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**BRINGING PSYCHOLOGY WELLNESS:
PROMOTE SOUL, MIND & BODY**



Saffone Academy



Magister Psikologi Universitas Medan Area

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Play Therapy Indonesia (Ptindo)

Saffone Academy Malaysia (SAM)

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Pengantar Kata

Buku prosiding ini merupakan kumpulan artikel yang dipublikasikan pada International Psychology, Education, Counseling and Social worker, yang diselenggarakan pertama kali di Medan 25 – 27 Agustus 2017. Bertempat di hotel LJ jalan Perintis Kemerdekaan Medan. Penyelenggaranya merupakan kolaborasi Universitas Medan Area Prodi Magister Psikologi PPsUMA dengan Himpsi Sumut, IKI Sumut, Play Therapy Indonesia , Peka Malaysia dan Safone Alademy Malaysia

Artikel-artikel yang ditulis di dalam buku ini dikelompokkan atas subtema Psikologi, Pendidikan dan Konseling. Isi tulisan ini bersumber dari hasil penelitian para peneliti di Perguruan Tinggi dan juga praktisi di lapangan serta pemikiran para ahli sesuai dengan kondisi kesejahteraan psikologis, pembelajaran dan kemandirian. Keseluruhan artikel ini dipresentasikan secara verbal dalam sidang-sidang kelompok, melalui poster maupun power point secara virtual.

Diharapkan konferensi yang menghimpun ahli, peneliti, praktisi dan mahasiswa s1, s2 dan s3 ini dapat memberi makna terhadap pengembangan ilmu melalui informasi tentang hasil pemikiran dan riset terbaru yang dapat memberi manfaat secara langsung bagi kemajuan bangsa dan negara.

Disadari bahwa kemungkinan terdapat berbagai keterbatasan dalam buku prosiding ini. Oleh karenanya kami menghaturkan maaf yang sebesar-besarnya.

Editor



Introduction

This Proceedings is a collection of articles published on International Psychology, Education, Counseling and Social Workers, firstly held in Medan 25-27 August 2017. Located at the hotel LJ, Perintis Kemerdekaan Street Medan. The organizer is a collaboration of Master Psychology Program Study in University of Medan Area with Himpsi Sumut, IKI Sumut, Play Therapy Indonesia, Peka Malaysia and Safone Academy Malaysia

The articles written in this book are grouped under the sub-theme of Psychology, Education and Counseling. The contents of this paper comes from the research results of researchers at universities and also practitioners in the field and the experts thinking in accordance with the conditions of psychological wellbeing, learning and independence. The entire article is presented verbally in group meetings, via poster or virtual power point.

It is hoped that the conference gathering experts, researchers, practitioners and bachelor, mahister and doctoral students can give meaning to the development of science through information about the latest thought and research that can give direct benefit to the progress of nation and state.

It is realized that there are possibilities of various limitations in this proceeding book. Therefore we are apologizing as much as possible.

Editor

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SELF ADJUSTMENT OF THE MINORITY TEENAGE PUNJAB COMMUNITY IN MEDAN

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ABSTRACT

In general, the study was conducted to explore data related to the phenomenon of adaptation in the educational environment in the youth group originating from ethnic minorities in the city of Medan, with the aim of identifying emerging cases in the educational environment related to the phenomenon of adaptation, Punjab in Medan. Respondents are teenagers of Punjab tribe in Medan, which amounts to 60 people. Data collection techniques are done through observation techniques, interviews and a simple questionnaire. Data analysis techniques used are qualitative and quantitative analysis techniques. From the results of the survey that has been done, then obtained as much as 70% of the minority teenage community of the Punjab tribe experienced the problem of adjustment with peers in the education environment. The adjustment that is intended in this study is the ability of adolescent communities of the Punjab tribe in reacting to the unpleasant treatment of peers in the education environment, which can be revealed through indicators; Physical, religious, social and participation.

Keywords: Adjustment, Youth, Punjab Tribe.

INTRODUCTION

The adaptation difficulties experienced by adolescents with different cultural backgrounds than most other adolescents in the educational setting lead to the importance of an attempt to identify whether teenagers belonging to groups with tribal characteristics that are different from most societies in an environment do have difficulties In terms of adjustment. Individual groups with tribal characteristics that are different from most societies in a particular environment are commonly referred to as ethnic minorities, due to their relatively small numbers compared to the majority ethnic groups that are mostly groups in the society (Phinney and Rotheram, 1987, in Tarakanita , 2001). The Punjab tribe is one of the sub ethnic of ethnic minority groups domiciled in the city of Medan. They came from the Punjab region that inhabited northern India and then migrated to Indonesia around the 18th century. At this time most Punjab tribes live in the city of Medan (North Sumatra) and Jakarta. The Punjab tribe is strongly tied to the system of norms and rules of customs, religion, language as a culture brought from the time of their ancestors from generation to generation as a guide in his life. Although generally they have mixed with the community in the city of Medan, with diverse cultural backgrounds, but generally they still remain firm to maintain the prevailing culture within the community environment through the process of enculturation, which is a process of cultural forwarding from one generation to the next generation (Haviland, 1988, Ray, 1991). To find out whether the teenagers of the punjab, who have a different cultural background than most of their peers in the educational setting, have problems with the difficulty of adjusting due to cultural influence and the status of minority ethnic groups, it is necessary to find various cases and phenomena that support these allegations. The extent to which the youth groups of ethnic minorities have shown difficulties in adjusting to their peers in the educational setting. While to answer the question, it is necessary to do research to reveal the initial profile of adolescent adjustment of the Punjab tribe. The purpose of this study to explore more complete data related phenomena to be researched so as to support the urgency of research to be conducted on the phenomenon. Specifically, research on adaptation of adolescent groups originating from ethnic minorities in the city of Medan, with the aim of identifying emerging cases in the educational environment associated with the phenomenon of adaptation, particularly the adolescent community of the Punjab tribe in Medan.

