PROCEEDINGS BOOK
of
International Conference on Psychology in Health, Educational, Social, and Organization Settings
Universitas Airlangga, Surabaya, 21-23 November 2013
“Psychology in Changing Global Contexts”
International Conference on Psychology in Health, Education, Social and Organizational Settings (ICP-HESOS)

“Psychology in Changing Global Contexts”
PROCEEDINGS BOOK

International Conference on Psychology in Health, Education, Social and Organizational Settings (ICP-HESOS)

“Psychology in Changing Global Contexts”

Board of Reviewers:
Prof. Dr. Fendy Suhariadi, MT
Prof. Dr. Suryanto, M.Si.
Dr. Seger Handoyo, M.Si. (Chief)
Dr. Dewi Retno Suminar, M.Si
Dr. Hamidah, M.Si.
Veronika Supratiknya, MS.Ed.
Endang R. Surjaningrum, S.Psi., M.Appl.Psy.

Chief Editor:
Herison Purba, S.Psi, M.Sc.

Cover Design:
Vito Daryfauzi

Cover Picture:
google.com

Layout:
Nur Rachmah A. P. Dita Ayu
Musrifatul Jannah Nido Dipo
Evryanti Rasari Lukman Faizin
Kamelia Widya Annisa S
Aini Nadhifah Dwika Puspita
Vinny Josephine Ribka Mutiara

Publisher:
Unit Penelitian dan Publikasi (UP3)
Psychology Faculty Universitas Airlangga

All rights reserved. No part of this book may be reproduced, in any form or by any means, without permission in writing from the publisher

First Edition:
2013, 1015 pages. 15 X 21 cm
ISBN: 978-979-99555-7-9

Printed by:
Psychology Faculty Universitas Airlangga
Printed in: Surabaya, Indonesia

All articles in the proceedings of International Conference on Psychology in Health, Education, Social and Organizational Settings (ICP-HESOS) year of 2013 are not the official opinions and standings of editors. Contents and consequences resulted from the articles are sole responsibilities of individual writers, and it is protected by the law
TABLE OF CONTENT

Remarks from Rector of Universitas Airlangga .............................................................. i
Remarks from Dean of Faculty of Psychology, Universitas Airlangga ............................ ii
Remarks from The Technical Committee Chair ............................................................... iii
Foreword from The Scientific Committee ..................................................................... iv

Key Note Speakers
1. How to Discover Real Emotional Reaction to Advertising about Using Biometric Measurements in Advertising Testing (Dominika Maison) ................................................................. 1
2. CXO Global Studies - Leading Large Scale Organizational Transformation (Hora Tjitra) ........................................................................................................................................... 8
3. Positive Ageing means Ageing well for both Self and Others (Sik Hung Ng) ........... 9
4. Collaborative Problem Solving (Esther Care) ................................................................ 16

