

## Understanding the aspects of personality that influence behavior, thoughts, and emotions of UIN Raden Fatah Palembang students

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### ABSTRACT

Personality can be interpreted as a collection of traits, characters, attitudes, behaviors and habits that distinguish a person from other individuals. A person's personality can be influenced by genetics, environment, life experiences, and also cultural factors. This journal tries to explain how a person is unique and different from others in terms of attitudes, behavior, and personal characteristics and why a person's behavior can be shaped and changed over time according to the actions they take. The purpose of this study was to analyze and understand the important aspects of personality Psychology Students at UIN Raden Fatah Palembang Class of 2022 which can influence their behavior, thoughts and emotions. This type of research uses qualitative research using interviews, observation and other documentation such as notes made by individuals to find clues about their personality. The source of this research data is the result of interviews with classmates and students. The results are to find out the personality of a psychology student at UIN Raden Fatah Palembang Batch 2022.

**Keywords** : Understanding aspects of behavior, thoughts, and emotions; Student of UIN Raden Fatah Palembang.

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### Introduction

- **personality**

In the Big Indonesian Dictionary (KBBI) personality is defined as an essential trait reflected in the attitude of a person or a nation that distinguishes it from other people or other nations.

In general, personality is the overall way an individual reacts and interacts with other individuals. Personality is also often considered as a feature that stands out in oneself someone like in terms of nature, character, attitude, behavior, and habits that distinguish someone from other individuals. A person's personality can be influenced by genetic, environmental, life experiences, as well as cultural factors.

Derlega et al, 2005 define personality as "the system of inducing, inner characteristic of individual that contributes to consistency in their thoughts, feelings, and behavior" (Personality is a system that is relatively/stable regarding the internal character of the individual who has contributes to consistency in thoughts, feelings and behavior). Derlega describes three The important points contained in the definition of personality are: (a) Enduring means personality is a long-running individual characteristic, relatively stable over a long period of time, for To explain the stability of individual responses, experts distinguish between the terms trait and state, if state is only temporary, only a person's response to the current situation, while trait is a relatively stable and long-lasting response that a person responds to react under various conditions. The meaning is stable does not mean personality can not change, but personality changes usually appear gradually over a long period of time long. (b) Inner or intrapersonal personality.

There are two factors that influence how someone thinks, feels and behaves that is the first that is outside the individual, meanwhile the second factor is an internal factor in the form of attributes and processes that occur within the individual, so Behavior is a combination of two functions, namely self and environment, in this case psychologists personality argues that intrapersonal factors have a more role in the formation behavior, feel more focused on learning intrapersonal characteristics and processes. (c) Personality regarding consistency in behavior.

Meanwhile, Allport (Yusuf and Juntika, 2007) defines personality as "dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to his environment" (personality is a dynamic organization within the individual about psychophysical system that determines the unique adjustment to the environment). Understanding according to Allport it can be explained that personality means: (a) Dynamic means personality over time over time, situation to situation refers to changes in the quality of behavior. (b) Organization means Personality is a link between independent personality structures that are mutually exclusive related and interrelated. (c) personality consists of habits, attitudes, emotions, sentiments, Motives, beliefs, all of which are psychic aspects, also have an internal physical basis individual nerves, glands, or the individual body as a whole. (d) Determine indicates the motivational role that underlies typical activity, and influences its forms. (e) unique, refers to the uniqueness or diversity of individual behavior as an expression of system patterns psycho physical.

Aspects of personality personality according to (Abin Syamsuddin, 2003): 1) Character, character is the consequence of not adhering to consistent ethical behavior or not in holding a stand or opinion. 2) Temperament, temperament is a person's relative disposition, or how fast he is regarding reacting to stimuli that will come from the environment. 3) Attitude, attitude is a response to objects that are positive, negative or ambivalent. 4) Stability Emotions, emotional stability is a measure of the stability of emotional reactions to stimuli environment. 5) Responsibility, responsibility is readiness to accept risks from action or deeds done. 6) Sociability, sociability is a personal disposition related to interpersonal relationships.

- **Behavior**

From a biological point of view, behavior is an activity or activity of the organism in question, which can be observed directly or indirectly. Behavior is an activity or the activity of the organism (living thing) concerned. Therefore, from a biological point of view all living things from plants, animals to humans behave, because they have their respective activities.

Behavior that applies to individuals or organisms does not arise by itself. But as a result of the stimulus received by the organism concerned. Whether it's a stimulus external and internal stimulus (Walgito, 1991).

