ANALYSIS OF SELF-CONTROL IN THE FORMATION OF AN ASSOCIATION OF OVERSEAS STUDENTS ON THE LEADERSHIP PATH SEI KERA HILIR I

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Abstract: Merantau is an activity carried out by someone who leaves his hometown on his own accord within a predetermined period of time with the aim of seeking life, studying knowledge and seeking experience. At this time, adolescents should begin to learn to have responsibilities who are able to think and act according to the norms prevailing in society. Self-control is an ability possessed by individuals, in this case students, to control or control themselves, both in terms of their behavior, thoughts and choices of decisions to be taken by these individuals. Overseas students need self-control so that the trust that their parents give them is maintained properly. This study aims to analyze self-control in the formation of overseas student associations in Sei Kera Hilir I village, Medan. The method used in this research is descriptive qualitative. The results of interviews with informants show that students feel a new life in the overseas environment and the self-control of every student who migrates is certainly different. There are those who apply it by contemplating in the room alone, there are those who invite other friends to exchange stories and some of them definitely hide things that are not good about not wanting to bother their friends. The causal factors are family conditions in the village, coursework, economics and others. It is conducted that forms of self-control in overseas students are behavioral control, cognitive control, and satisfaction control.

Keywords: association; self control; student; wander
INTRODUCTION

Adolescence is a time when adolescent feelings are more sensitive, giving rise to a soul that is sensitive and sensitive to self and its environment. Teenagers become someone who really cares about himself so he doesn't like things that disturb his identity as a teenager. To maintain their identity, teenagers often lose self-control. Teenagers who do not want to be disturbed by their identity, sometimes lose control within themselves so they are more inclined to follow the desires that arise within themselves. Teenagers generally prefer to be alone and close themselves from family and environment. The occurrence of fights or fights with other people is one result of the inability of adolescents to control themselves. (Millinia and Meike, 2022)

Every human being in his life span experiences developmental stages, one of which is adolescence. According Piaget (Khodijah, 2019) youth is said to be an age where individuals become integrated into adult society, an age when children do not feel that they are below the level of older people but feel the same, or at least equal. Adolescence is a period when individuals are not classified as children, but are also not classified as adults. Adolescence is the most vulnerable period because adolescence is often known as the "search for identity" phase or the "hurricane and storm" phase.

According to Piaget (Leny Marinda, 2020) Adolescents at the age of about 11 to 15 years experience a stage of formal operational thinking, where adolescents are no longer limited to real and concrete experiences as a basis for thinking but they are able to imagine fictional situations, events that are solely in the form of possible hypotheses or abstract proportions, and try to work them out. with logical thinking. With this formal operational thinking, adolescents can already imagine the possibilities that will occur if they take an action, thus adolescents should be able to exercise control over themselves and have good self-control.

Every human being must have the ability within him, both physical and psychological abilities. One of the abilities possessed by everyone is the ability to control himself (Self-control). Self-control is an ability that everyone should have, because just imagine if someone doesn't have the ability to control himself, maybe he can't behave like other normal people. Because basically humans have strong urges within themselves to do or fulfill something they want, and if humans do not have the ability to control these impulses then their life cannot run in balance. An individual with good self-control can understand every consequence of the actions he takes (Fuady, Prasanti, & Nurhayati, 2019)

Generally, teenagers today still get different rules, especially in the norms and values that exist in Indonesia. (Darnoto & Dewi, 2020) Concern for the active association of adolescents needs to be increased to make children’s morals better with an Islamic perspective. (Verkuyten, 2018) Self-control possessed by students in the adolescent phase influences adolescents to be disciplined and behave in accordance with applicable norms and values, so that students can achieve the desired success. (Pramanasari, 2018) Adolescent self-control in regulating and controlling behavior cannot be separated from the role of the family. Because if only the monitoring of parents and the surrounding environment is not enough to shape the mentality and self-control of migrant students. (Aviyah & Farid, 2014) Migrant students who live on Jl. Pimpinan No. 52 have fairly good morals because they are seen from the socialization that is common at this time. (Kholifah & Rusmawati, 2020) Generally, students are migrants. Migrant students are individuals who live in other areas to study in
higher education and prepare themselves in achieving a diploma, bachelor’s, master’s, doctoral, or specialist level of expertise. (Hasibuan et al., 2018)

Society is a group of people who get along with each other or in other terms interact with each other. The science of ethics speaks of a matter of value or judgment, in this case what is judged is the behavior of people. (Laia et al., 2018) Ethical issues are very dependent on the habits, customs and culture of the local ethnic group. Politeness norms are exemplified, for example, by the manner of speaking, behavior, legal norms are exemplified by the compliance of youth in the rules made by each organization as well as rules made by society and the state. (Octavia, 2014) Politeness is part of the manners of each individual behaving in the environment where he lives. (Akmd Fauzi Dwi Cahyo, 2019) For overseas students, studying outside the city can bring several changes and cause pressure which results in a culture shock. (Devinta & hidayah, nur, 2013).

