

The Role of Need to Belong on Interpersonal Relationships in Adolescents

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Abstract. This study aims to examine the role of need to belong to interpersonal relationship in adolescents. The research method used is a quantitative method with correlational design. The data collection tool used is the need to belong scale and interpersonal relationship. The subject taking technique used purposive sampling with the criteria of adolescents aged 16–20 years who have friends in the city of Banjarmasin. The total subjects are 234. The data analysis used is simple linear regression analysis. The results showed that need to belong significantly predict interpersonal relationship in adolescents. Need to belong can play a role in predicting interpersonal relationship by 41% ($R^2=0.410$; sig < 0.000). Based on these results, the research hypothesis is accepted, namely that there is a role of need to belong to interpersonal relationship in adolescents.

Keywords: *adolescents, interpersonal relationship, need to belong*

Humans are social beings, which means that as social beings humans cannot live alone and are always in relationships with other people. We naturally have the instinct to be with other people and interact with them. Our need for social interaction is a basic need inherent in our existence as humans. If these needs are not met, then the individual will experience an existential imbalance and life will feel empty (Rahman, 2017). Individuals cannot be separated from other people, therefore it is necessary to establish relationships with other individuals to form an interaction. The need for interaction occurs in every developmental task, especially adolescents (Fatnar & Anam, 2014).

Adolescence is a period of transition from children to adults. According to Santrock (2007), adolescence starts from the age of 10 years to the age of 22 years. During this period, various changes occur in adolescents such as hormonal changes, physical, psychological, social changes, as well as individual psychosocial changes both in behavior, relationships with the environment, and attraction to the opposite sex. Erik Erikson (Hurlock, 2014) explains that the developmental task in adolescence is the search for identity. At this time, adolescents begin to search for identity and determine their steps and goals in life (Santrock, 2007). In determining the steps and goals of his life, adolescents also experience confusion about taking

an action or making a decision. Adolescence is also a time for selecting partners and learning to live with other people in an intimate way (Santrock, 2007).

One of the developmental tasks in adolescence is to form new and more mature relationships with the opposite sex, both men and women (Havighurst in Hurlock, 2014). Every individual has a need to bond that persists over time and is common, for example getting to know each other and then being friends. To establish relationships with other people, individuals try to know and understand each other's needs, form and try to maintain these interactions. When individuals try to interact with other people, then that person has interpersonal relationships (Wisnuwardhani & Mashoedi, 2012).

The benefits of fostering interpersonal relationships according to Yusup (2014) are that they can improve learning achievement, in his research he said that there is a positive and significant relationship between interpersonal relationships and learning achievement, the better the interpersonal relationships, the better student achievement. Bergsma et al (in Febrieta, 2016) argues that the existence of interpersonal relationships can provide assistance, support, and comfort so that the process of establishing relationships becomes something valuable to individuals. Bagwell et al (in King et al., 2016) someone who has more positive and satisfying friendships tends to have less feelings of anxiety and hostility.

According to Monica et al (2021) found a relationship in individuals related to the need to be accepted or what is called the need to belong. According to Wisnuwardani and Mashoedi (2012) one of the factors that influence interpersonal relationships is the need to belong. Rakhmat (2003) also explained that the need to belong is one of the factors that influence interpersonal relationships. The need to belong is a need that functions to maintain and form relationships between individuals (Monica et al., 2021). According to Shodiq et al (2020) said need to belong is a need theory that has aspects of love and needs and belongingness, which means having a need to be loved or to feel affection and having a need to be able to interact with other people and the social environment. Monica et al (2021) stated that need to belong is positively related to the quality of friendship. The existence of friendly relations in individuals can fulfill the need to support and care for each other with those closest to them. In addition, it creates a sense of belonging to each other. Based on the background that has been described, the researchers concluded that the need to belong is one that influences interpersonal relationships in individuals.