Participants
5. Psychological Concerns of Malaysian Gifted Learners: Implications toward School Counseling Services (Abu Yazid Abu Bakar, Noriah Mohd Ishak) .................................................................................................................. 21
6. Literature Review of Psychological Capital And Employee Engagement (Aditya Nanda Priyatama) ......................................................................................................................... 27
7. Parental Involvement and Mathematics Ability in Elementary Students (Hazhira Qudsiy) ................................................................................................................................. 33
8. The Relation Between Minding in The Enhancement of Closeness With The Marital Adjustment on Soldier’s Wife (Hendro Prakoso, Abdul Fajri) .............................................. 39
9. Effectivity of Cognitive Behavior Therapy for Young Adulthood Women with Chronic Insomnia (Theozepha Nathasa Puja Citraingtyas, Henry E. Wirawan, and Dennis Suryadi) .............................................................................................................................................. 43
10. The Relationship of Emotional Maturity and Conformity with Verbal Aggression (I Gusti Ayu Agung Noviokayati, Ariief Nurtjahyo) .................................................................... 49
11. Relationship between Conformity and Solidarity with Attitude of Menyama Brayo on Balinese (Nyoman Angga Wirama, Chitta Dhyana Presmaswari, I Gusti Ngurah Dwiguna Widiyana, Ariesta Handoko Pratama, Nicholas Simarmata) ........................................................... 55
12. Students’ Perceptions and Expectations of The Tutor against Student Motivation and Learning Outcome Improvement (Amelia Febriani, Ika Sufariani, Moh Zaini, and Sulikah) .............................................................................................................................. 58
13. Intrapreneurship and Demographic Factors in The Teaching Profession (Jimmy Ellya Kurniawan) ......................................................................................................................... 64
14. Marital Satisfaction, Communication Patterns, and Couple Map Perceived by Balinese Women in Their Marriage (Made Diah Lestari) ......................................................................... 69
15. The Effects of a Token Economy System to Decrease Disruptive Behaviors of Children with Visual Impairment (Maria Helena Suparto, and Feli Ayu Mayangsari) ........................................................................................................................................ 75
16. The Influence of Self Control Training to The Level of Internet Addiction in College Students (Emas Kristawati, and Miro Aliza Rachmawati) ................................................................................................................................. 81
17. Mothers’ Acceptance Process Towards Impaired Children With Cerebral Palsy (Antika Puteri Tjahjonoadi, Nanik, and Kristianto Batuadjii) ......................................................... 86
18. Linguistic Experiences of Adult Dyslexic Learners (Ariel E. San Jose) ................. 93
19. Risk Behaviors among Indonesian and Chinese College Students (Monique Sukanto, Sri Wahyuningsih, Debrina Chrisanti, Youyi Angelina, Jiasheng Zhong, and Shiyao Zhang) ................................................................................................................. 100
20. Psychological Well Being Reviewed Of Single Types and Sexes (Nanik, Hartanti Haryanti, Yohana Christie, and Dewi Mulyono) .................................................................................................................. 105
21. Effectiveness of Music Therapy in Lowering of Postpartum Depression (Rabi’atul Aprianti, and Ratna Sylfa’u Rachmabana) .................................................................................. 110
22. Emotional Stability in Vegetarian and Non-vegetarian Adolescence (Putu Wirmayani, AA I Dina Kartika, Ayu Novia Viorica, Komang Try Damayanti, and Dewa Gede Ari Dhanendra) .................................................................................................................. 117
23. Involvement in School Extracurricular Activities And Soft Skills: A Comparative Analysis Between Students Interested And Not Interested In School Extracurricular Activities (Moharagruj Annamalah) ........................................................................................................... 124
24. Profiling Facebook Users: Who is The Open-attentive User in Facebook? (Rahman Ardi, and Dominika Matson) ........................................................................................................................................ 131
25. Evaluation of Stress and Coping Styles in Patients with Metabolic Syndrome in Hospital Universiti Sains Malaysia (Nor Fadhillah Abdullah, Radziah Mohd Fauzi, and Sakinah Harith) ........................................................................ 141
26. Corporate Culture, Perspectives on Theory and Practice, Compare and Contrast Indonesia and The Netherlands (Nugroho Dwi Priyohadi) ........................................................................................................... 151
27. The Mapping of Aggression Causal Factors on Political Party Participants (RR, Aminda Pasca Rini, Asirid Lingkan Mandas, and Diah Sofiah) ........................................................................................................... 156
28. Gender Differences in SCD Crises: Implications for Genetic Counseling and Psychotherapy (Oluwatosin Obatunji) ........................................................................................................................................ 162
29. Psychosocial and Medical Intervention toward Pregnant Woman in Order to Understand the Mental and Physical Defect of Newborn Baby (Rahfa Patty Wutun, Maximos Biae Dae, and Petrus Yulius) ........................................................................................................................................ 175
30. What Happened When Suicide Trial Occurred (Sarah Kartika Pratiwi, Ratu Pratiwi, Risvandi Dwipayawan, Akhdam Sukhan H, and Sri Kusumaningsih) ................................................................................................. 180
31. A Comparative Study of Marital Satisfaction Between Indonesian and Chinese Wives (Sri Wathyuninggrah, Nurlita Endah Kawun, Hildra Pratiwi, Tasyina Mustaq, and Qiong Cao) ........................................................................................................... 184
32. Employee’s Satisfaction Impact on Employee’s Performance: The Case of Fan Industry from Pakistan (Tasyina Mustaq, Ma Jianhong, Muhammad Saleem, and Muhammad Ashraf) ........................................................................................................... 188