The form of prevention of deviant behavior is self-control. Self-control is considered a noble source of character because it can make oneself calm, not in a hurry, not in a hurry, and not careless in doing everything. Self-control, making teens able to think carefully in doing. Be calm in making decisions, so that the actions to be taken will not deviate (Syafi’, 2022).

According to Muraven and Baumeister (in Sari & Ratnaningsih, 2018) revealed that self-control is the ability that exists within the individual to control the impulses that exist within him. When a person exercises self-control, he will carry out a process of thinking and feeling before finally behaving. Self-control is one of the important abilities that must be possessed by individuals. Someone with good self-control, he will obey the rules and will postpone his desire to fulfill his satisfaction.

In their late teens some of them are university students. Both students who sit in state universities and private universities. There are those who choose to study in the city, outside the city and even abroad. In this case, adolescents who are still in a transitional period, are still unstable in thinking and deciding things, forced circumstances to be independent, away from their parents and entering a new environment. Some of the reasons teenagers take the action of migrating to other cities, namely continuing their studies, as well as wider opportunities to obtain a better education and more pleasant environmental conditions, such as climate, housing, schools and other public facilities and also activities in big cities, places of entertainment, as an attraction for teenagers who are still looking for identity to reach goals in other areas to live in big cities (Hulukati & Djibran, 2018).

Students who take the action of migrating to other cities, namely continuing their studies outside the city, are called nomads. Merantau is an activity carried out by someone who leaves his hometown on his own accord within a predetermined period of time with the aim of seeking life, studying knowledge and seeking experience. At this time, adolescents should begin to learn to have responsibilities as adolescents who are able to think and act according to the norms prevailing in society. However, with the current of modernization in this era, it makes it easy for teenagers to access all information and ins and outs regarding matters related to promiscuity (Murniati & Hayati, 2021).

Association of overseas children is a heavy responsibility for parents. So far, the things that most parents are afraid of out there is letting their children live in overseas cities far from the supervision of both parents, siblings and other families. Today it is also very sad to see the association of teenagers who have just set foot in other people’s cities. Overseas students need self-control so that their actions are in accordance with what their parents expect and the
trust that their parents give them is maintained properly. Living away from parents can cause various problems for overseas students, such as changes in lifestyle, negative influences from the environment and peers, and having a sense of responsibility for their actions. All overseas students can control themselves by controlling themselves, being able to distinguish positive and negative things for themselves and their environment.

As for the words of Allah SWT. In Surah Al-Hujurat verse 11 describes behaving or associating with good people.

وَأَمَّا مَنْ خَافَ مَقَامَ رَبِّهِ وَنَهَى النَّفْسَ عَنِ الْهَوٰى

Meaning: "O you who justify Allah and His Messenger and carry out His Shari'a, believers do not ridicule other believers, because it may be that people who are ridiculed are better than those who are ridiculed. And don't believe women make fun of other believing women, because maybe people who are ridiculed are better than those who are ridiculed. Nor should some of you criticize some of the others, nor should some of you call some others names (titles) that they hate. The worst name and character is wickedness, namely humiliation, humiliation and being called with bad titles, after you enter Islam and understand it. Whoever does not repent from humiliation, humiliation and calling with bad nicknames, then they are the ones who wrong themselves by violating these prohibitions ."

(QS Al – Hujurat : 11)

Ideally, someone who has high self-control can do things according to the rules that apply in their environment. However, in reality there are still a number of phenomena indicating that self-control currently tends to be low. In recent years, there have been cases of adolescents having low self-control. For example, Friday (8/2/2019) Tembalang Police officers arrested 19 teenage students as gang members.

