

# The Impact of Islamic Self-Development Program on Improving Self-Concept in Students Aged 15-17.

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## Abstract

**Objective:** The purpose of this study is to examine the impact of Islamic self-development programs on the self-concept of adolescents aged 15-17 years, specifically focusing on how participation in these programs influences their body image, self-ideals, self-esteem, roles, and identity.

**Methodology:** The research method used is a mixed method, combining qualitative and quantitative approaches through documentation studies, literature studies, and quantitative data were obtained from questionnaires completed by 35 student program participants. Qualitative data were collected through in-depth interviews with a sub-sample of 15 students from the participant group.

**Research Findings:** The results of the analysis showed a significant improvement in body image, where participants experienced an increase in confidence after participating the program. Self-ideals was also observed, with adolescents showing a higher awareness of their personal aspirations and goals. Participants' self-esteem increased from an average of 45% to 70%, indicating an improvement in a positive view of themselves. The ability to carry out social and personal roles increased, and the identity of the participants was strengthened to the integration of Islamic values in the program. These findings support the theories of Harter, Rogers, Rosenberg, Biddle, and Erikson, suggesting that Islamic self-development programs are effective in improving important components of adolescents' self-concept.

**Contributions:** The findings of this study can contribute to the utilization of Islamic self-development programs as a guide for interventions at improving students' self-concept.

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