33. Correlational Study of Anxiety Level and Sleep Disorders Among Medical Students in Bali Approaching Examination (Tiara Carina, Ida Ayu Gede Hutri Dhana Sasmata, and Nicholas Simarmata) ........................................................................................................................................ 198
34. Meaning of ‘Science’ and ‘Religion’ Related to Indigenous Knowledge of Human Origin and Life Course Among Indonesian and Chinese Students (Tommy, and Ganesh Bayna Putra, Qianwen Wu, Xinyao Wang, and Warna Anggara) ........................................................................................................................................ 298
35. Life Satisfaction in Multicultural Society: Effects of Ethnic Diversity of Social Network and Ethnic Density (Margareth, and Wilma Vollebergh) ........................................................................................................................................ 214
36. Gender and Attachment to Mother Predict Adolescent’s Pride (Felicia Anindita S. Puri, Flaviana Rina Ferdian, Cornelius Siswo Widyatmoko, and Elisabeth Haksi Mayawati) .................. 216
37. The Effect of Training Program of Kader Pos Paul to Enhance Emergent Literacy Development through Dialogic Reading Activity (Tri Puji Astuti) ........................................................................................................................................ 223
38. The Use of Self-Management Strategy to Increase Self-Regulated Learning to the New Students of Psychology Faculty at Airlangga University (Afif Bagas Priyambodo) ........................................................................................................................................ 233
39. Appreciative Inquiry to Increase Employee Engagement (Rovien Arunya) ........................................................................................................................................ 240
40. Depiction of Physical Disability Worker (Danella Merdiati, and Jovita Maria Ferliana) ........................................................................................................................................ 249
41. The Effect of Daily Activities and Money Spent Toward Happiness among Teenagers Living in Slum Areas (Meta Zahro Aurelia, Achmad Chusairi, and Rizy Amelia Zein) ........................................................................................................................................ 255
42. Decision Making Styles among Account Officer Based On Risk Attitude and Salesperson’s Customer Orientation (Rosayani Puipita Adiati, and Fendi Suhariadi) ........................................................................................................................................ 260
43. Islamic Education: The Philosophy, Aim, and Main Features (Raudlotul Firdaus Binti Fatah Yasin, and Mohd. Shah Jani) ........................................................................................................................................ 265
44. Enhancing the Quality Performance through Training Method in Floating Health Center KM. Mook Manaar Bulant District West Kutai (Ermina Istiqomah) ........................................................................................................................................ 274
45. Stressors, Manifestations, Self-Management Styles and Communal Support Groups among Metropolis Singles: A Basis for a Proposed Human Resource Quality Of Life Enhancement Program (Domigo Obanita Barcaro) ........................................................................................................................................ 278
46. Problem-Solving Therapy to Reduce Emotional Distress on Cancer Patients Who Undergoing Chemotherapy (Phoebe Ikincta Suryadinata, and Nurul Hartini) ........................................................................................................................................ 286
47. Study Styles of Conflict Management and Self-Efficiency with Burnout Principals of Governmental Schools (Aida Mohrad, and Hanina Holimatus Sadiyah Hamson) ........................................................................................................................................ 291
48. Potency and Problems of Kensehasi (Indonesian Apprentice in Japan) Towards Independence
   (Cholul Hadi, Dimas Aryo, Tika Miftahul, Irwanti Putri Bekahtiza, Utika Estiania)........... 296
49. Description of Adolescents Resilience Who Live in Prone Areas to Occur Human Trafficking
   (Dany Effendi, and Ike Herdiana)...................................................................................... 300
50. Self Efficacy In Entrepreneurship Among The Students (Dewi Mutamimah, Nurul Sih Widanti,
   Putri Aquarianawati)........................................................................................................... 305
51. The Relationships Among Ethnic Prejudice, Centripetal-Centrifugal Tendencies and Interpersonal
   Attraction Native Children toward Chinese (Dyan Evita Santi).............................................. 311
52. What Are Men's Characteristics That Make Women Attracted? A research about men physical
   attractiveness according to women in Jakarta: a pilot study (Edward Andryanto, Gioca Syalindri,
   and Solita Tiolma).............................................................................................................. 318
53. Effect of Exercise on Patient with Diabetes Mellitus: A Case Study of a Patient with Type 2
   Diabetes (Andreany Kusumawardani, and Firman Adi Nurcahyo)........................................ 323
54. Preparation of The Happiness Module to Improve the Quality of Life of The Older in Syamsi
   Duha Foundation Bandung (Farida Coralita, and Mida Yamianti).......................................... 327
55. Training Design to Stimulate Application of Clarity Standard on the Elements of Thinking to
   Improve Quality of Response (Fida Nirmala Nugrana)......................................................... 333
56. Hope of the Student from Divorced Family (Nur'aini Azteah).............................................. 341
57. Indonesian Youth Micro Expression On Premarital Sexual Behavior Topic (Fransiska Linda
   Sasiowati, Christ Billy Aryanto, Anabelle Wenas, Anissa Arnindita, Michael Kendro, and
   Vinsensia Arinidita)........................................................................................................... 345
58. Relationship Between Organizational Culture And Competence With Employee Performance
   - Survey in the Office of Tanjung Perak Port Authority (Innayatur Robban)........................... 350
59. Coping Strategies To Satisfied-Psychological Needs Women With Postpartum Depression
   (Istiqomah, Latipun, and Cahyaning Suryaningrum)........................................................... 358
