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ANALYSIS OF SELF-CONTROL IN MEDIATING THE INFLUENCE OF THE SOCIAL ENVIRONMENT AND ADOLESCENT PERCEPTIONS OF ADOLESCENT ATARAXIA AT THE NAHDLATUL AT-THULAB IPNU IPPNU: PLS-SEM ANALYSIS

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Abstract

This research aims to explore the influence of Adolescent perceptions and Social Environment on teenagers' Ataraxia, as well as the mediating role of self-control in the context of prayer activities in the Nahdlatul At-Thulab IPNU IPPNU assembly. A quantitative survey method was used involving 60 teenagers in the Nahdlatul At-Thulab IPNU IPPNU prayer assembly, using probability sampling techniques with proportionate stratified sampling techniques. Data was collected through a questionnaire with a Likert scale, and data analysis was carried out using relevant statistical techniques. The research results show that there is a positive influence of Adolescent perceptions and Social Environment on the results of Teenager Ataraxia, with self-control mediating this relationship. The implications of this research include the importance of developing self-control skills and motivation in prayer meetings. Recommendations for further research include exploring other factors that influence adolescent perception, social environment, and self-control, as well as developing prayer activities to understand the dynamics of adolescent ataraxia.

Keywords: Self-Control, Social Environment, Adolescent Perceptions, Adolescent Ataraxia, PLS-SEM

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INTRODUCTION | مقدمة

In the increasingly complex era of modern society, teenagers often face various pressures and temptations that may influence their behavior and decisions. One aspect that is highlighted by research is self-control, namely an individual's capacity to manage and control their behavior and internal drives. This research aims to explore the role of self-control as a mediator between the influence of the social environment and adolescents' perceptions of adolescent ataraxia, especially in the Nahdlatul At-Thulab IPNU IPPNU Sholawat Council. IPNU IPPNU Sholawat Council. (Begum dkk., 2020; Fattah & Camellia, 2022). Ataraxia, in this context, refers to a state of inner calm and internal harmony which is considered important in developing the spiritual dimensions of adolescents, especially in religious environments such as the Sholawat Council(Salje, 2023; Smith, 2022). The social environment, including interactions with peers and influences from groups, along with the individual's perception of the environment, plays a vital role in shaping the level of adolescent ataraxia. However, adolescents' self-control abilities may influence how they manage the impact of the social environment and perceptions of ataraxia levels. Adolescents' social environment is not only a place where they interact directly, but also a source of values, norms, and expectations that influence their perceptions of themselves and

the world around them. (Henry & Stephens, 2013; Wormer & Besthorn, 2017) Adolescents who feel supported and accepted by their social environment tend to have higher well-being, while adolescents who feel neglected or unsupported may experience higher levels of stress and anxiety.

Adolescents' perceptions include the way they see and interpret interactions with family, peers, school, and religious communities such as the Nahdlatul At-Thullab Sholawat Council IPNU IPPNU. These perceptions form the basis for teenagers' thought patterns, emotions, and behavior in their daily lives. Teenagers' perceptions of their social environment can be influenced by various factors, including personal experiences, social norms, and media influences. Adolescents who have positive perceptions of their social environment tend to feel supported, accepted, and safe in their interactions. In contrast, adolescents who have negative perceptions may experience higher levels of stress, anxiety, and discomfort.(Arafat dkk., 2018; Badarna & Gesser-Edelsburg, 2024)

About this, the role of self-control as a mediator between adolescent perceptions and the social environment in achieving ataraxia becomes increasingly relevant. Self-control, the ability to regulate thoughts, emotions, and behavior, is believed to moderate the influence of the social environment on the inner well-being of adolescents(Johnson dkk., 2017; Widyastuti dkk., 2023). Through self-control analysis in this context, this article aims to investigate how teenagers in the Nahdlatul At-Thullab Sholawat Council IPNU IPPNU manage the influence of their environment and the extent to which self-control mediates the relationship between their perception of the social environment and their achievement of ataraxia.(Billings dkk., 2020; Widyastuti dkk., 2023) With a better understanding of these factors, it is hoped that more effective strategies can be found to improve the spiritual and mental well-being of teenagers. The Nahdlatul At-Thulab Sholawat Council IPNU IPPNU was chosen as the research context because of its significance in shaping the identity and behavior of Muslim youth. Sholawat Councils are often a place for youth to pursue spiritual peace, interact with others, and strengthen ties with their religion and surrounding community.(J.-B. Li dkk., 2020; Wormer & Besthorn, 2017)

Ataraxia, or inner peace, is a state of calm and the absence of deep emotional disturbances. For adolescents, achieving ataraxia has a significant impact on their overall well-being. Adolescents who achieve ataraxia tend to be better able to overcome the challenges of daily life, manage stress more effectively, and build healthier interpersonal relationships.(Fabjański dkk., 2023; Fattah & Camellia, 2022) Apart from that, ataraxia also plays a role in helping teenagers find their life purpose and improve their spiritual quality. The importance of understanding the factors that influence adolescent ataraxia within the Sholawat Council environment is not only relevant to individual development, but also has important implications in the context of religious community development. By considering the role of self-control as an introduction, this study aims to provide deeper insight into how adolescents manage the influence of the social environment and their perceptions to achieve higher levels of ataraxia.(Davies dkk., 2022; Fithria dkk., 2021)

Using a quantitative analysis approach, this research will collect data through survey research and questionnaires to explore the influence between the social environment, adolescent perceptions, self-control, and the level of adolescent ataraxia in the Nahdlatul At-Thulab Sholawat Council IPNU IPPNU. It is hoped that the results of this research will provide a deeper understanding of the factors that influence adolescent ataraxia and their implications in the context of personal development and religious communities.

