



## Analysis of student support activities at school in terms of extroverted and introverted personalities

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**Abstract:** This study aims to analyze extroverted and introverted students using descriptive qualitative methods. Subject research was conducted with students in SMPN 12 Sarolangun. The population of the object is in the form of counseling guidance teachers, as many as 152 people, and students. The research sample used is in the form of whole students with total sampling techniques. This research collects data through a questionnaire given to students with 15 questions, 6 for extrovert students and 9 for introvert students. Data analysis was carried out from the questionnaire results to sort out which students are extroverted and which are introverted. The calculation is that each question is 100 points multiplied by The number of students who voted yes and divided by the overall number of students. From the data, The results of the study were known to 14 (26.92%) introverted students and 38 (73.08%) extroverted students.

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## INTRODUCTION

Each individual has a different personality type. There are personalities: extroverts, introverts and. In psychological research, it is also said that birth order influences behavior. The firstborn has a severe mindset, desires high achievers, and often feels anxiety. The second child does not like numbers and (conventional) notes, often using creativity over logic, and is bold in taking risks. The youngest child Has high self-confidence, is good at finding solutions, and is ready to make her own decisions (Woolfson, 2005: 14). Humans born in the world have a variety of traits and characteristics. Others have their way of reacting and interacting with other human being. The way you react and interact is different from others compared to others. Your sister, father, and mother must also be different, even if your flesh and blood come from them. Even children born physically twins must have different personalities. How a person reacts and interacts with others is known as personality (Andrian, 2022).

The complex unity between the psychic aspect and the physical aspect interacting with each other with the environment so that it undergoes continuous changes and results in the growth of self-characterized behavior patterns and this is called personality. The word personality itself comes from the word "Personality" the original word Persona which

means the mask that experts now interpret to know about the individual and describes the behavior of every human being. (Nurwindasari, 2022: 3) There are several personality opinions according to experts One of them is Carl gustav Jung who defines personality into three types among which extroverts, introverted and ambivert. (Syafrida, 2021: 61). According to Carl gustav Jung that there is no individuals who have completely introverted traits and completely extroverted traits. That Naturally there are individuals who tend to be introverts and there are also individuals who tend to Extrovert.

If a person has an introverted and extroverted attitude in a balanced way this is which is called the ambivert type. (Soemohadiwidjojo, 2020: 36). His extroverted personality is influenced by the objective world meaning here in influence by the world outside of itself such as those thoughts, feelings and actions shaped by its environment. Introverted personalities are usually influenced by the world subjective means that here is influenced by the world itself like thoughts, feelings of Self, the adjustment of the outside world is not good, and it tends to be closed. While ambivert world is flexible in activities and interactions because it is able to adjust both introverts and extroverts. (Syafrida, 2021: 61). The problem that often occurs is the difficulty in child development, so from it is to carry out child development, namely through education where education can cultivate the potential and abilities of the child himself. (Mahmudi, 2022: 1). Education by etymology comes from Arabic meaning "tarbiyah" and in Greek "paedogogie" means child who is given guidance. But in English "education" which means development or guidance. Some expert opinions about the notion of education but can conclude that education is a process that done educators to students for learning or change towards Maturity (Rasinus & John, 2021: 2).

The education system has components such as educators (teachers) who play a role in developing positive child delivery and stopping the negative development of children and understanding the characteristics of students so that the educational process runs effectively. (Buan, 2020: 3). A teacher can be said to be professional if he is able to deal with a challenge to be able to be utilized, understand what is being taught, master how to teach, and be able to make himself accountable so that he becomes protégé role models. (Setiawan, 2021: 10). So, we can conclude that Education is a conscious and planned effort to guide and realize learning in order to students can know and develop their potential so that they are able to increase his knowledge, creativity, and abilities.

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Counseling Guidance is an important part of education. This is because guidance is the same as educating, and vice versa. For example, someone is doing educational activities, then he is doing a guide. Conversely if someone is doing a guidance activity then he was educating. In the journal of the work it can be seen that the role of guidance and counseling teachers are very necessary to exist as a support for the process learning and including student self-adjustment, the task of the counseling guidance teacher is a very task heavy, therefore to carry it out requires the presence of a professional attitude from the teacher counseling guidance The duties of the guidance and counseling teacher /counselor are related to the self-development of students which corresponds to the needs, potential talents, interests and personalities of students in school (Hayati, 2016 :606). This kind of research needs to be done in order to provide an answer or regarding extroverted and introverted students. Hence the purpose of this study is to analyze extroverted and introverted students in the world of education.

