

THE RELATIONSHIP BETWEEN SELF CARE AND JUVENILE DELINQUENCY IN VOLLEYBALL CLASS STUDENTS OF STATE MADRASAH ALIYAH 5 CIAMIS IN THE 2025/2026 ACADEMIC YEAR

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Abstract

This study aims to determine the relationship between self-care and juvenile delinquency among volleyball students at Madrasah Aliyah Negeri 5 Ciamis in the 2025/2026 academic year. This study used a quantitative descriptive method with a Likert-scale questionnaire administered to 66 respondents. The results showed that students' self-care levels were in the moderate (57.58%) and high (42.42%) categories, while their juvenile delinquency levels were in the moderate (65.15%) and high (34.85%) categories. Normality tests showed that both variables were normally distributed, and linearity tests indicated a linear relationship with a significance value of 0.0017. Correlation tests showed a coefficient of 0.3778, which is in the low to moderate category. Therefore, it can be concluded that there is a relationship between self-care and juvenile delinquency, with good self-care tending to be associated with lower levels of juvenile delinquency, although the relationship is not very strong.

Keywords: Self-care, Juvenile Delinquency, Adolescents.

A. INTRODUCTION

Adolescence is a developmental phase characterized by significant physical, emotional, and social changes (Sulhan N, 2024). At this stage, adolescents tend to undergo a search for identity, including behaviors that deviate from social norms, commonly referred to as juvenile delinquency. Juvenile delinquency may range from minor violations such as truancy to more serious behaviors such as fighting and other aggressive acts (Saputri et al., 2024). One factor suspected of influencing the emergence of juvenile delinquency is an individual's ability to practice self-care.

Self-care includes an individual's efforts to maintain physical, emotional, and mental health, as well as the ability to manage stress and make appropriate decisions in daily life (Susanti N, 2024). Adolescents with good self-care tend to be better able to regulate their emotions, understand the consequences of their actions, and have stronger resilience against negative environmental influences (Permatasari et al., 2024). Conversely, low self-care ability may make adolescents more vulnerable to social pressure, more easily influenced by negative peer environments, and less able to manage conflict and emotions (Priyani et al., 2026). This has the potential to increase adolescents' tendency to engage in delinquent behavior.

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The school environment, particularly extracurricular activities such as volleyball, also plays an important role in shaping adolescent character and behavior (Haprabu et al., 2025). Such activities not only develop physical abilities, but also train discipline, cooperation, and self-control. However, in practice, not all students are able to make optimal use of these activities to build positive behavior. This study aims to determine the relationship between self-care and juvenile delinquency among volleyball-class students at Madrasah Aliyah Negeri 5 Ciamis.

According to Gerry Olvina Faz (2019), self-care originates from an individual's awareness of caring for and nurturing oneself comprehensively. This concept emphasizes that self-care is not merely a physical activity, but includes conscious efforts to maintain balance in physical health, emotions, thoughts, and spirituality. In the context of modern life, this definition becomes highly relevant given the increasing life pressures individuals face from various aspects of life. In everyday life, many individuals experience prolonged stress due to academic demands, work, economic conditions, and rapid social changes. An imbalanced lifestyle, such as lack of rest, excessive activity burdens, and limited time for self-reflection, often causes individuals to neglect their basic needs. As a result, various physical health problems may arise, such as chronic fatigue, sleep disorders, and decreased immunity, as well as psychological problems such as anxiety, unstable emotions, and reduced concentration.

Gerry Olvina Faz (2019) emphasizes that self-care functions as a strategy to reduce stress and prevent the emergence of various health problems. In practice, self-care may take the form of simple yet meaningful activities, such as arranging rest time, managing emotions, maintaining a healthy diet, engaging in activities that calm the mind, and strengthening spiritual relationships. In today's fast-paced and highly demanding world, the ability to regulate oneself through self-care is key to maintaining individual well-being (Fauziah et al., 2024). In addition, self-care also plays an important role in preventing mental health problems that are increasingly prevalent in society, such as burnout, depression, and anxiety disorders. Many individuals only realize the importance of mental health after experiencing severe exhaustion or a decline in daily functioning. Gerry Olvina Faz's (2019) concept of self-care emphasizes the importance of preventive action, namely caring for oneself before problems develop into more serious conditions. Thus, self-care, as explained by Gerry Olvina Faz (2019), may be understood as a form of individual responsibility for one's own well-being. In facing the complexity of today's problems, self-care becomes a fundamental need so that individuals can maintain balance in life, improve their quality of life, and carry out their social and academic roles optimally. This concept affirms that caring for oneself is not a form of selfishness, but an important step in maintaining health and long-term functioning.