LITERATURE REVIEW AND HYPOTHESIS DEVELOPMENT:

The Influence of Adolenscent perceptionss of Adolenscent ataraxia

Adolescent perceptions influencing adolescent ataraxia highlight the importance of adolescents' understanding of their inner peace and self-satisfaction in the context of psychological development and mental well-being. Although ataraxia or inner peace is often associated with Ancient Greek philosophy, understanding this concept in the context of modern teenagers relates to their emotional and psychological well-being. Adolescents' perceptions of ataraxia are influenced by several factors, including interpersonal relationships, social support, self-satisfaction, and overall emotional well-being.(Elitsa Petrova, Stoyko Stoykov, 2021; Sari, 2023) Adolescents who feel accepted and supported by their family, friends, and social environment tend to have more positive perceptions of ataraxia. They may feel more emotionally secure, able to cope with stress, and have a greater sense of meaning in their lives. Apart from that, internal factors such as the level of emotional intelligence and the ability to manage emotions can also influence adolescents' perceptions of ataraxia. Teenagers who have good emotional regulation skills tend to have a more positive perception of inner peace because they can deal with challenges and anxiety more effectively.(Salvaterra, 2023; Yapijakis, 2022)

Regarding the continuity between the concept and the results of previous research, we formulate the following hypothesis:

H-DIR1: *Adolenscent perceptions influence adolenscent ataraxia*

Adolescents' perceived self-control influences highlight the importance of adolescents' understanding of their ability to regulate emotions, impulses, and behavior. Self-control is a critical aspect of adolescent development because it plays an important role in making wise decisions, managing conflict, and avoiding risky behavior(Hagger dkk., 2019; Wormer & Besthorn, 2017). Several studies show that adolescents' perceptions of self-control are influenced by factors such as family experiences, social environment, and media influence. Adolescents who grow up in an environment that provides positive role models related to self-control tend to have a more positive perception of their ability to control themselves. On the other hand, negative influences from peers or media that promote impulsive behavior can influence adolescents' perceptions of their self-control.(Loewenstein, 2018; Nilsen dkk., 2020)

Regarding the continuity between the concept and the results of previous research, we formulate the following hypothesis:

H-DIR2: *Adolenscent perceptions influence self-control*

The Influence Of Sosial Environment Of Adolenscent ataraxia

The influence of the social environment on adolescent ataraxia highlights the important role of social interaction, family support, and the quality of interpersonal relationships in achieving inner peace in adolescence. Adolescents' social environments include family, peers, school, and communities where they interact and form their identities(Manusov, 2020; Turiho dkk., 2017). A positive and supportive social environment can contribute significantly to the formation of adolescents' perceptions of ataraxia. Families who provide emotional support, open communication, and positive role models can help teens feel safe, accepted, and satisfied with themselves. (Mulyadana, 2024) Adolescents who feel supported by their families tend to have a more positive perception of ataraxia because they feel more stable and protected in facing the stresses of life.(Badarna & Gesser-Edelsburg, 2024; Henry & Stephens, 2013)

Regarding the continuity between the concept and the results of previous research, we formulate the following hypothesis:

H-DIR3: *Social environment influences adolenscent ataraxia*

The influence of the social environment on adolescent self-control highlights the important role of social interaction, group norms, and social support in the development of self-regulation abilities in adolescence. Adolescents' social environment, which includes family, peers, and community, has a significant impact on the development of their self-control. A family environment that provides emotional support, clear boundaries, and positive role models can help strengthen adolescents' self-control. Apart from that, peers also play an important role in the development of adolescent self-control. Interactions with friends who promote positive behavior and support self-control can help teens develop the same skills. The community where teenagers live can also have a significant influence on their self-control.(Fabjański dkk., 2023; Hagger dkk., 2019; S. Li dkk., 2021)

Regarding the continuity between the concept and the results of previous research, we formulate the following hypothesis:

H-DIR4: *Sosial environment influences self-control*

The Influence Of Self Control On Adolenscent ataraxia

The relationship between self-control and adolescent ataraxia highlights the importance of self-regulation skills in achieving inner peace in adolescence. Self-control, which includes the ability to control emotions, refrain from impulsive behavior, and make wise decisions, can play a key role in creating a calm and stable mental state. Adolescents who have a high level of self-control tend to have a more positive perception of ataraxia or inner peace. Self-control can also help teens cope better with life's stress and pressure, which in turn can contribute to achieving inner peace. Apart from that, self-control can also help teenagers plan and achieve their goals, whether in academics, social relationships, or personal development.(Fithria dkk., 2021; S. Li dkk., 2021; Smith, 2022)

Regarding the continuity between the concept and the results of previous research, we formulate the following hypothesis:

H-DIR5: *Self-control influences adolenscent ataraxia*

The Mediating Role of Self Control on Adolenscent perceptions and Sosial Environment on Adolenscent ataraxia