## METHOD

The type of research used is descriptive qualitative research because of the method qualitative is believed to be able to solve problems in research and obtain data needed (ulwiyah & djuhan, 2021: 124). The definition of qualitative research is a process that tries to gain a more complex understanding that exists in human interaction. The keywords of qualitative research are, process, understanding, interaction, complex and human. In conducting qualitative research, you should understand the problem of the problem under study, because qualitative researchers do not take a distance from the one studied as quantitative research distinguishes it between the researcher as a subject and the one studied as an object. In qualitative research is an approach oriented towards an event that is natural or natural which went straight down the spaciousness. The analysis that is carried out includes tracing data and record observations in the field what is important and what is learned for decide what to discuss with others. (Abdussamad, 2021). The subjects in this study were students of SMPN 12 Sarolangun who numbered 52 people consisting of 3 classes (VII, VIII, IX) to analyze extroverted students and introverted. The sample used through the total sampling technique (all students). It is So that the data obtained can be presented more optimally. Here's a list of numbers students and teachers at SMPN 12 Sarolangun.

**Table 1.** List of students and teacher at SMPN 12 sarolangun

No	Students dan Teacher	Man	Women	Number of people
1	Class VII	6	7	13
2	Class VIII	9	9	18
3	Class IX	12	9	21
4	Total number of teachers	10	14	24
5	Total number of students			52

Furthermore, the instrument of collecting data to students using questionnaires of 15 questions to be able to analyze the number of extroverted and introverted students (9 questions with answer keys for introverts and 6 questions with answer keys for extroverts). The way to use the questionnaire that we provide is by means of each question

has 6.6 points if the student is right 9 know more questions then he is categorized as an introverted student, Conversely if he is right under 9 questions then he is categorized as extroverted. As for The calculation of the problem is the researcher uses a formula. Suharsimi Arikunto argue to analyze the percentage tendency of research variables using the inductive engineering formula, the formula is:

## RESULT AND DISCUSSION

This section describes the analysis of research results taken through document-based questionnaires because the schools that the authors researched were constrained by networks that were not Adequate. An aspect of this research study is the percentage of the number of extroverted and introverted students. Researchers provide questionnaires directly to students with 15 questions (9 questions introverted and six extroverted questions). Each question points to 6.6 percent; if the student is correct below nine questions or 52.8%, he is categorized as an extroverted student and vice versa. If the student is valid 9-15 questions or 59.4% or more, then he has also been classified as a student introverted. So that researchers can find out how large the number of extroverted students is and how introverted they are.

Based on the description above, to find out how many or percentage of extroverted and introverted students, the researcher analyzes the questionnaire that has been given to students; in this study, the researcher will explore all the questions in the questionnaire to find out how large the number of extroverted and introverted students is. The calculation is that each question is 100 points multiplied by The number of students who voted yes and divided by the overall number of students. If the student includes extroverts, his choice is "No," and vice versa; if he belongs to the introverted student, then the option is "Yes." The data obtained in this research regarding the behavior of students who like reading books rather than hanging out with friends can be seen in Table 2.

**Table 2.** Behavior of students who like reading books rather than hanging out with friends

No	Class	Ekstrovert	Introvert
1	Class VII	5 (38,46%)	9 (69,23%)
2	Class VIII	1 (5,5%)	17 (94,4%)
3	Class IX	8 (38,9%)	13 (61,90%)

Table 2 above very clearly shows the character or differences in student behavior at school, where students have tendencies that they consider important and can support them in learning activities. In this research, several questions were carried out to explore the students' character. For the first question, the answer key was yes. From the data above, it can be seen that the first questionnaire question was more dominant for students to choose yes. After counting all, it can be said that there were 13 extrovert students (25%) and 39 introverted students (75%). This means that students read books more often than immersing themselves in the theme. and to see the tendency of students to be more silent than to socialize or like the silence can be seen in table 3.

**Table 3.** Data on students who like silence

No	Class	Ekstrovert	Introvert
1	Class VII	8 ( 38,9%)	5 (38,46%)
2	Class VIII	10 ( 19,23%)	8 (38,9%)
3	Class IX	18 (34,61%)	3 (5,76%)

From Table 3 above, it shows that for the second question the answer key is yes, based on the data above it can be seen that the second questionnaire question is more dominant for students choosing no, where after calculating the total it can be seen that there are 36 (69.23%) extroverted students and introverted students. totaling 16 (30.76%) people. What this means is that the student doesn't like silence or, conversely, he prefers crowds. Then the data on students who like painting activities can be seen in table 4.

