



Overview of Self-Control In Maintaining Association For Overseas Students In The BKI Study Program UIN Ar Raniry Banda Aceh

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ABSTRACT

Self-control is very necessary for nomadic students to help them in facing life in a new environment so that they can maintain good associations while migrating in other people's areas. Low self-control in a person will positively lead to adverse consequences, while a person who has high self-control will show more execution in completing certain activities. A person who does not have the ability to make decisions, will usually be easily influenced by the environment and peers to do bad associations. Therefore, this study aims first, to find out the picture of self-control in overseas students in the BKI UIN Ar-Raniry Study Program who come from outside the city of Banda Aceh in maintaining associations. Second, to find out the factors that affect self-control in overseas students in the BKI UIN Ar-Raniry Study Program who come from outside the city of Banda Aceh in maintaining associations. This study uses a qualitative approach with a phenomenological research method. The research subjects were selected using the purposive sampling technique and 4 subjects were found that met the criteria. Data collection uses observation, interview, and documentation methods. The results of the study showed that the nomadic students who were chosen as research subjects were able to control themselves in terms of socializing well during their migration in Banda Aceh which can be seen from the aspect of self-control, namely being able to control behavioral control, cognitive control and decision control. The factors that affect the self-control of nomadic students in maintaining socialization during migration include themselves, The surrounding environment which includes the residential environment/boarding house, the lecture and peer environment, and the parenting style taught from childhood.

Keywords: *Self-Control, Socializing, Overseas Students*

1. INTRODUCTION

Ar-Raniry State Islamic University Banda Aceh is one of the State Islamic Religious Universities (PTKIN) that organizes formal education in the Aceh region. In the University there are individuals who study in it and are known as students. According to Siswoyo, students can be defined as individuals who are studying at the university level, both public and private, or other institutions that are at the same level as universities.

Students who study at higher education come from various regions both inside and outside the area where the university is located. Students who come from outside the region are called migrant students or migrant students. Migrant students are individuals who live in different areas to concentrate on further education and organize themselves in order to achieve abilities at the diploma, bachelor's, master's or specialist levels.

Students who choose to study outside their home areas will experience a variety of different challenges than students who do not travel. This is because migrant students experience a transition period from their home area to a new area. This transition is accompanied by life changes, such as

leaving home, separating from parents, establishing new relationships, arranging a new place of residence and managing finances on its own. In addition, life in a new area will provide new challenges, such as differences in language, culture, association in the area, and other challenges.

Self-control is very necessary for nomadic students to help them in facing life in a new environment in order to maintain their association while migrating in other people's areas. In this regard, Islam has directed the importance of human beings to control themselves.

Low self-control in a person will positively lead to adverse consequences, while a person who has high self-control will show more execution in completing certain activities. A person who does not have the ability to make decisions will usually be easily influenced by the environment and peers to do bad associations. Therefore, good self-control is needed to help migrant students control and guide their associations. They can describe the stimulus they have experienced and can think about the consequences of the behavior they have done. If the stimulus cannot be described, it will have an impact on themselves which results in falling into bad associations.

For this reason, the problems that arise in this study include: (1) What is the picture of self-control in overseas students in the BKI UIN Ar-Raniry Study Program who come from outside the city of Banda Aceh in maintaining associations?, (2) What factors affect self-control in overseas students in the BKI UIN Ar-Raniry Study Program who come from outside the city of Banda Aceh in maintaining associations?

2. LITERATURE REVIEW

Self-control is an individual's ability to be sensitive to reading their own situation and environment. In addition, it is also the ability to control and manage behavioral factors according to the situation and conditions to present oneself in socializing the ability to control behavior, the tendency to attract attention, the desire to change behavior to be suitable for others, to please others, and to cover up their feelings.

According to Averil, self-control is the ability of individuals to modify behavior, the ability of individuals to manage unwanted and unwanted information and the ability of individuals to choose one of the actions based on something they believe.

Calhoun and Acocella define self-control as the regulation of a person's physical, psychological, and behavioral processes, in other words a series of processes that shape themselves.

1. Aspects of Self-Control

Averill mentioned in the book M. Ghufron and Risnawati that there are 3 aspects of self-control which include, namely:

a. Behavior Control

Behavioral control is the readiness of a response that can directly affect or modify an unpleasant situation. The ability to control this behavior is broken down into two components, namely regulated administration and stimulus modifiability.

b. Cognitive Control

Cognitive control is the ability of individuals to process unwanted information by interpreting, assessing, or echoing an event in a cognitive framework as a psychological adaptation or reducing stress. This aspect consists of two components, namely obtaining information (information gain) and conducting appraisal (appraisal).

c. Decesional Control

Controlling decisions is a person's ability to choose an outcome or an action based on something he believes or agrees with. Self-control in making choices will function, either

with an opportunity, freedom, or the possibility for the individual to choose various possible actions.

