

Original Article

The Power of Self-Efficacy and Its Impact on Adolescent Hedonistic Lifestyle

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Abstract. The increasing tendency of adolescents to adopt a hedonistic lifestyle, characterized by hedonistic behavior and the pursuit of pleasure, has become a concern in schools. One factor that can counteract this tendency is self-efficacy, or an individual's belief in their ability to regulate behavior and face challenges. This study aims to identify the self-efficacy profile of eleventh-grade students at SMAN 44 East Jakarta, describe their hedonistic lifestyle tendencies, and examine the influence of self-efficacy on this lifestyle. The population consisted of 120 students, with a sample of 80 selected using the Slovin formula and purposive sampling. The research instruments included the Self-Efficacy Scale (SES), based on Bandura's indicators (magnitude, generality, strength), and the Hedonistic Lifestyle Scale (HLS), based on Engel's indicators (consumption, pleasure seeking, peer conformity). Instrument validity was tested with Pearson correlation and reliability with Cronbach's Alpha, resulting in $\alpha = 0.87$ for self-efficacy and $\alpha = 0.85$ for hedonistic lifestyle. Data were analyzed using descriptive statistics (mean, percentage, and distribution by gender) and simple linear regression with SPSS. The results showed that self-efficacy had a significant and negative effect on hedonistic lifestyle ($p = 0.01 < 0.05$), with $R^2 = 0.390$. This indicates that self-efficacy explains 39% of the variance, while 61% is influenced by other factors. These findings highlight the importance of strengthening self-efficacy to reduce students' hedonistic tendencies, which provides practical implications for guidance and counseling interventions in schools.

Keywords: Self-Efficacy, Hedonistic, Hedonism

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Introduction

In an era that is as advanced and modern as today, adolescent grow up in an environment where information technology is developing very rapidly. Access to information can now be accessed through print media, mass media, electronic media, and various digital technologies, all of which contribute to the shift values and changes pattern life (Sukarno, 2018). Social media, in particular, continues to grow rapidly (Afdal et al., 2019). According to report *We Are Social*, Indonesia has 132.7 million internet users in 2018, 150 million in 2019, and 175.4 million in 2020. The (Desvian Adiningsih & Ratnasari, 2024) use of social media is a communication tool and access to information that is popular with children and adolescents, but many adults also use it. This is because the fastest source of information today is social media. However, of the many benefits, there are also negative impacts that arise, one of which is the tendency for

adolescents to become less confident in their social environment. This condition is caused by social comparison, where they often compare themselves to others when they see their friends' statuses or uploads on social media (Muryono et al., 2022). As a result, psychological pressure increases and can contribute to the emergence of a consumerist and hedonistic lifestyle among adolescents.

Unfiltered use of social media among teenagers can cause they adopt harmful habits (Sesva et al., 2022; Syahputra & Erwindi, 2020), one of which is is style hedonistic life. If this lifestyle is not managed well, it can result in negative consequences for the individual and those around him /her. they (Fahmi et al., 2019). Lifestyle changes often begin during adolescence, a phase in which individuals begin to form their own habits and preferences. Factors such as family environment (Syahputra, 2024), social environment, and peer group significantly influence adolescents' lifestyle choices (Rosada et al., 2025). Adolescents are naturally curious, easily attracted to new things, and tend to participate in group activities, seek peer acceptance, and crave attention. As a result, they are more susceptible for adopt style life hedonistic (Fahmi et al., 2019).

Hedonism refers to a lifestyle that is centered on seeking pleasure by spending time outdoors enjoying leisure time with friends, purchasing unnecessary items, and trying to become center attention in the environment (Anggraini et al., 2017). Lifestyle This has adopted by teenagers in the area urban and rural and become growing attention Because the more Lots trapped teenager in hedonism (Haryono Mokoagow & Lamsike Pateda, 2019). According to (Kirgiz, 2014), hedonism is a mental state in which pleasure is viewed as the ultimate goal in life, with the pursuit of pleasure forming the core of one's approach to life. Kasali adds that those who live hedonistically often focus entirely on the experience of pleasure through recreational activities and the purchase of inexpensive goods. (Qibtiyah et al., 2017) also defines hedonism as a lifestyle that encourages individuals to seek pleasure through activities such as spending time outdoors, exploring the city's hustle and bustle, impulsively purchasing unnecessary items, and constantly trying to get the attention of others.

