**

The research method used in this research is a qualitative method, using a descriptive approach. The data collection technique used is library research or literature study and interviews. The research design in this study is a literature review study. The library research data used are books and journals that are directly or indirectly related to the title of this research.

The research data was obtained through hermeneutic literature research. Researchers conducted a literature study from books and scientific articles. Researchers look for scientific articles that are relevant to the research topic, namely regarding "Differences in Religious and Psychological Behavior of Adolescents in View of the Big Five Personalities" through google scholar and the like.

Scientific articles and books that are relevant to the topic are then interpreted using hermeneutics. Hermeneutics is used to interpret as a source of relevant literature in order to obtain a proper understanding of the existing literature and adapted to the current research objectives.

## **RESULT AND DISCUSSION**

Religious behavior in adolescents is needed to be a guide and guidance. Belief in god during adolescence also changes. This is due to physical changes that occur very quickly during early adolescence so that they experience emotional shocks, anxiety, worries and doubts in religion. Children begin to actively seek their selfhood - a guide to life with enthusiasm but sometimes still do not understand the essence of something they are looking for.

To assess personality in a person through adjective factor analysis, where the five factors include extroversion, agreeableness, openness to experience, neuroticism, and conscientiousness. Big Five itself does not mean that a person's personality is only five but based on the grouping of characteristics in five large sets, which are then called personality dimensions.

## **CONCLUSION**

In adolescence, morals and religion are the most important part where some people argue that morals and religion can control the behavior of children who grow up at this time. Specifically to find out the level of belief in God during adolescence and to find out the causes of low belief in God during adolescence. The research method used in this study is a qualitative method, using a descriptive approach. The research design in this study is a literature review study. The library research data used are books and journals that are directly or indirectly related to the title of this research

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