2. Factors Affecting Self-Control

Like other psychological factors, self-control is influenced by several factors. Broadly speaking, the factors that affect self-control consist of internal factors (from the individual's self) and external factors (the individual's environment).

a. Internal Factors (Yourself)

The internal factors that participate in self-control are age and maturity. Maturity is the level of change that individuals experience sequentially determined by genetic factors. In general, individuals develop in a genetically formed way, unless they are disturbed or inhibited by environmental factors (experiences/something acquired in life) that are destructive.

b. External Factors (Environment)

These external factors include the family environment. The family environment, especially parents, determines how a person's ability to control himself. Therefore, if parents apply an attitude of discipline to their children intensely from an early age, and parents remain consistent with all consequences that children do if they deviate from what has been determined, then this attitude of consistency will be internalized by children. Discipline applied to life can develop self-control and self-direction so that a person can be well accounted for all actions taken.

3. Self-Control Techniques

There are several who propose how to control themselves, including self-control in practice consists of three ways, namely :

- a. Self Monitoring, which is a process in which individuals observe and feel sensitive to everything about themselves and their environment.
- b. Self Reward, which is a technique where individuals regulate and reinforce their behavior by giving gifts or pleasant things, if the expected desire succeeds.
- c. Stimulus Control, which is a technique that can be used to reduce or increase certain behaviors. Stimulus control emphasizes on resetting or modifying the environment as a specific cue or response.

4. Self-Control in an Islamic Perspective

In Islam, self-control is part of patience, even classified at the highest level among other forms of patience. According to Ibn al-Qoyyim Al-Jauziyah, the most severe degree of patience is to stay away from prohibitions which are generally something that is favored, in this case one patiently abandons temporary pleasures in this world for future pleasures in the hereafter. This concept is known as delay gratification. In this regard, Allah SWT says in the Qur'an:

يَقُومُ إِنَّمَا هَذِهِ الْحَيَاةُ الدُّنْيَا مَتَّعٌ وَإِنَّ الْآخِرَةَ هِيَ دَارُ الْقَرَارِ

It means: "O my people! Indeed, the life of this world is only a pleasure (temporary) and indeed the hereafter is the eternal land" (QS. Al-Mukmin: [40]: 39)

In this verse, Allah emphasizes to man that the pleasures of the world in any form are temporary, and for those who do good and refrain from doing evil will be rewarded with

eternal and greater than the luxuries in the world in the hereafter. The realization of meeting these needs must also be by controlling oneself so as not to overdo it.

According to Imam Al-Ghazali, good self-control will lead a person to the strength of character. Meanwhile, self-control requires spiritual maturity coupled with self-discipline in the form of tazkiyatun-nafs and riyadhah which makes a person confident in the reward from Allah (delay gratification). Therefore a spiritually mature person will be able to refrain from the forbidden pleasures that are temporary in this world.

Self-control in Islam is also known as lust. This lust must be able to be controlled by every servant, and be able to have a good and bad influence in daily life. Maintaining self-control is highly recommended for every Muslim in order to realize it in behavior, attitude and appearance.

Socialization is a way used or carried out by a person in establishing social relationships between individuals and their groups or other groups. The association in question is a process experienced by every human being when establishing relationships with the people around him. Socialization is a continuation of the process of social interaction that exists between individuals in their social environment. The strength or weakness of a social interaction affects whether or not the association is close.

1. Types of Student Associations

Associations can be divided into two parts, namely positive associations and negative associations:

a. Positive Associations

Influence in positive associations, because association is a socialization event for individuals to get to know their social environment. Through association, the following benefits can be obtained:

- 1) Get to know the applicable social values and norms better so that they are able to distinguish what is appropriate and what is inappropriate in doing something.
- 2) Getting to know each person's personality better while realizing that humans have uniqueness that each needs to be appreciated.
- 3) Able to adjust in interacting with many people so that it can increase confidence.
- 4) Able to form a good personality that can be accepted at various levels of society so that they can grow and develop into an individual figure who deserves to be emulated.

b. Negative Associations

Negative associations are associations that engage in deviant behavior that goes beyond the boundaries of obligations, demands, rules, conditions, and feelings of shame. Or it can also be interpreted as deviant behavior that violates religious norms and moral norms. Various types of negative associations include:

1) Free Sex

Free sex is two people who are married without a marriage bond. The negative impacts of free sex are pregnancy out of wedlock, addiction, risk of contracting STDs, abortion and mortal sin.

