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## Training to Build Students' Self-Awareness to Improve Qualities in Facing the Digital Era

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### ABSTRACT

The digital era encourages students to be able to adopt something innovative, collaborate, and build a wide network. Utilizing all digital opportunities to provide quality and find inspiration from creative sources. Aims of the service carried out is training to build students' self-awareness to improve quality in facing the digital era at SMKN 3 Depok. The service method is carried out by giving a pre-test to find out whether students understand self-awareness in improving their self-quality. After that, the material was given using Power Point Presentation, then a simulation was held, then questions and answers. After that, students complete a post test to find out that students understand the material that has been given. According from the results of the post test completed by the students, 90% students have knowledge about self-awareness to develop themselves in the digital era. As a result of this workshop, it is hoped that students will further improve student's quality and be confident that students are able to make themselves more qualified. So that students will be more active in studying, more accepting of their place of study, and have the mindset to develop their own potential in order to be able to bring the environment to a higher quality in the digital era.

## 1. Introduction

Currently, people's lives are greatly influenced by technological developments. All walks of life have been touched by technology, including secondary school students, who must be ready to face the world of work. As student reach adulthood, must integrate with wider society, no longer like children who must be supervised. Search for identity by showing abilities by improving self-quality. The digital era is a time where humans rely on digital media to obtain information or establish communication rather than using other media, as a result, what is close sometimes becomes far and what is far becomes closer (Pujiati, 2019).

The digital era is a time where humans rely on digital media to obtain information or communicate rather than using other media, as a result, what is close sometimes becomes far and what is far becomes closer. When using digital media, there are four things need to pay attention to. First, message creator, everyone can easily create a message, have a personal account, and interact with other people who are not even known. Second, the nature of the message varies greatly because it comes from all over the world. In fact, most are not edited by experts. Third, spreading messages, digital service providers want to make a profit from the business they do, so business design media that is made to be the most attractive, not rarely even containing clickbait content. Fourth, the impact of the message, if used wisely, digital media can be an unlimited source of information. However, negative content that has a bad impact is also scattered on digital media, such as fake news, pornography, hate speech, and so on (Fransiska et al., 2021).

Currently, it needs to be instilled in students at SMK Negeri 3 Depok, majoring in Online Business Marketing, that through self-development, students can increase self-confidence, improve mental and physical well-being, and achieve life goals which will develop into self-awareness, which will form improving self-quality towards a better direction. Self-awareness is the counselor's "basic capital" in carrying out their duties (Flurentin., 2014). Understanding yourself is a necessary condition before starting the process of understanding others. Intrapersonal and interpersonal dynamics must be considered as important components in the projection of beliefs, attitudes, opinions, and values. Examining a person's thoughts and feelings allows a counselor to better understand the "baggage" of the culture carried (Brown & Srebalus, 2003).

If examined more deeply, quite a few vocational school students often experience obstacles in determining their future careers because when choosing a career they do not take into account abilities, interests and personality. Of course, it is the duty of educators to give confidence to students at SMK Negeri 3 Depok majoring in Online Business Marketing that students have more abilities. Students at SMK Negeri 3 Depok, majoring in Online Business Marketing, are currently transitioning from adolescence to adulthood. In this period it is important to determine one's own identity to explain who one is and what one's role is in society. One of the developmental tasks of adolescence is to live independently and develop the ability to make decisions about life, including career (Hurlock, 2017). Career development in teenagers experiences major developments and is very important in relation to the career decision making process where this will greatly influence the future (Suwanto, 2016).

The demand for students to be themselves and determine the future does not only come from the school, but greater than the parents. When a child enters a vocational school, parents already have the desire that after graduation will work, with the hope that the school will shape the child to have a career. In fact, on the journey, students themselves must have the will from within themselves. As explained by Elkins (2012), in Maslow's Humanistic theory, self-awareness is understanding and comprehending who we are, how to be ourselves, what potential we have, what style you have, what steps you take, what you feel, what values we have and believe in, where our development will go (Putri et al., 2019). Self-awareness is the ability to understand oneself, including recognizing one's strengths and weaknesses and the ability to manage emotions (Orok, 2019). To become a self-aware individual, one of the components needed is attention (Carden et al., 2022).

Self-awareness is one of the foundations that is an important step in understanding yourself and changing yourself. Self-awareness is a characteristic that is quite unique and basic in humans. This is what will differentiate one individual from another. There are two types of self-awareness. The first type is internal self-awareness, represents how clearly to see own values, desires, aspirations, fit with the environment, reactions (including thoughts, feelings, behaviors, strengths, and weaknesses), and impact on others. Internal self-awareness was associated with higher job and relationship satisfaction, personal and social control, and happiness; it is negatively associated with anxiety, stress, and depression. The second category, external self-awareness, means understanding how others perceive us, based on the factors mentioned above. Our research shows that people who know how others view them are more skilled at showing empathy and taking others' points of view. For leaders who view themselves as they do their employees, their employees tend to have better relationships with them, feel more satisfied with them, and generally view them as more effective (Eurich, 2023).