Of the dozens of teenagers named 7 youths as suspects and charged with beatings and threatened with 5 years in prison (Galuh Gambarata, Tembalang. Liputan 6.com). Then Tuesday (21/1/2020) Police arrested Muhammad Rifki alias Joni (19), a perpetrator who slashed a SMK student in South Jakarta. The police said that the perpetrator was annoyed with the victim as a result of the conflict between schools (Farih Maulana Sidik, Jakarta. DetikNews).

The results of a preliminary study conducted by Permono (2014: 8) explain that the higher the level of self-control, the lower the delinquent behavior, conversely the lower the level of self-control, the higher the delinquent behavior. The self-control variable in this study obtained the results of data analysis which showed that the self-control of the subjects was high with an empirical average (RE) of 70.55 and a hypothetical average (RH) of 60. The detailed categorization obtained was 0 subjects (0%) which was in the very low category, there were 9 subjects (10.8%) in the low self-control category, 11 subjects (13.2%) in the moderate self-control category, there were 50 subjects (60.3%) in the high self-control category, and 13 subjects (15.7%) who were in the very high category of self-control.

Religious teachings are a person's guide in controlling oneself from things that are prohibited by Allah SWT. This was conveyed in Al

وَأَمَّا مَنْ خَافَ مَقَامَ رَبِّهِ وَنَهَى النَّفْسَ عَنِ الْهَوٰى

– Quran Surah An-Nazi'at verse 40.
Meaning: "And as for those who fear the greatness of their Lord and refrain from the desires of their lusts." (QS An Nazi’at: 40).

Self-control or self-control is a person's ability to know and be able to process himself physically, emotionally, mentally, and spiritually. Self-control is useful for managing an individual with various resources to control and create the reality of life according to his values and goals in life. Well-developed self-control in individuals will help individuals to restrain behavior that is contrary to social norms. Self control is needed so that a person is not involved in violating family, school and community norms. Santrock (1998) mentions several behaviors that violate norms that require strong self-control including two types of violations, namely the types of minor violations (status-offenses) and serious violations (index-offences). Therefore, it can be concluded that self-control is an individual ability that is useful for preventing, regulating, and managing impulses within oneself so as not to violate applicable moral standards in order to obtain greater benefits (Zulfah, 2021).

The abilities that exist within each individual include both physical and psychological abilities. Psychic ability is the most important part that influences individual self-control. While the physical is automatically moved as a result of contact and psychic performance. Self-control is an individual's ability to hold back desires or impulses for a moment that conflict with behavior that is not in accordance with social norms. In all aspects of life, individuals really need good self-control. By having good self-control individuals can direct, estimate, and predict the impact of the behavior they are doing. (Amaliyyah, 2021)

According to Gilliom (in Fahira & Hidayati, 2022) Self-control is an individual ability which consists of three aspects, namely the ability to control or restrain behavior that is harmful or detrimental to others, the ability to follow applicable regulations, and the ability to express desires or feelings. to other people, without hurting or offending those other people (including in assertiveness). When interacting with other people, a person will try to display the behavior that is considered most appropriate for him, namely behavior that can save interactions from the negative consequences caused by the response he makes. Self-control is needed to assist individuals in overcoming their limited abilities and overcoming various adverse things that may occur from outside.

Shawn and Constanzo (in Ghufron & Risnawita, 2011: 25) suggest that in managing impressions there are several important elements that must be considered, namely self-concept and social identity. The assumptions in theory form the impression that a person is motivated to create and maintain the highest possible self-esteem so that he must try to manage self-image in such a way as to display a positive social identity. This can be done by monitoring and managing an identity in its appearance to other people. This means that in order to manage impressions, one must first have a self-concept. Furthermore, it can present itself in accordance with situations of social interaction so that social identity is formed (Zulfan Saam, 2013).

From some of the explanation above, it can be concluded that the notion of self-control (self-control) is an individual's ability to control or control himself, both in terms of his behavior, his thoughts and the selection of decisions to be taken by the individual. And implies that is, do the considerations before deciding something to act. The higher the self-control, the more intense the control over behavior.

Like other psychological factors, self-control is influenced by several factors. In general, the factors that influence self-control consist of internal factors (from individuals)
and external factors (individual environment) (Ghufron & Risnawita, 2011: 32). Internal factors are factors that play a role in self-control such as age. The older a person is, the better the ability to control himself. While external factors are factors that come from outside such as the family environment. The family environment, especially parents, determines how a person’s ability to control himself.