METHODS

This study uses a quantitative approach with a correlational design. The analysis used is a simple linear regression analysis technique. This analysis aims to determine whether there is a role of need to belong to interpersonal relationships in adolescents. The population in this study were adolescents aged 16-20 years who have friends and live in the city of Banjarmasin with a total of 234 subjects. The scale used is the scale of interpersonal relations and need to belong. The interpersonal relationship scale was adapted from Garthoeffner, et al (1993). The adaptation process in this study refers to the theory developed by Beaton, et al (2000). The interpersonal relationship scale consists of six aspects, namely trust, self-disclosure, sincerity, empathy, comfort and communication. The need to belong scale is compiled based on aspects of Beumester and Leary (1995) which consist of affiliation with other and social acceptance.

The scaling model in this study uses a Likert scale. The Likert scale method consists of five response choices, namely very inappropriate (STS), not suitable (TS), neutral (N), appropriate (S), and very suitable (SS). The range of scores is clearly broken down as follows: STS on favorable is given a value of 1 and unfavorable is given a value of 5, TS on favorable is given a value of 2 and unfavorable is given a value of 4, N on favorable is given a value of 3 and unfavorable is given a value of 3, S on favorable is given a value of 4 and unfavorable is given a value 2, SS for favorable is given a value of 5 and unfavorable is given a value of 1 (Periantalo, 2015).

RESULTS

1) Overview of the Research Subject

This research was conducted on adolescents aged 16-20 years who live in the city of Banjarmasin. The number of respondents who participated in this study were 234 people.

Figure 1. Subject Characteristics Based on Gender

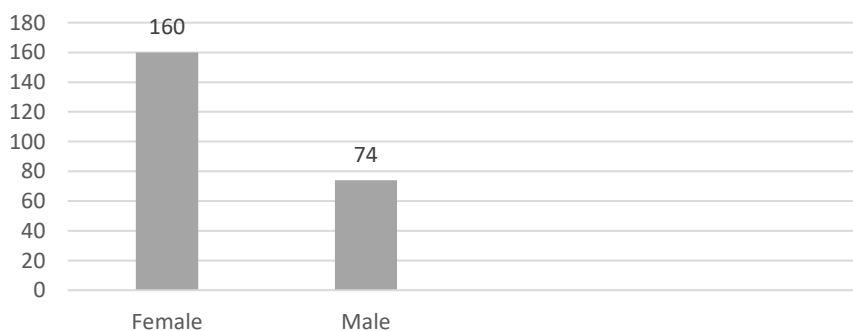
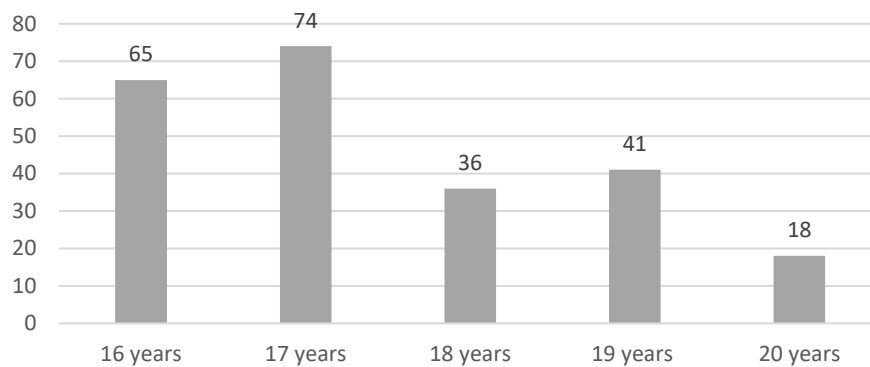


Figure 2. Subject Characteristics by Age



2) Descriptive Data Analysis

This section describes descriptive data from need to belong variable (independent variable) and interpersonal relationship variable (dependent variable). The data used from this study is based on data from 234 respondents who are adolescents aged 16–20 years who have friends in the city of Banjarmasin. Description of research data using hypothetical data, then it categorizes into three categorizations. Description of research data based on categorization can be seen in the table below:

Table 1. Description of Research Data

Variable	Hypothetical Data			
	Min	Max	Mean	SD
Interpersonal relationships	36	180	108	24
Need to Belong	34	170	102	23

Based on scale values in Table 2 above, further categorization is carried out into three categories, namely, low, medium, and high. This categorization aims to place individuals into different groups based on their value (Table 3).