60. A School-Based Radio Program in Psychology, A Phenomenological Analysis of Strengths and
   Weaknesses (Dan Albert D. Merais, and Juan Victer P. Pascaud)......................................... 365
61. Description Of Adolescent Sexual Behavior Associated With Increased Of Human
   Trafficking Cases In East Java A Pre-Eliminary Study (Reino Ayu Astrini, Ike Herdiana)....... 371
62. The Importance of Smile And Laughter: A Physical Sign Of Happiness To Promote A Good
   Health Condition of Patients Suffering From Any Kind of Disease (Rufia Patty Wutun, Maximus
   Biased, Petrus Yulis, and Willibaldus Daningga).................................................................... 378
63. Pattern Quality Relationship Between Leader and Member In A Team (Ely Yusandari)........... 382
64. The Exploration Study About College Adjustment of Freshmen (Ruseno Arfandgi).............. 387
65. The Difference Of Meaning Of Work Between Chinese and Indonesians Employees and Its Effect
   on Work Engagement and Workaholism (Rui Yang, Jianhong MA, Chuncao YANG, Frikson
   Christian, Karina Indra, Risma Tiara, Sue Budiharto, Reino Kumolohadi, and Siti Hadjar Nural
   Istiqamah)......................................................................................................................... 392
66. Balance Relationship in Parent Marriage, Parenting Effectiveness, Deviant Peers and The
   Tendency of Externalizing Behavior on Adolescents (Siti Atiyyath Fahrioh)......................... 401
67. Cross Cultural Study About College Adjustment Study of China & Indonesia College
   Students: “How Coping Strategies Help Social Adjustment” (Soerjanthni Rahaju, Alexander
   English, Uly Gusmati, Anastasia Dewi, Jiang Jing Xin, Anita Verina, and Wen Xue Q)........... 409
68. The Effect Of Social Stories On The Pragmatic Communication Skills Of Children With Asperger
   Syndrome (Sheila Tantrady, and Anisa Karika)...................................................................... 414
69. Psychological Dynamic In Gays Practicing Heterosexual Relationship (Hangga Diputra)........... 419
70. Psychological Conditions of Junior School Students Who Will Participate in Scholastic Aptitude
   Test in Surabaya (Afkhmad Faazu, Mufidatul Hasna, Mohamad Daechlan, and Taufan Setyawan) 
............................................................................................................................ 426
71. Trust, Intercultural Competence and the Influence of Perceived Cultural Distance of Indonesians
   and Americans in China (Alexander Scott English, and Ma Jianhong)................................... 433
72. Social Interaction on Gifted Child (Alissa Nurfatihia).......................................................... 441
73. Cross-Cultural Emotion Recognition of Angry and Happy Face between China and Indonesia
   samples (Yudiarso, A., Herdianto, CR)............................................................................ 447
74. The Self-Readiness of Junior High School Students Facing Academic Aptitude Test (A. A. A. Intan Kemala P, Andri Sukristiyono, Fadhilah Rahmawati, and Hernawan Bu).................................................................452
75. Factors Influencing Individual Performance In An Indonesian Government Office That Carries On Bureaucratic Reformation (Azizatul Munawaroh, Corina DS, Riantoputra).................................................................456
76. Student Coping Strategy Based On Personality Type, Learning Style And Gender (Niken P, and Muhammad Ria)..................................................................................461
77. The Influence Of Teacher's Determination On Curriculum 2013 Toward The Teacher's Performance Of SMP Negeri 10 Surabaya (Nadya, Suhing Muna, Agung Adiyanto, and Aisyiah Fajarwati)..................................................................................468
78. A Literature Review on Developing Reading Kiosk Concept for Nurturing Reading Habit among Youth (Mirahida Binti Murad, Mansor Bin Ibrahim, Nurhayati Binti Abdul Malek, Fadzidah Binti Abdullah, and Khairusy Syakirin Has Yun Hashim)..................................................................................473
79. Psychological Problem of Children Who Live in Poverty (Yuni Nurhamida)..................................................................................483
80. Teacher’s Affective Commitment - A Study of High Schools and Vocational High Schools Teachers) (Umi Amugerah Izzati)..................................................................................487
81. Empathy and Bullying: A Meta-Analysis Study (Tri Rejeki)..................................................................................493
82. Family Support; An Overview to Protect Teens from Human Trafficking - A Preliminary Study (Sekar Kirana Hermianto, and Ike Herdiawan)..................................................................................499
83. Factors Influencing English Language Anxiety (Norshima, Z. S., Nur Hidayatul Husna, M., Ahmad Fahimi, and A. Amnah Saayah, I.)..................................................................................502
84. The Relationship Between Self-Regulation and Career Planning of Balinese Teenage Girls (Ni Luh Arick Istiyaningtyi, and Nicholas Simarmata)..................................................................................510
85. The Impact of Self Development Education to the Self Esteem of the Students of Bina Nusantara University Jakarta (Frederikus Fios, Ch.Megawati Tirtawinata, and Martfi Magda Pane)..................................................................................518
86. A Descriptive Study About Teacher's Level of Work Anxiety As A Result of The Policy of Teacher Rotation and Its Psychological Impact on Potentially Rotated Teacher In SMPN1 Surabaya (Dewi Nurmaterial, Eva Indrasari, and Choiru Rochma Septin)..................................................................................524
87. Social Competency of Gifted Students Viewed From Parental Social Support (Sugiarti, Rini)..................................................................................532
88. Application of Cognitive Behaviour Therapy to Reduce the Symptom of Obsessive Compulsive Disorder in Young Adult (Silvia Ekos, Henry W. Wirawan, and Sandi Kartasasmita)..................................................................................538
89. The Relation between Communication Skill with Psychological Well Being for People with Hearing Loss (Sinta Yudisika Wiruwanto Sofyan)..................................................................................543
90. Effects of Different Types of Gender-stereotype Threat Activation on Letter Fluency Performance in Men and Women (Sri Wulandari, Donny Hendrawan, and Andi Supardi S. Koentary)..................................................................................548
91. Self Leadership in Students Who Working on Thesis (Nur Rachma Aisyah Putri)..................................................................................556