According to Dorothea Orem (2001), self-care is defined as an individual's ability to perform activities independently in order to maintain life, health, and well-being. Orem emphasizes that self-care is a conscious action taken by individuals to meet their physical and psychological needs. The World Health Organization (WHO) defines self-care as the ability of individuals, families, and communities to promote health, prevent disease, and manage health conditions, either with or without the assistance of health professionals. This explanation shows that self-care is not only individual in nature, but also includes social and environmental

aspects. Self-care becomes an important part of the health system because it encourages individuals to be more responsible for their own health, including mental and emotional health.

Myers, Sweeney, and Witmer (2000) view self-care as an integral part of the concept of wellness, which emphasizes balance among physical, mental, social, and spiritual aspects. This perspective is highly relevant in the modern world, where many individuals live unbalanced lives due to academic demands, work, and high social pressures. An excessive focus on productivity and achievement often leads individuals to neglect their physical health, emotional stability, social relationships, and spiritual needs (Kasaga & Athoillah, 2025). In daily life, imbalance among wellness aspects is often seen in individuals who experience physical exhaustion due to lack of rest, mental stress due to ongoing pressure, social isolation due to lack of meaningful interaction, and spiritual emptiness due to limited reflection and meaning in life. These conditions may trigger various problems, such as chronic stress, anxiety, depression, declining quality of social relationships, and loss of life satisfaction. The perspective of Myers, Sweeney, and Witmer emphasizes that self-care cannot be understood partially, but must be seen as an effort to maintain overall life balance. In addition to preventing illness, self-care in the wellness concept is also directed toward improving quality of life. In the world around us, many individuals appear physically healthy but are mentally and emotionally exhausted. This shows that health is not measured solely by the absence of disease, but also by an individual's ability to feel happy, meaningful, and capable of fulfilling social roles well. Self-care practices such as maintaining a healthy lifestyle, managing emotions, building supportive social relationships, and strengthening spirituality can help individuals achieve more holistic well-being.

According to Kartini Kartono (2017), juvenile delinquency is deviant behavior committed by adolescents as a result of their inability to adjust to social norms. This delinquency arises due to disturbances in personality development, particularly as a result of lack of attention, affection, and supervision from the family. Adolescents who do not receive sufficient emotional needs tend to seek release through negative actions.

According to Hurlock (1999), juvenile delinquency is an act of legal violation committed by adolescents, in which such actions place the individual into the category of juvenile delinquency. Thus, it can be concluded that self-care has a close relationship with juvenile delinquency. Good self-care reflects adolescents' ability to maintain physical health, manage emotions, and control behavior in daily life.

According to Statistics Indonesia (BPS), the number of young people in Indonesia in 2023 was estimated at 64.16 million, or around 23.18% of the total population of Indonesia. Juvenile delinquency in Indonesia reached 7,007 cases, including 255 cases of student brawls in 2014, and 7,762 cases in 2015. From year to year, the number of juvenile delinquency cases increased by around 10.7%. Cases of juvenile delinquency generally include theft, promiscuity, murder, and drug abuse. Juvenile delinquency was predicted to reach 12,944.47 cases in 2020.

Adolescence is a transitional period from childhood to adulthood marked by the process of searching for identity. At this stage, adolescents do not yet have stable emotional maturity, making them vulnerable to confusion, social pressure, and internal conflict. These conditions often lead adolescents to engage in various behavioral experiments, both positive and negative. In this context, self-care becomes a very important aspect. Self-care is not only related to

physical care, but also includes an individual's ability to manage emotions, stress, and social pressure experienced during the developmental process. Thus, adolescence as a phase of identity searching greatly requires the application of good self-care. Self-care plays an important role in helping adolescents manage the emotions and pressures they experience, thereby minimizing the emergence of juvenile delinquent behavior.