Table 2. Formulation of Categorization Norms

Categorization	Categorization Criteria
Low	$X < M - 1SD$
Medium	$M - 1SD \leq X < M + 1SD$
High	$M + 1SD \leq X$

Based on Table 2, all respondents are grouped into three categories on each variable. The categorizations of respondents to this study are as follows:

3) Categorization of Interpersonal Relationships Scale

The frequency distribution of the interpersonal relationships scale can be seen in the following table.

Table 3. Frequency Distribution of Interpersonal Relationships Scale

Categorization	Score	ΣSubject	Percentage
Low	$X < 84$	3	1%
Medium	$84 \leq X < 132$	179	76%
High	$X \geq 132$	52	22%

Table 3 above show that most of the subject who have medium interpersonal relationships category are 76% or 179 subject. Subject who had high interpersonal relationships are 22% or 52 subject and subject who have low interpersonal relationships are 1% or 3 subject.

4) Categorization of Need to Belong Scale

The frequency distribution of the need to belong scale as follows:

Table 4. Frequency Distribution of Need to Belong Scale

Categorization	Score	N	Percentage
Low	$X < 79$	1	1%
Medium	$79 \leq X < 125$	124	53%
High	$X \geq 125$	109	46%

Table 4 above shows that most of the subject who have need to belong are in the medium category at 53% or 124 subject. Subject who have need to belong with the high category are 46% or 109 subject and subject who have need to belong with a low category are 1% or 1 subject.

5) Assumption test

Table 5. Normality Test Results

Variable	Kolmogorov Smirnov
	Sig
Interpersonal relationships	0.200*
<i>Need to belong</i>	0.063

Based on table of normality test results that have been carried out using the Kolmogorov-Smirnov test of the variable Y (interpersonal relationships) a significance of 0.200 is obtained. Which means that distribution of data is normally distributed and for variable X (Need to Belong) a significance of 0,063 is obtained. Which means that the distribution of data is normally distributed. It can be concluded that the regression model of interpersonal relationships and need to belong fulfills the normally assumption test and if there is data that is normally distributed with a significance of more 0.05 (sig > 0.05), then the two data as a whole can meet the criteria in the assumption test.

Table 6. Linierity Test Results

Linierity	Sig
X*Y	0.000

Based on the results of the analysis above, it can be seen that the significance values is in the data it is $0.000 < 0.05$ which means the data is linier. It shows that there is a significance linier between interpersonal relationships variable and the need to belong variable.

Table 7. Correlation Test Results

Correlation	R	Sig
X*Y	0.640**	0.000

Based on the results of the correlational test that has been carried out, the need to belong (X) to interpersonal relationships (Y) is obtained with a significance of 0.000 which indicates a significant so that there is a interpersonal relationships between need to belong. The correlation coefficient between the two variable is 0.640 which shows that the strength of the interpersonal relationships and need to belong is high, and has a positive value which means that is has a positive correlation.

Table 8. Coefficients Test Results

Model	<i>Unstandardized Coefficients</i>		<i>Standardized Coefficient</i>		
	B	Std. Error	Beta	t	Sig.
Need to Belong	0.713	0.056	0.640	12.690	0.000

Based on the analysis table above, it can be seen that the significant value obtained is $0.000 < 0.05$, which indicates that the results of the simple linier regression analysis have a significant effect of the need to belong (X) variable on interpersonal relationship (Y). Testing the simple linier regression hypothesis can be seen from the comparison value t count $>$ t table and the significance value $<$ 0.05, so that the results of testing the hypothesis in this study are t count $>$ t table ($12.690 > 1.970$) and a significance value ($0.000 < 0.05$).

