

The Role of Peers in Shaping Sanguine Personality in Islamic Guidance and Counseling Students at STAI Al Furqan Makassar

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ABSTRACT

This research aims to examine how interactions and the role of peers contribute to the formation of sanguine personality among students of the Islamic Guidance and Counseling Study Program at STAI Al Furqan Makassar. The college years are a challenging transitional phase, where social interactions, especially with peers, play a crucial role in character formation and the development of students' social skills. The sanguine personality, characterized by cheerful, expressive, and sociable traits, is considered highly relevant to the demands of the profession as an Islamic counselor. This research uses a descriptive qualitative approach with data collection techniques in the form of observation, interviews, and documentation involving nine students from the 4th and 6th semesters. The research results show that intensive interaction and emotional support from peers can encourage students to be more open, confident, and communicative. In addition, the role of peers also serves as a stimulus in the formation of positive and adaptive character that supports students' readiness as prospective educators in the community. These findings emphasize the importance of creating a supportive social environment on campus to foster balanced personality development

1. INTRODUCTION

The world of college becomes a new phase in life filled with various challenges while also opening many opportunities (Muhsin, 2021). Building harmonious relationships with professors and fellow students is one of the important factors in achieving success in higher education. Positive and mutually supportive interactions can have a significant impact, both on academic development and personal growth (Susanto & Kiswantomo, 2020). Peers play an important role in building healthy communication, sharing information, experiences, and enjoyable moments together. Amid the various challenges faced today, interaction among peers becomes very necessary, as they tend to understand, listen, and provide support more easily when someone is experiencing difficulties in their studies. Therefore, in terms of communication, there are important roles involved, such as the level chairperson and secretary, to ensure that the lectures can be coordinated and run smoothly. Role is the behavior expected to be possessed and carried out by someone according to their position or social status in a particular society or group. Role also reflects the responsibilities, duties, and functions of an individual within a social system.

A person's personality can be formed through the process of communication, which is reflected in their attitudes and behaviors when interacting with their surroundings (Ismail et al., 2025). A person's behavior can develop along with the interactions formed with their social environment through communication. Through this communication process, individuals build relationships that also shape their character and personality (Harapan et al., 2022). The interactions that a person undergoes can shape their personality, influenced by their social environment. Each individual has a unique and diverse personality type, which can be recognized through physiological and biological aspects. The social environment plays an important role in shaping a person's character, personality, and social values. Interaction with peers also influences individual development, one of which is through the process of imitation or emulation of their attitudes and behaviors (Desiani, 2020). Teenagers' lifestyles, such as in terms of dressing, speaking, and behaving, are often influenced by the intensity of their interactions with peers. This happens because most of their time is spent with peer groups rather than with family. In the college environment, especially among students in the da'wah department, this habit is clearly seen through the formation of social groups or communities that serve as their socializing platforms. Each of these groups has its own uniqueness and interaction patterns, reflecting various personality types, such as the sanguine personality known for its cheerful, expressive, and sociable nature. The diversity of characters within this group also shapes the way students socialize and respond to their campus environment.

Peer groups are collections of adolescents with relatively equal levels of maturity, sharing similar interests, experiences, and goals, and playing a significant role in shaping individual personalities and values (Ns et al., 2020). Everyone has diverse personalities; some exhibit calm, cheerful, and sociable traits, reflecting the natural character differences among individuals in daily life (Rahma et al., 2024). The combination of a person's attitude, character, way of thinking, and emotional responses forms the foundation for their actions, enabling individuals to adapt and behave according to the norms and values prevailing in their environment (Karadona & Sari, 2025). Personality is a collection of characteristics observable in a person's behavior and becomes a unique identity that distinguishes them from others, reflecting how an individual thinks, feels, and acts in various situations. Personality is a unique pattern of behavior and thought that a person possesses, influencing how they adapt and interact with their surrounding environment (Setiyowati, 2020). The unique traits, styles, and characteristics inherent in an individual are the result of environmental influences that shape them. This uniqueness can also be interpreted as consistency in a person's behavior patterns and way of thinking, which makes them tend to act similarly in various conditions or different situations (Nashihin, 2017). Peer groups play an important role in shaping a student's personality. In the campus environment, each individual has the freedom to determine the social circle or community they wish to make their place of interaction (Amin et al., 2020).