One of the enrichments that can be given to students to increase self-awareness is by providing self-awareness training. To be able to make appropriate and accurate career decisions, individuals must be aware of their abilities, interests and values which are part of their self-awareness. the individual (Kurniawan et al., 2020). Research conducted (Pinasti., 2011) shows that having self-awareness can help someone make the right choices and prepare themselves to achieve their life goals, including making career choices. Meanwhile, with increasingly developing technology, students also need to prepare their skills in the digital era. Of course, students must have a strategy to face challenges and be willing to develop your creativity. Students can start honing their digital skills by learning and not being embarrassed to start. Apart from that, students are able to adopt something innovative, collaborate and build a wide network. Take advantage of all digital opportunities to deliver quality and find inspiration from creative sources. Therefore, there is a need for training to build students' self-awareness to improve qualities in facing the digital era at SMKN 3 Depok.

## **2. Methods**

This service activity was carried out at SMKN 3 Depok on August 3 2023, starting at 10.00 WIB – 12.00 WIB, which was attended by 78 students majoring in the Online Business Marketing Department. This training activity was divided into three stages as follows: first, a pre-test was given to students at SMKN 3 Depok in the form of questions regarding students' understanding of self-awareness and the self-quality that students have within themselves. Then, material was given in the form of a Power Point explaining what matters regarding self-awareness are related to the digital era. PPT is given by showing it with focus and providing a photocopy sheet so you can read it and take it home. Third, after giving the material, they are asked to carry out a simulation by practicing their abilities, namely having the courage to explain themselves in public. Finally, complete the post-test to find out whether students understand the material provided.

## **3. Results and dicussion**

The National University Community Service Team on Thursday 3 August 2023 carried out service from 10.00 WIB to 13.00 WIB at SMKN 3 Depok (Department of Online Marketing Business) through face-to-face with the theme: Training to Build Student Self-Awareness to Improve Self-Quality in Facing the Digital Era for students/ female student majoring in Online Business Marketing. This is the second time that the National University Service Team has provided the materials needed by the children of SMKN 3 Depok for self-development. The activities like this were really needed by students who were studying in class because schools had not been able to provide them optimally.

This service focuses on grade 12 students at SMKN 3 Depok, majoring in Online Business Marketing, currently many students do not believe in themselves. When students have self-awareness, they are certainly able to identify or analyze their own emotions, are able to control their own behavior and

appreciate personal strengths. Because students who have self-awareness generally have the ability to find determination and perseverance in overcoming various obstacles. This is what the students of SMKN 3 Depok will hone their abilities and self-confidence.

There are several things that can be done to build self-awareness, namely a) Recognizing or understanding one's own feelings and behavior; b) Recognize your own strengths and weaknesses; c) Have an independent attitude; d) Make the right decisions e) Able to express thoughts well; f) Can self-evaluate; g) Understand yourself; and h) Develop life and career goals.



**Figure 1.** Providing material to grade 12 students SMKN 3 Depok

The important thing is that students are able to increase self-awareness to form themselves in understanding feelings, thoughts and actions from within themselves. For example, start by believing in your own abilities, meaning that building confidence must start with believing in yourself. If in a group you just stay silent, then you will never be seen. Try starting from the simplest by giving an opinion during a meeting or discussion according to the context and dare to challenge yourself by believing in your abilities.

Applying a healthy way of thinking, means building a healthy mindset and knowing when to take an action and what the results will be. Apart from that, learning to control emotions, where if you are able to control your emotions, it means students have learned to calm themselves. Then evaluate yourself periodically, so that students will be able to find their own strengths and weaknesses. So students at SMKN 3 Depok also carried out simulations to practice in class to grow self-confidence.

Due to the current digital era, many students find it very difficult to use gadgets for useful things. For example, creating a status in a group, where activities demonstrate good social media skills. So this is what students can do, for example, whether they realize it or not, currently the younger generation has started to enter the digital era, where all activities can be carried out more sophisticatedly. An important note is that the digital era is an era or epoch in which conditions of advanced development exist so that all activities are carried out digitally. According to [Brown & Serbalus \(2003\)](#) self-awareness has several forms, including: a) subjective self-awareness, b) objective self-awareness, c) symbolic self-awareness. Understanding is given that the first subjective self-awareness is the orgasm's ability to differentiate itself from its physical and social environment. Students are made aware of who they are and their status which differentiates them from others.





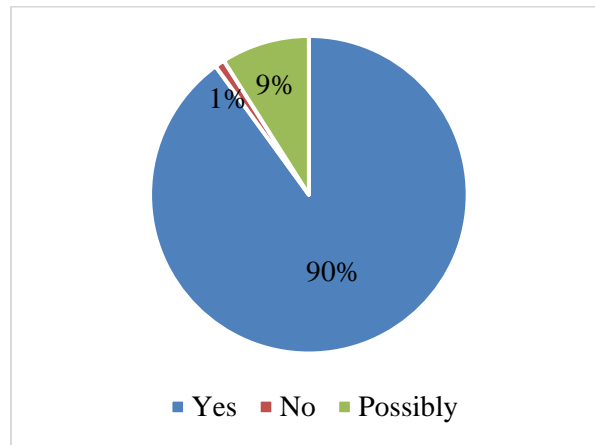
**Figure 2.** Students practice self-confidence