Self-control as a mediator in the positive influence on adolescents' perceptions of adolescent ataraxia highlights several key findings in psychological research. In this context, self-control, which refers to the ability to control impulses and regulate behavior, becomes a key focal point in understanding how adolescents achieve and maintain feelings of calm and well-being. Self-control plays an important role in determining adolescents' responses to challenging situations and in influencing their decision-making(El Kazdouh dkk., 2019; Manusov, 2020; Younas* dkk., 2019). This is reflected about adolescents' perception of ataraxia, where the ability to control themselves allows them to deal with stress and uncertainty more effectively, which in turn contributes to achieving feelings of calm and well-being. In addition, emotion regulation shows that adolescents who can manage negative emotions effectively tend to have a more positive perception of their lives overall. This ability, which is also closely related to self-control, helps adolescents overcome the challenges they face and creates psychological conditions that

support the achievement of adolescent ataraxia. The role of self-perception also plays a key role in the relationship between self-control and adolescent ataraxia. Adolescents who have a strong and positive self-image tend to feel more satisfied with their lives and have a greater ability to achieve feelings of calm and well-being.(Iqbal dkk., 2017; Salje, 2023; Stavrova dkk., 2020)

Regarding the continuity between the concept and the results of previous research, we formulate the following hypothesis:

H-IND1: *Self-control mediates a positive influence on the influence of adolescent perception of adolenscent ataraxias*

Self-control as a mediator between social environmental influences and adolescent ataraxia presents an in-depth understanding of the complex interactions between psychological and social factors in the formation of adolescent well-being. In this context, adolescents' social environment, which includes family, peers, and community, becomes a key factor influencing their perception of ataraxia. Research has shown that a supportive social environment can provide the emotional support and resources necessary for adolescents to develop abilities. strong self-control(Manusov, 2020; Yar & Nasih, 2024). For example, support from family and peers can help adolescents deal with the stresses of their surrounding environment healthily and adaptively, which in turn contributes to the achievement of adolescent ataraxia. Self-control in mediating the relationship between the social environment and adolescent ataraxia is very significant. The ability to control impulses and regulate behavior allows adolescents to respond to environmental stress and challenges in ways that promote psychological well-being. In this context, self-control acts as a mediator that links the positive influence of the social environment with adolescents' perceptions of their ataraxia(Hagger dkk., 2019; Wormer & Besthorn, 2017). In addition, research shows that a supportive social environment can also provide healthy role models and parenting practices that promote the development of positive self-control in children. teenager. For example, interactions with parents who practice good self-control and facilitate effective self-control strategies can establish similar behavioral patterns in adolescents.

Understanding the interactions between the social environment, self-control, and adolescent ataraxia provides important insights for the development of interventions and programs aimed at improving adolescent well-being.

Regarding the continuity between the concept and the results of previous research, we formulate the following hypothesis:

H-IND2: *Self-control mediates the positive influence of the social environment on adolenscent ataraxia*

METHOD | منهج

Research Design and Participants

This research applies a quantitative approach with survey research methods (Apriliani et al., 2023; Putra et al., 2022; Widayanto et al., 2021). This research design uses an explanatory and correlational approach using Partial Least Squares Structural Equation Modeling (PLS-SEM) which is an approach used to explore the relationship between variables in a conceptual model. PLS-SEM is a multivariate statistical method used to analyze the relationship between latent or measured variables in a structural model. By using this approach, this research combines explanatory and correlational elements to better understand the complexity of the relationships

between variables in a conceptual model. PLS-SEM allows researchers to test models holistically, including identifying cause-and-effect relationships and correlation relationships between variables, thereby providing a deeper understanding of the observed phenomenon. This research uses non-probability sampling with a purposive sampling technique. The sample in this study was 60 teenagers in the IPNU IPPNU Organization, Ponorogo District.

Data Collection

The data collection technique used in this research is a five-variable questionnaire. Research design with an explanatory and correlational approach to determine the relationship between independent variables (Adolescent perceptions and Social Environment), mediation (Self-Control), and dependent variables (Adolescent ataraxia) This research uses a Likert scale consisting of 5 alternative answers from strongly agree to strongly disagree (Daryono dkk., 2020; Widyastuti dkk., 2023). Data collection was carried out using a survey method via Google Forms. Research instrument variables are shown in Table 1.

Table 1. The Construct of the Research Variables

No	Variable	Indicators	Construct	References
1	Adolenscent Perceptions (X1)		AP1	(Arafat et al., 2018; Badarna & Gesser-Edelsburg, 2024; Iqbal et al., 2017; Smith, 2022; Turiho et al., 2017)
2		Selfish	AP2	
3			AP3	
4		Spiritual Fulfillment	AP4	
5			AP5	
6		Effect Sholawat On Behavior	AP6	
7			AP7	
8	Sosial Environment (X2)		SE1	(Bauer & Weatherbie, 2023; Fabjański et al., 2023; Gordon, 2021; Henry & Stephens, 2013; Majeed et al., 2020; Yar & Nasih, 2024)
9		Familiy Environment	SE2	
10			SE3	
11		Friendship Relationship	SE4	
12			SE5	
13		Community Environment	SE6	
14			SE7	
15	Self-Control (Z)		SC1	(Burt, 2020; Duckworth et al., 2019; Guarana et al., 2021; Loewenstein, 2018; Nilsen et al., 2020; Stavrova et al., 2020;
16		Time Management	SC2	
17			SC3	
18			SC4	
19		Decision Making	SC5	
20			SC6	
21		Goal Persistence	SC7	
22			SC8	
23	Adolenscent ataraxia (Y)		AA1	(Begum et al., 2020; Davies et al., 2022; Fabjański et al., 2023; Fattah & Camellia, 2022; Martin, 2023; Salje, 2023;)
24		Keeping Calm	AA2	
25			AA3	
26			AA4	
27		Emotion Control	AA5	
28			AA6	
29		Surmount Stress	AA7	
30			AA8	