Behavior is a way of acting that shows one's behavior and is the result a combination of anatomical, physiological and psychological development (Kast and Rosenweig, 1995). Behavior is a movement that can be observed from the outside, such as people walking, riding a bicycle driving a motorbike or a car, even though this observation is very minimal, the behavior actually exists behind the curtain of the body, inside the human body itself. So what is meant by (human) behavior is all human activities or activities, both those that can be directly observed and those that cannot be observed observed by outsiders (Notoatmodjo, 2003). Human behavior is movement that can be seen through the human senses, movement that can observed (Saleh, 2018). That is, it is different from the soul which is abstract and cannot be observed direct, behavior is a concrete thing that can be observed because its form can be felt directly sensory and experienced in real (empirical). Thus, it is not surprising that the behaviorists only

recognizes behavior as an object that can be analyzed by psychology as a science which must be empirical. Behavior can be observed directly such as when talking, laughing, and so on etc. It can also be indirectly like feelings.

- **Thoughts**

Thoughts are ideas and mental processes. Thinking allows one to represent the world as a model and treat it effectively accordingly with goals, plans, and desires. Words that refer to the same concept and process including cognition, understanding, awareness, ideas, and imagination.

Thinking involves the brain's manipulation of information, such as when we form concepts, involved in solving problems, doing reasoning, and making decisions. Thinking is Higher-order cognitive functioning and analysis of thought processes are part of cognitive psychology. Thought comes from the basic word thought. According to the Big Indonesian Dictionary, think means reason thoughts, memories, wishes, words in the heart, then get additions to become words of thought. Understanding the mind according to the Big Indonesian Dictionary Edition 3, 2007 that the mind is reason mind or memory. While thinking is a human mental activity. In our thought process stringing causes and effects, analyzing things from the general to the special or us analysis from the specific to the general. Thinking means assembling concepts. Thought is a stimulus processing process that takes place in the main representational domain. Process can be categorized as a computational process.” thought process through three steps, namely: formation of thoughts, formation of opinions and withdrawal conclusion. 1) Formation of the mind It is in this formation that humans analyze the characteristics of a number of objects The object we consider its elements one by one. For example:

want shape human understanding. We will analyze human characteristics. 2) Formation of opinion In the formation of this opinion someone puts the relationship between two or more meanings which is expressed in the form of language called a sentence. Formation of opinion is divided into three parts, namely positive opinions (opinions that affirm something), negative opinions (opinions disapproving of something) and modality opinions (opinions that allow something). 3) Drawing conclusions In drawing this conclusion gave birth to three kinds of conclusions, namely inductive, deductive and analogical conclusions (comparisons).

- **Emotions**

In psychology, emotions are much more than feelings. Emotions are a complex mix of action, expression, and internal change. Emotions are a response to the meaning that is made of environment. Having emotions is a universal experience. Emotions can be in the form of happiness, excitement, shame, anger, fear, and many more.

Emotions can save our lives and direct us to do our best. However, it can also cause us to do something dangerous and commit actions that we will regret for the rest of our lives. Therefore, emotions determine one's quality of life you have. Emotions are important in developing attitudes, ethics, and personality. Emotions run deep every relationship you have-friendship, family, ourselves, and other people even time in front of you.

In the book the Psychology of Emotion: From Everyday Life to Theory KT Strongman describes

some of the specific forms of emotion you might experience as follows: a) Anger (Angry), angry according to the Big Indonesian Dictionary (KKBI) is very unhappy; riled up; furious. Anger is usually categorized as a negative emotion because it can cause a person commits aggressive acts, hostilities, wars and acts of violence. However, Anger has a positive aspect in self-defense. According to (Izard, 1991) the emotion is anger under control will be able to strengthen the relationship between the two people involved one with the other other. b) Anxiety and fear. According to the KKBI, fear is feeling afraid encounter something; not daring while worrying is not at ease. Anxiety and Fear is similar but different. Fear is distinguished from anxiety based on the object. Fear originates from an object that is "real", "external", "knowable" or, "objective". While anxiety can come from various sources that exist and are not certain. Anxiety and fear can often cause stress if not managed properly. c) Happiness, according to KKBI, is a feeling of being happy or at ease. Concept of happiness is wide and deep. (Izard, 1991) sees pleasure as the result of continuation of an experience resulting from direct action. Like when we are released from stress or negative emotions that has passed. d) Sadness (sadness), according to KKBI, is a feeling of sadness in the heart; grief; sad. Besides being a negative emotion that can cause negative consequences. Sadness has a positive aspect. Life without sadness is like there is no color in this world. e) Sick of it or disgust (disgust), disgust is a form of rejection of something polluted, something or physical or psychological dislike. f) Jealous and envious (jealous and envy), jealousy is reaction to threats, that you will lose attention or affection. Then love affection and attention is transferred to another person. While envy is a feeling of wanting have what others have. Is it in the form of ownership, nature, or character of a person. g) Loss (grief), the feeling of loss has a relationship with grief, the loss of someone who usually you really appreciate or love. h) Love (love), love is one emotion that are probably the most complex emotions. (Izard, 1991) sees love as a human condition which involves strong feelings and concerns based on social relations between humans. i) Regret and self-reflective emotion, related to our evaluation and self-assessment about ourselves Alone. Including shame, guilt, self-esteem, and regret are emotions that formed by social control.