B. LITERATURE REVIEW

WHO Self-Care Framework

WHO defines self-care as the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and manage illness or disability, either with or without the support of health professionals. This definition shows that self-care is not merely understood as a personal habit, but as an active capacity to care for oneself consciously and continuously. In the context of adolescence, this framework is relevant because it positions self-care as the foundation of healthy behavior that helps individuals manage physical, emotional, and social risks. The better an adolescent's self-care ability, the greater the likelihood that they will make safer decisions, maintain self-balance, and avoid harmful behavior. Therefore, this theory can be used to explain self-care as an early protective factor against the emergence of tendencies toward juvenile delinquency (World Health Organization [WHO], 2022). Indicators of the WHO Self-Care Framework:

- Health promotion
- Risk prevention
- Health maintenance
- Self-management of problems
- Healthy decision-making

Young People's Mental Health Self-Care Framework

In recent literature, self-care in adolescents is defined as an ongoing individual process that uses specific strategies guided by self-awareness to meet mental health needs. This framework emphasizes that adolescent self-care is personal, non-uniform, and carried out through a self-compassion approach so that individuals are able to achieve emotional balance. This perspective is highly relevant because juvenile delinquency often arises not only from weak behavioral control, but also from the inability to manage emotions, stress, and social pressure. In other words, self-care is not merely physical care, but also the ability to understand oneself, calm oneself, and choose healthier strategies when facing problems. On that basis, this framework is appropriate for explaining how good self-care can become a psychological mechanism that suppresses tendencies toward deviant behavior in adolescents (Truscott et al., 2024). Indicators of Young People's Mental Health Self-Care:

- Self-awareness
- Self-compassion
- Healthy coping strategies
- Emotional balance
- Well-being orientation

Positive Youth Development (5Cs Model)

Positive Youth Development views adolescents not as a source of problems, but as individuals who possess potential, strengths, and developmental assets that can be shaped through a supportive environment. In recent literature, this model is often operationalized through the 5Cs: competence, confidence, connection, character, and caring, which are understood as the core of positive adolescent development. These five dimensions function as protective factors because they help adolescents build a healthy identity, good social relationships, and the ability to make more responsible decisions. In school settings, the PYD approach is also used to foster social-emotional skills, strengthen school connectedness, and reduce involvement in violence or problematic behavior. Therefore, this theory is relevant for explaining that the stronger an adolescent's positive developmental assets are, the less likely they are to become involved in juvenile delinquency (Marín-Gutiérrez & Caqueo-Úrizar, 2025; Green et al., 2026). Indicators of Positive Youth Development (5Cs):

- Competence
- Confidence
- Connection
- Character
- Caring

C. RESEARCH METHODOLOGY

This study employed a quantitative descriptive method. According to Nurdin and Hartati (2019), data collection techniques are defined as the methods or techniques used by researchers to obtain the required data. Hardani (2020) states that, in questionnaire-based data collection techniques, respondents are given a list of written questions. Based on these explanations, it can be concluded that questionnaire data collection is a technique carried out by providing a set of specific questions or statements to be answered by respondents in written form.

In this study, the researcher used a questionnaire method based on a Likert scale. According to Sugiyono (2018), the Likert scale is a scale used to measure the attitudes, opinions, and perceptions of an individual or a group regarding social phenomena. Through the Likert scale, the variables to be measured are first broken down into variable indicators. These indicators then serve as the basis for constructing instrument items in the form of statements or questions. The researcher used this Likert-scale questionnaire method in order to obtain valid data regarding the relationship between self-care and juvenile delinquency. Respondents were given 48 statement items. These statements were divided into several main aspects. Jansen, as cited in Sarwono, argues that the aspects of juvenile delinquency are divided into four categories: delinquency that causes physical harm to others, delinquency that causes material loss, social delinquency that does not directly cause victims, and status offenses. Meanwhile, according to Gerry Olvina Faz, M.Psi. (2019), self-care comes from the term self care, where self means the self and care means to care for or nurture. Self-care is an activity of taking care of oneself in order to reduce stress, regulate, and prevent various problems that may affect physical, emotional, mental, and spiritual health conditions.

D. RESULT AND DISCUSSION

Based on the research results, it can be seen that the relationship between self-care and juvenile delinquency in volleyball class students at Ciamis State Islamic Senior High School 5 is as follows:

Table 1. Statistical variable

Variable	N	Min	Max	Mean	Standard deviation
Self care	66	106	172	137,70	13,47
Juvenile delinquency	66	117	172	133,36	12,21

Source: Data Processed by Researchers, 2026

Based on Table 1, it can be seen that the number of respondents in this study was 66 students for each variable, namely self-care and juvenile delinquency. The minimum (lowest) self-care score obtained by students was 106, while the maximum (highest) score was 17. The average (mean) self-care score was 137.70, indicating that students' self-care levels were generally in the fairly good category. The standard deviation of 13.47 indicates that the distribution of self-care data was quite varied, but still within reasonable limits.

