Article/Review/Book Review/Editorial

Self-Confidence and Hedonism : Identifying The Social Behavior of Junior High School Student

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ABSTRACT

The purpose of this study is to determine the self-confidence profile of students at SMPN 67 Jakarta, to examine the hedonism tendencies among these students, and to investigate whether there is an influence of self-confidence on hedonism. This research employs a descriptive quantitative approach. The population consisted of 180 students, and based on the Slovin formula for random sampling, a total of 124 students were selected as the sample. Data were processed using IBM SPSS version 20 with a simple linear regression analysis technique. The results of the data analysis show a t-value of -5.738 with a significance value of $0.000 < 0.005$, indicating that the independent variable (self-confidence) has a significant influence on the dependent variable (hedonism). Thus, the alternative hypothesis (H1) is accepted and the null hypothesis (H0) is rejected. It can therefore be concluded that the higher an individual's self-confidence, the lower their tendency toward hedonism, and vice versa. The analysis also shows an R square value of 0.213, meaning that self-confidence contributes 21.3% to the variation in hedonism, while the remaining 78.7% is influenced by other factors beyond self-confidence.

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Introduction

The era of globalization has progressed in tandem with advancements in science and technology (Ifdil et al., 2022; Syahputra et al., 2024). This phenomenon influences various aspects of life, including individual behavior within society. In the context of education, globalization has significantly impacted students character. Research indicates that globalization affects 81.3% of students' character values and behavior in Indonesia (Listiana, 2021). At SMK Negeri 3 Alasa, globalization contributes to 80.29% of the factors influencing student behavior (Harefa, 2022). One of the prominent negative impacts of globalization is the growing tendency toward a hedonistic lifestyle. Hedonism is a worldview that considers pleasure and enjoyment as the primary goals of human life (Setianingsih, 2019).

A hedonistic lifestyle encourages individuals to seek instant gratification, engage in excessive consumption, and disregard moral values and social responsibilities (Wells & Tigert, 1971). According to the World Values Survei (2022), in several developed countries such as the United States, Japan, and Russia hedonistic values rank among the top three in the value orientation of the younger generation. In Russia, for example, hedonistic values among adolescents rank second among twelve core values, with an average score of 4.89 marking a significant increase compared to the previous generation from 1997 to 2005 (Karabanova et al., 2020). Similar trends are observed in Asian countries. A study in China found that Chinese society exhibits hedonistic tendencies through self-indulgent activities such as digital entertainment, art, and other cultural products (He et al., 2024). In Indonesia, high school students aged 15–18 in Surabaya demonstrate hedonistic behavior through impulsive consumption, following fashion trends, and spending time in cafes (Samda et al., 2024). Similar patterns are also found among students at

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STIKES Santa Elisabeth Medan, who show high levels of consumerism and the use of luxury goods (Gabriel et al., 2023)

In addition to its effects on consumer and social behavior, a hedonistic lifestyle also poses serious threats to adolescents' mental health (Vira et al., 2022). Research by Pavani and Colombo (2022) found that hedonistic behavior, combined with heightened emotional intensity and emotion regulation, plays a crucial role in maintaining mental well-being. However, it may also increase the risk of anxiety (Afdal et al., 2019), depression, and identity crises among adolescents (Karisma et al., 2025; Sabilah et al., 2025). Additionally, the effects of hedonism on youth include rising levels of anxiety and depression (Albert, 2023)

Considering its negative impacts, it becomes crucial to explore the internal and external factors that drive hedonistic behavior among adolescents. Adolescent hedonistic behavior is influenced by both internal and external factors. Internal factors such as self-image (Dewi et al., 2021) and external factors like peer pressure (Pamungkas & Rejeki, 2021). As adolescence is a developmental stage characterized by ongoing identity formation and an increased sensitivity to social acceptance within peer groups (Rahmayanty et al., 2023). This condition requires a high level of self-confidence (Andriyani et al., 2023)

Self-confidence is commonly understood as the conviction in one's competence, the ability to regulate one's behavior, and an accurate self assessment of strengths and areas for growth (Lauster, 2003). Adolescents with high self-confidence are less susceptible to environmental influence, are capable of rational thinking, and can make independent decisions (Cahyani, 2019). Conversely, adolescents with low self-confidence are more vulnerable to peer pressure and tend to exhibit excessive consumer behavior (Mutmainah et al., 2021)