Emotions are psychological reactions that are displayed in the form of happy behavior, happy, sad, brave, afraid, angry, fed up, emotion, love, affection, and others (Elida and Erlamsyah, 2002).

### **Method**

This study uses a qualitative approach with a phenomenological research type. The researcher chose a qualitative approach to find out how students can understand aspects of personality that can affect their behavior, thoughts and emotions to see how does the subject overcome or avoid deviant behavior, feel pressured to experience anxiety that causes sleeplessness and how the subject controls emotions. In addition, researchers use a type of phenomenology because researchers want to study personality theory in the student context. Research participants were selected using a purposive technique sampling based on criteria determined by researchers, namely UIN Raden Fatah students Palembang. The data collection technique was carried out through an in-depth interview process. Results that obtained then analyzed using discourse analysis techniques. The credibility test used by researchers in this study using the source triangulation method. Method Source triangulation is used to obtain additional information on research participants conduct interviews with people closest to the subject.

## Results

- **Data description**

This research was conducted on the UIN Raden Fatah Palembang campus, that is, one of the universities The country that is in Palembang. UIN Raden Fatah Palembang has two campuses, namely Campus A which is located on Jl. Prof. K.H Zainal Abidin Fikri KM. 3, RW. 5. While Campus B is located on Jl. Prince Ratu, 5 Ulu, Seberang Ulu 1 District, Palembang City, South Sumatra. UIN Raden Fatah Palembang has 9 faculties and 39 thirty-nine departments.

The research process or data collection is carried out in class and on the UIN Raden Fatah campus data collection conducted interviews, observations and field documentation. Retrieval begins on May 20, 2023.

- **Description of research subjects**

All data in this study were sourced from 3 research subjects and supplementary sources amounted to 5 five people. Complementary sources in this study are the subject's closest friend. The names of the subjects and complementary sources used in the research are initial name, this is intended to maintain the confidentiality of the subject and supplementary sources.

Table 1. Research Subject Profiles

No	Introduction	Subject 1	Subject 2	Subject 3
1	Name	ISR	BDD	MR
2	Gender	Woman	Man	Man
3	Age	18	19	19
4	Religion	Islam	Islam	Islam
5	Address	Sekojo	Oki	Oki
6	Major	Islamic psychology	PGMI	FITK
7	Child of	2	2	1

Tabel 2. Profil narasumber pelengkap

No	Introduction	Subject ISR	Subject BDD	Subject MR
1	Name	AS	ZA	NA
2	Gender	Woman	Man	Man
3	Age	17	19	20
4	Address	Sekojo	Oki	Oki

Complementary informants are close friends of the subject. AS is a close friend of ISR, a 17-year-old student who is in the same faculty as ISR and is a girl. ZA is a close friend of BDD, a 19-year-old college student who majors with BDD and male. NA is a close friend of MR, a 20 year old university student who are in the same major as MR and gender. The three complementary speakers also took place stay the same as the subject. From the three complementary informants, the researcher obtained information and data regarding the subject. The resource person also explained what the subject did as a student at UIN Raden Fatah Palembang in behaving, thinking and controlling emotions. data that we got from the subject and complementary sources we used as a reference in order to get the same results accurate.

