

Building Self-Love in Teenagers

A.M. Fahrurrozi, Imalatul Khairat, Yogi Damai Syaputra, Mi'roz Septiadi

UIN Sultan Maulana Hasanuddin Banten

fahrurrozi@uinbanten.ac.id

Corresponding Autor: A.M. Fahrurrozi

Article History: **Recived:** 2025, 08, 30; **Revised:** 2025, 09, 30; **Accepted:** 2025, 10, 20.

Abstract: Teenagers are known to not be able to control their minds, which causes stress for many of them. Teenagers are at an age that is very vulnerable to suicide, so this problem then becomes very serious. This research aims to determine self-love in adolescents. This research uses qualitative methods and literature research. The results of this research show that building Self Love in teenagers is very important, because if someone has instilled Self Love in themselves they can accept, appreciate, and love themselves more. Meanwhile, if individuals have not instilled self-love in themselves, they will experience unhealthy mental health, punish themselves with negative comments, and continue with depression which can lead to suicide.

Keywords: Self Love, Teenagers

INTRODUCTION

Adolescence is a transitional period from childhood to adulthood. (Musmiah, Sri et al., 2019) It is a time when individuals develop physically and mentally, including how they handle their emotions and control their mental state. The influence of the environment and the people around adolescents is enormous, including how they see, think, and make decisions. Adolescence is the period between childhood and adulthood. It usually begins at the age of twelve or thirteen and ends in the late teens or early twenties. (Putro, 2017) "Adolescence is also referred to as a period of change, the rate of change in attitudes and behavior during adolescence parallels physical changes," said Hurlock. (Fhadila, 2018)

They are also often considered to be unstable due to their emotional instability and poor decision-making skills. Therefore, adolescents are more likely to experience stress when faced with problems that are considered difficult. When someone feels that there is no way out of their problems, excessive stress can lead to depression and even suicide.

In Indonesia, the incidence of suicide among children and adolescents continues to increase. Since 1998, this phenomenon has gained public attention. A report by the National Commission for Child Protection shows an increase in suicide cases among children and adolescents. According to Arist Merdeka Sirait, Chair of the National Commission for Child Protection, the main causes of suicide are teenage breakups, financial pressure, family conflicts, and problems faced by children at school. (Sanderan et al., 2021)

Generally considered an individual act, suicide is motivated solely by psychological factors; many people believe that mental disorders are the cause of suicide because the decision to commit

suicide is made without influence from others. However, the reasons for suicide are not only psychological. (Ariyana, Mulyani & Wahyu, 2018)

According to information provided by the World Health Organization (WHO), one of the sources in the symposium and workshop "Working Together to Prevent Suicide," suicide has caused the deaths of nearly 800,000 people every day. This means that every 40 seconds, one person dies by suicide, and as many as 25 others may attempt suicide. (Azmul Fuady Idham, M. Arief Sumantri, 2019)

Putri, Natasa, (2023) On October 10, 2023, liputan6.com reported that a female student in Semarang shocked everyone by committing suicide at around 5:20 p.m. at Paragon Mall. The woman is believed to have died after jumping from the fourth floor of the mall's parking lot. On October 12, Detik.com reported that a female student committed suicide due to being trapped in online loans at Kos Bulusan, Tembalang District, Semarang. (Iman, Afzal, 2023).

Then, on December 3, 2023, Kompas.com reported that a female student committed suicide in the Mataram area of West Nusa Tenggara (NTB) due to depression over an out-of-wedlock pregnancy. The student swallowed dozens of painkillers, leading to an overdose. (Rosa, Maya, 2023) Both committed suicide due to depression. Developing the concept and values of self-love is one way to overcome depression and prevent its negative impact on mental health in the future.

Teenagers can build strong self-confidence, overcome uncertainty, and feel comfortable with their own identity and appearance by learning to accept and appreciate themselves as they are without relying too much on the approval or validation of others. Teenagers and adults punish themselves for feeling helpless after failure. They only experience failure, which makes them feel bad. That is what causes a person to not love themselves. Not loving yourself is not good because it can disturb your mind. So, content about self-love comes to support yourself, telling you that failing does not mean you are a loser, and appreciating yourself is good advice that can help you achieve your goals. (Arsini, 2023)

The way to accept ourselves with all our flaws and strengths is through self-love. If someone does this, they will gain positive things in their life, such as mental health, peace, and focus to achieve their life goals without distraction.