According to *Katadata* (Santika, 2024), seven from ten Indonesian teenagers spend most of their money on snacks. This finding is in line with a survey conducted by the study Populix in April 2024, targeting 875 Indonesian teenagers born between 1997–2012 through an online platform called PopPoll, with data collected between April 19–30, 2024. Survey results show that 69% of respondents spend their money mainly on food, 14% on beauty products, 9% on transportation, 5% on entertainment, and only 3% on vacation. This shows that although vacation spending is relatively low, spending on consumption and appearance is more dominant. A study 2018 by Snapcart Research (Newswire, 2018), a technology media company business, involving 6,123 respondents who shop online every day. Participants include Millennials (ages 25–34), Generation Z (15–24), Generation X (35–44), and Baby Boomers (45+). The most frequently purchased items are clothing, accessories, bags, shoes, and health/beauty products.

Research cited by (Entin Jumanitini, 2018) find that the mall is place most popular hangout for teenagers (30%), and snacks occupy order top as priority expenditure them (49.4%). Other expenses include school supplies (19.5%), entertainment (9.8%), clothing (9.4%), savings (8.8%), cassette accessories (2.3%), car accessories (0.6%), and 0.4% did not answer. These findings indicate that the behavior of modern teenagers is increasingly in line with hedonistic tendencies.

Hedonism has penetrated all levels of society, especially among teenagers. This age group, which is usually between 15–18 years old, is in a transitional stage from childhood to mid-adolescence, a critical phase of development. Erikson's Theory (Kamilla et al., 2022) describe period This as a period involving biological, cognitive, and social-emotional changes. As adolescents search for identity, they often express themselves through unique choices in clothing, hairstyles, makeup, and behavior. They tend to shop not out of necessity, but to satisfy psychological desires, with shopping becoming more than just a recreational activity that satisfies personal and social motives.

Kotler identified two main factors that influence hedonistic lifestyles: internal and external. One important external factor is peer conformity, which shows a positive correlation with hedonistic behavior. Research shows that high school students often adjust their behavior to fit in with their social group, even when behavior the push hedonism (Sukarno, 2018). However, peer conformity only explains 19% of the variation in style life hedonistic ($r_{xy} = 0.436$), so that 81% is influenced by other factors, one of which is self-efficacy.

Self-Efficacy, as explained by Bandura (Mufidahet al., 2022) in theory self-efficacy, referring to belief individual perceptions of their ability to organize and execute the actions necessary to achieve a particular goal. Adolescents with low self-efficacy may have difficulty resisting external pressures, including peer influence, making them more susceptible to hedonistic behavior. In contrast, those with high self-efficacy tend to have stronger self-control and are more likely to set meaningful life goals. Thus, self-efficacy plays an important role in moderating external influences on adolescent hedonism.

Bandura and Wood assert that self-efficacy influences not only how individuals think and act, but also how they respond to challenges. For adolescents, strong self-efficacy empowers them to resist negative social pressures and makes decision based on mark (Ghufron, 2017). Furthermore, self-efficacy also influences hedonistic behavior through self-control. Adolescents with high self-efficacy are able to delay gratification and control impulses, thus preventing them from falling prey to consumerism or seeking instant gratification. Conversely, low self-efficacy weakens self-control, making it easier for adolescents to succumb to peer pressure and make impulsive decisions that support a hedonistic lifestyle. Low self-efficacy can lead to difficulties in managing daily pressures academically, socially, and personally. These difficulties often result in low self-esteem and feelings of helplessness. As a coping mechanism, adolescents with low self-efficacy may turn to instant gratification, such as hedonistic behavior, to seek relief by purchasing trendy but unnecessary items or pursuing online popularity. The inability to manage these external challenges further amplifies the negative effects of a hedonistic lifestyle, making high school students more vulnerable to pressure social and environmental (Ika Wahyu Pratiwi, 2020). Problem This own significant interest, Efficacy low self-esteem not only forms behavioral patterns but also influences quality interaction social teenager (Ika Wahyu Pratiwi, 2020). Teenagers with poor self-efficacy often have difficulty making rational decisions, making them more susceptible to harmful and pleasure-seeking behaviors. If left untreated, this can exacerbate social problems, such as uncontrolled lifestyles, decreased academic performance, and increased reliance on materialistic trends.

