

The Effect of Self-Efficacy on Self Actualization in Early Adulthood

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Abstract: *Self-actualization is the highest level of human achievement; with it, people can fully explore themselves. To reach self-actualization, self-efficacy is required; having confidence in one's own talents is especially important in early adulthood. The most significant success in early adulthood is the ability to anticipate future needs for themselves. The goal of this research was to examine how self-efficacy affects self-actualization in early adulthood. Quantitative techniques are used in this research. A total of 172 people between the ages of 21 and 45 participated in this research. The sampling technique used is accidental sampling. A simple regression analysis technique was used for hypothesis testing. The results revealed a very significant effect with a value of 0.000 ($p \leq 0.01$) and an r -square value of 0.532, implying that self-efficacy affects self-actualization by 53.2%, with the remaining 46.8% influenced by another variable outside this research.*

Keywords: *Self-Efficacy; Self-Actualization; Early Adulthood*

Introduction

One of the characteristics described by Piaget (in Papalia, Old, & Feldman, 2009) is that humans in their early adult lives will experience cognitive development, which results in a combination of maturity and experience. Because the experience of what each individual does is different, the effect it has on cognitive development also changes; however, in general psychological terms, in the cognitive development of adults from the early 21s to the mid-30s, most adults will change roles and responsibilities towards maturity, learning to do business, choosing a job or having career goals, and acquiring or developing new abilities, hobbies, or interests. Meanwhile, in their 40s, adults tend to be more stable and certain in their lives, make deeper commitments to their work and family, and arrange time to achieve other, more specific life goals (Havighurst, 1985).

Self-actualization activity is where there is a process of personal development or a path to discover one's true nature and the realization of latent potential over the life span, so that there is the term 'becoming fully human'. The importance of achieving self-actualization for a person can indicate that that person has a higher life ladder than most other people. According to Rogers (1961), self-actualization is everything that encourages a person to be the best that can be done; everyone has the potential to develop himself both to mature physiological and psychological growth. A similar opinion by Frankl (1967) conveys that self-development and actualization must be in accordance with the capacity of the individual, and the individual must be able to know how far he has achieved his life

goals. In another sense, when the individual succeeds in actualizing himself, he has entered the final stage of life.

Self-actualization is the most important thing in human life. Even though only about 1% of humans have succeeded in actualizing themselves, it cannot be denied that self-actualization is the hope of every individual who exists. Dewi (2006) said that self-actualization is the empowerment of potential and the achievement of interests. Self-actualization also brings individuals to better self-knowledge, and when done in earnest, individuals will get a peak experience that cannot be explained by words.

After knowing how important self-actualization is in life, we don't close our eyes to the fact that actualization cannot just happen without an actual process involving several factors, one of which is the recognition of one's potential and self-seriousness to find out how confident the individual is in completing his task. According to Asmadi (2008), ignorance of one's own potential and feelings of doubt and fear of expressing one's potential, so that the potential will continue to be hidden, will bring the individual to a slump and make him or her unable to find identity. Exploration of potential and self-knowledge can be supported by self-efficacy, in which there is a belief felt by the individual so that the individual is able to solve problems in his life. Bandura (1997) emphasizes that self-efficacy can determine how a person feels, thinks, motivates himself, and behaves according to what he wants. Schunk and Pajares (2002) add that self-efficacy is a key factor contributing to successful learning in any field of interest because it influences the choices individuals make and the ways of acting that are followed.

Hendriani (2018) added that when individuals are able to solve problems they experience, it indicates that they have high self-efficacy. With self-efficacy, individuals will be able to find the right solution for each problem. According to Pudjiastuti (2012), a strong appreciation of self-efficacy will encourage achievement and personal well-being in many ways. Someone who has high self-efficacy will perceive that they are able to integrate their abilities to get through and complete tasks and problems so as to achieve a good result according to their expectations.

Reinforced by research on the effect of self-efficacy on self-actualization conducted by Cihangir-Cankaya and Turkdogan (2009), which confirmed that there are opportunities and means for self-efficacy to maximize self in individuals, the results indicate that there is a significant effect of self-efficacy on teacher and teacher self-actualization. The research conducted by Hashemi (2011) showed as much as 68% of the influence of self-efficacy on self-actualization in 98 Iranian EFL (English as a Foreign Language) students. Then research conducted by Fox (2012) on the effect of self-efficacy on lecture teachers shows significant results on the self-actualization of the teacher himself; self-actualization is related to accuracy in placing himself according to his abilities to develop learning methods and achieve student learning satisfaction. maximum (Dwitantyanov and Anakotta, 2018). The purpose of this study itself was to test empirically the effect of self-efficacy on self-actualization in early adulthood.