Nasichah’s research results (in Ghufron, 2011: 32) show that adolescents' perceptions of the increasingly democratic application of parental discipline tend to be followed by a high ability to control themselves. Therefore, if parents apply discipline to their children intensely from an early age, and parents remain consistent with all the consequences that children do if they deviate from what has been applied, then this attitude of consistency will be internalized by children, and then it will become self-control for them. The other factors include genetics, environment, and age. Genetic factors or hereditary factors greatly affect a person's self-control. Children who come from impulsive offspring will have a tendency to behave impulsively. Meanwhile, factors influence the development of individual self-control, namely parental behavior observed by children, caregiver style, and culture. The age factor also influences the level of individual self-control. At the age of children, individuals will tend to be more impulsive than individuals who are more mature. This means that the older the individual, the better his ability to control himself.

From some of the definitions above, it can be concluded that the factors that influence individual self-control consist of internal factors, namely a person's age and psychological maturity, and external factors, namely the family environment.

According to Ghufron and Risnawita (2014: 29) they call self-control personal control, namely behavior control, cognitive control, and decision control (Thoha, 2001). Behavior control is the readiness to provide a response that directly affects or modifies an unpleasant situation. The ability to control this behavior is broken down into components, namely regulating the implementation (regulated administration) and the ability to modify the stimulus (stimulus modifiability). The ability to organize implementation is the individual's ability to determine who is in control of a situation or situation. Is it himself or the rules of behavior by using his abilities and if not able the individual will use external sources. The ability to regulate stimulus is the ability to know how and when an unwanted stimulus is encountered. There are several ways that can be used, namely preventing or avoiding the stimulus, placing a grace period between the series of ongoing stimuli, stopping the stimulus before the time is up, and limiting its intensity. The next personal control is cognitive control. Cognitive control is an individual’s ability to process unwanted information by interpreting, assessing, or connecting 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 an assessment (appraisal). Conduct individual assessments with various considerations. Conducting an assessment means that individuals try to assess and interpret a situation or event by paying attention to the positive aspects subjectively. The last is 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, whether there is an opportunity, freedom, or the possibility for the individual to choose various possible actions.

According to Block and Block there are three types of self-control qualities, namely over control, under control, and appropriate control. Over control is self-control exercised by
individuals excessively which causes individuals to hold back a lot in reacting to stimuli. Under control is an individual tendency to release impulsivity freely without careful calculation. Meanwhile, appropriate control is individual control in an effort to control impulses appropriately (Ramadona and Mamat, 2019)

Based on the description and explanation above, the following aspects are usually used to measure self-control are ability to control behavior, ability to control stimulus, the ability to anticipate an event or events, the ability to interpret events or incidents and decision making ability.

Association is a reciprocal activity between one and two or more people to establish a social relationship. Association also has a process with other humans as a continuation of the process of social interaction with the environment and even the surrounding community. The strength or weakness of a social interaction affects whether or not the close association is forged between one another. (Tehuayo, 2021). Association is very influential in the formation of one's personality. A social act that is carried out can describe a person's personal form, whether it is a positive or negative social picture. As for positive association, it means a form of cooperation between individuals or groups whose goal is to achieve positive activities. Meanwhile, negative associations tend to be promiscuous, and therefore must be avoided.

From the statement above, it can be concluded that association is an interaction between two or more people, even from one group to another, which influence each other and influence one's behavior or behavior. Meanwhile, students are individuals who are carrying out the learning process in one of the education institutions in both public and private tertiary institutions consisting of academics, polytechnics, high schools, institutes and universities. Students fall into the age category from 18 – 25 years. At this stage, including late adolescence to early adulthood, it can be seen in terms of its development. The general characteristics possessed by students are critical thinking in acting, arrogance and other fast actions. This tends to be attached to the student's personality and is included in the principle of complementarity.

Students are expected to be able to manifest behavior and personalities that explore various types of lifestyles and social values aside from academic success. We can see that students can unite themselves to be part of the whole community with a real role. The academic abilities that have been achieved by students are expected to be able to support good character in the community. (Mulawarman, 2017). It can be concluded that the association of students has a great influence in shaping the personality of the students themselves, and from the association itself, it will unwittingly shape the students themselves by uniting them with the environment.