Statistical analysis of this research uses the PLS-SEM measurement technique (Daryono et al., 2023; Mutohhari et al., 2023; Triyono et al., 2023). The outer model testing stage is a measurement model testing stage that aims to prove the validity and estimate the reliability of indicators and constructs. Several requirements that must be met are the indicator loading factor >0.70, and the reflective construct AVE >0.50. Reliability estimates use Cronbach Alpha, Rho_A, and CR values >0.70. The goodness of fit model testing stage aims to test the predictive power of the model and the feasibility of the model. The criteria that must be met include predictive relevance to see the predictive power of the model on the blindfolding output. Model Fit is to see whether the model and data are suitable for testing the influence of variables. The

conditions are SRMR <0.10 and NFI >0.50. The inner model testing stage is to test the significance of the direct (H1-18) and indirect effects (the mediating role of H-IND1-6 and the moderating role of H-M1-3).

RESULT | نتائج

PLS-SEM Analysis: Evaluation of Structural Model (Inner Model)

Evaluation of measurement models is very important to ensure that the indicators used to measure latent constructs or variables are by the research objectives and have good quality. Examining construct validity is the primary goal of measuring model evaluation. Analyzing the relationship between the indicator and the measured construct can ensure that the indicator truly reflects the intended aspect of the construct. By analyzing factor loadings, reliability, and discriminant validity, researchers can decide which indicators should be included in the analysis and which should be omitted.

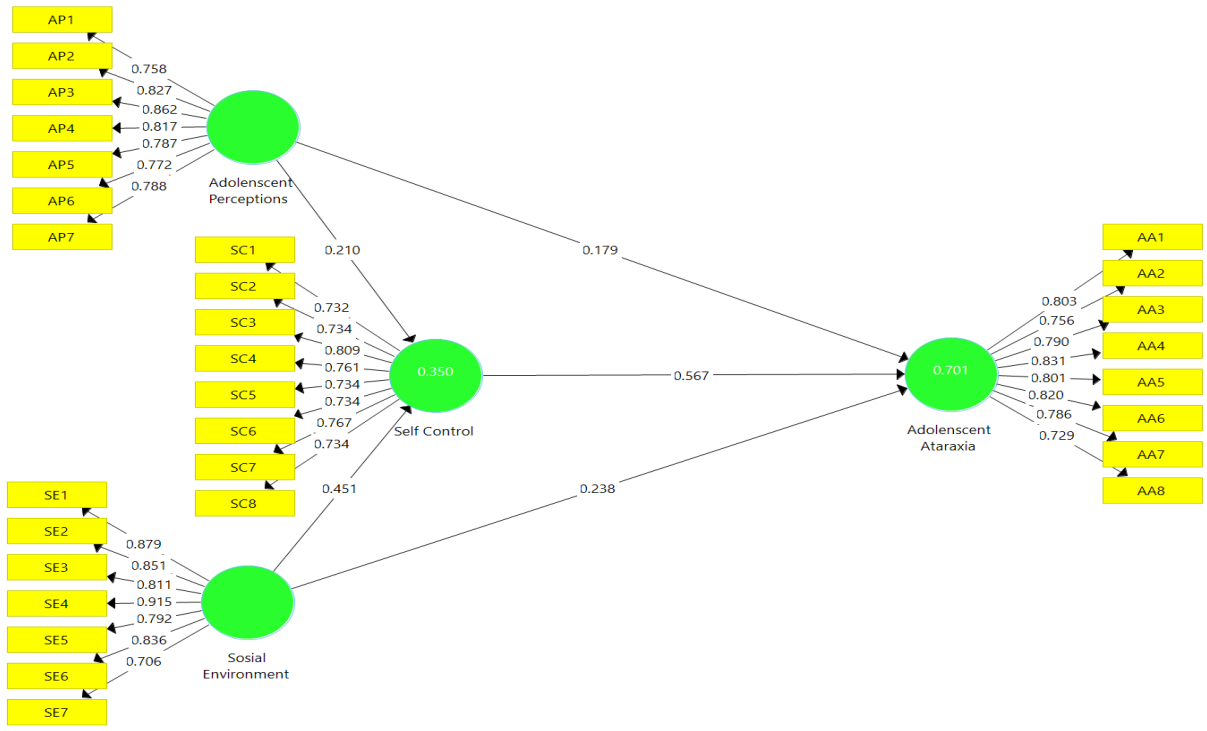

Figure 1. Evaluation of the Measurement Model

The convergent validity measurement uses a factor loading value limit of 0.70. Based on Table 2, the overall loading factor value for each sub-variable is >0.70 (0.706 – Community Environment to 0.915 – Friendship Relations). This can be interpreted as meaning that the level of correlation between sub-variables and variables that can be explained is 70.6% to 91.5%. The Average Extracted Variance (AVE) value for each variable has a value of >0.50 (0.564 – Self Control (Y) to 0.688-Social Environment (X2). So it can be concluded that each sub-variable and variable in the instrument in the research model has supported the requirements for convergent validity.