Consumerism is one of the primary indicators of a hedonistic lifestyle (Anggraini & Santhoso, 2019). It is possible that low self-confidence drives individuals to seek social validation by purchasing unnecessary goods or adopting a consumer oriented lifestyle to gain acceptance (Jennyya et al., 2021). Research by Mulindra and Ariani, 2023 found that conformity to peer groups influences consumer behavior by 15.2%. Previous studies have also identified a relationship between self concept (Ramadani et al., 2024) and self image (Zehra, 2024) with hedonistic tendencies. However, there remains a lack of studies that specifically examine the relationship between self-confidence and hedonistic tendencies, particularly among secondary school students. This gap in the literature highlights the urgency of conducting further research to explore the role of self-confidence in the development of hedonistic behavior among adolescents. Addressing this issue is particularly important in the context of secondary education, where students are highly susceptible to peer influence and identity exploration.

Based on the above explanation, this study is essential to investigate the influence of self-confidence on students' hedonistic lifestyles. The objective of this research is to examine whether students with higher levels of self-confidence tend to have lower tendencies toward hedonism. The findings of this study are expected to contribute to the field of guidance and counseling, particularly in designing interventions that strengthen students' self-confidence as a preventive measure against hedonistic behavior. Consequently, students are expected to develop a psychologically healthy, balanced, and responsible lifestyle.

Methods

This study employs a descriptive quantitative research design, which is a method used to test hypotheses by collecting numerical data and analyzing it statistically. This research is characterized as concrete, empirical, objective, measurable, rational, and systematic (Sugiyono, 2020). Quantitative research is defined as a type of research that examines variables measured through research instruments consisting of numerical data, which can then be analyzed using statistical procedures (Kususmastuti *et al*, 2020). The independent variable in this study is self-confidence (X), while the dependent variable is hedonism (Y).

The term population refers to the entire group of subjects in a research study and represents specific characteristics relevant to the study (Abdullah, 2021). The population in this study consisted of 180 eighth-grade students from SMP Negeri 67 Jakarta, divided into five classes. A sample is defined as a smaller subset that represents the characteristics of the entire population (Abdullah, 2021). This study employed a probability sampling technique, which provides an equal opportunity for each member of the population to be selected as a sample (Sugiyono, 2020). A simple random sampling method was used to select 124 students from the eighth grade at SMP Negeri 67 Jakarta.

The data collection method used in this study was designed to obtain relevant information needed to achieve the research objectives (Abdullah, 2021). Data were collected using a questionnaire, which is considered an efficient and practical tool for gathering responses from a large number of participants in a relatively short period of time (Sugiyono, 2020). The questionnaire was distributed digitally via Google Forms to facilitate accessibility and

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reduce logistical barriers. It employed a Likert scale format with four response options to measure participants' level of agreement with each statement. This method was chosen due to its ability to quantify subjective attitudes, making it suitable for statistical analysis in quantitative research.

The research instruments in this study consisted of two scales, namely the self-confidence scale and the hedonism scale. Each instrument were developed by the researcher, drawing upon well established theories corresponding to the measured constructs. The self-confidence scale was developed based on the aspects proposed by Lauster (2003) which include confidence in one's abilities, optimism, objectivity, responsibility, rationality, and realism. This scale initially consisted of 40 items. Meanwhile, the hedonism scale was constructed based on the aspects identified by Wells and Tigert (1971) which include activities, interests, and opinions. This scale initially consisted of 24 item. Prior to data collection, the instruments were tested for validity and reliability. The validity was determined using a t-count value of 0.25, and the reliability was measured using a Cronbach's alpha coefficient greater than 0.60 (Sugiyono, 2020). Based on the results of the validity test using IBM SPSS 20, 4 out of 40 items on the self-confidence scale were found to be invalid, with a Cronbach's alpha value of 0.869. For the hedonism scale, 2 out of 24 items were identified as invalid, with a Cronbach's alpha value of 0.830.