This study focuses on the influence of self-efficacy on the hedonistic lifestyle of high school students, particularly in the context of increasing consumer behavior among adolescents in urban environments. The development of modern media, peer pressure, and consumer culture encourage students' tendency to seek instant gratification and material satisfaction. Previous research has shown that low self-efficacy is often associated with weak self-control, a lack of long-term goal orientation, and a high vulnerability to external factors consistent with hedonistic behavioral patterns. Previous research has shown that low self-efficacy is often associated with poor impulse control, a lack of long-term goal orientation, and a vulnerability to external factors that influence hedonistic behavioral patterns. This study seeks to investigate how self-efficacy, as a personal cognitive resource, may serve as a protective factor against these tendencies and contribute to healthier behavioral choices among adolescents.

The literature highlights that self-efficacy plays a major role in guiding adolescent behavior by influencing their decision-making, persistence, and emotion regulation (Bandura, 1997). Research shows that students with high self-efficacy are better able to resist peer pressure, delay gratification, and set meaningful goals. By focusing on self-efficacy, this study aims to expand the understanding of how strengthening internal psychological traits can reduce the emergence of hedonistic lifestyle patterns among students. Future research could explore additional psychological or environmental variables such as parental involvement, media literacy, or

emotional intelligence that may interact with self-efficacy to shape adolescents' values and lifestyle choices more holistically.

Therefore, understanding the relationship between self-efficacy and hedonism is essential in developing strategies to help high school students improve self-regulation. While study previously done by (Nur Azizah et al., 2015) focused on internal factors such as self-control and found a negative correlation with hedonistic lifestyle (with a contribution of 23%), 77% of the influencing factors are still unexplored. This encourages researchers to examine self-efficacy as a mediating internal factor. This study aims to explore how self-efficacy can reduce adolescents' tendency towards hedonism and to develop meaningful implications for guidance and counseling (BK). Through this approach, it is hoped that BK practitioners can design interventions that focus on strengthening adolescents' self-efficacy as a preventive and responsive strategy to hedonistic lifestyles. Based on the problems described above, researchers are motivated to conduct a study entitled "The Effect of Self-Efficacy on Adolescent Hedonism and Its Implications for Counseling at SMAN 44 East Jakarta".

Method

This research is a quantitative descriptive study conducted on eleventh-grade students of SMAN 44 East Jakarta. The research sample consisted of 80 students (38% male and 62% female) with an age range of 16–18 years. The sampling technique used was purposive sampling. Data were collected using a self-efficacy scale and a hedonic lifestyle scale, while the data analysis technique used was simple linear regression with the help of SPSS.

Participant

The population in this study were all 120 students of grade XI SMAN 44 East Jakarta in the 2024/2025 academic year. From this population, a total of 80 students were selected as the research sample using purposive sampling. This technique was chosen because the sample was determined based on specific criteria set by the researcher, namely students of grade XI who were actively enrolled in the 2024/2025 academic year and willing to participate in the study.

Procedure

in collecting samples from the population for participant selection. According to (Sugiyono, 2017), representative of the object to be studied is considered as part of the number and characteristics of the object. It is very important to use the right sampling method to obtain an unbiased sample. In educational research, sampling procedures are also used. Collecting data from all students in Indonesia will take a lot of time, money, and effort. Therefore, sampling is limited to a portion of the population (Susanti, 2019). The calculation results show that the sample in this study is 80 students.