Methods

The population in this study is made up of young adults. The sample includes participants who have entered the age range of 21–45 years. The number of samples used was 172, including participants who were working, students, or married. In taking a sample, we used sampling techniques to get a good sample. The sampling technique used is non-probability sampling. Besides that, the non-probability technique is also divided into several sections, one of which is used in this study: accidental sampling. The questionnaire used consisted of subject identity in the form of name or initials, age, gender, student/worker/not working, single/married/ever married, while the scale consisted of self-efficacy and self-actualization in early adulthood. The questionnaire form was distributed via Google Forms using a Likert scale.

The self-actualization scale is adapted and translated based on the scale made by Kaufman (2018) according to the characteristics according to Maslow (1987), which consist of continuous freshness and appreciation, self-acceptance, independence, need for solitude, being problem-centered, being able to see reality efficiently, interpersonal relationships, peak experiences, morality, and creativity. The measuring instrument consists of 30 items, with 26 items having good discrimination, and has a reliability value of 0.901. Meanwhile, the self-efficacy scale uses the General Self-Efficacy (GSE) scale belonging to Schwarzer and Jerusalem (1995), based on the dimensions according to Bandura (1997), which consist of magnitude, generality, and strength. The measuring instrument consists of 10 items and has a reliability value of 0.868.

To test the hypothesis of the effect of self-efficacy on self-actualization, a simple regression test is used. The results of the analysis show a significance value of 0.000, which means that the hypothesis is accepted (ha). In other words, there is a hypothesis about the effect of self-efficacy on self-actualization. Meanwhile, from the results of the model summary table in the r square column, it shows a value of 0.532, which means that self-efficacy affects self-actualization by 53.2%, while the remaining 46.8% is another variable outside the study.

Table 1. Hypothesis Test Results

	Model	R	R Square	Mean Square	F	Sig.
1	Regression	.730 ^a	.532	7754.861	193.391	.000 ^a
	Residual			40.099		
	Total					

Source: SPSS outcome

Research Results and Discussion

The purpose of this research is to determine whether self-efficacy has an impact on self-actualization in early or young adulthood. Based on the findings of data analysis using the simple regression analysis technique, it can be concluded that self-efficacy has a significant impact on self-actualization in early adulthood with a significance value of 0.000 and a p-value of 0.01 ($p < 0.01$). The summary table also displays a value of 0.532 in the r

square column, indicating that self-efficacy influences self-actualization with a value of 5.32% and that other variables outside of research, such as emotional intelligence, self-regulation, problem-solving, self-concept, and stress tolerance, account for the remaining 46.8%. This demonstrates that the hypothesis in this research is accepted; there is an influence of self-efficacy on self-actualization in early adulthood. According to the hypothesis, the better an individual's self-efficacy, the better the individual's chances of self-actualization in early adulthood.

This is in line with Hashemi (2011), who claims that once someone demonstrates that they are aware of their capabilities and genuine potential, they can take the required steps to reach their deepest potential, which is self-actualization. Hendriani (2018) contends that when people have faith in their own capabilities, they can solve any problem that arises, come up with the best solutions, and have numerous good reasons to persevere in the face of adversity. The same belief is supported by Maslow, who states (in Syafitri, 2014) that self-actualization can only be attained if a person is satisfied with who they are and is aware of all the skills that would enable them to reach their full potential. Self-actualization is a state in which people act freely and joyfully and have confidence in themselves. The greatest need of humanity is self-actualization because it is the only way to satisfy these needs internally (Respati, 2019).

Based on the descriptive results of self-efficacy, the empirical mean (ME) calculation on the self-efficacy scale has a value of 30.85. This indicates that self-efficacy in this study is in the high category. This shows that self-efficacy is high in early adulthood. Early adulthood is the transition from adolescence to adulthood. Some tasks, such as improving oneself, finding a partner, and growing one's business without the assistance of others, should be performed (Judge et al., 2007). When it comes to work complexity, one should not have modest self-efficacy. Only moderate self-efficacy can predict simple task achievement; modest self-efficacy cannot predict complex task completion.

