

The Relationship between Self-Awareness and Humility in Generation Z in Kayuroya Village, Minahasa Regency

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Abstract

Generation Z is a generation that has grown up in an era of rapid modern technology. This has triggered changes in the way Generation Z thinks and acts, including in terms of values and character. Self-awareness and humility are two characters that are considered important to build in shaping a good personality in generation Z. This study aims to determine the relationship between self-awareness and humility in generation Z in Kayuroya village, Minahasa Regency. This study used a quantitative approach. The population amounted to 90 people by looking at the Isaac and Michael sample size determination table for an error rate of 10%, the sample amounted to 68 people. Self-awareness was measured using an awareness scale based on Brown and Ryan's (2003) theory or The Mindful Attention Awareness Scale (MAAS). Humility was measured using the humility scale from Jeffrey Charles Elliott (2010). Based on the research conducted, it is concluded that there is no relationship between self-awareness and humility in generation Z in Kayuroya village, Minahasa Regency where the empirical correlation coefficient (r_{xy}) value is $0.397 \geq 0.05$ and the r_{count} value is $-0.032 < 0.239$. The percentage of self-awareness and humility in generation Z in Kayuroya village, Minahasa Regency is at a low level, where there are 42 respondents (61.8%) low self-awareness and 26 people (38.2%) high self-awareness, and 37 respondents (54.4%) low humility and 31 people (48.6%) have high humility.

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Abstrak

Generasi Z adalah generasi yang tumbuh dewasa di era teknologi modern yang semakin pesat. Hal ini memicu terjadinya perubahan dalam cara berpikir dan bertindak generasi Z, termasuk dalam hal nilai dan karakter. Self-awareness dan humility adalah dua karakter yang dianggap penting untuk dibangun dalam membentuk kepribadian yang baik pada generasi Z. Penelitian ini bertujuan untuk mengetahui hubungan antara self awareness dengan humility pada generasi Z di desa Kayuroya Kabupaten Minahasa. Penelitian ini menggunakan pendekatan kuantitatif. Populasi berjumlah 90 orang dengan melihat tabel penentuan jumlah sampel Isaac dan Michael untuk tingkat kesalahan 10% maka sampel berjumlah 68 orang. Self-awareness diukur menggunakan skala awareness berdasarkan teori Brown and Ryan (2003) atau The Mindful Attention Awareness Scale (MAAS). Humility diukur menggunakan humility scale dari Jeffrey Charles Elliott (2010). Berdasarkan penelitian yang dilakukan, maka disimpulkan bahwa tidak terdapat hubungan antara *self-awareness* dengan humility pada generasi Z di desa Kayuroya Kabupaten Minahasa dimana nilai koefisien korelasi empirik (r_{xy}) sebesar $0,397 \geq 0,05$ dan nilai r hitung sebesar $-0,032 < 0,239$. Persentase *self-awareness* dan humility pada generasi Z di desa Kayuroya Kabupaten Minahasa berada pada tingkat rendah, dimana terdapat 42 responden (61,8%) *self-awareness* rendah dan 26 orang (38,2%) *self-awareness* tinggi, dan 37 responden (54,4%) humility rendah serta 31 orang (48,6%) memiliki humility yang tinggi.

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1. INTRODUCTION

Generation Z, which is a group of people born between 1997 and 2012 (Stilman & Jones, 2017), is a generation that has grown up in an era of increasingly rapid modern technology. They grew up with easy access to information and technology, and have a fast-paced and instant lifestyle. However, this also triggers changes in the way generation Z thinks and acts, including

in terms of values and character. They are also faced with different social and economic pressures than previous generations, which can affect their level of self-awareness and humility. In fact, self-awareness and humility are two characters that are considered important to build in forming a good personality in generation Z.