Material And Apparatus

Data were collected through two questionnaires, namely the Self-Efficacy Scale (SES) developed from Bandura's theory (1997) consisting of 27 items, and the Hedonistic Lifestyle Scale (HLS) developed from Engel's theory (1995) consisting of 27 items. The questionnaire used a Likert scale model with four answer choices: strongly agree, agree, disagree, and strongly disagree. The instrument was tested for validity using SPSS version 20. The reliability test results on the Self-Efficacy Scale showed Cronbach's Alpha of 0.841, with 21 valid items retained, which met the reliability requirement (>0.60) and was categorized as strong, indicating that the SES has good quality for measuring self-efficacy. The reliability test results on the

Hedonistic Lifestyle Scale showed Cronbach's Alpha of 0.913, with 26 valid items retained, which met the reliability requirement (>0.60) and was categorized as very strong, indicating that the HLS has good quality for measuring hedonistic lifestyle.

Procedure

The materials and equipment used by researchers in conducting research are using mobile phones, then distributing questionnaires via Google Form. The independent variable is self-efficacy and the dependent variable is a hedonistic lifestyle. This study aims to see how the level of self-efficacy affects the level of hedonistic lifestyle. The role of researchers during the study was to provide instructions for filling out the Google Form regarding attitude statements with the choices of strongly agree, agree, disagree, disagree and strongly disagree. Then what do students do when filling out the Google Form about themselves in behaving.

Design or Data Analysis

This study used a quantitative approach with a survey research design, and the data were analyzed using simple linear regression to test the effect of self-efficacy levels on students' hedonistic lifestyles.

Results and Discussion

The results of this study include a description of the characteristics of self-efficacy variables and hedonistic lifestyle, as well as an analysis of the influence of self-efficacy on hedonistic lifestyle which will be tested using linear regression as a hypothesis test. However, previously the characteristics of data distribution based on gender can be seen visually through the following scatter plot.

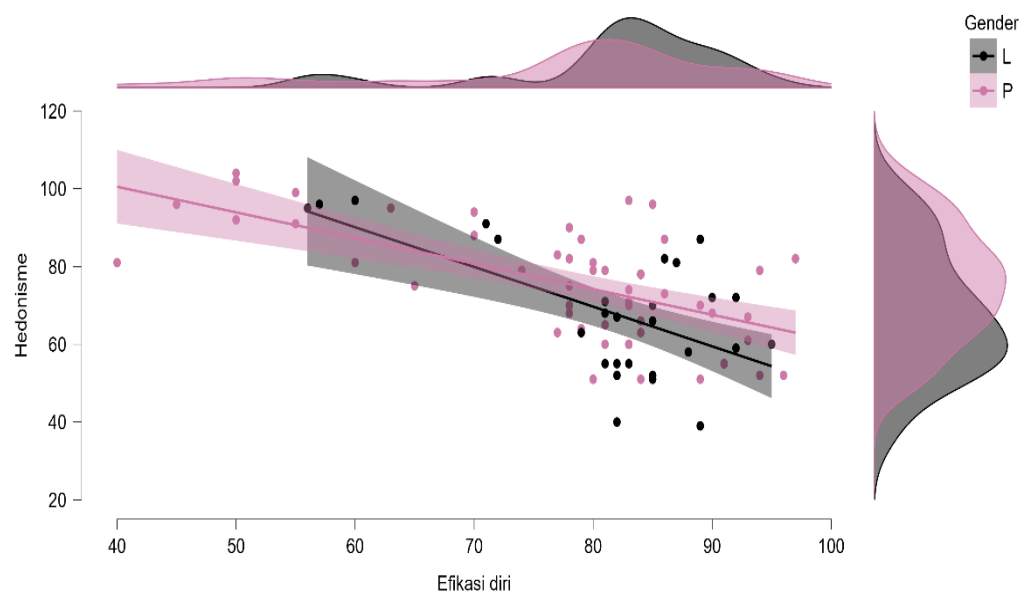


Figure 1. Data Distribution Characteristics based on Gender

Figure 1 clearly illustrates the characteristic pattern of data from the variables of self-efficacy and hedonistic lifestyle based on gender. shows existence quite a difference striking in level style life hedonism between male and female. Distribution curve For Respondent women, who are marked with color purple, indicating distribution score hedonism that tends to moretall compared to with curve owned by Respondent the marked man with color black. Findings This indicates that in a way general, female own trend style life more hedonistic tall compared to man.