Overseas is a nickname for someone who is outside their place of residence, with the aim of gaining experience regarding education, work, hobbies, and about a better life because it can be caused by not being found in their own hometown. Migrants have risks that must be truly accepted when they want to migrate, one of which is that they must be able to be away from their families, manage their finances as well as possible, maintain their health, and so on. (Agus Wibowo, 2012)

The word "Rantau" in the Big Indonesian Dictionary is defined as an area outside one's own area or area outside one's hometown, such as a foreign area. The word "migrant" is defined as someone who travels or seeks life in other people's areas. Mochtar Naim said that nomads have six main elements, including leaving the place of birth, separate desire, long
term or not, the goal is to find life, gain knowledge, and seek experience, there is a purpose to return home, and merantau is an entrenched social institution (Muhrisa, 2021)

From the definition above, it can be concluded that nomads are someone's efforts to gain knowledge, life, economy and so on, but not in their own hometown but in other people's cities for a long time or not. The aim of the nomads is to be able to return to their hometown with what they have obtained while migrating. It's like if students who migrate will come home with the knowledge they have achieved while studying outside the city.

Overseas students need self-control so that their actions are in accordance with what their parents expect and the trust that their parents give them is maintained properly. Living away from parents can cause various problems for overseas students, such as changes in lifestyle, negative influences from the environment and peers, and having a sense of responsibility for their actions. All overseas students can manage with how to control yourself, can distinguish positive and negative things for himself and the environment.

Previous research that discussed self-control included Wardatul Jannah's research which discussed parents' beliefs about self-control in the association of overseas students. Then Aminah Tehuayo in her thesis discusses how overseas students control themselves in promiscuity in the campus environment. Meanwhile, Angita aprilia Sari in her thesis discusses the self-control of overseas students in maintaining the trust of their parents.

Then Dila Santika in her research described the public's view of the behavior or association of students in boarding houses and the surrounding environment. Finally, research from Esti Wulandari whose results show that the strategy of overseas students in adapting to the academic culture is urgent where students must understand the academic culture found on campus. In contrast to some of these previous studies, the researcher is interested in conducting this research more deeply with the research title: "Self Control Analysis in the Formation of Associations of Overseas Students in Sei Kera Hilir I Village, Medan".

**METHODS**

This type of research is descriptive research with a qualitative approach. The purpose of this study is for researchers to know how self-control in the formation of associations of overseas students on Jalan Leadership Sei Kera Hilir I Medan. The research was carried out in March 2023 and took place in the Jalan Leadership area of Kec. Medan Perjuangan, Sei Kera Hilir I Medan City, North Sumatra Province.

The source of the data used in this study is descriptive data, both in the form of words, behavior and existing supporting data documents. The main data sources in this study consist of words and actions, as well as additional data sources in the form of documents. Sources and types consist of data and actions, written data sources, documentation of boarding data.

The population of this research is four sources related to overseas students. Taking data sources in this study is snowball sampling. Snowball sampling is a sampling technique that starts small, then gets bigger. Like a rolling snowball that gradually becomes large. The sampling technique first selected one or two people, but because these two people did not feel complete with the data provided, the researcher looked for other people to complete the data. Researchers used the snowball sampling technique because of the recommendation of who would be the source of the previous sources. Data collection techniques in this research are documentation, interviews, and observation.

*Dipublikasikan Oleh:*

**UPT Publikasi dan Pengelolaan Jurnal**

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The respondent’s requirement in snowball sampling in this study is that the subject of this research is an overseas student who is in Deda Sei Kera Hilir I. Additional sources in this study are the legal head of the Sei Kera Hilir I neighborhood and one source is the owner of the boarding house or rent where the overseas students live.

In order to obtain valid and complete data, it is necessary to have several informants used in this study. After that, the informant will be interviewed according to the data requirements that will be needed and another name, namely the resource person.

Table 1. Informan Research

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Position</th>
<th>Reasons to be an informant</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mahdi</td>
<td>Head of the Environment at Jalan Pimpinan Sei Kera Hilir I Medan</td>
<td>Because according to the researchers these informants had useful knowledge and information and views based on the needs for this research.</td>
</tr>
<tr>
<td>2.</td>
<td>Ridha Rahma Nisa</td>
<td>Boarding Mother</td>
<td></td>
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<tr>
<td>3.</td>
<td>Feby Annisa</td>
<td>Student nomads</td>
<td></td>
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<tr>
<td>4.</td>
<td>Rais Sa Hidayati</td>
<td>Student Intermediate</td>
<td></td>
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</tbody>
</table>

The steps to be carried out for this research are that the first of the data collection is carried out by observing and interviewing the surrounding community on Jalan Leadership Sei Kera Hilir I Medan, about how self-control forms the association of overseas students in the area, then all data is collected into one and after that the entire data obtained is sorted and then examined due to the large amount of data obtained, so it is focused only on selecting the necessary data and then presenting the data with the data content as suitable as possible and after that conclusions will be drawn.