92. Self-report of Students Attending Counseling Class on Mindfulness Training (Caesilia IW, and Yohans Franz La Kahijja)..................................................................................560
94. What Causes Ego Depletion on Students? An Exploratory Study (Anna Undarwati)..................................................................................568
95. The Relationship Between School Formality Culture And Student Learning Style Towards Students Academic Achievements (Azizi Yahaya, Gooh Mo Lee, Halimah Maalii)..................................................................................575
96. Peer Acceptance and Self-Concept Were Reviewed From Degree of Disability & Quadriplegic Child Sex in Inclusions in a School Setting (Bibi Muhana)..................................................................................582
97. "KEMBANG KUNCUP" An Alternative Model of Positive Body Image Promotion for Female College Student (Andrian Liem, and Ciciella Larasati Rumbai)..................................................................................588
98. The Analysis of Factors Influencing Depression in Madurese Teens Dynamics In The Framework of Social-Cultural Psychology-Madura (Diana Rahmasari)..................................................................................597
99. Driver Psychology: Character and Personhood of Selected Drivers of Dasmorinas, Cavite and Their Relations to Self-Actualization (Eufracio Stoco Calderon Jr., and Arianne Banaga Dimalibot)..................................................................................606
<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Authors</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>100.</td>
<td>Shame Mediates Attachment and Submissive Behavior in Adolescent</td>
<td>Fiona V. Damanik, Maria Kristanti D.N. Widoada, Martha Sutandia, and Cornelius Siswa Widjatmoko,</td>
<td>612</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Elisabeth Haksy Mayawati</td>
<td></td>
</tr>
<tr>
<td>101.</td>
<td>The Correlation Between Self-Focusing Person and Students Entrepreneurs</td>
<td>Tuzzahra Asli, Nurul Aini, and Cholidul Hadi</td>
<td>618</td>
</tr>
<tr>
<td>102.</td>
<td>Developing New Norms of CFIT in Indonesia</td>
<td>Fitri Andriantra and Pramesh Pradna Paramita</td>
<td>621</td>
</tr>
<tr>
<td>103.</td>
<td>The Effect of Using SCAMPER and Sketching Idea as Strategies in Developing Ability of Art</td>
<td>Creative Design of Students in Ninth Grade Level (Reem Thabet)</td>
<td>624</td>
</tr>
<tr>
<td>104.</td>
<td>Psychoeducation Effectiveness in Increasing Knowledge and Skill of Children Development</td>
<td>Early Detection among Posyandu Balita and PAUD Cadres in Puskesmas Pucang Sewu (Desy M. Aditia, and Rika Yuniar Cahyanti)</td>
<td>637</td>
</tr>
<tr>
<td>105.</td>
<td>Psychology Class for Volunteers of Early Childhood Education in Surabaya: program for increasing knowledge and skills of volunteers in early childhood education posts in East Java (Endah Mastuti, Nurainy Fardhana, Margareth, and Atika Dian Ariana)</td>
<td></td>
<td>643</td>
</tr>
<tr>
<td>106.</td>
<td>Organizational Change in Airlangga University To Achieve World Class University</td>
<td>Fendy Suhandi, and Dewi Syarifah</td>
<td>646</td>
</tr>
<tr>
<td>107.</td>
<td>Relationship Between Peer Attachment and Adolescent Emotion Regulation of Boarding School's Students SMA Negeri 10 Samarinda (Miranti Rasyid, and Dewi Retno Suminar)</td>
<td></td>
<td>653</td>
</tr>
<tr>
<td>108.</td>
<td>Developing Story Learning Design through Self-Directed Learning Process by Teachers of Early Childhood Care and Education (Rudi Cahyono)</td>
<td></td>
<td>658</td>
</tr>
<tr>
<td>110.</td>
<td>Intervention Mapping: proposing a protocol of health promotion program to develop breast cancer early detection program (Triana Kusuma Dewi)</td>
<td></td>
<td>668</td>
</tr>
<tr>
<td>111.</td>
<td>Understanding the Role of Job Satisfaction, and Leadership Style to Organizational Commitment</td>
<td>Wustari L.H. Mangundjaya</td>
<td>674</td>
</tr>
<tr>
<td>112.</td>
<td>The Relationship Between Belief In A Just World And Spiritual Faith - in the context of cross-cultural (Yuan Cheng, Yixuan Zhao, Yuqi Wang, Rahaju Sooljanini, Sukamoto Monique)</td>
<td></td>
<td>678</td>
</tr>
<tr>
<td>113.</td>
<td>Knowledge And Implications Of Emotional Intelligence Toward Leadership Skills: An Analysis On Employees In Public Sector (Siti Nurfaizah Abdullah and Zulkifli Abd. Latiff)</td>
<td></td>
<td>682</td>
</tr>
<tr>
<td>114.</td>
<td>Psychological Well-Being of Addiction Counselor in Rumoh Guntur Banda Aceh (Cai Rika Aliana, Nuke Yulindari, Hayyun Niso)</td>
<td></td>
<td>689</td>
</tr>
<tr>
<td>115.</td>
<td>Distribution of Valence in Friendship Based on Twitter's Status Updates (Johan Amanda, Roby Muhamad, and Harry Sustiawan)</td>
<td></td>
<td>692</td>
</tr>
<tr>
<td>116.</td>
<td>Marital Satisfaction, Social Support, and Social Stress: A Cross Cultural Comparison Between Indonesian and Chinese Wives (Nuritha Endah Karunia, Sri Wahyuningtyas, Tasyiha Mushtaq, Qiong Cao, Lu Xing, Hilda Pratiwi)</td>
<td></td>
<td>700</td>
</tr>
<tr>
<td>117.</td>
<td>Effectiveness of Behavior Modification with Self-Control Strategies On The Behavior of Tuak Drinking (Ernida Marietha Manurung, and Rodiati Hasanah Siregar)</td>
<td></td>
<td>706</td>
</tr>
<tr>
<td>118.</td>
<td>Wellbeing among Elderly in Indonesia and China (Setiasih Go, Julie K. Pudijubrado, Indra Wijaya, Adi Satria Indramawan, Tasyiha Mushtaq, and Xuejiao Chen; Xiaoyu Feng)</td>
<td></td>
<td>710</td>
</tr>
<tr>
<td>119.</td>
<td>Relationship Between Job Stress And Job Satisfaction of Employees in The Company X</td>
<td>Felamy, and Sukma Rani Moekkardjono</td>
<td>714</td>
</tr>
<tr>
<td>120.</td>
<td>Body Dissatisfaction and Body Change Behaviors among Indonesian and Chinese College Students (Monique Elizabeth Sukanto, Nuritha Endah Karunia, Rasheng Zheng, Shiyao Zhang, and Sylvia Santos)</td>
<td></td>
<td>719</td>
</tr>
<tr>
<td>121.</td>
<td>Suicide and self-harm: agency and the shaping of social relations in southern Sri Lanka (Maurice Said)</td>
<td></td>
<td>725</td>
</tr>
<tr>
<td>122.</td>
<td>Correlation between Situational Strength and Conservation Values with Authoritarianism in Civil Servant at Institution A (Triyo Utomo, and Sanli Ar)</td>
<td></td>
<td>731</td>
</tr>
<tr>
<td>123.</td>
<td>Occupational Stress, Job satisfaction, and Self-efficacy among Indonesian and Chinese employees (Verina H. Secapramana, Tasyiha Mushtaq, Ruiheng Guo, Yanlei Wang, and Nur Farida Arfiani)</td>
<td></td>
<td>741</td>
</tr>
<tr>
<td>124.</td>
<td>Quality of Work Life (Verina H. Secapramana, and Marselius Sampe Tondok)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
125. Problems and Needs of Counseling and Guidance Services in Hostel School Student in Sekolah Menengah Teknik Johor Bahru (Azizi Yahaha, Gooh Mo Lee, and Halimah Maadip) ........................................... 750