Based on the loading factor coefficient value, the most dominant statement item in measuring adolescent ataraxia is the Friendship Relationship construct of 0.915 (SE4). This can be interpreted that the Friendship Relationship construct can measure Adolescent Ataraxia by 91.5%. Meanwhile, the weakest item is the Community Environment construct at 0.706 (SE7 or 70.6%).

Table 2. Outer Model: Convergent Validity and Reliability

No	Variable	Indicator	Conver Validity		Consistency Reliability		
			FL (λ>0.70)	**AVE (>0.50)**	**CA (α>0.70)**	**rho_A (ϕ>0.70)**	**CR (δ>0.70)**
1	Adolescent	AP1	0,758	0,644	0,908	0,914	0,927
2	Perceptions (X1)	AP2	0,827				
3		AP3	0,862				
4		AP4	0,817				
5		AP5	0,787				
6		AP6	0,772				
7		AP7	0,788				
8	Sosial Environment	SE1	0,879	0,688	0,924	0,935	0,939
9	(X2)	SE2	0,851				
10		SE3	0,811				
11		SE4	0,915				
12		SE5	0,792				
13		SE6	0,836				
14		SE7	0,706				
15	Self-Control (Z)	SC1	0,732	0,564	0,890	0,892	0,912
16		SC2	0,734				
17		SC3	0,809				
18		SC4	0,761				
19		SC5	0,734				
20		SC6	0,734				
21		SC7	0,767				
22		SC8	0,734				
23	Adolescent Ataraxia	AA1	0,803	0,624	0,914	0,915	0,930
24	(Y)	AA2	0,756				
25		AA3	0,790				
26		AA4	0,831				
27		AA5	0,801				
28		AA6	0,820				
29		AA7	0,786				
30		AA8	0,729				

A variable is declared reliable if it has CA, Rho_A, and CR values >0.70. The SmartPLS output in the table below shows that all variables have CA values (0.890 to 0.924) rho_A (0.892 to 0.935) and CR (0.912 to 0.939). Thus, it can be concluded that the internal consistency of the instrument's reliability in 3 aspects has a value of >0.70, so it has good reliability in measuring adolescent ataraxia.

The Fornell-Larcker test is one of the methods used in Partial Least Squares Structural Equation Modeling (PLS-SEM) to evaluate the discriminant validity of the constructs in a model. This test aims to ensure that the different constructs in the model can be distinguished from each other. This is done by comparing the variance explained by the construct with the variance explained by other constructs in the model. If the variance explained by a construct is greater than the variance explained by another construct, then the construct has good discriminant validity.

The Fornell Larcker value is explained by looking at the correlation value of the latent variable itself with the correlation variables of other latent variables. Based on Table 3, the correlation value for Adolescent Ataraxia (Y) → Adolescent Ataraxia has a value of 0.790, which is smaller than the correlation value for Adolescent Perception (X1) with other variables (Self Control → 0.751; Social Environment → 0.830; and Adolescent Perceptions → 0.802. And so on for assessment of correlation with other variables.

Table 3. Discriminant Vaidity: The Fornell Larcker

Variable	Y	Z	X2	X1
Adolescent ataraxia (Y)	**0,790**			
Self Control (Z)	0,783	**0,751**		
Sosial Environment (X2)	0,654	0,564	**0,830**	
Adolescent Perceptions (X1)	0,565	0,454	0,540	**0,802**

One of the main purposes of HTMT testing is to measure discriminant validity in the model. HTMT is used to examine the extent to which the constructs measured by different indicators represent the same or different constructs in the model. HTMT is also useful for assessing multicollinearity between constructs in the model. Multicollinearity can occur when constructs are strongly interrelated, which can cause problems in the estimation and interpretation of results in SEM analysis. The PLS-Algorithm test results in Table 4 reveal that the HTMT value in all dimensions has a value of <0.90 (0.480 to 0.853). So it can be concluded that Fornell-Larcker and HTMT on the correlation of all variables in this research data instrument fulfill the discriminant validity test in measuring the increase in adolescent ataraxia.

Table 4. Discriminant Validity: The HTMT

Variable	Y	Z	X2	X1
Adolescent ataraxia (Y)				
Self Control (Z)	0,853			
Sosial Environment (X2)	0,702	0,594		
Adolescent Perceptions (X1)	0,608	0,480	0,595	

PLS-SEM Analysis: Evaluation of Structural Model (Inner Model)

Structural evaluation in testing on PLS-SEM has the main objective, namely to assess the prediction accuracy of the proposed model. This is done by evaluating the extent to which the model can explain variations in empirical data and predict endogenous variables well. Overall, structural evaluation aims to improve understanding of the phenomenon studied in the research context. By analyzing the relationships between variables, researchers can identify the factors that contribute to the phenomenon and develop deeper insight into the dynamics involved.