Results of interviews and observations of the three research subjects regarding aspects personality traits that can affect behavior, thoughts and emotions indicate:

The three subjects have different ways of expressing personality aspects. every the subjects interviewed based on the subject's view of his personality. Following discussion of personality in UIN Raden Fatah Palembang students. ISR subjects aged 18 years old and female. ISR Is the 2nd child of two brothers. ISR Its address is at Jln Urip Sumoharjo no 2062 RT 20 RW 007, Sekojo. ISR is an active student at UIN Raden Fatah Palembang majoring in Islamic psychology. At the interview Wednesday, May 20, 2023. ISR told the researcher that ISR would choose a good friendship environment and always telling people ISR trusts when ISR feels that it is far from its limits to avoid things that can affect behavior. ISR will solve the problem by first finding out the root of the problem and then looking at it from the angle other people's point of view then evaluate the problem without hurting yourself and other people other. ISR will feel distracted when working on unfinished assignments or exam results which has not been announced to make it hard for ISR to sleep. ISR can not control the emotions When not succeeding in the goals I set and when I try to focus on one thing but was bullied by someone else.

The BDD subject is 19 years old and male. BDD Is the 2nd child of three siblings. BDD has its address at OKI, Palembang, South Sumatra. BDD is a student active in UIN Raden Fatah Palembang majoring in PGMI. At the interview Thursday, May 21, 2023. BDD told researchers that BDD usually chooses a good circle of friends and will stay away from friendships that deviate in the direction of misguidance so that this BDD is not influenced by negative behavior of deviance. BDD when there is a problem he will solve the problem with how to sleep, because according to him sleep will make him feel calmer, not hurt himself and as well as other people around him. BDD will feel disturbed and have trouble sleeping when the time comes NT or thinking about family problems, romance or friendship. BDD also can't control his emotions when feeling a very deep disappointment and mixed with many problems he faced.

The MR subject is 19 years old and male. ISR Is the 1st child of 2 brothers. MR is located at Lingkis Village, Kec. Jejawi, OK. MR is an active student at UIN Raden Fatah Palembang majoring in FITK. In an interview Friday, May 22, 2023. MR told to researchers that MR will avoid deviant behavior from oneself or others other people by adjusting the environment where he lives, MR also shares his complaints problems that are overwritten to friends or closest people, so they can get deep guidance finish it. MR felt that he had trouble sleeping he drank too much coffee at the time doing chores and



watching football. MR is more afraid of the sins he has committed in comparison with others. MR feels that he cannot control his emotions when he is in a hurry.

### **Discussion**

Personality is a relatively stable characteristic of a person's mindset, feelings and behavior and predictable (Dorland, 2002). Personality is also the sum total of tendencies innate or hereditary with various influences from the environment and education, which form a person's psychological condition and affect his attitude towards life (Weller, 2005). Based on the description above, it can be synthesized that personality is a unified physical system and complex and dynamic psychological state within the individual about how the individual perceives, think, act, and adapt to the environment so that it will appear in behavior behavior that is unique and different from others.

Based on the results of research there is a relationship between personality and behavioral influences, one's thoughts and emotions. According to Skinner (Notoatmodjo 2001) a psychologist, formulates that behavior is a person's response or reaction to a stimulus (stimulus from the outside). Behavior is associated with the actions or activities of the humans themselves a very broad expanse, including: walking, talking, crying, laughing, working, studying, writing, reading, and so on. Thoughts are ideas and mental processes. Thinking allows someone to represent the world as a model and give treatment to it effectively in accordance with goals, plans, and desires. Thinking is done with a purpose to build and generate positive aspects of oneself, whether in the form of potential, enthusiasm, determination and our self-confidence so that it gives rise to feelings and behavior. Emotions depicted as anger, sadness, disappointment, etc. In psychology, emotions are defined as patterns complex reactions involving experience, behavior, and physiology, which are used for dealing with important problems or events experienced by individuals. deep adolescent abilities expressing feelings and managing emotions appropriately is very important for himself and others.

### **Conclusion**

In the Big Indonesian Dictionary (KBBI) personality is defined as an essential trait reflected in the attitude of a person or a nation that distinguishes it from other people or other nations. Derlega et al, 2005 define personality as "the system of inducing, inner characteristic of individual that contributes to consistency in their thoughts, feelings, and behavior" (Personality is a system that is relatively/stable regarding the internal character of the individual who has contributes to consistency in thoughts, feelings and behavior).

From a biological point of view, behavior is an activity or activity of the organism in question, which can be observed directly or indirectly. Thoughts are ideas and mental processes. Thinking allows one to represent the world as a model and treat it effectively accordingly with goals, plans, and desires. In psychology, emotions are much more than feelings. Emotions are a complex mix of action, expression, and internal change.

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