126. Different Perception of Working Relationship in Intercultural Working Team (Teng Shentu, Verina Halim, Jatie Kusmiati Kusna, and Jatie Kusmiati Kusna) ............................................................................................................. 757

127. Cross Cultural Study About College Adjustment Study Of China & Indonesian College Students: “How Qualities Of Family Contribute Social Adjustment” (Soerjantini Rahaju, Alexander English, Uly Gusnarti, Anastasia Dewi, Jiang Jing Xin, Anita Verina, and Wen Xue Qi) ........................................... 775

128. Effective Communication Training to Decrease Shyness on Immigrant Students in Surabaya (Endah Purwanti, Mariyanti Husen, Nanik Churnia Sari, and Sapta Meuningsih) ........................................... 780
Risk Behaviors among Indonesian and Chinese College Students

Monique Elizabeth Sukamto
Email: lizbeth_monique@yahoo.co.id
Sri Wahyuningsih
University of Surabaya, Faculty of Psychology, Surabaya, Indonesia

Jiasheng Zhong
Email: 574346207@qq.com
Shiyao Zhang
Email: 403831580@qq.com
Zhejiang University of Technology, Applied Psychology, Hangzhou, China

Abstract

College students are still in a period of building self-identity. In search of their identity, college students tend to spend more time with their peers than families. The influence of peers will increase their predisposition to get involved in risk behaviors, which can be divided into exploratory and health risk behaviors (Skaar, 2009). Exploratory risk behaviors refer to behaviors that promote the increasing of positive health and educational outcomes, such as making friends and trying new sport. On the contrary, health risk behaviors refer to behaviors which increase the emergence of negative health and educational outcomes, such as using substance and skipping school. The aim of this study is to evaluate the differences in risk behaviors among Indonesian and Chinese college students. Subjects are both female and male college students from University of Surabaya (N=50) and Zhejiang University of Technology (N=50), aged 17-25 years. This is a quantitative study and data are collected using questionnaires. The results show that there is no difference either in exploratory risk behaviors (z=-.311, sig.=.755 (> .05)) or health risk behaviors (z=-.380, sig.=.704 (> .05)) between Indonesian and Chinese college students. The results will be discussed later.

Keywords: exploratory risk behaviors, health risk behaviors, Indonesian and Chinese college students

INTRODUCTION

As college students encompass adolescence to emerging adulthood, they are still in a process of identity development. According to Marcia (in Dumas, Ellis, & Wolfe, 2012), there are two underlying processes of identity development, self-exploration, in which individuals consider different identity-related options, such as: career paths, dating relationships, and family roles, and identity commitment, in which individuals commit to an overarching personal identity. In search of their identity, college students tend to spend more time with their peer groups than families, which make them more prone to get involved in risk behaviors. There are many researches concerning risk-taking behavior in adolescence and emerging adulthood, but they were often focused on risk behaviors that have adverse consequences (health risk behaviors), such as: smoking, risky sexual behavior, drug use, risky driving, delinquency, alcohol consumption, and drinking and driving (Greene, Kremar, Walters, Rubin, Jerold, & Hale, 2000; Schwartz, Forthun, Ravert, Zamboanga, Umanataylor, Filton, et al., 2010).