Table 5. Measurement of Structural Model: R2 dan F2

Variabel	R2		F2	
	Value	Decision	Value	Decision
Adolescent ataraxia (Y)	0,701	Substantial	-	-
Self Control (Z)	0,350	Moderate	0,700	Large
Sosial Environment (X2)	-	-	0,109	Medium
Adolescent Perceptions (X1)	-	-	0,072	Small

R^2 (Coefficient of Determination) provides an overview of how well the PLS-SEM model explains variation in the observed endogenous variables (constructs). The higher the R^2 value, the greater the proportion of variation in the construct that the model can explain. R^2 allows comparison between different PLS-SEM models. Researchers can use R^2 values to compare the effectiveness of different models in explaining variation in observed constructs. f^2 (effect size) is one of the measures in PLS-SEM to evaluate the strength of the effect of latent variables on the observed construct. Specifically, f^2 measures the predictive power of a latent variable against a particular construct in the model. More specifically, f^2 is calculated by dividing the square of the latent variable regression loading on a particular construct by the amount of residual error (error variance) from that construct. The results provide an idea of how much the latent variable contributes to explaining variation in the observed construct. f^2 helps in determining how significant the contribution of latent variables is to the observed construct. f^2 allows comparison

between the contributions of several latent variables to the same construct. so that it can be known and determine which latent variables have the strongest influence on the observed construct.

Based on the table above, the R2 coefficient for the Adolescent ataraxia variable obtained a value of 0.701. This can be interpreted as Adolescent Perceptions , Social Environment, and Self Control influencing the learning outcomes variable by 70.10% and the remaining 29.90% is influenced by other variables outside the research model. So the output effect size shows that the most dominant variable influencing Ataraxia in Teenagers is mobile learning (f2 = 0.700 in the strong category and the weakest variable is Adolescent Perceptions (F2 = 0.072) in the small category.

Measurement of Direct Effects

One of the main goals of hypothesis testing is to examine the relationships between variables in a proposed model. This is done by analyzing the strength and significance of the relationships between the variables identified in the model. Direct effect evaluation allows researchers to test the consistency between empirical findings and the theory that supports the model. Apart from that, this test analyzes the significance of the mediation effect in the research model. This is important for understanding the mechanisms underlying relationships between variables and how certain variables can mediate or change relationships between other variables.