RESULTS AND DISCUSSION

Result

The results of interviews with informants indicated that students felt a new life in the overseas environment. Students feel happy and proud while practicing independence in a new environment as overseas students. Since then, students have formed their personality gradually and become even better. For example in practicing independence in the form of finances, more activities, and lifestyle.

Of course, some overseas students do not understand the new environmental conditions and situations. It can be known whether the environment is good or not, it must be lived like in everyday matters. However, so far overseas students have a pretty good association and not too bad. Overseas students live in boarding houses on Jalan Kepala No. 52 series of hili monkeys I Medan. Regarding the curfew, there is no limit, but that is reasonable because it is for the sake of maintaining the good name of the boarding house and the views of the surrounding community. In this case the association of students is monitored quite well from boarding houses in other areas. Because the student who is boarding at the leadership number 52 always reports to the boarding house mother if she comes home after 10 pm. Meanwhile, when in their hometown, of course, students have a limit to come home at night and parents are required to come home at 10 pm.

There are no problems that occur in the boarding house environment around the leadership road. However, regarding going home at night, the landlord and Mr. Kepling only admonished them so as not to cause slander and a lack of views on students who came home too late at night. The problem of coming home late at night and promiscuity with boarding
students on the leader's street is not too heavy because it is observed that the students are still kind and polite. However, the association of students and the surrounding community is not friendly, there are those who are less friendly, but there are also those who are good at socializing. Student attitudes are very diverse and manifold.

One student stated that she had difficulty adjusting at the beginning of becoming a student because as a student she was required to be more independent because previously N always lived with her parents. When living with parents, N always lives in an organized manner and is accustomed to everything that is available without having to take care of it. (Primasari, 2014) Students basically have responsibility for their academics when running lectures. One form of this responsibility is to parents and to themselves. (Naibaho & Murniati, 2022) Parents have given their children the trust to run the lecture well. Children’s accountability to parents and themselves is what is called trust. (Maulani, 2022)

Amanah is the main joint in carrying out social interactions. Someone who is trustworthy is able to carry out the tasks that have been given from others, especially as an overseas student who lives away from family. (Mauludin et al., 2021) Based on research results, the ability to socialize well on campus and in the surrounding environment will affect subjective well-being. The aspects contained in this subjective well-being have a relationship with the social support provided to the individual. (Wati et al., 2020)

In the context of self-adjustment of overseas students with association with the surrounding environment by following the advice and messages of parents, participating in positive activities, choosing good friends, and knowing the pros and cons of the environment.

Most of the respondents rented a boarding room to live alone, so the room can be called a miniature of the house where they live. The room becomes the territory of the individual, just as a house becomes the territory of a family.

This agrees with J. Thomsen [16] who stated that personalizing a private room is very important to create an impression of being at home. Adjustment with other people more broadly occurs in their boarding house. In a meso-sized physical environment, respondents are under the control of the boarding house owner, so they have limited control over the area as needed.

**Discussion**

Every new student certainly has hopes or expectations in pursuing their education. One of his hopes is to have new friends, to be able to adapt and to do well. However, the reality they will face is not in accordance with their expectations, such as living independently in renting a house without the help of their parents, which of course cannot go well. In general, parents play the biggest role in shaping the attitudes and behavior of their children, because parenting styles will shape children's habits which indirectly influence their lifestyle. Balwin (in Armiana, 2022) said individuals who live with their parents will be better controlled by their parents. This is different from the life of new students who wander and are far from their parents who cannot help and provide advice or motivation and demands directly to them, thus making these new students experience obstacles or disturbances in living their new life including socio-cultural differences.

Overseas students certainly cannot be separated from the various kinds of problems they face in their new environment. In the process of adapting to a new environment by overseas students, problem solving is needed. Solving the problem in this discussion there are two factors, namely internal and external factors. The internal factors referred to here are like
the student and his relationship with his family. While in external factors, namely about his 
new environment, such as culture, language, as well as friends and new people in his 
environment.