According to Skaar (2009), risk behaviors have a potential for both favorable and adverse consequences. Drinking alcohol, getting into physical fights with others, and having sex without any form of birth control are frequently accepted within peer groups, but often...
adverse effects. Other risk behaviors can result in constructive outcomes because it is necessary over the course of social and academic development, but tend to be overlooked by teachers, parents, and other adults, such as: engaging in challenging academic tasks, unfamiliar extracurricular activities, and making new friends. So, Skaar emphasizes that it is necessary to define risk behaviors in a way that includes both types of behavior in order to provide a more complete conception and, in turn, to develop interventions that increase positive risks and decrease negative risks. Skaar distinguishes these different types of risk behaviors into exploratory and health risk behaviors. Exploratory risk behaviors refer to behaviors which promote the increased likelihood of positive health and educational outcomes, such as making friends and trying new sports. On the contrary, health risk behaviors refer to behaviors which increase the emergence of negative health and educational outcomes, such as using substance and skipping school.

Risk behaviors are often first initiated in adolescence (ages 10-18), however they may be even more prevalent and dangerous during emerging adulthood (ages 18-25). Arnett (in Schwartz et al., 2010) explained that many emerging adults live independently from parents, so they have more freedom to spend their time and money as they wish. Even for those emerging adults who still live with their parents, parental supervision and authority are not as strict as in adolescence and childhood. The prevalence of several types of risk behaviors that increase during emerging adulthood include unprotected sex, most types of substance use, and risky driving behaviors such as driving at high speeds or while intoxicated (Arnett; Bachman, Johnston, O’Malley, & Schulenberg, in Arnett, 2009). According to Arnett, emerging adults’ risk behaviors can be understood as part of their identity explorations, that is, as one reflection of the desire to obtain a wide range of experiences before settling down into the roles and responsibilities of adult life. Emerging adults have more freedom to pursue novel and intense experiences than adolescents because they get looser parental monitoring and can pursue them more freely than adults because they are less constrained by roles. The responsibilities of marriage role and parenting role lead to lower participation of risk behavior as emerging adulthood is succeeded by young adulthood.

The aim of this research was to evaluate the differences in risk behaviors among Indonesian and Chinese college students. The researchers were also interested to know whether: (a) there were some differences in the level of exploratory and health risk behaviors between female and male college students in Indonesia and China and (b) there were some differences in the forms of exploratory and health risk behaviors between female and male college students in each country.

**METHOD**

**Participants**

Participants were female and male college students from University of Surabaya (N=50) and Zhejiang University of Technology (N=50) whose ages ranged from 17 to 25 years.

**Measures**

Adolescent Exploratory and Risk Behavior Rating Scale (AERRS; Skaar, 2009)

The Indonesian and Chinese version of the AERRS Part I contained 43 Likert-type items was used to measure participation in exploratory and health risk behaviors. First, the initial version was translated into Indonesian by two Indonesian researchers. Next, the initial version was also translated into Chinese by two Chinese researchers. In the participation section of the AERRS, college students were asked to rate how often they participate in each behavior on a scale of 1 (never) to 4 (often). The total scores for the exploratory risk behaviors and health risk behaviors are sums of the rating scale item scores with higher scores indicating greater participation in the behavior. Items that attempt to identify dishonesty without explicitly asking the respondent to report a level of honesty were also included in the AERRS. Paired item sets were randomly placed throughout the instrument. Each pair asks students to respond to the same behavior, but different words and phrases were used for each item in the pair. Therefore, if the student reads each item carefully, the response to each of the items should be the same and if the student does not read carefully, responses are likely to differ. All AERRSs were inspected for unacceptable endorsement of the validity items and invalid response sets, such as random responding and selection of the same response choice throughout the rating scale. Instruments were considered invalid and removed from the analysis if two or the three pairs of validity items showed dissimilar responses.

**Procedure**

Indonesian researchers distributed the AERRS to the college students from University of Surabaya, Indonesia, whereas Chinese researchers distributed to the college students from Zhejiang University of Technology, China.

**RESULT**

Differences between Indonesian and Chinese College Students in Exploratory and Health Risk Behaviors

The result showed that there was no significant difference either in the level of exploratory (z= .311, asymp. sig.= .755 (> .05)) or health risk behaviors (z= -.380, asymp. sig.= .704 (> .05)) between Indonesian and Chinese college students. More detail results showed that: (1) there was no significant difference in the level of exploratory risk behaviors between Chinese (mean rank= 28.88) and Indonesian (mean rank= 22.12) female college students (z= -1.645, asymp. sig.= .100 (> .05));
Differences between Indonesian Female and Male College Students in Exploratory and Health Risk Behaviors