For the juvenile delinquency variable, the minimum score was 117 and the maximum score was 172. The average score was 133.36, indicating that juvenile delinquency levels were in the low to moderate category. The standard deviation of 12.21 indicates that variation in juvenile delinquency behavior among students was also not particularly high.

Table 2. Self-care categorization

Category	Interval	frequency	Presentation
Low	48-95	0	0.00%
Medium	96-143	38	57,58%
High	144-192	28	42,42%

Source: Data Processed by Researchers, 2026

Based on the table, it can be concluded that the respondents' self-care levels were dominated by the moderate category (57.58%), followed by the high category (42.42%), and there were no respondents in the low category. Moderate was the most dominant category, meaning most students had adequate, but not optimal, self-care. This indicates that students' self-care is generally quite good, but still needs to be strengthened to reach the high category.

Table 3. Categorization of juvenile delinquency

Category	Interval	frequency	Presentation
Low	48-95	0	0.00%

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Medium	96-143	38	65,15%
High	144-192	28	34,85%

Source: Data Processed by Researchers, 2026

Table 3 above shows that the level of juvenile delinquency is dominated by the moderate category (65.15%), followed by the high category (34.85%), and there were no respondents in the low category. This indicates that juvenile delinquency is at a moderate to high level.

Based on the results of the normality test for the self-care variable, the skewness value was 0.2865 and the kurtosis value was 1.4303. A skewness value approaching zero indicates that the data distribution tends to be symmetrical, although slightly skewed in the positive direction. Meanwhile, the kurtosis value, which is still within the acceptable range, indicates that the data distribution is neither too sharp nor too flat. Thus, it can be concluded that the data for the self-care variable is normally distributed, thus meeting the requirements for parametric statistical analysis.

The normality test for the juvenile delinquency variable showed a skewing value of 0.9754 and a kurtosis value of 0.9755. A positive skewness value indicates that the data distribution is slightly skewed to the right, but still within reasonable limits. A kurtosis value approaching 1 indicates a relatively normal and non-extreme data distribution. Therefore, it can be concluded that the juvenile delinquency variable data is also normally distributed and suitable for further analysis.

Based on the results of the linearity test, a significance value of 0.0017 was obtained. This value is less than 0.05, indicating a linear relationship between self-care and juvenile delinquency. It can be concluded that the relationship between the two variables is linear, so correlation or regression analysis can be used to test the relationship.

Table 4. Correlation results of self-care with juvenile delinquency

Variable	Correlation coefficient	Information
Self care and juvenile delinquency	0,3777914	Low-moderate correlation

Source: Data Processed by Researchers, 2026

Based on the correlation test results in Table 4, a correlation coefficient value of 0.377914 was obtained. This value indicates a relationship between self-care and juvenile delinquency, which is in the low to moderate category. Judging from the magnitude of the correlation coefficient, the value of 0.3778 is in the low to moderate category. This means that the relationship between the two variables is not very strong. This means that self-care has a relationship with the level of juvenile delinquency, but the relationship is not very strong, this relationship can be interpreted as meaning that poor self-care tends to be related to increased juvenile delinquency. Thus, it can be concluded that the better the self-care possessed by adolescents, the tendency for juvenile delinquency can be reduced, although there are still other factors that contribute.

E. CONCLUSION

Based on the results of the research that has been conducted, it can be concluded that the level of self-care of volleyball class students at Madrasah Aliyah Negeri 5 Ciamis is in the

moderate to high category, while the level of juvenile delinquency is in the moderate to high category. The results of the normality test indicate that the data for both variables are normally distributed, and the linearity test indicates a linear relationship between self-care and juvenile delinquency. The results of the correlation test indicate that there is a relationship between self-care and juvenile delinquency with a coefficient value of 0.3778 which is included in the low to moderate category. This indicates that self-care plays a role in influencing juvenile delinquency behavior, but it is not the only determining factor. Thus, the better the self-care possessed by adolescents, the tendency of juvenile delinquency can be reduced. Therefore, efforts are needed to improve self-care in adolescents as a preventive measure to suppress juvenile delinquency behavior.

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