2) Drug

Consuming drugs is often used as the best escape for individuals to solve the problems and burdens of their lives. In medicine, narcotics and dangerous drugs are often used for medicinal purposes. Therefore, what is dangerous is not drugs, but drug abuse for purposes other than medical purposes

3) Nightlife

Nightlife is synonymous with free sex, alcohol, and drugs. It is undeniable because of the outbreak of ecstasy and methamphetamine. This type of illegal drug is often found in nightclubs, alcohol is very easy to find when entering nightclubs. Nowadays, many teenagers, especially students, have known about the gray night world.

2. Associations in an Islamic Perspective

Islam, as the only universal religion, has talked about various kinds of human life, including social problems. Given the importance of association for every Muslim person, Islam has placed it as the most important part of human life, from the time of the Prophet until now. Allah SWT sent Muhammad the Prophet PBUH to improve the ethics of mankind. In a hadith, it is emphasized that one of the tasks of his nubuwwah mission is to improve his noble ethics.

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ قَالَ : قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ :
"إِنَّمَا بُعِثْتُ لِأَتَمِّمَ مَكَارِمَ الْأَخْلَاقِ" (رواه البخاري)

Meaning: "From Abi Hurairah ra, he said: The Prophet PBUH said: "I am sent only to perfect human morals". (HR. Bukhari)

The above hadith explains that every Muslim person must be ethical in association from an early age. If this becomes a reality in the lives of the people, then the next generation of the nation will be born who are moral as well as role models for other religious people. On the contrary, the neglect of fostering good individual association in this day and age, causes various acts of moral crimes that are very contrary to Islamic values.

The problem of association in individuals has gained the most important place in Islamic education today. According to the Qur'anic concept, association is "an attitude that reflects gentleness and humility by not displaying bad qualities such as arrogance, arrogance and pride." Therefore, in association with individuals, they should show essential behavior in their lives, both in the form of individuals, families, communities and in state life.

A student is someone who is in the process of gaining knowledge or studying and is registered to be undergoing education in one of the forms of higher education consisting of academics, polytechnics, colleges, institutes, and universities.

The word "Rantau" in the Great Dictionary of Indonesian is defined as an area outside one's own area or an area outside one's hometown, a foreign area. The word "Perantau" is defined as someone who goes or seeks a living in another person's area.

Merantau is a special type of migration with its own cultural connotation, namely an individual who comes from outside the region, leaves his hometown or homeland to go to migrate to a city, region or even abroad of his own volition, for a certain period of time for a long period of time or not and usually with the intention of returning home, and with the aim of continuing education to the university level.

1) Factors Causing Students to Migrate

The phenomenon of migrant students through the process of improving the quality of education and as a form of effort to prove their quality as independent and responsible adults in terms of making decisions. The main reason for students to migrate is to achieve success by studying in other people's areas who need courage to be more confident and independent and be able to face various changes in new situations and environments.

Hurlock said that when migrant students go to other people's areas, they will be faced with various kinds of problems, including: the absence of parents, a different system of friendship and communication with new friends, adjustment to the norms of socialization of local residents, learning styles that are difficult to follow.

3. RESEARCH METHODS

This study uses a qualitative approach with a phenomenological method. Qualitative phenomenological research means an approach that focuses more on the concept of a certain phenomenon and the form of study is to see and understand the meaning of an experience related to a certain phenomenon or experience. This research was carried out by going directly to the research location to obtain data in the research, namely data on self-control in maintaining association with overseas students. This research was conducted at the BKI UIN Ar-Raniry Banda Aceh study program in March 2022 .

The research subjects in this study are all students of the class of 2018 in the BKI UIN Ar-Raniry Banda Aceh study program which has 129 students. This research was conducted using purposive sampling techniques. Purposive Sampling is a technique for sampling data sources with certain considerations or based on reasons.

The subjects selected based on the research sampling technique are nomadic students in the BKI Study Program with the following criteria: (1) Boarding house/renting a house or residence is not in the same area as the boarding house, (2) At least 2 years have migrated to Banda Aceh, a migrant student of the BKI study program class of 2018, (3) Coming from the Lhokseumawe/North Aceh area, (4) Female, (5) Age range from 18-23 years, (6) Willing to participate in the research.

The data collection techniques used in this study are, using observation, interview and documentation techniques. The data analysis technique in this study uses interactive qualitative data analysis, while the description of the data analysis stages includes data reduction, data presentation and conclusion drawn.