With the COVID-19 pandemic, which forces young adults to stay inside and limit their activities outside the home, as if all activities were restricted, it is conceivable to feel that people could not function as completely as they did prior to the pandemic. Individuals who have high self-efficacy, on the other hand, always see opportunities and will not give up easily. With their confidence, people assume that there are still open paths when one is blocked, allowing them to accomplish what they are capable of, even in challenging circumstances. This is in line with Atkinson's opinion (1995). Individuals with high self-efficacy can examine and evaluate conditions in which their ideas can run and find peace, even in difficult situations. They will also be more successful in carrying out their responsibilities in the next situation.

The empirical mean (ME) has an average value of 82.78 based on the descriptive results of self-actualization. In this study, self-actualization falls into the top category, so to speak. With self-actualization, early or young adults have a significant probability of achieving their intended outcomes. According to Maslow (1987), who theorizes that self-actualization is not something inflexible in the sense that humans will satisfy their higher wants, not prioritized according to a hierarchy of requirements, a good start in self-

actualization in young adulthood will provide a wider path for the period in the phase of age and later development. According to Rogers and Stanford (1959), actualization necessitates that humans understand themselves as organisms on a journey to grow themselves in harmony with humans as "self," which is shaped by their physical and psychological surroundings. When individuals succeed in understanding themselves as organisms that must finish the journey of self-development, the process of self-actualization develops (Nugraha, 2017).

Individuals with high self-actualization can live in any situation that is advantageous, even if it is unfavorable to them. People won't think that even the tiniest obstacle can keep them from realizing their full potential, as when, during the COVID-19 epidemic, there seems to be no cause for hopelessness and it looks like the world is just there, and they are unable to see things more clearly due to restrictions. With high self-actualization, you can access new abilities and potential regardless of the obstacles. According to Asmadi (2009), individuals with high self-actualization can control themselves so that they are free from both internal and external pressures. Kurniati (2021) claims that self-actualization can be described as "challenging yourself," which refers to motivation for making an effort to achieve self-actualization and challenge oneself to grow further.

According to the age-based description, self-efficacy across the full age range of the early adult phase has an empirical value in the high category. This indicates that the person is already aware of how strong their belief is. The achievement of resolving an issue will develop self-efficacy based on the abilities possessed in life. Bandura (1997) believed that completing challenging activities helps people develop high levels of self-efficacy. When people are required to finish difficult tasks, they will view it as a challenge in their lives. Fernanda (2019) adds that doing these developmental tasks successfully would bring satisfaction and success in completing tasks in the next phase.

Meanwhile, the findings of the age-based description in terms of self-actualization in the entire early adult age range have an empirical value of over 82.78, particularly in the age range of 34–40, with an empirical value of 85.89, which is an age phase with higher self-actualization than other age ranges. When early adulthood peaks between the ages of 34–40, people are either feeling stable or have established themselves with their career choices. Individuals with strong personalities will be more committed than ever to their professional careers and families. According to Levinson (in Dariyo, 2003), a young adult will begin by forming a responsible personal life in accordance with their ambitions and aspirations, as well as realizing the hopes and aspirations that are embedded in their youth, and will then be ready to enjoy life in the following phase.

According to the gender-based description, the level of self-efficacy in all genders has an empirical mean value in the high category. This also indicates that both sexes have high levels of self-efficacy. Nonetheless, gender differences are just distinguishing factors based on each individual's abilities. As a result, self-efficacy will still make a person the extent to which a person is confident in their abilities and does not perceive one of the sexes to be superior, as Anwar (2009) found that male self-efficacy is greater than female self-efficacy when challenged with computations and logical methods of thinking. According to Helpen

(in Fitriyani, 2017), females, on the other hand, have stronger self-efficacy than males when it comes to linguistic abilities and the capacity to perform fine motor skills.

The results of the gender-based description of self-actualization fall into the high category for both men and women. This demonstrates that in early adulthood, both sexes can fully realize their potential and find fulfillment in each other. According to Umrah (2018), self-actualization is critical for females. Its appearance in public is something to be proud of. According to Rogers (1989), the urge to self-actualize can also be defined as an individual's ambition to become someone who represents their ambitions and capabilities. Everyone always has the chance to become their fullest self without needing to fulfill any requirements (Nugraha, 2017).