Overseas students have bigger obstacles and obstacles than non-overseas students. 
Therefore, they must be able to adapt by maintaining friendship with their families, mingling 
with friends in the area so they can understand their environment, and overseas students must 
also be open and accept all the differences that exist.

The social environment that we know includes: family environment, peer environment, 
and neighborhood environment. The family is the social environment that is first recognized 
by individuals from birth. Furthermore, Stroz (in Subagio, 2019) explains that what is meant 
by the social environment is "all the conditions in the world which in certain ways influence a 
person's behavior, including growth and development (life processes), which can also be seen 
as environmental preparation (to provide environment) for other generations“ .

Bintarto and Surastopo (Sebriyanti, Wardianto, & Harori, 2021) define the social 
environment as an environment where individuals interact, which has several aspects, namely 
social attitudes, psychological attitudes, spiritual attitudes, and so on. Peter and Olson (2000) 
also explain that the social environment is divided into two, namely the macro social 
environment and the micro social environment. The macro social environment is the indirect 
and vicarious social interaction among the very large groups of human society. The micro 
social environment is direct social interaction among smaller societal groups, such as a family 
and reference groups.

Groups that have direct influence are called membership groups. Some of these groups 
are primary groups, with whom one interacts casually and informally, such as family, friends, 
or neighbours. According to Yudistira (in Savira Miranti, 2012) that the elements that can be 
included in the social environment are all humans who are around a person or around a 
group. This social environment can be in the form of individuals or in the form of family 
groups, playmates, neighbors, villagers, townspeople, nations, and so on.

According to Vembriarto (in Bariyah, 2019) the family environment is an example of a 
small social group which generally consists of father, mother and children. Social relations 
among family members are relatively fixed based on ties of blood, marriage or adoption. The 
relationship between family members is generally imbued with an atmosphere of affection 
and a sense of responsibility, because of that the family is the smallest social group that has a 
very large influence on the process of socialization and one's interactions. "The social 
environment consists of people, either individually or in groups around humans" (Soekanto, 
1986: 432). The social environment is not a function that stands alone, but is interconnected 
and produces human behavior.

Thus it can be said that the social environment is a place or means to interact with other 
people and form a personality and influence one's behavior. Therefore a good social 
environment will influence a person's personal or behavior to be good too.

According to Dailyono (1997) the social environment consists of friends, neighboring 
environment, and activities in society. Socializing friends have a very large influence and 
enter the child's soul more quickly, if children like to hang out with those who are not in 
school then they will be lazy to study, because the way of life of those who go to school is 
different from children who do not go to school. Neighbor's style of life, for example likes to 
gamble, consume liquor, unemployed, do not like to study, etc., will affect children who go to
school at least there is no motivation for children to learn. Conversely, if the neighbors consist of students, students, doctors, engineers, this will encourage children's learning enthusiasm. Too many organizations or various courses will cause children's learning to be neglected. The influence of the environment, especially the open social environment, is not only in the form of positive things, but also includes negative effects.

The abilities that exist within each individual include both physical and psychological abilities. Psychic ability is the most important part that influences individual self-control. While the physical is automatically moved as a result of contact and psychic performance.

Self-control is an individual's ability to hold back desires or impulses for a moment that conflict with behavior that is not in accordance with social norms. In all aspects of life, individuals really need good self-control. By having good self-control individuals can direct, estimate, and predict the impact of the behavior they are doing. (Amaliyyah, 2021)

According to Gilliom (in Gunarsa, 2009: 251) Self-control is an individual ability which consists of three aspects, namely the ability to control or restrain behavior that is harmful or detrimental to others, the ability to follow applicable regulations, and the ability to express desires or feelings, to other people, without hurting or offending those other people (including in assertiveness).

When interacting with other people, a person will try to display the behavior that is considered most appropriate for him, namely behavior that can save interactions from the negative consequences caused by the response he makes. Self-control is needed to assist individuals in overcoming their limited abilities and overcoming various adverse things that may occur from outside.

From some of the explanation above, it can be concluded that the notion of self-control (self-control) is an individual's ability to control or control himself, both in terms of his behavior, his thoughts and the selection of decisions to be taken by the individual. And implies that is, do the considerations before deciding something to act. The higher the self-control, the more intense the control over behavior.