**Table 4.** Likes painting activities

No	Class	Ekstrovert	Introvert
1	Class VII	8 (38,6%)	5 (38,46%)
2	Class VIII	10 (19,23%)	8 (38,6%)
3	Class IX	18 (34,61%)	3 (5,76%)

For the third question, the answer key is yes, based on the above data it can be obtained that the third questionnaire question is more dominant students choose yes, where after being calculated in a Overall, it can be seen that extroverted students numbered 23 (44.23%) people and students Introverts numbered 29 (55.76%) people. It means here that the student likes the existence of painting activities or it can also make a hobby. The one who likes will paint him will feel calm and happiness in its own right.

**Table 5.** Enthusiasm and passion in many ways

No	Class	Ekstrovert	Introvert
1	Class VII	13 (61,90%)	0
2	Class VIII	16 (30,76%)	2 (3,84%)
3	Class IX	21 (40,38%)	0

For the fourth question has no answer key, based on the above data can be obtained that the fourth questionnaire question is more dominant students choose no, where after Calculated as a whole it can be known that extroverted students numbered 50 (96.15%) People and introverted students totaled 2 (3.84%) people. It means here that students always enthusiastic in many ways. That is why extroverted and introverted personalities are so contrary we can see from the above data that introverted students have little a sense of passion for things.

**Table 6.** Like to be the center of attention of others

No	Class	Ekstrovert	Introvert
1	Class VII	2 (3,84%)	11 (21,15%)
2	Class VIII	4 (7,69%)	14 (26,92%)
3	Class IX	5 38,46%)	16 (30,76%)

For the fifth question has no answer key, based on the above data can be obtained that the fifth questionnaire question is more dominant students choose yes, where after counting Overall, it can be known that extroverted students numbered 11 (21.15%) people

and Introverted students numbered 41 (78.84%) people. It means here that extroverted students are happy become the center of attention of others because it is easy to make friends, unlike the case with Introverted student He doesn't like to be the center of attention of others.

**Table 7.** Prefer to be a speaker than a listener

No	Class	Ekstrovert	Introvert
1	Class VII	2 (3,84%)	11 (21,15%)
2	Class VIII	10 (19,23%)	8 (38,6%)
3	Class IX	11 (21,15 %)	10 (19,23%)

For the sixth question has no answer key, based on the above data can be obtained that the sixth questionnaire question is more dominant students choose yes, where after counting Overall, it can be seen that extroverted students numbered 23 (44.23%) people and Introverted students numbered 29 (55.76%) people. This means that here students prefer to be listeners versus speakers, because usually extroverted students don't like to be listeners prefer to be speakers.

**Table 8.** Dare to appear in public

No	Class	Ekstrovert	Introvert
1	Class VII	4 (7,69%)	9 (69,23%)
2	Class VIII	15 (28,84%)	3 (5,76%)
3	Class IX	6 (11,53%)	15 (28,84%)

For the seventh question has no answer key, based on the above data can be obtained that the seventh questionnaire question is more dominant students choose yes, where after counting Overall, it can be seen that extroverted students numbered 24 (46.15%) people and Introverted students numbered 28 (53.84%) people. This means that here more students dare not Appear in public because usually this attitude is shared by introverted students because if extroverted students he has higher confidence than introverted students. (Wydastuti, 2017).

**Table 9.** Prefer group work to self-work

No	Class	Ekstrovert	Introvert
1	Class VII	9 (69,23%)	4 (7,69%)
2	Class VIII	14 (26,92%)	4 (7,69%)
3	Class IX	15 (28,84%)	6 (11,53%)

For the eighth question has no answer key, based on the above data can be obtained that the eighth questionnaire question is more dominant students choose no, where after counting Overall, it can be seen that extroverted students numbered 38 (73.07%) people and Introverted students numbered 14 (26.92%) people. It means here students who prefer Group work means he belongs to extroverted students because he prefers to blend in and work the same, whereas introverted students don't like crowds or crowds and it's hard socializing he prefers to think for himself in completing a task.