In Islam, self-love means sincere appreciation and affection for oneself as a creation of Allah, not arrogance. This is an important foundation for optimizing one's potential and maintaining mental health. (Husna, Raras, 2023) Loving yourself means prioritizing yourself and stopping judging yourself against others. This does not mean being selfish, following one's own desires or pleasures, but accepting and treating oneself well as one is. (Kusuma, 2022)

Self-love makes us begin to accept our shortcomings and strengths, be grateful to ourselves because we are individuals who strive to find ourselves, increase our awareness of our life goals and values, and expect fulfillment in life through our own efforts. Loving ourselves builds our self-confidence and forces us to accept ourselves as we are. As a result, we are happier and more grateful for our lives. (Putri et al., 2023)

METHOD

This study uses a descriptive method with a qualitative approach. The data sources obtained were through observations related to the phenomenon of self-love in individuals. The researcher also collected data sources from previous literature (studies), including national journal articles, books, and reliable online news. Literature studies are very important because they serve as a tool

for comparing and adding to the information produced by the research. The data analysis techniques used are:

1. Data reduction, where the author simplifies, classifies, and discards data in such a way that it can produce meaningful information and facilitate the drawing of conclusions.
2. Data display, which is the activity of organizing a set of data in a systematic and easy-to-understand manner, thereby enabling conclusions to be drawn.
3. Conclusions, which aim to find meaning in the collected data by looking for relationships, similarities, or differences in order to draw conclusions as answers to existing problems.

Data related to the research subject will be collected through a descriptive qualitative approach used in this study. So that the results are more accurate and comprehensive, the data collected is presented in variables. The data in question is traced through previous literature. In addition, a literature study method is used. This includes national journal articles, books, and reliable online news. Literature studies are very important because they serve as a tool for comparing and supplementing the information produced by research. (Rerung, Exan et al., 2022)

RESULT

According to (Septiana et al., 2021) There are many reasons why someone has low self-esteem, including not receiving support and affection from others, not having self-acceptance or love, always being ridiculed, sarcastically criticized, or subjected to other bad behavior, and never remembering physical abuse or violence. Adolescent self-esteem is defined as a person's assessment, feelings, or views of themselves or things related to themselves that are expressed through aspects of significance, strength, ability, and judgment. Adolescents often feel insignificant or insecure with their friends or environment. Appearance is one of the factors that cause adolescents to lack self-esteem in their daily lives. Adults should consider adolescents' complaints about appearance because physical changes are an important component of adolescent development. This is due to the fact that complaints about physical relationships greatly affect adolescent growth. Appearance is important to adolescents because it is an important measure of self-confidence that may last into adulthood, is a requirement for entry into certain social groups, and is a way for adolescents to express their unique identities. This is due to the fact that physical complaints have a major impact on development.

Basaria et al., (n.d.) revealed that education related to self-love is very important to convey to adolescents. We can educate them through PowerPoint presentations containing information about self-love, then educate them through videos about self-love, and finally conduct an evaluation to determine the extent to which adolescents understand the concept of self-love.

According to (Rani et al., 2022), the ways to apply Self Love are as follows:

1. Cultivate a Sense of Confidence or Self-Esteem: Cultivating self-confidence is important in maintaining mental health. In general, how a person views and accepts their needs, including increasing self-confidence, and how to do it better is known as self-esteem. Loving yourself helps you cope with stress and deal with various problems in life. Self-confidence is the ability to do many things well, namely accepting yourself as you are, understanding who you are, and accepting yourself as you are.
2. Develop your identity. Ask yourself what your life goals, dreams, or biggest fears are, and what benefits might make you feel more excited to move forward in life. Love yourself before loving others. Make yourself feel comfortable living your life without pressure from within and from others. We only know ourselves, not others, even our closest friends.

3. Don't compare yourself to others: Everyone, unconsciously, tends to try to be the best of everyone else in the modern world. If not applied correctly, this competitive perspective can cause physical and mental stress.

For example, even though everyone has a unique path in life and responsibilities, we often compare ourselves to others' successes without realizing how it affects us. Focus on your goals or dreams rather than comparing yourself to others. Success is not achieved by comparing results with others. This way, we can live more freely and be more motivated. Instead, success is achieved by considering our past achievements.