Although Good man and Woman show pattern connection negative between self-efficacy and hedonism namely the moretall self-efficacy, then trend to behavior hedonistic the morelow However score hedonism in groups Woman still looks dominant in a way overall. Difference This can explained through trend different digital behaviors between second type male genital tend more prone to to addiction to online games, pornographic sites, and online gambling. On the other hand, women more often show addicted to activity like updating social media status, online conversations, and behavior consumptive like shopping online. (Syahputra et al., 2019) This digital addiction pattern potential push height intensity consumption and search pleasure instant, which is characteristics main from style life hedonistic in groups Woman.

Furthermore, an in-depth analysis was conducted on the descriptive analysis and the influence of self-efficacy on hedonistic lifestyle through linear regression, and the findings are described systematically in detail as follows. Based on the results of distributing self-efficacy questionnaires to 80 students of SMAN 44 East Jakarta with 21 statement items, the lowest score was 21 and the highest score was 76 with an average of 78%. This score was then used as the basis for determining the categorization of self-efficacy data presented in table 1.

Table 1. *Frequency Distribution and Percentage from Self- efficacy*

Self-Efficacy Category	Hose	Frequency	Percentage
Very high	>76	63	78%
Tall	58-75	10	13%
Currently	40-57	7	9%
Low	22-39	number 0	0%
Very low	<21	number 0	0%
Total		80	100%

Based on the description table above, it can be seen that out of 80 respondents tested, 63 students (around 78%) were found to have a very high level of self-efficacy, while 10 students (around 13%) were at a high level of self-efficacy, 7 students (around 9%) had moderate self-efficacy and no students were in the low self-efficacy category. This shows that in general the level of student self-efficacy is in the very high category.

Table 2. *Frequency Distribution and Percentage from hedonistic*

Hedonistic Category	Hose	Frequency	Presentation
Very high	>93	8	10%
Tall	71-92	38	46%
Currently	48-70	33	43%
low	27-48	1	1%
Very low	<26	number 0	0%
Total		80	100%

Based on the table above, it can be seen that out of 80 respondents studied, there were 8 students (10%) who showed a very high tendency towards a hedonistic lifestyle, 38 students (around 46%) were in the high category, 33 students (43%) were in the medium category, and

1 student (around 1%) was in the low category. These results indicate that a hedonistic lifestyle is a fairly dominant tendency in the students studied. To better understand the relationship between self-efficacy and the tendency towards a hedonistic lifestyle, the researcher conducted a simple linear regression analysis. This analysis aims to determine whether or not there is a significant influence of self-efficacy on the hedonistic lifestyle of class XI students of SMAN 44 East Jakarta. Before presenting the calculation results, the relationship between the two variables can be visualized through the scatter plot in Figure 2 below.

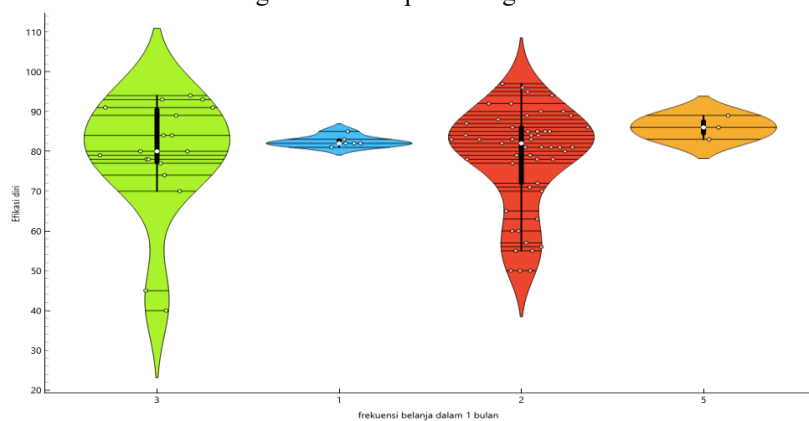


Figure 2. Violin Plot of Self-Efficacy Based on Student Shopping Frequency in One Month