**Table 10.** Have had trauma so like to be alone

No	Class	Ekstrovert	Introvert
1	Class VII	8 (38,6%)	5 (9,61%)
2	Class VIII	12 (23,07%)	6 (11,53%)
3	Class IX	15 (28,84%)	6 (1,53%)

For the ninth question has an answer key yes, based on the above data it can be obtained that the ninth questionnaire question is more dominant students choose no, where after being calculated by Overall, it can be seen that extroverted students numbered 35 (67.30%) people and students Introverts numbered 17 (32.69%) people. This means that here many students do not like to be alone Because he has no trauma in the past or what he is facing. Because usually Students who like to be alone are introverted students One of the contributing factors is social environment/trauma in the past. (Widyaastuti, 2017)

**Table 11.** Quiet in certain situations

No	Class	Ekstrovert	Introvert
1	Class VII	0	13 (25%)
2	Class VIII	4 (7,69%)	14 (26,92%)
3	Class IX	0	21 (40,38%)

For the tenth question has an answer key yes, based on the data above, it can be obtained that the tenth questionnaire is more dominant students choose yes, where after being calculated in a Overall it can be known that extroverted students numbered 4 (7.69%) people and students Introverts numbered 48 (92.30%) people. It means here both introverted students and Extroverts do not have a reserved, purely active attitude. It could be extroverted students being quiet for a reason and it could also be that introverted students become active because environmental influences. The author cannot conclude that introverted students will introverts onwards and vice versa (Soemohadiwidjojo, 2020).

**Table 12.** I don't get along easily with new friends

No	Class	Ekstrovert	Introvert
1	Class VII	8 (15,38%)	5 (9,61%)
2	Class VIII	6 (11,52%)	12 (23,07%)
3	Class IX	7 (12,46%)	14 (26,92%)

For the eleventh question the answer key is yes, based on the data above it can be obtained that The eleventh questionnaire is more dominant students choose yes, where after being calculated by Overall, it can be seen that extroverted students numbered 21 (40.38%) people and students Introverts numbered 41 (78.84%) people. This means that here are very many difficult students hang out with new friends because usually this is the attitude that introverted students have. If he is an extroverted student so he is very sociable and mingles with new friends, its high degree of sensitivity. The student thinks more in the subjective direction of himself. According to Jung gustav the shy type feels very wary around strangers and becomes very nervous on a little-known environment. Difficulty introverted personality develop social relationships and prefer to communicate personally

with friends and enjoy every activity that can be done alone or with friends near. (Nursyahrurahmah, 2017 : 114).

**Table 13.** Not Confident when speaking in public

No	Class	Ekstrovert	Introvert
1	Class VII	11(21,15%)	2 (3,84%)
2	Class VIII	7 (13,46%)	11 (21,15%)
3	Class IX	5 (9,61%)	16 (30,76%)

For the twelfth question the answer key is yes, based on the above data it can be obtained that the twelfth questionnaire is more dominant students choose yes, where after being counted in a Overall, it can be seen that extroverted students numbered 23 (44.23%) people and students Introverts numbered 29 (55.76%) people. This means that it is clearly visible here that students introverts have a personality that lacks confidence when speaking in public, because of his pessimistic attitude and lack of self-confidence that caused him to be afraid and groggy while speaking in public. but unlike the case with extroverted students he always confident in public speaking.

**Table 14.** Think before you act

No	Class	Ekstrovert	introvert
1	Class VII	9 (17,30%)	4 (7,69%)
2	Class VIII	16 (30,76%)	2 (3,84%)
3	Class IX	16 (30,76%)	5 (9,61%)

For the thirteenth question the answer key is no, based on the above data it can be obtained that the thirteenth questionnaire is more dominant students choose no, where after being calculated as a whole it can be seen that extroverted students numbered 41(78,84%) people and introverted students numbered 11(21,15%) people. This means that it is clear that many extroverted students have a personality that does not think before acting in contrast to introverted students who always think in making decisions.

**Table 15.** Difficult to open

No	Class	Ekstrovert	Introvert
1	Class VII	5 (9,61%)	8 (15,38%)
2	Class VIII	8 (15,38%)	10 (19,23%)
3	Class IX	11 (21,15%)	10 (19,23%)

For the fourteenth question, the answer key is yes, based on the data above, it can be obtained that the fourteenth questionnaire is more dominant students choose no, where after calculating as a whole it can be seen that extroverted students numbered 24(46.16%) people and introverted students numbered 28(53.84%) people. This means that here it is clear that many introverted students have a personality that is afraid to take risks so they have to think carefully in making decisions.