Self-awareness is self-awareness or the ability to understand oneself, both strengths and weaknesses, and have an understanding of how one interacts with other people and the surrounding environment. According to Brown and Ryan (2003), a person's self-awareness consists of two parts, namely a state of conscious awareness and attention to cognitive processes. The state of awake consciousness is defined as a "radar" to monitor a person's inner and outer environment. Attention is the process of focusing awareness which provides high sensitivity to certain experiences so that a person can be optimistic about getting good results from the things they experience and have in the future (Carver et al, 2010).

Elliott (2010) in his book entitled "CS Lewis: A Better Life" discusses the concept of humility which is considered important in life. Elliott states that humility can be defined as awareness of one's limitations and a willingness to admit one's own weaknesses and shortcomings. According to Elliott, humility is a very important attitude in achieving happiness and success in life.

There is still a lack of research that specifically examines the relationship between these two constructs in generation Z who live in rural areas in Indonesia. In addition, the majority of research on generation Z focuses on other aspects such as technology, social media, and consumer behavior, while the relationship between self-awareness and humility with generation Z is still less comprehensively explored.

Thus, the study of the relationship between self-awareness and humility in generation Z in Kayuroya Village, Minahasa Regency, is an interesting topic to research. Minahasa Regency has a strong and distinctive culture, which can influence the way generation Z views themselves and others.

This research is interesting because it can provide a better understanding of the relationship between self-awareness and humility in generation Z in rural areas in Indonesia. The results of this research can also be useful in developing appropriate and effective character education programs for the young generation in Indonesia, especially generation Z, so that they can help reduce levels of narcissism and increase their ability to build healthy and meaningful social relationships in the future.

The aim of this research is to determine the relationship between self-awareness and humility in generation Z in Kayuroya Village and a description of self-awareness and humility in generation Z in Kayuroya Village, Minahasa Regency. The expected benefits of this research are theoretical benefits and practical benefits.

2. RESEARCH METHOD

This study uses a quantitative approach. In this research, the data analysis technique to test the hypothesis uses the product moment correlation analysis technique from Pearson with the help of the SPSS 26 for Windows program

The population in this study was Generation Z or those born from 1997 to 2012 in Kayuroya Village, Minahasa Regency, totaling 90 people. The sample was taken based on the population of Generation Z in Kayuroya Village totaling 90 people. By looking at the table determining the number of samples for Isaac and Michael for an error rate of 10%, the sample totaled 68 people.

The data collection technique uses a questionnaire arranged on a Likert scale. The scores for each statement item are as in the table below:

Table 1. Balance Test Norms

Answer Categories	F	UF
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Very Suitable (SS)	4	1
Compliant (S)	3	2
Not Compliant (TS)	2	3
Highly Unsuitable (STS)	1	4

3. RESEARCH RESULTS AND DISCUSSION (12 Pt)

3.1. Research result

This research uses simple correlation analysis. Before using this analysis, the researcher carried out classical assumption tests including normality tests, linearity tests and homogeneity tests.

a. Normality test

One-Sample Kolmogorov-Smirnov Test

		Self_awareness	Humility
N		68	68
Normal Parameters, b	Mean	33.18	38.81
	Std. Deviation	4,728	4,368
Most Extreme Differences	Absolute	0.084	0.073
	Positive	0.084	0.073
	Negative	-0.069	-0.063
Statistical Tests		0.084	0.073
Asymp. Sig. (2-tailed)		,200c,d	,200c,d

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

d. This is a lower bound of the true significance.