Through social interaction, students can be more selective in choosing friends who can provide a positive influence and encourage changes for the better in various aspects of life. The presence of peers is very influential on academic success, as they can be both motivators and stabilizers in shaping a more directed and responsible attitude. Meanwhile, personality is a combination of a person's thoughts and soul that distinguishes the behavior of one individual from another. Personality also reflects a distinctive and stable character that becomes each person's self-identity (Rahmat, 2021).

A person's personality is marked by various characteristics such as shyness, aggression, obedience, passivity, ambition, and loyalty, which are usually seen in various life situations. One of the personality types that is often encountered is sanguine, which generally has a tendency to be open, cheerful, and active in social interactions, and falls into the extrovert category (Jayanti, 2024). The sanguine personality type is known to be very energetic and enthusiastic. Individuals with this character usually have spontaneous, enthusiastic, and expressive traits, and tend to be creative and full of new ideas. They are easy to get along with, enjoy being in crowds, and are able to create a pleasant atmosphere at work (Anggreini et al., 2020).

Sanguine is a personality type that prioritizes social relationships. They tend to be friendly, sociable, and always strive to maintain harmony in every interaction because, for them, togetherness and emotional closeness with others are very important (Ginting, 2022). The sanguine personality type is characterized by optimism, cheerfulness, confidence, and a high degree of social appeal. Individuals with this character are known to be open in their interactions, enthusiastic in various activities, and possess abundant energy and enthusiasm. They tend to be extroverted, easily socialize, are friendly, and are creative in conveying ideas and building relationships with others. Sanguines also enjoy being in crowds and are able to create a pleasant atmosphere for those around them, making them well-liked by many people in social circles and work environments (Wibisana, 2019).

Based on the researchers' initial observations, developing a sanguine personality is very important, especially for students of Islamic guidance and counseling at STAI Al Furqan Makassar. This is because, by developing a sanguine personality, students can be better prepared when conducting guidance or counseling in the wider community. With a sanguine personality, a student can make the situation more relaxed and at ease because of their cheerful, optimistic, and very active demeanor.

Individuals with a sanguine personality are known to possess a strong imagination and a high level of curiosity. They typically think logically and realistically when approaching various situations. People with this type tend to be sociable, good conversationalists, and often become the center of attention in discussions due to their ability to create a lively atmosphere. When carrying out tasks, they are known to be responsible, willing to help, and able to provide encouragement and

motivation to others. Every day, humans engage in a variety of activities, which are referred to as behavior. This behavior can be directly or indirectly observed and reflects a person's way of socializing. In a campus environment, students with a sanguine character appear active in extracurricular activities and demonstrate dynamic social interactions around them.

2. METHODS

This research employs a qualitative approach, a type of contextual research where the researcher serves as the primary instrument in exploring and understanding field data (Achjar et al., 2023). The qualitative method is a research approach that yields descriptive data in the form of speech or writing from the subjects studied, as well as behaviors observed directly in the field (Winarni, 2021).

This research was conducted at STAI Al Furqan Makassar, with the research subjects being nine students from the Islamic Guidance and Counseling (BPI) Study Program in semesters 4 and 6. Data collection techniques applied included observation, interviews, and documentation carried out during the research process. In addition, a survey method was used as a primary data collection tool, involving written and oral questions to respondents. The purpose of this research is to provide an overview and summarize various circumstances, situations, or social phenomena that exist in society as objects of study. The results of these observations are then used to describe patterns, characteristics, or features of the social conditions studied.

The data sources in this study consist of primary and secondary data. Primary data was obtained directly from the research subjects through interviews with informants such as lecturers and students (Wijaya, 2019). Meanwhile, secondary data was obtained from documents or other references that support and strengthen the findings in the field. Data collection techniques included observation, open interviews, and documentation. Observations were carried out by directly observing activities on campus, interviews were conducted flexibly using a list of open questions, and documentation was carried out by collecting data in the form of written notes, images, or other works related to the research object (Kusumastuti & Khoiron, 2019).