The data analysis technique used in this study was simple linear regression, based on the quantitative research approach explained by (Sugiyono, 2020) This technique was chosen to examine the effect of self-confidence (independent variable) on hedonism (dependent variable), as regression not only describes the relationship between variables but also explains the influence and direction of that relationship. Before conducting the regression analysis, the researcher performed prerequisite tests, including the Kolmogorov–Smirnov test for normality and a linearity test, to ensure the assumptions of regression were met. Since the assumptions were fulfilled, simple linear regression was considered an appropriate method for testing the hypothesis in this study.

Results and Discussion

Based on the distribution of the self-confidence questionnaire administered to 124 students at SMP Negeri 67 Jakarta, which consisted of 36 statement items, the minimum score was 86.00 and the maximum score was 140.00, with a mean score of 112.78 and a standard deviation of 10.45. These scores were then used as the basis for categorizing the self-confidence data, as presented in Table 1.

Table 1. Description of Self-confidence

Interval Score	Category	Frequency	%
>104	Very High	102	82.26
87 – 103	High	22	17.74
70 – 86	Moderate	0	0
53 – 69	Low	0	0
<52	Very Low	0	0

Based on the table above, it was found that 102 students (82.26%) were in the very high category, indicating that the students possessed a strong sense of self-confidence, optimism, rational thinking, and the ability to cope well with social pressure. Meanwhile, 22 students (17.74%) were in the high category, suggesting that these individuals demonstrated good self-confidence, independence, and self assurance, although they may experience occasional doubts in certain situations or under social pressure. None of the students fell into the moderate, low, or very low categories in terms of self-confidence. These findings indicate that, in general, students at SMP Negeri 67 Jakarta exhibit a very high level of self-confidence, which can positively support both their social and academic development.

Regarding the hedonism variable, based on the distribution of the hedonism questionnaire administered to 124 students at SMP Negeri 67 Jakarta, which consisted of 22 statement items, the minimum score was 22.00 and the maximum score was 68.00, with a mean score of 38.80 and a standard deviation of 7.73. These scores were then used as the basis for categorizing the hedonism data, as presented in Table 2.

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Table 2. Description of Hedonism

Interval Score	Category	Frequency	%
>75	Very High	0	0
62 – 74	High	1	0.81
49 – 61	Moderate	11	8.87
36 – 48	Low	59	47.58
<35	Very Low	53	42.74

Based on the table above, it was found that 1 student (0.81%) was in the high category, indicating that students in this category tend to exhibit high levels of hedonistic behavior, such as purchasing luxury goods, following trends, or seeking social recognition through consumption. 11 students (8.87%) were in the moderate category, suggesting that these students display hedonistic tendencies in certain specific aspects, though not dominantly such as being impulsively consumptive at particular times while still maintaining rational thinking. 59 students (47.58%) were in the low category, indicating that students in this category tend to be frugal, are not easily influenced by advertisements or trends, and demonstrate good self-control in managing their desires. And 53 students (42.74%) were in the very low category, indicating that these students behave rationally, live modestly, are non-consumptive, and tend to live according to their actual needs. These findings suggest that, in general, students at SMP Negeri 67 Jakarta exhibit a low level of hedonistic tendencies, which may support a more balanced and responsible lifestyle and help them avoid excessive consumerism and negative peer pressure. This research employed normality and linearity tests to answer the hypothesis through simple linear regression. The results of the normality test, conducted using SPSS version 20, are presented in Table 3

Table 3. Uji Normalitas Variabel X dan Y

One-Sample Kolmogorov-Smirnov Test		Self-confidence	Hedonisme
N		124	124
Normal Parameters[a,b]	Mean	112.7823	38.8065
	Std. Deviation	10.45436	7.73618
Most Extreme Differences	Absolute	.062	.116
	Positive	.062	.116
	Negative	-.038	-.071
Kolmogorov-Smirnov Z		.690	1.293
Asymp. Sig. (2-tailed)		.727	.071

Based on Table 3, the results of the Kolmogorov-Smirnov test show that the Asymp. Sig (2-tailed) value for self-confidence is 0.727, which is greater than 0.05, indicating that the data are normally distributed. Similarly, the Asymp. Sig value for hedonism is 0.710 > 0.05, indicating that the data are also normally distributed. The results of the linearity test, conducted using SPSS version 20, are presented in Table 4.

