

ABSTRACT

Physical appearance is a factor that can affect the self-confidence of young women, it is not uncommon to find teenagers who feel insecure about their appearance because of the condition of their facial skin with acne. This is because the presence of acne can also be seen just like other physical deficiency problems. Acne also not be detached from negative views, those who experience facial acne will have an impact on their mental health, such as affecting their thoughts, views, emotions, and feelings so that the individual tends to be an introvert and avoid interactions with other people. All of these negative impacts will lead them to depression. Facial acne cannot be underestimated. Even 20% of the total 2,299 respondents from research conducted by BSF stated that acne sufferers had planned to commit suicide, therefore this problem should receive attention and concern from the related community. The aim of this study is to explain the intrapersonal communication of acne-prone adolescent girls in increasing their self-confidence. This study uses a qualitative research method with a phenomenological approach. The technique of data collection is interviews. The results of the research is, in increasing their confidence, the four informants go through four stages and produces intrapersonal communication such as sadness, stress, revenge, self-acceptance and others. Their views and attitudes influenced by the symbolic interaction of I and Me so that young women do five aspects to increase their confidence, namely aspects of self-confidence and ability, optimistic, objective, responsible, and rational.

Keywords: *communication, intrapersonal, teenagers, pimples, confidence*