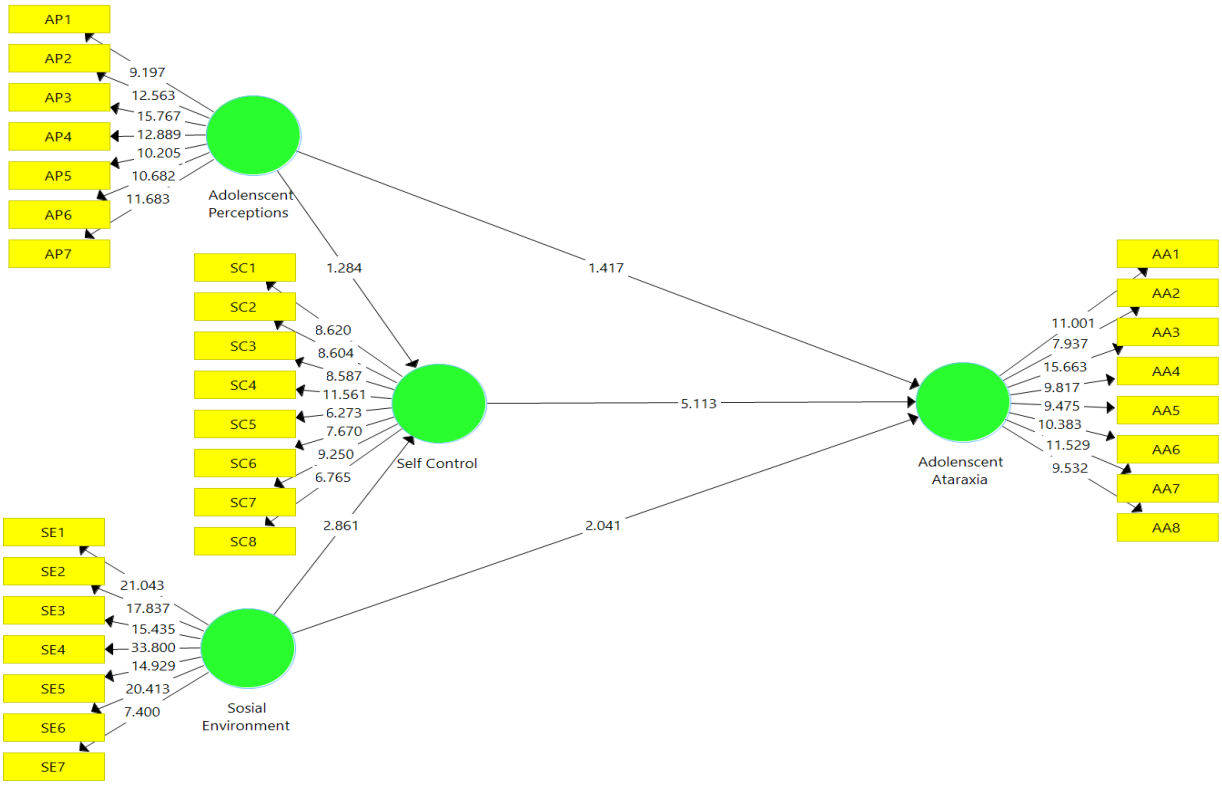

Figure 2. Evaluation of Structural Model

A hypothesis can be accepted with significant criteria if it has a T statistic value above 1.96. Meanwhile, the hypothesis can be accepted with positive or negative influence if the B-value coefficient value shows the direction of positive or negative influence. Based on the table below, the hypothesis H1 (Adolescent Perceptions (X1) → Adolescent ataraxia (Y) obtains β-values = 0.179 and P values = 0.140 (0.05). This shows that the variable Adolescent Perceptions (X1) has a negative effect and is significant for adolescent ataraxia (Y). This can be interpreted as meaning

that when the Adolescent Perceptions (X1) variable increases, the learning outcomes variable does not increase significantly. Furthermore, hypotheses H3 to H5 are stated to have a positive and significant effect on the influence of the Adolescent ataraxia variable. Judging from the β-Values, the highest score was obtained for the Social Environment and Self-Control variables 0.451, so that the Social Environment and Self-Control variables made the largest contribution to influencing Self-Control.

Table 6. Results of Path Cooficient: Dirrect Effects

Hypothesis	Path Analysis	β-Values (+/-)	Sample Mean	SDV	T-Statistics (>1,96)	P-Values (<0,05)	Decision
H-DIR$_1$	TP → AT	0.179	0.198	0.121	1.478	0.140	Rejected
H-DIR$_2$	TP → SC	0.210	0.241	0.161	1.304	0.193	Rejected
H-DIR$_3$	SE → AT	0.238	0.225	0.118	2.016	0.044	Accepted
H-DIR$_4$	SE → SC	0.451	0.447	0.157	2.870	0.004	Accepted
H-DIR$_5$	SC → AT	0.567	0.559	0.119	4.781	0.000	Accepted

The Mediating Role of Self-Control on the Adolescent Perceptions and Social Environment on Adolescent ataraxia.

Based on the table below, in the H-IND1 hypothesis, the results of testing the mediating effect of the Self Control (Z) variable can be concluded that there is a positive influence (β-values = 0.05) and it is not significant (T statistic 1.407 <1.96 and P values 0.160 >0.05) between Adolescent Perceptions (X1) factors and Teenager Ataraxia (Y). So H-IND1 states "There is no positive and significant influence on the role of self-control in mediating adolescent perception of adolescent ataraxia".In the H-IND2 hypothesis, the results of testing the mediating effect of the Self Control (Z) variable can be concluded that there is a positive (β-values = 0.256) and significant (T statistic 2.333 > 1.96 and P values 0.020 <0.05) influence between Social Environment factors (X2) on Adolescent ataraxia (Y). So H-IND2 states "There is a positive and significant influence on the role of self-control in mediating the social environment on adolescent ataraxia".

Table 7. Results of Path Coeficient: Indirect Effects

Hypothesis	Path Analysis	β-Values (+/-)	SDV	T-Statistics (>1,96)	P-values	Decision	Mediating Role
H-IND$_1$	TP → SC → AT	0.119	0.085	1.407	0.160	Rejected	No mediation
H-IND$_2$	SE → SC →AT	0.256	0.110	2.333	0.020	Accepted	Partial mediation

DISCUSSION | مناقشة

The results of testing the H1 hypothesis show a statistical T value of 1.478, meaning it is not significant because the statistical T value is <1.96, so the first hypothesis is rejected. Adolescent perception has a positive influence on increasing adolescent ataraxia but is not significant. This research is in line with research (Allemand dkk., 2019; Duckworth dkk., 2019; Stavrova dkk., 2020) which states that teenagers' perceptions of situations or environments can influence the level of their mental and emotional states, including the level of ataraxia or inner calm. If adolescents have negative perceptions of themselves or their environment, this can affect their level of ataraxia. For example, if teenagers feel constantly pressured by social expectations or feel they have no control over their lives, this can interfere with their sense of well-being. However, adolescents' perceptions are unlikely to be the only factor influencing their ataraxia but can have a significant impact.

Adolescents' perceptions of self-control can also be influenced by personal experiences, including success or failure in overcoming challenges or achieving goals.(Iqbal dkk., 2017) Adolescents who feel able to manage their own emotions and impulses effectively may have a more positive perception of their self-control. In addition, psychological aspects such as levels of self-confidence and motivation can also influence adolescents' perceptions of self-control. Adolescents who believe in their ability to control themselves tend to have more positive perceptions of self-control, while adolescents who feel unable to control themselves may have more negative perceptions.(Duckworth dkk., 2019)

Increased self-control plays a crucial role in mediating the influence of adolescents' perceptions of the social environment on ataraxia, or inner peace, of adolescents. Adolescents are often exposed to a variety of stimuli from their social environment, which can influence levels of anxiety, stress, and emotional instability. In this context, self-control functions as a powerful tool for managing responses to these stimuli. Self-control refers to the ability to regulate thoughts, emotions, and behavior in facing daily temptations and challenges(Allemand dkk., 2019; Duckworth dkk., 2019). By increasing self-control, adolescents can develop the ability to control impulses and refrain from impulsive actions that may be detrimental. This allows them to be more calm and collected in the face of demanding situations, which in turn contributes to the achievement of ataraxia. By increasing self-control, adolescents can experience an increase in achieving ataraxia. They become better able to adapt to their social environment without losing their inner peace. (Badarna & Gesser-Edelsburg, 2024; Loewenstein, 2018)This helps them overcome life's challenges and achieve greater overall well-being. Therefore, increasing self-control plays a crucial role in mediating the influence of adolescent perceptions and social environment on adolescent ataraxia.