From the table above, it can be seen that the one-sample Kolmogorov-Smirnov Test value for the self-awareness variable is 0.200 and for the humility variable is 0.200, where both variables have a value greater than 0.05 so it can be concluded that the research data is normally distributed. .

b. Linearity Test

ANOVA Table

			Sum of Square	df	Mean Square	F	Sig.
Humility * Self-awareness	Betwe	(Combin	316,93	2	15,84	0.77	0.728
	en	ed)	9	0	7	5	
	Group						
	Linearity		1,334	1	1,334	0.06	0.800
	Deviation from Linearity		315.60	1	16,61	0.81	0.683
			5	9	1	2	

Within Groups	961,576	47	20,459		
Total	1278.515	67			

Based on the

table above, you can see the sig value. Deviation from Linearity is $0.683 > 0.05$. So it can be concluded that the self-awareness variable and the humility variable have a linear relationship.

c. Homogeneity Test

Test of Homogeneity of Variances

		Levene Statistics	df1	df2	Sig.
Self Awareness	Based on Mean	3,753	1	66	0.057
	Based on Median	3,326	1	66	0.073
	Based on Median and with adjusted df	3,326	1	58,444	0.073
	Based on trimmed mean	3,868	1	66	0.053

The homogeneity test results with a significance value of 0.057 which means that the homogeneity test results on the Levenes's test are greater than 0.05 where the Levenes's test value is $0.057 > 0.05$. It can be concluded that the data variance for the self-awareness variable is homogeneous.

Test of Homogeneity of Variances

		Levene Statistics	df1	df2	Sig.
Humility	Based on Mean	0.003	1	66	0.960
	Based on Median	0.005	1	66	0.942
	Based on Median and with adjusted df	0.005	1	65,173	0.942
	Based on trimmed mean	0.002	1	66	0.965

The homogeneity test results with a significance value of 0.960, which means that the homogeneity test results in the Levenes's test are greater than 0.05 where the Levenes's test value is $0.960 > 0.05$. It can be concluded that the data variance for the humility variable is homogeneous.

d. Simple Correlation Hypothesis Test

Correlations

		Self_awareness	Humility
Self_awareness	Pearson Correlation	1	-0.032
	Sig. (1-tailed)		0.397
	N	68	68
Humility	Pearson Correlation	-0.032	1
	Sig. (1-tailed)	0.397	
	N	68	68

Based on the results of the analysis using the product moment correlation analysis technique in the table above, the significance value between the self-awareness variable and the humility variable has an empirical correlation coefficient (r_{xy}) value of $0.397 \geq 0.05$ and a calculated r value of $-0.032 < 0.239$ so it can be concluded that No relationship was found between self-awareness and humility in generation Z in Kayuroya village, Minahasa Regency. This means that self-awareness and humility are internal factors of the individual, making it possible that these two variables have no relationship in individual behavior.

e. Descriptive Analysis Results

Descriptive data is a description of the data in a study. In this research, data descriptions are used to determine the description or condition of the respondents sampled in this research. The data description of the level of self-awareness and humility in generation Z in Kayuroya village, Minahasa Regency. Researchers categorized the measurement results into two categories, as follows:

Self Awareness

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tall	26	38.2	38.2	38.2
	Low	42	61.8	61.8	100.0
	Total	68	100.0	100.0	

Based on the table above, it is known that the level of self-awareness of generation Z in Kayuroya village, Minahasa Regency is at a low level with 42 respondents (61.8%) and 26 people (38.2%) having high self-awareness. Based on the results of this data, it can be concluded that the level of self-awareness of generation Z in Kayuroya Village is in the low category.

Humility

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tall	31	45.6	45.6	45.6
	Low	37	54.4	54.4	100.0

Total	68	100.0	100.0	
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Based on the table above, it is known that the level of humility possessed by generation Z in Kayuroya village, Minahasa Regency is at a low level with 37 respondents (54.4%) and 31 people (48.6%) having high humility. Based on the results of this data, it can be concluded that the level of humility for generation Z in Kayuroya Village is in the low category.

3.2. Discussion

The results of this research show that within individuals there are psychological factors that have no relationship with each other. Self-awareness is an individual's ability to feel, articulate and reflect on emotional states, as well as the ability to understand other people's behavior related to life goals, emotions and the cognitive processes that follow. The abilities of generation Z in Kayuroya village in attention, wakefulness, architecture (cognitive interpretation) and recall of knowledge about themselves towards others are very low.