**Table 16.** Indifferent to the surrounding environment

No	Class	Ekstrovert	Introvert
1	Class VII	1 (5,5%)	12 (23,07%)
2	Class VIII	1 (5,5%)	17 (94,4%)
3	Class IX	9 (17,30%)	12 (23,07%)

For the fifteenth question, the answer key is yes, based on the data above, it can be obtained that the fifteenth questionnaire is more dominant students choose yes, where after calculating as a whole it can be known that extroverted students numbered 11(21.15%) people and introverted students numbered 41(78.84%) people. This means that here it is clear that many introverted students have an attitude that is ignorant of the surrounding environment because basically they have an attitude of not socializing with new people. If the student is extroverted, yes, they will quickly get acquainted and interact with people around him. From the results of the analysis that has been described above, the researcher conducts an analysis of the problem in a the entirety of each question so as to obtain the total percentage of extroverted students and introverted. Here are the overall results in the table below:

**Table 17** List of students and teacher

No		Introvert	Ekstrovert	Introvert %	Ekstrovert %
1	Class VII	4	8	30,76%	69,23%
2	Class VIII	5	13	27,77%	73,23%
3	Class IX	5	16	23,80%	76,19%
	Sum (N)	14	38	26,92%	73,08%

Using the established formula, it is known that there are 14 students which includes introverts and there are 38 students who are extroverted. It has already been proven that students Extroverts are more numerous compared to introverted students. Although students Extroverts are more numerous but introverted students also influence learning outcomes. But not Closing the possibility of the number of introverted students increasing due to various causal factors such as lack of self-confidence, pessimism, family factors, and social environment. Type extroverted student personality usually prefers or involves the crowd, ready responsible is ready to accept consequences, thinks little, and tends not to consistent. (Astuti, 2015 :78). This type of introverted personality usually has behaviors who thinks first and then acts looks quiet, prefers to be a listener Instead of talking, prefers to be alone and it is very difficult what he thinks. (puspasari, 2013: 37).

During the researcher's interview with Mr. Robi Suryana as a guidance teachercounseling he also said that introverted students are not fully introverted, he will more open with his close friends. With this, students with extroverted personalities are self-inflicted a lot and they rarely or even do not pay attention to the teacher who is delivering the material. With reason, they feel bored with the learning atmosphere so as to make themselves uncomfortable in learning. Of course, this can lead to a lack of understanding of the material presented by the teacher. But students with extroverted personalities prefer group system learning. In addition, extroverted students are easier to communicate both in learning and in socializing (Piepenburg & Fervers, 2022; Savelsbergh et al, 2011). So that he is easier to make friends and is also easily recognized

by teachers in the learning process because introverted students like to ask questions and convey their opinions in the learning process.

Meanwhile, students with introverted personalities prefer to close themselves because they are confident so that they experience lagging behind in the learning that is being delivered by their teachers (Zhang & Zhang, 2018). At the time of learning they tend to be a little vocal when the teacher gives a question or quiz, and they are not immediately able to understand what the teacher is asking them about, so the material presented is hampered. Their confidence will decrease even more if they do not get support from parents, teachers and the surrounding community. In addition, students with introverted personalities will be more thorough in compiling something that will be conveyed before explaining or expressing these words in public. In that way, students with introverted personalities will feel more confident in expressing opinions in their learning in class. The most important support of the introverted student is from his own parents. When in school, the support of their friends is also able to make the introverted student more courageous and social and speak in public. They are also more comfortable in doing schoolwork by working alone, which feels that for themselves they can increase understanding in their learning. (Widya Zulfa Ulwiyah, 2021:129).

## CONCLUSION

Everyone has a different personality, whether they are extroverts or introverts. Depends on each person's mindset. From the research results, 38 people were categorized as extroverts and 14 as introverted students. Introverted students tend to be quieter and more reserved and prefer to be listeners rather than talkers. In contrast, extroverted students are more involved, responsible, and more likely to be inconsistent. In the questionnaire the researcher gave, it is clear that each question contains the attitudes and behaviour of extroverted and introverted students. Anyone who likes being the centre of attention has an indifferent attitude towards the surrounding environment, finds it difficult to open up to strangers, dares to take risks, thinks carefully before making decisions and many more, which can show extroverted and introverted traits. The author believes that the rise/fall of extrovert and introvert personalities depends on the way of thinking and the social environment. The research data also explains that students should be aware of the negative impact of this personality better not to increase the number of introverted students in school. The next researcher suggests digging deeper into students to find out what factors are and how to overcome introverted personalities by using better, more measurable instruments and sampling.

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