Table 4. Uji Linearitas Variabel X dan Y

ANOVA Table			Sum of Squares	df	Mean Square	F	Sig.
Hedonisme * Self-confidence	Between Groups	(Combined)	3675.864	41	89.655	1.995	.004
		Linearity	1564.627	1	1564.627	34.812	.000
		Deviation from Linearity	2111.238	40	52.781	1.174	.267
	Within Groups		3685.490	82	44.945		
	Total		7361.355	123			

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Based on Table 4, the results of the linearity test show that the significance value of the Deviation from Linearity is 0.267 > 0.05, indicating that self-confidence and hedonism have a linear relationship. After both prerequisite tests were fulfilled, a simple linear regression test was conducted. The results of the simple linear regression analysis to answer the research hypothesis were obtained using SPSS version 20, as presented in Table 5.

Tabel 5. Hasil uji Regresi Linear Sederhana

	ANOVA[a]				
Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	1564.627	1	1564.627	32.930	.000[b]
1 Residual	5796.728	122	47.514		
Total	7361.355	123			

Based on Table 5, the results of the research conducted at SMPN 67 Jakarta involving two variables and analyzed using SPSS version 20 for 124 respondents showed a significance value of 0.000, which is less than 0.05. This indicates that the two variables have a relationship, meaning there is a significant association between self-confidence and hedonism. Therefore, it can be concluded that H1 is accepted and H0 is rejected. This means that self-confidence has a significant influence on students' hedonism. Furthermore, the coefficient results indicating the effect of self-confidence on students' hedonism were obtained using SPSS version 20, as presented in Table 6.

Table 6. Tabel Koefisien

	Coefficients[a]				
Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	77.283	6.734		11.477	.000
Self_Confidence	-.341	.059	-.461	-5.738	.000

Based on Table 6, the B coefficient (Self-confidence) is -0.341, indicating a negative influence. This means that for every 1-point increase in self-confidence, the hedonism score decreases by 0.341. The beta coefficient value of -0.461 indicates a moderate level of influence. According to the Guildfold scale found in (Sugiyono, 2020) the value -0.461 is between 0.40 - 0.599, this shows that the level of relationship between self-confidence and hedonism is moderate. The correlation value is negative, indicating that the higher the student's self-confidence (X), the lower the hedonism lifestyle (Y) and conversely, the lower the student's self-confidence (X), the higher the hedonism lifestyle (Y). Furthermore, the extent of the influence of self-confidence on hedonism was analyzed using SPSS version 20, as presented in Table 7.

Tabel 7. Korelasi

R	R Square	Adjusted Square	RStd. Error of the Estimate
.461[a]	.213	.206	6.89305

Based on Table 7, the R Square value is 0.213, which indicates that self-confidence contributes 21.3% to the variance in hedonism. Meanwhile, the remaining 78.7% is influenced by other variables not examined in this research. The findings from 124 respondents demonstrated a negative correlation between hedonism and self-confidence levels. Specifically, individuals with high levels of hedonism tend to exhibit low levels of self-confidence. Conversely, those with high self-confidence tend to exhibit lower levels of hedonism. These findings are in line with the research conducted by Martínez Casanova et al (2024) which demonstrated that self-esteem is significantly associated with lower engagement in risk behaviors among adolescents, including impulsive consumerism, one of the primary indicators of a hedonistic lifestyle. This suggests that adolescents with higher levels of self-esteem are less likely to engage in hedonistic behaviors, whereas those with lower self-esteem are more susceptible to such tendencies.

In examining the dynamics between self-confidence and hedonism, notable gender differences also became evident. The data revealed distinctions between male and female students in terms of self-confidence and

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hedonistic behavior. The following section provides an interpretation of the data illustrating the distribution patterns of the self-confidence (X) and hedonism (Y) variables
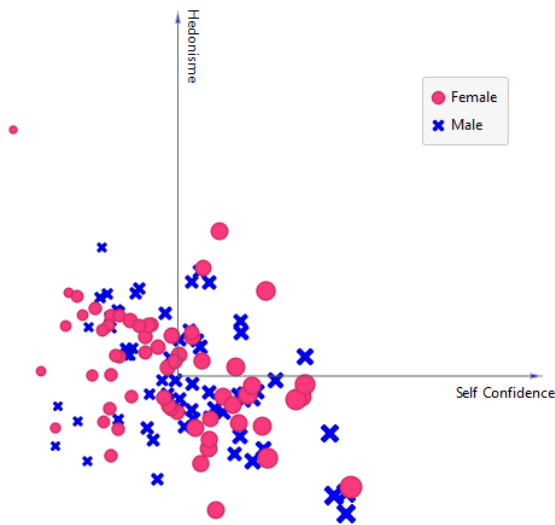