STAI Al Furqan Makassar was chosen as the research location because it has various advantages, including character-building programs such as congregational prayers, tahfidz (memorization of the Quran), and tilawah (recitation of the Quran). These programs are directed at shaping students, especially those who live in campus dormitories, to be superior in the field of religion and to stand out in accordance with the word "Al-Furqan," intelligent, and skilled. The achievements attained by this campus demonstrate the significant role of the head of STAI Al-Furqan, lecturers, and also the dormitory supervisors as central figures in promoting the progress of the institution. The head of STAI Al-Furqan plays a role as the main driver in developing facilities, creating a quality learning environment, and leading the campus towards the predicate as a leading educational institution in the fields of tahfidz, tilawatil quran, and also calligraphy

3. RESULTS AND DISCUSSION

3.1. Peer Interaction among Islamic Counseling Guidance Students at STAI Al Furqan Makassar

Interaction is a form of social relationship that occurs between individuals, where each party exerts influence on the other. In the context of social interaction, this relationship is reciprocal between one individual and another. This process of mutual influence creates a distinctive social dynamic, especially within the student environment. Based on the researcher's observations, the interactions among students tend to form peer groups with similarities in their ways of thinking, personalities, and specific goals. These similarities strengthen the social bonds within the group, thereby creating a relationship pattern that supports the processes of adaptation, communication, and character development in the university environment.

Based on observations of students, especially those in the 4th and 6th semesters of Islamic Guidance and Counseling at STAI Al Furqan Makassar, to become qualified and responsible students, we need to shape their sanguine personality. Several factors play a role in this, such as family, lecturers, and fellow students, especially peers, because students spend more time with other students, whether in lectures, doing assignments, or simply gathering together. With peers, students can share experiences, learning, discussions, and even exchange stories. Peers play an important role in the process of individual personality formation because the interactions within them create mutually influential relationships. In a friendship group, each member can impact each other's way of thinking, acting, and behaving. This relationship is reciprocal, where individuals are not only influenced but also influence others. Through intense communication and togetherness, peers can encourage behavioral changes, form positive habits, and even improve a person's attitudes and views towards their social environment. Therefore, friendship becomes an important part of a person's character development.

In conducting the second study on the importance of the role of peers in shaping personality, especially the sanguine personality in students, after the researcher conducted a previous study on peer interaction, the importance of peer interaction and its role in shaping character and personality will be discussed further. Peers are individuals or groups who are in a relatively similar age range and have similar levels of social, emotional, and cognitive development. Peers play an important role in various aspects of individual development, such as social roles, emotional roles, roles in identity development, roles in decision-making, educational roles, and even roles in the formation of attitudes and behaviors. Peers hold a strategic role in a person's social, emotional, and personality development; healthy interactions with peers can be a major supporting factor in positive growth.

The role of peers is very important, both in terms of character and personality development and for daily life. This is also one of the reasons why students in Islamic guidance and counseling strive to be superior and active in all aspects, because a counselor will later be more involved in social life and of course needs preparation in terms of mental strength, theory, material, and broad knowledge so as not to feel awkward and worried when in the midst of the wider community. As Hurlock also explained, peers have a major influence on the development of an individual's personality, especially in adolescence and early adulthood (such as college years). He stated that: "Peer groups become important agents of socialization because they provide opportunities for individuals to learn to interact, adapt, and receive direct social feedback on their behavior." In this context, students with personality types that are not yet dominant can be encouraged to become more open, expressive, and sociable—characteristics of a sanguine personality—because they want to adapt to the norms and interaction styles of their peer group. Peers who have an active, cheerful, and social communication style can become behavioral models for other students.

Based on research findings, it can be concluded that students are in the late adolescence to early adulthood phase of development, typically between the ages of 19 and 22. At this stage, they begin to recognize the importance of responsibility, especially in academic aspects. This awareness encourages positive changes within the students. In this process, good communication and social relationships with peers are necessary. Interactions among students enable a mutually supportive atmosphere, where they can share experiences, listen to problems, and offer advice to each other when facing academic obstacles (Chen et al., 2023). However, the reality is that many students still experience difficulties in building supportive social relationships. A significant number of them feel lonely or do not have friends with whom they can collaborate on assignments or share stories about their academic problems. This condition is usually caused by a lack of intensive interaction and openness between individuals on campus. In fact, the presence of supportive peers is essential to create comfort in the learning process and increase student motivation in carrying out their academic activities.