Table 9. Model Summary Table

Model	R	R Square
1	0.640 ^a	0.410

From the table above, it is known that the correlation coefficient (R) is 0.640 with an R square termination coefficient of 0.410. It can be concluded that the prediction test given by the need to belong variable (X) to interpersonal relationships (Y) is 41%, while the

remaining 59% is another factor. Based on these test it can be concluded that there is a significant influence between need to belong to interpersonal relationships.

DISCUSSION

This study aims to determine the role of need to belong to interpersonal relationships in adolescents in the city of Banjarmasin. Through the results of data processing with statistical tests, it can be said that the research hypothesis in this study can be accepted because the results obtained indicate that there is a role for the variable need to belong to the interpersonal relationship variable.

Based on the results of the simple linear regression test, the calculated t value is 12.690 with a significance level of $0.000 < 0.05$, which means that need to belong has an effect on interpersonal relationships. As for the value of the coefficient of determination / R Square, it is 0.410, which means that the role of need to belong to interpersonal relations is 41%. Based on these results, it can be concluded that the research hypothesis (H_a) is accepted, which means that there is a need to belong role in interpersonal relationships in adolescents in the city of Banjarmasin. This is in line with research conducted by Monica, et al (2021) which states that need to belong is positively related to the quality of friendship. The existence of friendly relations in individuals can fulfill the need to support and care for each other with those closest to them. In addition, it creates a sense of belonging.

Maslow (Alwisol, 2016) defines belongingness and love needs as the need to have and love. Lavigne, Vallerand, and Braud (in Monica et al., 2021) say that need to belong is the need to form and maintain at least a minimum quantity of interpersonal relationships. There is a psychological need to be able to join a group of friends. When a person has a need to build relationships with other people, these needs will be fulfilled by interacting and building relationships with other people.

According to Pearson (Wisnuwardani & Mashoedi, 2012), interpersonal relationships are relationships consisting of two or more people who are interdependent on each other and use consistent patterns of interaction. Meanwhile, the need to belong is a situation when a person has the drive to form and maintain positive and long-lasting interpersonal relationships with others (Bersheid & Regan, 2005). The need to belong is formed from the need to build relationships with other people or the need for affiliation and social acceptance.

The need for affiliation is the need for support and warmth with other people. The need for affiliation is the tendency to form friendships and socialize, as well as interact with others. McClelland (Putri & Kusdiyati, 2020), this need for affiliation is also the basis for finding and maintaining interpersonal relationships. As for social acceptance as a state of acceptance of one's existence which is responded positively by others in a close relationship or group. Further, according to Miller (Karina & Suryanro, 2012), interpersonal relationships are marked by social acceptance which is fundamental to the survival of human beings. Therefore, it is seen from these two aspects that the need to belong has an influence on the formation of an interpersonal relationship.

Based on the results of the study, the level of interpersonal relationships in adolescents was obtained which was divided into 3, namely out of 234 subjects there were 52 subjects with a percentage of 22% included in the high category, 179 subjects with a percentage of 76% in the medium category, and 3 subjects with a percentage of 1% included in the low category.

The results obtained from the level of need to belong in adolescents were divided into 3, namely out of 234 subjects there were 109 subjects with a percentage of 46% included in the high category, 124 subjects with a percentage of 53% included in the medium category, and 1 subject with a percentage of 1% included in low category.

CONCLUSION AND IMPLICATION

Based on the results of research that has been conducted, it concluded that there is a role of need to belong for interpersonal relationships in adolescents. The effective contribution of need to belong that contributes to interpersonal relationships is 41%, the rest is influenced by other factors.

It is recommended for further researchers to conduct more in-depth research. Future researchers can also develop or add other variables in order to find out other factors that can influence interpersonal relationships, as well as to strengthen the relationships between variables. For adolescents it is advisable to start fostering and building interpersonal relationships, and maintain more friendly relations, so that adolescents can fulfill their developmental tasks so that they are better prepared to enter life in the adult phase.

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