METHOD

An explorative study is the first step in order to gain a deep understanding of the objective conditions of the field in support of the conduct of research. As for literature study, the process of searching information about the relevant theoretical framework, especially related to the concept and theory of adjustment. Respondents are a teenage community of the Punjab tribe, who live in the city of Medan, are Sikh, unmarried, aged 12-22, and are currently studying, totaling 60 people. Data analysis techniques used are qualitative and quantitative analysis techniques, with the location of research conducted in places of worship community of Punjab tribe (Gurdwara) in the city of Medan.

RESULTS AND DISCUSSION

In general, Punjab tribe has long hair, black color, nose sharp, big eyes, fore forehead, a lot of fur and feet, even a woman with a mustache, physical growth and development is relatively faster than in general adolescent his age. The growth of a mustache and beard when it is young is different from that of the majority teenagers in general both male and female adolescents, but the most striking is long hair with bun on the head for men (using turban) and generally black color, so They are always called rivals, a name for people with black skin, but they are not of rivals (Tamil, another ethnic minority of India). The above makes them often ridiculed or mocked, even skin color and bun headed into a toy material. As a result they become irritable and annoyed, so it is not surprising that many teenagers of the Punjab clip their hair and are no longer bun. In addition, the act of cutting hair is actually raises a new problem in the ethnic environment. Instead, they feel uncomfortable due to the internal conflicts that have broken their religious traditions. This condition is allegedly derived from the tendency of the Punjab tribe is very strict to continue the traditions of customs and religions that they believe.

The Punjab religion are Sikhs, but because the law in Indonesia does not recognize this religion, adolescents in the educational environment are allowed to choose or are forced to learn one of the religions, namely Catholicism, Protestantism, Hinduism and even Islam to learn. This indeed makes them disappointed, but since Sikh religious teachers are not available, they are reluctant to accept the situation. In line with Sikh religious teachings that require men to lengthen their hair to bun and women wear scarves to cover their heads, then all Punjab teenagers will also do it. But regulations in the educational environment generally require that they be short-haired, and use existing rules in the educational environment, only certain educational environments that take the policy to allow them to do so. Therefore many among the teenagers of the Punjab tribe who want to follow the education in the educational environment that Interest with a feeling of heavy heart finally cutting hair. This condition is what makes teenagers Punjab tribe in high school cutting hair. As a result of these actions, always make them uncomfortable, especially when it comes to dealing with fellow Punjab tribe, especially with religious leaders. They feel guilty for violating the Sikh religion, for hair for both men and women should be kept or lengthened, bundled and then covered with turbans or scarves.

They barely have close friends and tend to choose friends from fellow Punjab tribe. They also do not have study groups and even very rarely follow activities outside the educational environment with their friends. Likewise with the activities of big days in the educational environment, they rarely follow, even almost never at all. Usually the reason they are lazy, tired, tired, not interested and there is no match. Similarly, in the association with peers, they tend to feel fear, shame, and shy. The characteristics they have and the treatment of friends from other ethnicities that make them feel uncomfortable with the environment, this is thought to tend to make them feel inferior, and lack confidence, sometimes they can not resist

emotions and fight back Treatment of friends outside of his ethnicity. In addition, there are still parents who forbid them to participate in such activities, because they think their children are not suitable, wasting time, and even parents do not support or ask them to follow the activities, if they are involved not because of their own will, But it is proposed by friends and teachers. They assume many associations that are inconsistent with their traditions and customs, such as smoking, eating food that is not justified in the teachings of religion, so they better avoid and do not want to participate or participate. Many restrictions on the Punjabs, such as marrying other tribes, converting, smoking, associating with the opposite sex, this is a prohibition of religious teachings, so that if this is violated will make them problematic in their ethnic environment. As a result they tend not to take risks so it is better to avoid or stay away, and hang out or befriend as necessary with other ethnicities.

From the description of research results and discussions that have been stated above can be concluded that the teenagers of the Punjab ethnic minorities have difficulty adjusting themselves due to their physical, religious, and socially restricted relationships that hinder participation in the education environment (70%). The self-adjustment intended from the results of this study is the ability of adolescent communities of the Punjab tribe in reacting to the unpleasant treatment of peers in the education environment, which can be revealed through indicators; Physical, religious, social and participation.

CONCLUSIONS AND SUGGESTIONS

The obstacles to adaptation of the Punjab youth community are the result of their inability to face reality, that physical circumstances make them accept unfavorable treatment, the rules prevailing in religious teachings that restrict them to association, thus making them less participate in activities in the educational environment, which can be revealed through indicators; Physical, religious, social and participation. Thus, it is suggested that; For further research on the adolescent community of the Punjab ethnic minorities in Medan, taking into account the factors that can influence and predict the ability to adapt to their peers, and taking into account factors including cultural factors including religion, And the status of minority groups within the educational environment.

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