4. DISCUSSION

Research Results and Discussion

The results of the research in this study are described based on the aspect of self-control and the aspect of association based on data encountered in the field. Self-control can be seen from 3 aspects, namely behavioral control which includes the ability to control implementation and the ability to control stimulus, cognitive control which includes the ability to respond to events and the ability to interpret events, and decision control which includes the ability to make decisions. Meanwhile, association can be seen from 2 aspects, namely positive association which includes influence in positive associations, and negative association which includes influence in terms of negative/deviant association.

Based on the presentation of the results of the interviews on the four subjects of this study, it was found that in the three aspects of self-control in maintaining association, it was seen in the four interviewed subjects. The findings in the field are as follows:

1. Overview of Self-Control in Maintaining Associations in Overseas Students at BKI UIN Ar-Raniry Study Program

Self-control is defined as the ability to guide, regulate, and control actions that can lead to positive outcomes. The subjects in this study are students who migrated from Lhokseumawe or North Aceh to Banda Aceh to study at higher education. By moving them to Banda Aceh, their lives are carried out by themselves and live alone in a boarding house environment without anyone supervising every activity carried out. When migrating to other people's areas, their social development related to self-control and association with peers becomes wider and more complex.

As the researcher found in this study, self-control in migrant students in the BKI study program was found to be basically well controlled in terms of positive and negative associations while migrating in Banda Aceh. This can be seen in, First, in terms of controlling behavior, it is known that they have the ability to control themselves to control behaviors that arise, both positive and negative behaviors. Second, in terms of cognitive control which includes the ability to receive and respond to the information they need about social matters clearly, and ensuring the source and truth of the news is good to be received or not. Third, in terms of controlling decisions, it is known that they are able to control their decisions to choose actions based on something they believe in and are considerate and responsible for the choices chosen.

2. Factors Affecting Self-Control in Overseas Students in the BKI Study Program in Maintaining Associations

Self-control in maintaining association with migrant students in the BKI Study Program is influenced by various factors, those factors make migrant students able or not able to control themselves. The factors that affect the self-control of migrant students are internal factors and external factors. The internal factor that affects the self-control of these migrant students is the individual himself which is an important factor in self-control, because if it is not yourself who controls it, it can have an impact on bad things.

As found in this study, the four subjects had high self-control in maintaining their association while migrating in Banda Aceh even though they were influenced by a negative surrounding environment such as coming home late at night when hanging out with friends, going alone with the opposite sex, having a luxurious appearance when going to campus, not performing prayers when it was time, and so on.

In addition, there are external factors that affect the self-control of migrant students, which are caused by the surrounding environment such as residences/boarding houses, peers, which greatly affect the associations carried out by migrant students. When the environment does not provide opportunities for students, students will not have the opportunity to engage in deviant associations. Therefore, as a nomadic student who is far from parental supervision, you must be good at choosing and getting along with friends around you. If you make friends with friends who have a good relationship, it can lead to good associations, and vice versa. In addition, parental parenting factors, most of these social considerations of self-control are formed by parental discipline in children from an early age. Parental teaching from an early age will affect the formation of a child's personality in the future and parents play an important role in the formation of a child's personality.

5. CONCLUSION

Based on the results of the research, conclusions can be drawn that show that nomadic students in the BKI UIN Ar-Raniry study program can control themselves in terms of good association while migrating in Banda Aceh by being able to determine who controls the situation or situation, being able to control the behavior that arises, being able to control themselves over the existing situation, being able to know when the stimulus appears, able to prioritize important things, able to receive and respond to information clearly, able to use wise thinking in taking action, able to understand the meaning of events and able to see the impact of events to improve themselves, and able to choose actions with consideration and be able to handle them.

The factors that affect the self-control of migrant students in the BKI UIN Ar-Raniry Study Program in maintaining association while migrating in other people's areas, including themselves, the surrounding environment which includes the environment where they live/board, the environment of lectures and peers, and the parenting style of parents who have been taught since childhood.

Based on the results of the research and the conclusion above, the author conveys suggestions that the author can input for the development of self-control of migrant students to be better.

1) The community around the boarding house

To the community around the boarding house environment of the nomadic students, it is hoped that they will be able to provide concern for the association of boarding school students by reprimanding and informing if there is bad student behavior in the eyes of the community and the surrounding environment so that the student can control his association and not lead to deviant associations

2) Migrant students

Nomadic students should always be able to control themselves from the influence of peers who can plunge into deviant associations, be able to maintain the good name of their home region and be able to know the main purpose of migrating to seek knowledge that can later make both parents in the village proud.

3) Researchers

For the next researcher who is interested in researching self-control, it is expected to choose a different subject, by paying attention to other demographic data such as age, regional origin, college semester and so on. In addition, if you want to research about overseas students, you should research the influence of their environment when living in a new place, how they maintain their parents' trust to give permission to migrate outside the region, and how the migrant students adapt to the new environment.

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