Figure 1. Gender Self-confidence – Hedonism

The research involved 124 respondents, consisting of 64 male students and 60 female students. The purpose of this analysis is to describe the distribution of self-confidence levels among students based on gender. Gender differences are often considered an important factor in psychological research, particularly in the context of adolescent development. The following is the distribution of self-confidence levels among male and female students as measured by the self-confidence questionnaire used in this research.
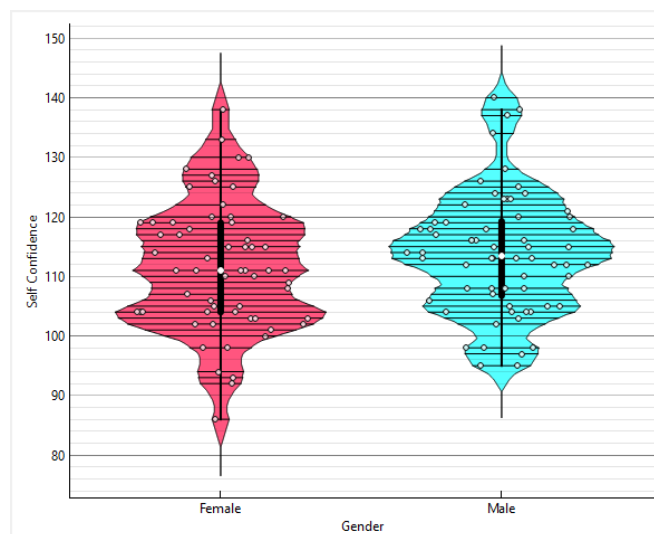

Figure 2. Gender Self-confidence

The findings of this research also indicate that male students demonstrated higher levels of self-confidence compared to female students. This result is supported by a study conducted by (Hidayati et al., 2018) entitled *"A Comparative Study of Self-confidence Levels between Male and Female Students in Grades 4 and 5 Participating in the Leadership Program at SD Islamic International Kediri,"* which concluded that male students exhibited higher self-confidence than their female counterparts. Moreover, the questionnaire item with the highest score was item number 23, which stated, *"Asking parents for help in dealing with the consequences of one's behavior."* This suggests that the presence of social support plays a role in fostering self-confidence, a finding that is also in accordance with the results of (Hidayati et al., 2018). However, despite these findings, the overall statistical

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analysis indicated that there was no significant difference in self-confidence levels between male and female students. This aligns with the findings of Anjani and Amritha (2024) entitled *"Gender Differences in Levels of Discipline, Self-confidence, and Honesty,"* which found that gender did not have a partial or significant effect on self-confidence. The following section presents the interpretation of the hedonism variable.
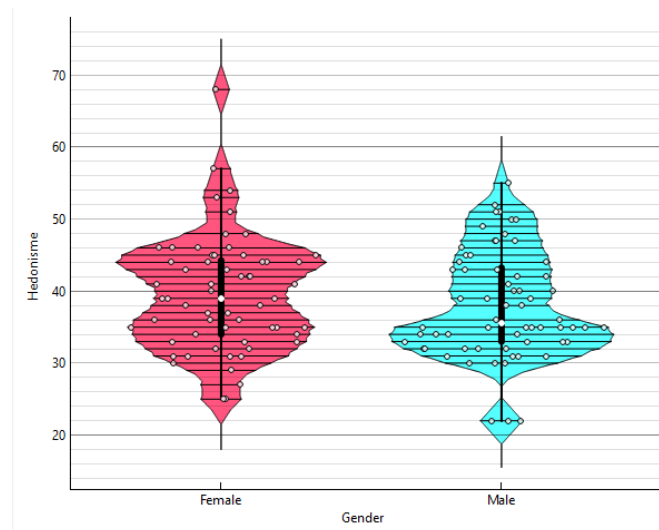

