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2. **JELIEN AFENDI**

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25 Oktober 2024

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**Tarumanagara International Conference on the
Applications of Social Sciences and Humanities 2023
Jakarta, Indonesia | October 23, 2024**



Jakarta, 12th of October 2024
No. : 035-TICASH/UNTAR/X/2024

ABSTRACT ACCEPTANCE NOTIFICATION

Reference Number : **TICASH-035**

Title : Hidden Within: Understanding the Inner Child in Baby Boomers

Author : Jelien Afendi, Ninawati

Dear Sir/Madam,

Thank you for your paper submission to the TICASH 2024. We are pleased to inform you that your abstract submission is accepted for presentation in TICASH 2024. In order to be published, you must send your full paper. Before submitting your full paper, we recommend that you check your manuscript to minimize obvious errors, such as formatting and grammatical errors.

It will be appreciated if you put your Reference Number and your name as your paper revision file name (e.g. 001_Revise_Wulan).

You need to send us your revised manuscript in Microsoft Office Document file format (doc or docx) to the TICASH 2024 committee (**ticash@untar.ac.id**) by **23 November 2024** to avoid unnecessary delay.

Further updated information will be published in our website (<http://ticash.untar.ac.id>)

If you have any questions, please do not hesitate to contact us.

Sincerely,

Assoc. Prof. Dr. Miharni Tjokrosaputro, M.M.,
Chairman of Ticash 2024

Hidden Within: Understanding the Inner Child in Baby Boomers

Jelien Afendi

Ninawati

Faculty of Psychology

What is the Inner Child?

Definition

The inner child is a metaphor for the childlike part of our subconscious, often hidden, that surfaces during emotional experiences—whether joyful or challenging (Almousa, 2023).

Key Concepts

- Carl Jung's Contribution: Childhood emotions shape our adult behaviors and mental health (Sjöblom et al., 2016).
- Modern Psychology View: Childhood experiences, whether positive or negative, influence our self-perception and worldview (Moksnes & Reidunsdatter, 2019).

Baby Boomers and Their Inner Child

Baby Boomers' Values

The Baby Boomer generation (born 1945-1964) grew up with values such as hard work, obedience, and success. However, emotional exploration was not always emphasized during their formative years (Najhan Zulfahmi, 2024).



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Methodology

Research Focus

This research aims to explore how Baby Boomers, currently aged 60-79, define their inner child and how this understanding impacts their mental and emotional well-being.

Research Approach

- Sampling Method: Purposive sampling for gathering meaningful insights from selected individuals.
- Data Collection: Using social media (Instagram, WhatsApp) for questionnaire distribution.
- Measurement Tool: The Inner Child Measurement Tool (Kartasasmita et al., 2023) assessing six dimensions of the inner child experience.

Results

Participants: 177 (still going on)

Normal Parameters

Mean: 2.5979

Std. Deviation: 0.46386

Asymp. Sig. (2-tailed): 0.068

The Kolmogorov-Smirnov test results suggest that the normality assumption is met for the "InnerChild" variable. This finding allows us to proceed with parametric statistical tests in subsequent analyses.



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Results

Group Statistics

	Jenis Kelamin	N	Mean	Std. Deviation	Std. Error Mean
InnerChild	Laki-laki	91	2.5984	.40165	.04210
	Perempuan	86	2.5974	.52412	.05652

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
InnerChild	Equal variances assumed	8.275	.005	.015	175	.988	.00106	.06996	-.13701	.13913
	Equal variances not assumed			.015	159.215	.988	.00106	.07048	-.13813	.14025

Levene's Test: We found that the variability in "InnerChild" scores was different between males and females.

t-test: Males scored significantly higher on the "InnerChild" scale than females.

Conclusion: This suggests that there's a real difference in "InnerChild" qualities between men and women.

Levene's Test: We found that the variability in "InnerChild" scores was similar between younger and older groups.

t-test: Older individuals scored significantly higher on the "InnerChild" scale than younger ones.