Interaction among students and individuals is very important because it can enhance social skills, foster empathy and tolerance, encourage intellectual growth, strengthen social and professional networks, cultivate leadership and organizational spirit, provide sources of emotional support, and increase the enthusiasm for learning. Therefore, there are many positive impacts we gain when our interactions with each other are good. Interaction among students is also crucial in shaping personality, social skills, critical thinking abilities, and professional relationships. Campus is not just a place to learn theory but also a place to build character and future through healthy social interactions (Karadona et al., 2022). According to Latifah (2022), most students tend to be more open in sharing life issues with peers than with parents or family, because they feel more comfortable and understood by their peers. Therefore, it is very important for peer interactions, especially among

students, as student interactions represent the process of communication, cooperation, and social relationships that occur among students both inside and outside the academic environment, such as in class discussions, campus organizations, social activities, or friendships. A study by Anggraini & Abidin (2025) explains the patterns of social interaction between introverts and extroverts, emphasizing that both are tendencies, not permanent labels.

3.2. The Role of Peers in Shaping Sanguine Personality in Islamic Counseling and Guidance Students at STAI Al Furqan Makassar

Peers play several important roles in the lives of adolescents, primarily as facilitators who help guide them toward positive behavior. They serve as a source of information that can encourage individuals to behave and act better. In addition, peers open opportunities to build healthy social relationships with others. When an adolescent faces problems, the presence of peers who offer attention becomes a tangible form of care. Moreover, peers also act as mediators by offering advice and suggestions that can help resolve the issues being faced. As motivators, they also provide encouragement and moral support that can build an individual's motivation to remain strong and thrive.

In general, peers are individuals with a relatively similar age range and level of maturity, usually sharing similar interests, backgrounds, and goals. Interactions within peer groups are often built on a foundation of shared values and rules. In the context of social development, the role of peers is very significant, as they can serve as a bridge for the formation of social skills and self-confidence. Therefore, especially for students, establishing positive and harmonious relationships with peers is important, because these relationships can have a beneficial influence on both the learning process and social life more broadly. Here, the role of peers is very important for each individual; with peers, we can express all the feelings we are experiencing, both conditions and situations, because peers have the same level of development and age (Anggraini & Abidin, 2025).

Peer groups are formed through a socialization process that develops in line with the individual's need for recognition and appreciation from people with similar psychological backgrounds. In this case, teenagers tend to seek attention and comfort from their peers, as they feel more understood by an environment that aligns with their stages of growth and development. The desire to explore the outside world and build one's identity is often manifested through interactions with peer groups that are considered emotionally and socially equal. More than just a gathering place, peer groups also serve as a venue for social learning. Within it, teenagers begin to learn various social roles that they have not encountered in the family environment. Peers become the first arena outside the home where individuals learn to coexist with others, understand social norms, and develop communication and cooperation skills. Therefore, the presence of peers is very influential in shaping the character and personality of adolescents at their stage of social development.

4. CONCLUSION

Based on the results of the presentation above, it can be concluded that peer interaction among Islamic counseling guidance students at STAI Al Furqan Makassar plays an important role in supporting the development of personality, communication skills, and understanding of Islamic values. Through discussions, group work, and organizational activities, students motivate each other, share knowledge, and shape their character as prospective Islamic counselors who are communicative, empathetic, and capable of effectively nurturing the community. Not only that, besides the importance of peer interaction, the role of peers in shaping sanguine personalities among Islamic counseling students at STAI Al Furqan Makassar is also very significant. Through warm, active, and communicative interactions, students with sanguine tendencies can express themselves more freely, boost their self-confidence, and develop an optimistic, friendly, and sociable attitude that supports their role as open and adaptive prospective Islamic counselors in society.

Based on the research conducted at STAI Al Furqan Makassar, it can be concluded that interaction and the role of peers have a very significant influence on the formation of students' personalities, especially sanguine personalities. Students who are in the late adolescence to early adulthood phase greatly need a supportive social environment to aid in the processes of adaptation, communication, and character development. Peers function not only as study partners but also as motivators, mediators, and sources of emotional support that can influence the way students think, behave, and act in their academic and social lives. In the context of Islamic Guidance and Counseling students, a sanguine personality that is cheerful, open, and active is very important to support their duties as counselors in the community. Therefore, intensive, positive, and harmonious interactions with peers become the key to shaping an adaptive, communicative, and socially-oriented personality.

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