The results show that self-awareness has no relationship with humility and has a low level of humility. Humility itself is an individual's interpersonal ability in measuring one's success, the ability to recognize one's mistakes, one's limitations, one's imperfections, being open to new ideas, caring for, loving and respecting others which can be observed through conversational communication, actions and behavioral attitudes. Generation Z with low humility is thought to influence relationships with the people around them.

Individuals with low self-awareness and humility can reduce their ability to identify knowledge (memory), are less able to adapt, have low awareness functions in accessing information within themselves, are less able to make decisions, are less able to realize their own and others' mistakes, are less flexible, and have low self-regulation, low interpersonal relationships and tend to be more self-oriented than others, also lacking in a humble attitude in looking at others and themselves.

This research shows that there is no relationship and the low level of self-awareness and humility in generation Z in Kayuroya village is thought to occur because the two variables are internal factors possessed by individuals, while the low level of self-awareness and humility in generation Z in Kayuroya village is thought to be due to several external factors that influences such as technological developments in providing social media, games with the internet which support this generation to adapt to technology so that they have more contact with technology (social media, games) than connecting or interacting with the people around them. This behavior can affect the mental health of generation Z in Kayuroya village. Mental health is the ability to adapt to oneself,

The mental health of Generation Z in Kayuroya village is important considering that low levels of self-awareness and humility have been found, which can result in disturbances in the form of low levels of self-confidence, stress and anxiety when interacting directly with other people and a tendency to experience social isolation or loneliness. It is important to understand mental health in generation Z, because mental health is not only related to medical or psychological problems, but also has socio-cultural to spiritual and religious dimensions. (Matta, 2016). Good mental health enables people to realize their potential, cope with the normal stresses of life, work productively, and contribute to their communities (WHO, 2013).

A humanistic view of mental conditions in individuals, that individual behavior is influenced by the hierarchy of needs they have. In addition, individuals are believed to have the ability to understand their own potential and develop to achieve self-actualization. However, low self-awareness and humility in generation Z can be an obstacle.

Generation Z's lack of self-awareness and humility in Kayuroya village tends to be influenced by the need for self-actualization which they find in interactions in cyberspace. They may feel open and respectful of others in interactions in cyberspace. The use of cyberspace can provide valuable opportunities and resources for personal growth and

development, but it also needs to be balanced with awareness and good management to avoid potential negative impacts.

4. CONCLUSION

Based on the research conducted and the discussion that has been described, it is concluded that there is no relationship between self-awareness and humility in generation Z in Kayuroya village, Minahasa Regency where the empirical correlation coefficient (r_{xy}) value is $0.397 \geq 0.05$ and the calculated r value is $-0.032 < 0.239$, so it is a deficiency in this research because both variables are internal psychological factors. The percentage of self-awareness and humility in generation Z in Kayuroya village, Minahasa Regency is at a low level, where there are 42 respondents (61.8%) with low self-awareness and 26 people (38.2%) with high self-awareness, and 37 respondents (54%) had low humility and 31 people (48.6%) had high humility.

5. SUGGESTION

- a. Generation Z is expected to be able to interact directly with the environment without using social media, increasing attachment to the environment, both friends and parents. As well as showing self-awareness towards other people, this will automatically have a positive impact on behavior and humility will be good.
- b. It is important for individuals to take time to learn about themselves. Self-reflection helps in recognizing personal strengths, weaknesses, interests, and values. Through journaling, meditation, or discussions with trusted people, individuals can deepen their understanding of who they really are and what they want in life.
- c. The village government is expected to provide work programs that involve generation Z so that they can interact in activities and improve good interpersonal relationships, reduce social isolation and anxiety in interactions.
- d. For future researchers, based on the research results, it is recommended to relate internal factors to external factors such as interpersonal communication skills, decision making, prosocial and other psychological factors.

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