Figure 2 presents the distribution of self-efficacy based on students' monthly shopping frequency. Each color in the graph represents a different category of shopping frequency, and the shape of the violin plot depicts the density of data within a certain range of self-efficacy scores. It can be observed that students in Category 2 (shopping 1–3 times per month) and Category 3 (shopping 4–7 times per month) show a relatively wide and varied distribution of self-efficacy scores. In contrast, students in the categories with very low or very high shopping frequency show a narrower distribution of self-efficacy. This pattern supports previous findings that self-efficacy plays a role in regulating the tendency of hedonistic behavior, where students with high self-efficacy tend to engage in more balanced and moderate shopping behavior. After depicting the distribution of self-efficacy based on shopping frequency, the next step is to quantitatively analyze the relationship between self-efficacy and hedonistic lifestyle through a simple linear regression test. This analysis aims to determine the extent to which self-efficacy contributes to the tendency of hedonistic lifestyle among college students. The summary results of the model are presented in Table 3 below.

Table 3. Coefficient from Determination Results (Capital Summary)

Model	R	R Square	Adjusted R Squared
1	.624 ^a	.390	.382

Based on the summary results of the model, the R value is 0.624 which indicates a positive but weak relationship between self-efficacy and hedonistic lifestyle. The R square value is 0.390 which means that 39% of the variation in hedonistic lifestyle can be explained by the self-efficacy variable, while the remaining 61% is influenced by other factors outside the scope of this study. This shows that self-efficacy has a low contribution to the hedonistic lifestyle in this study. For more details on the regression analysis, please see Table 4 below.

Table 4. Regression Analysis Results (ANOVA)

Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	7516.400	1	7516.400	49,855	.000
Remainder	11759.587	78	150,764		
Total	19275.988	79			

From the output results above, the F count is 49.855 with a significance level of 0.000. Because the value ($p < 0.05$), H_0 is rejected and H_1 is accepted, which means that there is a significant influence between self-efficacy and hedonistic lifestyle. This means that the self-efficacy variable has the ability to predict the hedonistic lifestyle variable. To illustrate the relationship between self-efficacy and hedonistic lifestyle visually, here is Figure 3 which presents a scatter plot between the two variables.

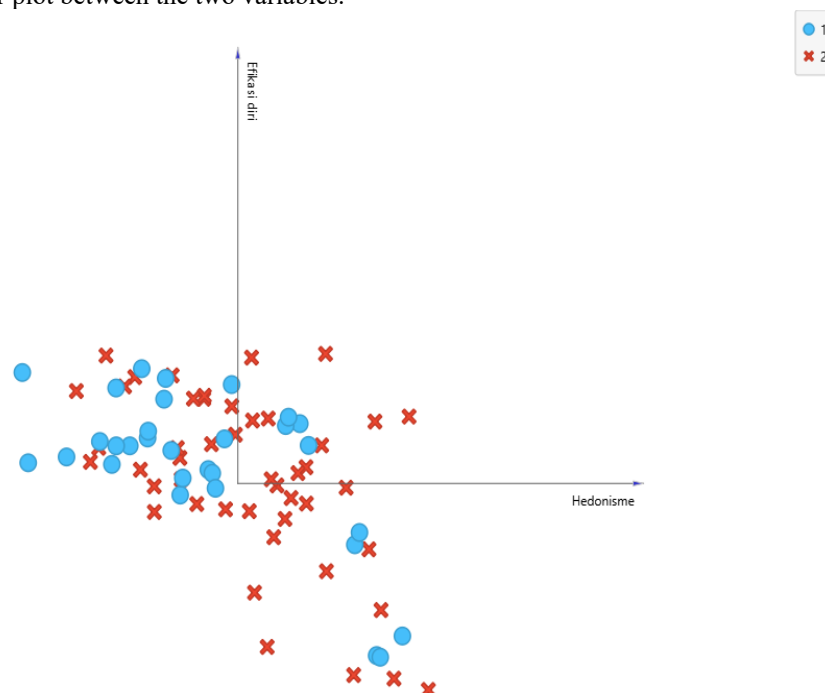
**Figure 3.** Scatter diagram of self-efficacy and hedonistic lifestyle variables