Then, based on the job-based description results, it is known that self-efficacy has an empirical mean value that is in the moderate group, namely the State Civil Apparatus (ASN), which includes the police and soldiers, jobseekers, and others. Along with individuals who do not work or who do not have a job, the other fields of employment also have an empirical mean with a high category. Particularly for entrepreneurs, whose empirical values are classified as being higher than the empirical mean of other professions. This indicates that there is a concept known as self-efficacy in the workplace and career specialization. When faced with a task that must be accomplished with self-efficacy, the individual can choose what kind of attitude to adopt in order to execute the work.

Regarding Bandura's (1997) assertion that high self-efficacy will preserve the quality and amount of effort to persevere in a task, people with high self-efficacy would typically attempt hard to confront challenges and persist in a task if the individual already has the skills and it is simple to make career choices. Lane et al. (2003) discovered that graduate students exhibit high self-efficacy because they believe they have a commitment to continue living. Zhao et al. (2005) assert that entrepreneurial self-efficacy has a very persuasive function in fostering entrepreneurship (Rustika, 2012). According to Nevid, Spencer, and Greene (2005), the workload and demands of the police are quite high, which might lead to stress if one lacks confidence in one's abilities. High self-efficacy can help people overcome a variety of challenges and obstacles, as well as reduce work-related stress (Dodik, Astuti, & Fatmah, 2018).

Regarding the outcomes based on job descriptions in terms of self-actualization, all jobs have a high empirical mean, with the exception of the State Civil Apparatus (ASN), which includes the police and the army, which have an empirical mean that is in the medium category, and the highest empirical mean is owned by entrepreneurs. This indicates that young adults who are responsible for their professions have a high level of actualization, despite the fact that self-actualization allows people to use their full potential to complete tasks and to develop all of their talents. The greatest human need, in the opinion of Ardhani (2013), is for self-actualization. When a person's physiological, security, and social requirements have been met, the need for appreciation does not go away. Someone seeks self-actualization by wanting to be recognized after making substantial contributions to a company (Utami dan Magdalena, 2020).

According to the results of the marital status description, the level of self-efficacy in all marital statuses has an empirical mean that falls into the high category. This suggests that young adults who have high levels of self-efficacy may manage the stage when people are single, married, or even those who have already been married. Individuals will maintain their confidence in their ability to accomplish anything in order to fulfill their ambition of completing their tasks and proceeding to more difficult tasks. According to Fitriana, Hisham, and Suwardi (2015), someone with high self-efficacy believes that they can do something to affect the circumstances around them. People with high self-efficacy will work harder to overcome existing challenges, even in challenging situations (Sariani, 2018).

The findings of the analysis based on marriage status have high empirical meaning in terms of each participant's level of self-actualization. In other words, all marital statuses have high levels of self-actualization. It implies that each individual will actualize themselves. Aside from that, self-actualization occurs when a person discovers how to not constantly rely on others, including a partner. This is similar to Maslow's (1987) belief that a person should be able to protect themselves without the assistance of others and cannot be influenced by anything outside of themselves. Additionally, each person will feel the effects of separation, according to Wiaswiyati (2008). Divorce is one example, and it has both positive and negative consequences. When faced with unfavorable circumstances, someone with a high level of self-actualization won't feel alone or powerless (Adriani, 2015).

Conclusion

Based on the results of this study's analysis, it is possible to conclude that the hypothesis given in this study is accepted, implying that there is an influence of self-efficacy on self-actualization with a value of 53.2% and an empirical mean in the high category. The remaining 46.8% were influenced by variables that were not included in the study. Other variables not included in the study were emotional intelligence, self-regulation, and problem-solving abilities.

Suggestion

Based on the results of this study, the researcher recommends the following suggestions:

a. For Young Adults

Based on the research findings, young adults can gain a better understanding of the importance of self-efficacy in self-actualization. It is intended that all young adults may preserve their self-efficacy and learn to dive deeper into whatever abilities they have, establishing the belief that everyone is capable and has the opportunity to self-actualize.

b. For Society

The study results are designed to provide an overview and assist the community in becoming more socially supportive of the setting in which young adults live. They play a role in encouraging young adults to grow and realize their

full potential. With the belief that anything is possible if they have high self-efficacy, young adults can get access to the realization of self-actualization.

c. For Research

The results from this study are anticipated to shed light on self-efficacy and self-actualization, and it is hoped that they will inspire further research into additional variables that may influence self-actualization. It is intended that in future research, this research can also be broadened by examining the amount of self-actualization in other early adults who are not participants in this study.

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