The result showed that there was no significant difference in the level of exploratory risk behaviors between Indonesian female (mean rank = 22.46) and male (mean rank = 28.54) college students (z = -1.483, asymp. sig. = .138 (> .05)). Though there was no significant difference in the level, yet there might be some differences in the forms of exploratory risk behaviors. Using item analysis, the researchers found out that majority of Indonesian female college students sometimes and often did exploratory risk behaviors, such as: telling the truth even if it means they would be disciplined (96%), making new friends (80%), standing up to their friends when they asked them to do something they disagreed with (80%), trying sports/games they had never tried before (72%), and spending more than two hours a day watching television or playing video games (72%). Item analysis showed that majority of Indonesian male college students sometimes and often did exploratory risk behaviors, such as: standing up to their friends (80%), and standing up to their friends when they asked them to do something they disagreed with (80%), trying sports/games they had never tried before (84%), standing up to people who were bullying other students (80%), and standing up to their friends when they asked them to do something they disagreed with (80%), and trying sports/games they had never tried before (72%).

Finally, it was found that there was no significant difference in the level of health risk behaviors between Chinese female (mean rank = 25.94) and male (mean rank = 25.06) college students (z = -1.214, asymp. sig. = .231 (> .05)). Item analysis showed that about half Chinese female college students sometimes and often did health risk behaviors, such as: drinking beer, wine, or liquor (56%) and drinking alcohol (44%). Similarly, nearly half of Chinese male college students sometimes and often drinking beer, wine, or liquor (36%) and drinking alcohol (36%).

DISCUSSION

There was no significant difference in the level of exploratory and health risk behaviors between Indonesian and Chinese college students might be explained by the universality of adolescence and emerging adulthood characteristic. According to Arnett and Erikson (in Schwartz et al., 2010), developing a sense of personal identity has been recognized as the primary psychosocial task of adolescence and emerging adulthood. The development of a personal identity, meaning an overarching set of culturally-accepted, self-relevant values, beliefs, and future goals (Waterman, in Dumas et al., 2012).

Dumas et al. (2012) found that: (1) teens who were more committed to their personal identities engaged in less risk behavior (substance use and general deviancy) than their less-identity-committed peers, with teens high in both identity-commitment and exploration experiencing the lowest amount of risk behavior; (2)
from their peer groups. According to Marcia, high-
identity-exploration teens tend to be more autonomous
and feel more personally responsible for their behavior
than teens who have engaged in minimal identity
exploration. College students are more likely than
working emerging adults to engage in identity
exploration, but less likely to have consolidated a sense
of identity (Luyckx, Schwartz, Goossens, & Pollock, in
Schwartz et al., 2010). While Bronfenbrenner (Santrock,
2003) says that the development of the individual is
very oriented to the environment in which individuals
live. Micro system is an environment that includes family,
peers and school. Use of leisure time among adolescents
is generally spent with their peer group, because a group
of peers can provide feedback on the behavior of
adolescents, and information about the world outside
the family. Therefore, relationship with peers is a huge
part in the lives of most teenagers, and can affect the
behavior of teenagers.

The result showed that there was significant
difference in the level of health risk behaviors between
Indonesian female and male college students. Indonesian
male college students showed higher level of health risk
behaviors than the female. This result was similar with
the result of Schwartz et al. (2010) that gender differences
emerged in 7 of the 13 health risk behaviors examined
(binge drinking, marijuana use, inhalant use, prescription
drug misuse, anal sex, casual sex, and intoxicated
driving), with men more likely than women to engage in
all of these behaviors.

The result found ‘telling the truth even if it
means they would be disciplined’ is always the top item
students choose sometimes and often, either in
Indonesia or in China. In Indonesia, it might be related
with the religious restriction, whereas in China, it might
be related with traditional culture in China. From ancient
times, honesty and fair-minded are always the moral
being praised. Even now, it is seen as a traditional virtue
of China. As for the reason why female choose this item
more than male, might because female are more sensitive,
and if they don’t tell the truth, they will get hearts
condemn.

The result found that ‘spending more than two
hours a day watching television or playing video games’
is the item most Chinese students choose sometimes
and often. But most females spent two hours watching
television and most males spent two hours playing video
games. There is a phenomena in China, ‘homeboy’.
‘Homeboy’ means a group of youth who don’t like going
out; they stay at home every day and like playing games
on BBS, like IT, and don’t have much contact with other
people. Now in China, there is a huge group of ‘homeboy’
and also ‘home girl’. Besides, playing games and
watching soap opera has been an atmosphere in college
students in one dormitory will watch video or play games
together, will talk about this with friends.

Both 80% percent female and male choose
sometimes and often for ‘standing up to their friends
when they asked them to do something they disagreed
with’. This reflect female and male nowadays have the
same level of self-awareness.

About half of the China students sometimes and
often did health risk behaviors, such as: drinking beer,
wine, or liquor and drinking alcohol. This also might
have a relation with traditional wine culture in China.
When the whole family gathered on the festival, people
will toast each other and urge others to drink to express
the good blessing and cheer the atmosphere. Wine is
also seen as a thing that can make people forget sadness.
So in the college, when have party or something sad,
some student will choose to drink.

REFERENCES


context of peer group pressure and control. Journal of Adolescence, 35, 917-927.


doctoral dissertation, University of Minnesota.