Figure 3 displays a scatter diagram depicting the relationship between the variables of self-efficacy (vertical axis) and hedonism lifestyle (horizontal axis). The blue dots and red crosses represent two different groups of respondents, respectively, divided into various combinations of self-efficacy and hedonism values. The distribution pattern in the figure shows a negative tendency, where the higher a person's self-efficacy value, the lower their tendency towards a hedonism lifestyle. This can be seen from the distribution of dots moving towards the lower left of the graph. This visual conclusion supports the analysis of the previous regression results which showed a negative relationship between the two variables. To strengthen this finding numerically, a simple linear regression analysis was conducted which is presented in Table 5 below.

In Table 5 above, the constant value (a) is 133.906, while the learning anxiety coefficient (b) is -0.772. Thus, the regression equation is: $\hat{Y} = 133.906 - 0.772X$. This regression formula shows that every one point increase in self-efficacy will result in a decrease

in hedonistic lifestyle by 0.602.

Table 5. Regression Equality Results (Coefficient)

Variables	Not standardized Coefficient	
	B	Standard. Error
(Content) Difficulty	133,906	8,750
Result for	-0.772	.109

The regression coefficient is negative, indicating that the effect of the self-efficacy variable on the hedonistic lifestyle is negative. This means that an increase in students' self-efficacy will result in a decrease in the hedonistic lifestyle. The results of the study showed that self-efficacy has a significant effect on the hedonistic lifestyle of class XI students of SMAN 44 East Jakarta. This is indicated by the results of the simple linear regression equation analysis which produces $\hat{Y} = 133.906 - 0.772X$ with a significance value of 0.000 ($p < 0.05$). This value indicates a negative relationship (inversely proportional) between the self-efficacy variable and the hedonistic lifestyle variable. This means that if self-efficacy increases by one unit, then the hedonistic lifestyle will decrease by 0.772. All dimensions measured obtained a regression coefficient significance value of 0.000 ($p < 0.05$) which indicates that all dimensions mentioned are negative and have an effect on the hedonistic lifestyle, meaning that when the student's self-efficacy dimension increases, the hedonistic lifestyle also decreases, as well as the other dimensions. Based on the analysis of empirical data, it shows that the number of students with very high self-efficacy as many as 63 students (around 78%) were found to have a very high level of self-efficacy, while 10 students (around 13%) were at a high level of self-efficacy, 7 students (around 9%) had moderate self-efficacy and no students were in the low self-efficacy category. This shows that in general the level of student self-efficacy is in the very high category. Meanwhile, the number of students with 8 students (10%) who showed a very high tendency of hedonistic lifestyle, 38 students (around 46%) were in the high category, 33 students (43%) were in the medium category, and 1 student (around 1%) was in the low category. These results indicate that hedonistic lifestyle is a fairly dominant tendency in the students studied. This shows that although students' self-efficacy is relatively high, hedonistic lifestyle is still a fairly dominant tendency in them. This finding shows the importance of the role of self-efficacy in suppressing hedonistic lifestyle.

Based on the summary results of the model, the R value is 0.624, which indicates a positive relationship between self-efficacy and hedonistic lifestyle. However, the R square (R^2) value of 0.390 indicates that 39% of the variation in students' hedonistic lifestyle can be explained by self-efficacy. Meanwhile, the remaining 61% is explained by other factors outside the self-efficacy variable. In social research, this 39% contribution can be categorized as moderate to low. This means that while self-efficacy has a significant influence, its contribution is not yet dominant in explaining the overall tendency towards a hedonistic lifestyle.