4. Never think about making everyone in your life happy. We don't need to consider other people's opinions if we haven't done anything wrong. Instead, just be yourself as long as you follow the rules. You will only experience stress if you think too much about what other people say about you.
5. Remember that no one is truly perfect. Everyone has flaws they want to improve, so there is no reason to feel insecure about any flaws you may have. Developing our talents is more important than dwelling on them. **Make Decisions with Confidence:** Many people often feel hesitant to make decisions, including decisions related to their own lives. When you make your own decisions, don't doubt them, and be confident that your decisions are the best ones.
6. **Recognize Your Fears and Don't Run Away from Them.** You must be able to overcome your fears because by recognizing them, you will be better able to ease the burden and anxiety they cause.
7. **Maintain a Positive Lifestyle and Accept Yourself:** Self-love is not only about accepting your strengths and weaknesses, but also striving to live your life in the best way possible. One way to do this is by maintaining your physical health and getting used to living a positive lifestyle.
8. **Maintain a Circle of Friends with Positive People:** Because a negative environment can make it difficult to practice self-love, we can start by maintaining friendships with people who have positive potential, because with good friends, we will have the ability to develop good character and a positive self-image. You should avoid people who have a negative impact on you because they prevent you from practicing self-love.

According to Astuti et al. (2023), their research findings reveal that lectures and discussions related to self-love are effective in increasing self-love in adolescents. In this case, adolescents absorb less knowledge or understanding about self-love, one of which is anxiety. They also compare themselves to others more often, which makes them less confident.

They are also not given knowledge about how to cultivate good self-love, so self-love becomes less supportive in their lives. Teenagers show interest in discussions about self-love given during psychoeducation sessions. Some of them ask about how to use self-love in their daily lives. To answer, facilitators do good things, such as doing useful activities, spending time meditating, or encouraging themselves.

When making decisions, use reason and rationality, including overcoming negative emotions and avoiding suicide. By using reason and rationality, a person can control themselves in difficult situations. Some people do not care about things that are beyond their control. So we can respond to problems with rational thinking, the important thing is to control the heart, mind, and feelings. Focusing on yourself or accepting yourself as you are without considering the opinions of others can lead to peace and happiness. When a person practices self-love, they will accept themselves, which helps you think positively when you are angry, disappointed, or otherwise upset. (Rerung, Exan et al., 2022)

There are ways to easily accept your shortcomings, namely:

1. Look at your shortcomings from a new perspective. For example, because we have nothing from birth, we feel imperfect. There is no reason to feel inferior about all that. We must be able to accept imperfection by asking ourselves, "Without poor people like us, to whom would rich people give charity?" Besides, aren't there many other people whose fate is worse than ours?
2. Learn to be grateful every day.
3. Realize that you are not your thoughts. Often we are trapped in our own thoughts. Often we are trapped in the stories that immediately come to mind. In reality, our selfish thoughts are the biggest story. And often we follow everything they tell us.
4. Pay attention to other people. One of the reasons we cannot accept our imperfections is because we are always focused on ourselves. We never realize that there are many people out there who are just as imperfect as we are. (Nugroho, Ipnu, 2022)

Cultivating self-love brings many benefits. First, it boosts our self-confidence, because self-love makes us believe in our abilities. Second, it reduces the likelihood of mental disorders; the inability to accept ourselves always causes stress and disrupts mental health. Life allows you to make mistakes and have bad days.

If you feel that you are unlucky, you are completely wrong. Because God has prepared a share of happiness for each of His people. Because you have to do many things, you may feel tired. Rest yourself and say, "I can do it." If you love someone, never change yourself for the sake of others. Stay true to yourself, because loving yourself for who you are makes you charming. (Wahyuningsih, 2021)

To build self-love in teenagers, you can be grateful for everything God has given you, try to be in a positive environment (always supportive and appreciative of your achievements), avoid negative thoughts by keeping yourself busy with positive activities or your hobbies, always have the mindset that perfection belongs only to God, and get to know yourself so that you can better understand your true purpose in life. Never think that you have to make everyone happy for their sake. Be proud of yourself for your current achievements. Start by giving yourself time to do things that make you happy and enjoyable. Don't hesitate to praise yourself every day, and maintain a balance between your personal time and your work.

CONCLUSION

Building self-love is very important to instill in teenagers. If teenagers instill self-love in themselves, their lives will tend to be more positive, their mental health will be maintained, they will get to know and understand themselves better, so that they will no longer blame themselves for their failures, compare themselves with others, and they will appreciate themselves more for any achievements they have made. With self-love, teenagers can overcome life's problems with the right solutions.

SUGGESTIONS

Try to find and appreciate the small things you have achieved. Don't put too much pressure on yourself and give yourself time to rest and recover. The author realizes that there are many shortcomings in this article and welcomes constructive criticism and suggestions.

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