Second, objective self-awareness is the orgasmic capacity to be the object of one's own attention, awareness of one's state of mind and knowing that one knows and remembering that one remembers. This is related to the student's own identity as a student. If a student remembers that he is a student, he will focus himself and position himself as a student. And remember the various forms of rights and obligations that are their responsibilities. Third, symbolic self-awareness is the organism's ability to form an abstract concept of self through language. This ability makes the organism able to communicate, establish relationships, determine goals, evaluate results and build attitudes related to the self and defend it against threatening communications

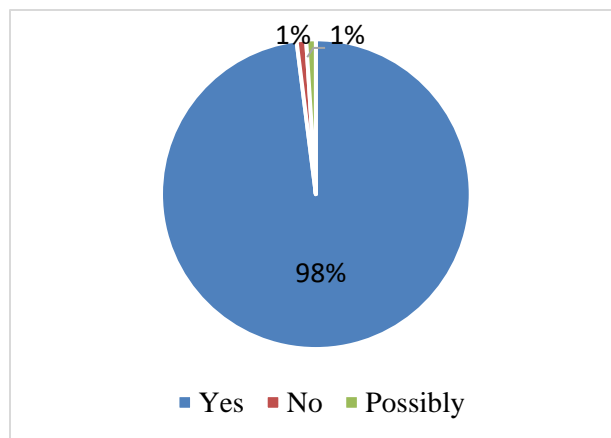


**Figure 3.** Activities to Build Student Self-Awareness to Improve Quality in Facing the Digital Era at SMKN 3 Depok

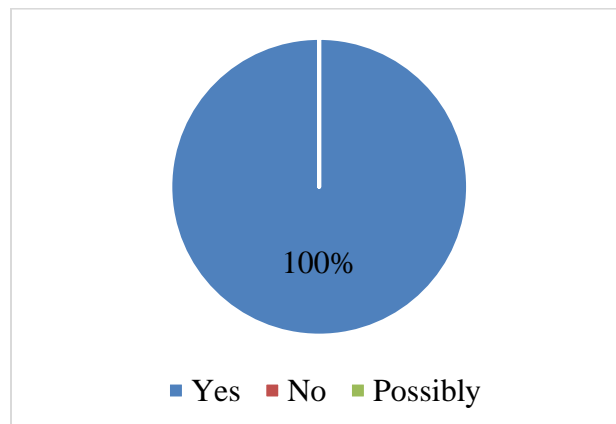
After providing the material and simulation, it continued with a question and answer session. In the end, students realize that feelings and thoughts can influence future actions. The result of receiving self-awareness material is that students better understand their abilities, strengths and weaknesses so they are able to correct themselves for the better. Apart from that, he is able to make decisions regarding the future and is more confident in his decisions and has linked his decisions to his abilities.



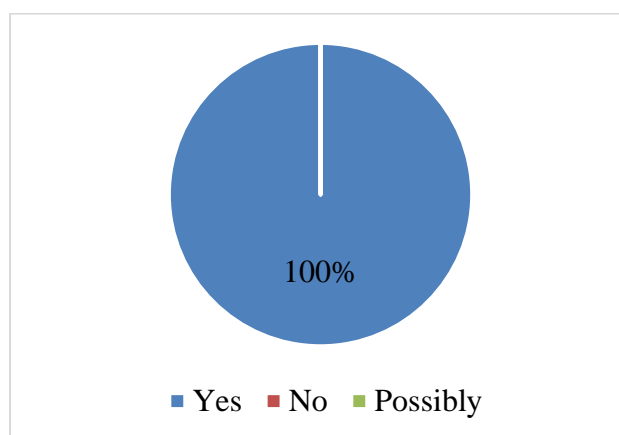
**Figure 4.** Student's knowledge about self-awareness to develop themselves in the digital era after the training



**Figure 5.** Student's knowledge about self quality of learning the ability to use technology after training



**Figure 6.** Students who have good self awareness



**Figure 7.** Students who are more confident to speak with their abilities

According the results of post test given after the material and simulation were given, namely whether students knew about self-awareness to develop themselves in the digital era after training. 90% answered yes, 9% no and 1% answered possibly (Figure 4). The question is whether students know themselves in learning the ability to use technology after training, 98% answered yes, 1% answered no and 1% answered possibly (Figure 5). All of students have good self-awareness (Figure 6) and was more confident in speaking with their abilities (Figure 7).

#### 4. Conclusions

The service carried out in the Training to Build Student Self-Awareness to Improve Self-Quality in Facing the Digital Era. Students immediately practice and have confidence and students are able to explore their abilities. So this service is felt to be very useful in providing new knowledge to build self-awareness in understanding an ability. According from the results of the post test completed by the students, 90% students have knowledge about self-awareness to develop themselves in the digital era. Apart from that, student understand more and continue to explore your strengths and weaknesses within yourself to become a better person. The hope for the future is to be more aware that students potential can be developed and published through the digital era in promoting themselves as having greater abilities.

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