Forms of Overseas Student Self Control are included control behavior, cognitive control, and controlling decisions. Some students have quite good control in suppressing their self-control, such as preferring to do activities that according to them can have a positive influence, such as participating in discussion groups, participating in da'wah studies, keeping themselves busy by reading books, being active in organizational activities that they are involved in, both internal and external organizations. campus to organizations, as well as selecting and sorting in choosing social friends.

The ability of students to manage and assess information obtained in any form is an aspect that can affect the self-control of each individual student. The forms of cognitive control abilities exercised by overseas students vary, including receiving information and finding out the good or bad effects of that information, receiving information without applying it in everyday life, receiving information and making it the behavior of the individual. In this case, the ability to think and the habits of each individual become an important reference on how individuals assess the information they obtain whether it has a positive or negative impact.

The ability of students to manage and assess information obtained in any form is an aspect that can affect the self-control of each individual student. The forms of cognitive control abilities exercised by overseas students vary, including receiving information and finding out the good or bad effects of that information, receiving information without applying it in everyday life, receiving information and making it the behavior of the individual. In this case, the ability to think and the habits of each individual become an important reference on how individuals assess the information they obtain whether it has a positive or negative impact. The individual's ability to choose an action based on something that is believed or approved either by the existence of an opportunity or the freedom of the individual to choose various possible actions. Students will think more maturely and will anticipate something that
will happen. It can be seen that students are able to make decisions with the confidence they have about the benefits of the invitation. In addition, some students rejected invitations in an exaggerated manner and immediately avoided and closed themselves off from other students in the environment.

Students who decide to live away from their parents and family really help carry out the qualities contained in individuals. Besides being able to control finances, develop hobbies and some are able to study while working. Because there are some students who do not come from families who have an excess of the economy. This is also very effective in forming student associations in each residence (kost). Can create moments of mutual exchange - exchanging about eating together, cleaning the room, or other things.

The self-control of every student who migrates is certainly different. Likewise in its application if at any time they are not well. There are those who apply it by contemplating in the room alone, there are those who invite other friends to exchange stories and some of them definitely hide things that are not good about not wanting to bother their friends. The causal factors are family conditions in the village, coursework, economics and others.

Students with high self-control are able to pay attention to the right ways to behave in various situations and have behaviors that are more responsive to circumstances or events. Self-control is not only being able to control ourselves, but we ourselves must be able to know what to do when a problem comes up, be it big or small. Why is that, so that the surrounding environment does not take part in each other's privacy.

CONCLUSION

The results of interviews with informants show that students feel a new life in the overseas environment. Students feel happy and proud while practicing independence in a new environment as overseas students. Since then, students have formed their personality gradually and become even better. For example in practicing independence in the form of finances, more activities, and lifestyle.

The social environment that we know includes: family environment, peer environment, and neighborhood environment. The family is the social environment that is first recognized by individuals from birth. Furthermore, Stroz (1987: 76) explains that what is meant by the social environment is "all the conditions in the world which in certain ways influence a person's behavior, including growth and development (life processe), which can also be seen as environmental preparation (to provide environment) for other generations “. The type of social environment consists of friends hanging out, neighbors and activities in the community.

Self-control is an ability possessed by individuals, in this case students, to control or control themselves, both in terms of their behavior, thoughts and choices of decisions to be taken by these individuals. Forms of self-control in overseas students are behavioral control, cognitive control, and satisfaction control.

The self-control of every student who migrates is certainly different. Likewise in its application if at any time they are not well. There are those who apply it by contemplating in the room alone, there are those who invite other friends to exchange stories and some of them definitely hide things that are not good about not wanting to bother their friends. The causal factors are family conditions in the village, coursework, economics and others.
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Irma Widia¹, Winda Kustiawan²
Jurnal Mahasiswa BK An-Nur : Berbeda, Bermakna, Mulia
Volume 9 Nomor 2 Tahun 2023
Tersedia Online: https://ojs.uniska-bjm.ac.id/index.php/AN-NUR
p-ISSN. 2460-9722 | e-ISSN. 2622-8297

http://journal.ipts.ac.id/index.php/ED/article/view/655


Dipublikasikan Oleh :
UPT Publikasi dan Pengelolaan Jurnal
Universitas Islam Kalimantan Muhammad Arsyad Al-Banjari Banjarmasin 205