This limited contribution can be understood through Albert Bandura's social cognitive theory, which emphasizes that human behavior is shaped by the reciprocal interaction between personal factors, the environment, and the behavior itself. Self-efficacy does influence how individuals make decisions, control themselves, and withstand social pressure. However, in reality, adolescent behavior is not only influenced by internal beliefs but is also greatly determined by external factors surrounding them. Adolescents are at a developmental stage where peer acceptance, group conformity, and exposure to consumer culture through digital media often outweigh personal beliefs. Even if an adolescent has high self-efficacy, they can still be pushed to adopt hedonistic behavior if their environment whether peers or social media normalizes consumer behavior or consistently promotes a luxurious lifestyle. In other words, self-confidence is not always enough to withstand overwhelming external pressure.

Several previous studies also show that the influence of internal factors such as self-efficacy, self-control, and self-esteem on a hedonistic lifestyle tends to be small. For example,

research (Nur Azizah et al., 2015) shows that self-control only contributes 23% to a hedonistic lifestyle. Likewise, research (Utari & Rusli, 2017) who found that self-esteem for a hedonistic lifestyle only contributed 4%, the same as research conducted by Sri Hartati et al. shows that self-esteem has an influence of 16.9%. Even (Ayu Rachmat & Herik, 2024) found that self-control only has an influence of 32.6% on Hedonistic Lifestyle. This result confirms that internal factors tend to have a limited influence. On the other hand, the influence of external factors seems much more dominant. Research conducted by (Safitri, 2018) that Religiosity and Peer Conformity on Hedonistic Lifestyle is 37.8% on the hedonistic lifestyle of students. (Ishlakhatu Sa'idah et al., 2024) even found that peer influence reached 42.7%. (Permata Sari & Suci Rahma Nio, 2025) also found that peer conformity contributed 85.1% to a hedonistic lifestyle. Research conducted by (Topri Dwi Wacono, 2021) found that peer influence on purchasing decisions contributed 69%. This finding shows that the influence of the social environment is greater than individual factors in shaping consumptive and hedonistic lifestyle behavior.

Thus, although the results of this study indicate that self-efficacy has a significant influence on hedonistic lifestyle, its contribution is relatively limited. These findings support an approach that emphasizes the importance of strengthening external factors such as digital literacy education, peer group management, and fostering a healthy school environment. Therefore, interventions to suppress hedonistic lifestyles among adolescents need to consider strategies that not only focus on strengthening self-efficacy, but also on establishing a healthy and supportive social environment in forming a balanced and positive lifestyle.

Implications

Research result show that self-efficacy influential significant and negative to life style hedonistic in students, so that become base important for guidance and counseling teachers for to design services that can strengthen self-efficacy students. Services This can in the form of guidance classical focused on development trust self, ability take decisions, and skills manage pressure social. With increasing efficacy self, expected student own Power hold more strong to temptation behavior consumerism and style a life oriented towards pleasure moment. However thus, considering contribution self-efficacy to life style hedonistic only by 39%, BK teachers also need consider factor external like influence Friend peers and proven digital environment own influence morebig. Therefore that, BK intervention is necessary covers coaching group Friend positive peers, reinforcement values character through digital literacy, as well as creation environment supportive school life style simple and healthy. Approach This it is important for students No only capable self-control in a way individual, but also has support social that encourages behavior a better life balanced and responsible answer.

Conclusion

The findings of this study indicate that self-efficacy has a significant influence on adolescents' hedonistic lifestyles, although its contribution is only 39%. This indicates that self-efficacy is an important factor, but not the sole determinant, in explaining the tendency towards a hedonistic lifestyle, as 61% of the variation is influenced by factors outside this study. The practical implication of these findings is the need for guidance and counseling counselors in schools to integrate self-efficacy strengthening programs into their services. These programs could include training in decision-making skills, self-control, and strategies for resisting social pressures that could potentially encourage consumer behavior. From a policy perspective, the results of this study emphasize the importance of an educational curriculum that is not solely academically oriented but also considers the development of non-cognitive skills, such as financial literacy, emotional management, and self-regulation. Furthermore, preventing a hedonistic lifestyle in adolescents requires a comprehensive, multi-factorial approach. These

efforts emphasize not only strengthening internal factors (self-efficacy) but also encompass external factors, such as peer influence, digital media, the family environment, and the prevailing consumer culture within society. Thus, holistic interventions are expected to be more effective in curbing hedonistic lifestyle tendencies in adolescents.

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