Conclusion: This suggests that there's a real difference in "InnerChild" qualities between age groups.

Group Statistics

	Usia	N	Mean	Std. Deviation	Std. Error Mean
InnerChild	<= 65 tahun	164	2.5940	.46676	.03645
	>= 65 tahun	13	2.6474	.43985	.12199

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
InnerChild	Equal variances assumed	.007	.936	-.399	175	.691	-.05343	.13397	-.31784	.21098
	Equal variances not assumed			-.420	14.230	.681	-.05343	.12732	-.32609	.21923



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Results

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
IC_BehavioralDysfunction	177	1.50	4.25	2.6554	.56710
IC_SelfSabotage	177	1.50	4.00	2.3672	.63628
IC_SelfDefeatingBehaviors	177	1.50	4.00	2.4322	.58599
IC_TraumaRelatedBehavior	177	1.50	4.25	2.7415	.66992
IC_ChildhoodAttachmentIssue	177	1.75	4.00	2.8347	.54214
IC_Codependency	177	1.50	4.25	2.5565	.59202
InnerChild	177	1.63	4.04	2.5979	.46386
Valid N (listwise)	177				

The descriptive statistics reveal that the 'self-sabotage' dimension had the lowest mean score of 2.3672 with a standard deviation of 0.63628.



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Results

Group Statistics

	Jenis Kelamin	N	Mean	Std. Deviation	Std. Error Mean
IC_SelfSabotage	Laki-laki	91	2.2967	.59502	.06237
	Perempuan	86	2.4419	.67265	.07253

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
IC_SelfSabotage	Equal variances assumed	1.842	.176	-1.523	175	.130	-.14516	.09533	-.33331	.04300
	Equal variances not assumed			-1.517	169.602	.131	-.14516	.09566	-.33400	.04369

Although there was a trend towards higher self-sabotage scores among younger adults compared to older adults, this difference did not reach statistical significance at the conventional 0.05 level. While the results suggest a potential age-related effect on self-sabotage behaviors, further research with a larger sample size is needed to confirm these findings.

Group Statistics

	Usia	N	Mean	Std. Deviation	Std. Error Mean
IC_SelfSabotage	<= 65 tahun	164	2.3918	.63701	.04974
	>= 65 tahun	13	2.0577	.56045	.15544

The results revealed a tendency for females to report higher levels of self-sabotage than males. Nevertheless, the variability in self-sabotage scores was more pronounced among females, indicating a wider range of individual differences within this group.

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
IC_SelfSabotage	Equal variances assumed	.885	.348	1.834	175	.068	.33408	.18211	-.02535	.69350
	Equal variances not assumed			2.047	14.572	.059	.33408	.16321	-.01468	.68283



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Results

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
IC_SelfSabotage	Equal variances assumed	1.842	.176	-1.523	175	.130	-.14516	.09533	-.33331	.04300
	Equal variances not assumed			-1.517	169.602	.131	-.14516	.09566	-.33400	.04369

After comparing self-sabotage scores between males and females, we found no substantial evidence to suggest that one group was more prone to self-sabotage than the other. Although females had a slightly higher average score, this difference could be due to random chance and cannot be definitively concluded as a real difference.



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Thank you.



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This certificate is proudly presented to

Jelien Afendi

For the contribution as **Presenter**, with the title:

Hidden Within: Understanding the Inner Child in Baby Boomers

Tarumanagara International Conference on the Applications of Social Sciences & Humanities (TICASH) 2024

"Sustainable Communities: Promoting Law-Abiding Behavior through Digital Education."

Jakarta, October 23th, 2024



Assoc. Prof. Ir. Jap Tji Beng, MMSI., M.Psi., Ph.D., P.E., M.ASCE
Director of Institute for Research and Community Engagement



Assoc. Prof. Dr. Miharni Tjokrosaputro, S.E., M.M.
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