Figure 2. Gender Hedonism

The findings of this research revealed that one female student demonstrated a higher level of hedonistic behavior compared to male students. This result is in accordance with a study conducted by Anjani and Guspa (2024) entitled *"The Relationship Between Hedonistic Lifestyle and Consumptive Behavior Among UNP Students,"* which found that female students exhibited higher levels of hedonistic behavior than their male counterparts. This finding is also reflected in item number 9 of the questionnaire, which reads, *"I feel more confident when I own luxury goods."* This is further supported by the findings of Irma Fitriani *et al* (2024) in their research titled *"The Hedonistic Lifestyle of UIN Suska Riau Students from a Gender Perspective,"* which found that gender differences influence hedonistic behavior, male students tend to pursue pleasure more overtly, while female students are more influenced by social norms. Based on the present study and previous supporting research, it can be concluded that female students tend to exhibit higher levels of hedonism than male students.

These results are supported by a study conducted by Mutmainah, Rini and Lestari (2021) titled *"Self-confidence and Conformity in Relation to Consumptive Behavior among Career Women,"* which found that greater self-confidence is associated with lower levels of consumptive behavior. In the current context, consumptive behavior among adolescents is increasingly prevalent, driven by the influence of social media and modern lifestyle trends. Adolescents with low self-confidence tend to be more susceptible to environmental influences, particularly in following trends, purchasing unnecessary items, or seeking social approval from their peers. According to Vira *et al* (2022) Consumptive behavior is a defining characteristic of hedonism. Therefore, it can be inferred that elevated self-confidence is associated with reduced tendencies toward hedonism, while lower self-confidence is linked to greater hedonistic behavior. In other words, individuals with strong self-confidence are less likely to engage in hedonistic lifestyles, as they do not depend on external validation to feel valued. Conversely, those with low self-confidence are more vulnerable to hedonistic behaviors due to their need for affirmation and self-worth through external factors such as luxury goods, appearance, or peer recognition.

This research is also in accordance with a study conducted by Ritonga and Adiati (2022) entitled *"The Influence of Hedonistic Lifestyle and Self Esteem on Consumptive Behavior among Adolescents in Surabaya."* Their results revealed that hedonism significantly contributes to the increase in consumptive behavior, while self-esteem closely related to self-confidence has a negative effect. This indicates that the higher an individual's self-esteem, the lower their tendency to engage in excessive consumption. Individuals with low self-confidence are more easily influenced

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by impulsive consumption and tend to exhibit hedonistic behavior as a means of enhancing their self image and gaining acceptance within their social environment.

Furthermore, this research is in accordance with a study by Agustiawan *et al* (2025) titled *"Self Esteem and Consumptive Behavior among University Students."* The findings of this study show a negative correlation between self-esteem and consumptive behavior. This suggests that individuals with higher self-esteem are less likely to engage in excessive consumption. Adolescents with high self-esteem typically demonstrate better self-control and are more capable of distinguishing between needs and wants. Self-esteem is closely associated with self-confidence. Individuals with low self-esteem or self-confidence are more likely to engage in consumptive behavior not out of necessity, but as a form of emotional compensation or a means to gain validation from their social environment. Such behaviors are reflective of hedonistic tendencies.

In addition, this research is in accordance with a study conducted by Ayuningsih and Primanita (2024) entitled *"The Relationship between Self Esteem and Hedonistic Lifestyle among Private University Students in West Sumatra."* The study reinforces that self-esteem, as a core component of self-confidence, plays a significant role in shaping how individuals perceive and respond to pleasure and social pressure. Adolescence is a critical period in which individuals are highly vulnerable to external influences such as peer environment, social media, and the need for social acceptance. Adolescents with high self-confidence are generally less likely to be influenced by peer pressure to adopt a consumptive lifestyle or pursue instant gratification for the sake of self-validation. Conversely, students with low self-confidence are more susceptible to developing hedonistic patterns as they seek external validation.

Furthermore, this research is in accordance with a study conducted by Zehra (2024) entitled *"The Relationship between Self Image and Hedonism among High School Students at SMA Islam Terpadu Ukhuwah Banjarmasin."* The study found that the more positive an individual's self-image is, the lower their tendency to engage in hedonistic behavior. Self-image is closely related to self-confidence, as both reflect how individuals perceive and evaluate themselves. Adolescents with a positive self-image often possess strong self-confidence and thus do not feel the need to seek external recognition through excessive consumption or extravagant lifestyles. In contrast, students with negative self-image often feel insecure and may attempt to mask their shortcomings by following trends, showcasing possessions, or seeking momentary pleasure as a form of psychological escape.