The social environment plays an important role in shaping and strengthening adolescents' self-control, which in turn can act as a mediator in achieving ataraxia, or inner peace. The following are several factors in the social environment that can help increase adolescent self-control. (Mulyadana, 2024) Family support is one of them, the family has a strong influence in shaping adolescent self-control. Families that provide emotional support, provide clear boundaries, and teach the values of discipline and responsibility tend to help teenagers develop strong self-control.(Hétier, 2023; Manusov, 2020) This support creates a stable and supportive environment, which allows adolescents to more easily refrain from impulsive actions and achieve ataraxia.

Religious Communities and Spiritual Activities For teenagers involved in religious communities such as the Nahdlatul At-Thullab Sholawat Council IPNU IPPNU, religious and spiritual activities can also help improve their self-control. Participation in religious activities such as prayer, reading the Koran, and other social activities can help teenagers strengthen their spiritual ties and strengthen their ability to control themselves. Moral and ethical values taught in a religious context can also provide a strong framework for adolescents to develop healthy self-control(Begum dkk., 2020; Yar & Nasih, 2024). With support from the social environment which includes family, peers, school, and religious community, teenagers have a greater opportunity to increase their self-control. Strong self-control can then act as a mediator in achieving ataraxia, or inner peace, by helping teenagers overcome life's challenges and difficulties more effectively and maintain their emotional and mental balance. Therefore, a social environment that supports and promotes the development of self-control is an important aspect in creating conditions that support the achievement of overall adolescent well-being.(Allemand dkk., 2019; Duckworth dkk., 2019)

Increasing self-control in response to social and environmental influences has a significant impact on the achievement of adolescent ataraxia.

Adolescents' social environment, which includes family, peers, school, and religious communities, can be a source of pressure, temptation, or support that influences their level of well-being(Allemand dkk., 2019; Iqbal dkk., 2017). This is where self-control acts as an important mediator. By increasing self-control, teenagers are better able to manage negative influences from their social environment. They can refrain from impulsive actions that may be detrimental, such as following friends who engage in risky behavior or going against the values they believe in. In addition, self-control allows teenagers to make more rational and responsible decisions in the face of social pressure, such as pressure from peers or expectations from family.(Case & VanderWeele, 2024)

By developing self-control, teenagers can also change their perception of their social environment. They may become more aware of the influence of their environment and more empowered to choose interactions that support their well-being. This can reduce stress and anxiety levels caused by social pressure, as well as increase feelings of satisfaction and inner peace(Albdour dkk., 2017; Yapijakis, 2022). In addition, increasing self-control also allows teenagers to focus more on their long-term goals and ignore temporary temptations that may hinder their achievement. They can allocate their time and energy more effectively, whether to study, exercise, interact with positive friends, or engage in spiritual activities.(Yang dkk., 2019)

Thus, increasing self-control can help adolescents achieve ataraxia better in dealing with the influence of their social environment. Although the social environment remains an important factor in adolescents' well-being, self-control provides additional abilities for them to manage, adapt, and take control of their responses to that environment. Therefore, efforts to increase adolescent self-control through education, social support, and building interpersonal skills can have a positive impact on creating an environment that supports the achievement of adolescent ataraxia holistically and sustainably.

CONCLUSSION | خاتمة

This research has investigated the role of self-control in mediating the influence of adolescents' perceptions of their social environment on the achievement of ataraxia in the Nahdlatul At-Thullab IPNU IPPNU Sholawat Council. Research findings show that self-control plays an important role in helping teenagers manage the influence of their social environment and achieve inner peace. Adolescents who have a high level of self-control tend to be better able to restrain themselves from impulsive actions, make better decisions, and adapt to the social norms taught in their community. Through developing self-control, adolescents can reduce stress and anxiety levels, improve the quality of interpersonal relationships, and achieve higher overall life satisfaction.

This research also found that although self-control is an important factor in teenagers' lives, it does not always mediate the influence of teenagers' perceptions of teenage ataraxia. Although adolescents who have high levels of self-control tend to be better able to manage harmful impulses and actions, research results show that adolescents' perceptions of their social environment can also directly influence their level of ataraxia. In this context, other factors also have a significant influence on adolescents' achievement of ataraxia, such as social support, quality of interpersonal relationships, and adjustment to the values and norms in their

environment. Although self-control remains a relevant factor, it does not exclusively mediate the relationship between adolescents' perceptions and their ataraxia

Therefore, increasing self-control can be an effective strategy in helping adolescents face the challenges they face in their social environment. By understanding the role of self-control as a mediator between adolescent perceptions and the social environment in achieving ataraxia, we can develop more effective interventions to improve the spiritual and mental well-being of adolescents in the Nahdlatul At-Thullab Sholawat Council IPNU IPPNU, as well as other youth communities.

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