This research is also in line with a research conducted by Syahputra *et al* (2022) titled "Narcissism and Social Media Addiction: Gender, Social Demographics, and Social Media Use". which revealed that individuals' excessive pursuit of social validation through social media is part of a hedonistic lifestyle, particularly among adolescents. Such behaviors often stem from unregulated self-confidence, driving individuals to excessively express themselves to gain attention from others. When self-confidence is not accompanied by self-control and social awareness, it may lead to hedonistic tendencies, such as showing off and seeking attention on social platforms.

Lastly, this research is in accordance with a study conducted by oleh Sabilah *et al* (2025) titled *"The Impact of Self-Esteem o Narcissistic Behavior Among Instagram-Active Students"* The findings revealed that individuals with high levels of self-confidence tend to be more expressive and actively engage in self-presentation on social media as a means of obtaining attention and social validation. Narcissistic behaviors, such as excessive self-display in digital spaces to gain external approval, are considered characteristic of a hedonistic lifestyle. Among adolescents, hedonism often manifests through the pursuit of instant gratification and recognition, whether through material consumption or the cultivation of a curated social image online.

Self-confidence plays a crucial role in supporting students development for socially, academically, and emotionally. According to (Lauster, 2003) self-confidence is a positive attitude that allows individuals to form realistic assessments of themselves. It is associated with various positive traits, such as a sense of responsibility, politeness, and the ability to recognize one's strengths and personal worth. Marlina, Fatimah and Siddik (2022) similarly assert that self-confidence can foster positive attitudes in individuals and within their social environments. Conversely, students with low self-confidence tend to display negative behaviors, such as irresponsibility, pessimism, and feelings of inferiority. Lauster (2003) also emphasized that individuals with low self-confidence often exhibit harmful behaviors that can negatively impact their personal lives, including academic performance and social interactions. Individuals with low self-confidence often seek validation from others (Hanifah & Hakim, 2023). This external validation may lead them to use luxury goods as a means of gaining confidence and recognition, ultimately fostering consumptive behavior (Rahmayanty et al., 2023). Furthermore, such tendencies

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may negatively affect students' academic and social lives, resulting in reduced motivation, declining academic achievement, laziness, cheating, and problem financial (Jennyya *et al*., 2021). These consequences significantly hinder students' personal, academic, and social development.

Therefore, the implications of guidance and counseling are essential in efforts to enhance students' self-confidence. Through services such as classroom guidance, group guidance, individual counseling, and informational services, students can receive emotional, social, and academic support, as well as assistance in identifying and developing their personal potential (Prananda & Christiana, 2020). Guidance and counseling thus serve as a valuable intervention to foster self-confidence in students, equipping them with skills for everyday life (Fajri et al., 2023; Syahputra, 2024).

In addition, the implications of guidance and counseling are also important in reducing hedonistic tendencies among students. Through individual counseling, group guidance, group counseling, and informational services (Cahyani, 2019). Students can be guided to change their mindsets, improve self-control, and build awareness of the importance of living a balanced life, rather than using pleasure as the primary goal. Students with high self-confidence will exhibit more positive attitudes, optimism, responsibility, and rational thinking. On the other hand, low self-confidence often results in irrational behaviours, driven by unmet emotional needs. Therefore, students with sufficient self-confidence are more likely to achieve a balance between academic performance and social well-being.

Conclusion

This research shows that there is a significant influence between self-confidence on hedonism in students. This result also confirms that the higher the self-confidence of students, the lower the attitude of hedonism. This is in accordance with various previous studies which state that self-confidence is a protective factor in decision making and self-control in adolescents. However, this study provides a new perspective by linking it directly to hedonism behavior which is now increasingly prevalent among students.

Adolescent life is influenced by globalization and consumptive culture; these results are important to be used as a basis by Guidance and Counseling teachers in designing services aimed at increasing self-confidence and reducing hedonism in students in a directed manner. Therefore, hedonistic behavior that tends to harm the future of students can be minimized. Although this research has limitations, the findings obtained contribute to this, which means that it opens up opportunities for further research with a wider scope.

Acknowledgment

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