

**The Use of Intrapersonal Communication in Shaping the Traveler's Self-Development  
as an Individual**



UNDERGRADUATE THESIS

Submitted to Fulfil the Requirements for Obtaining a bachelor's degree in Communication  
Sciences at the Faculty of Psychology and Socio-Cultural Sciences,  
Universitas Islam Indonesia

By:

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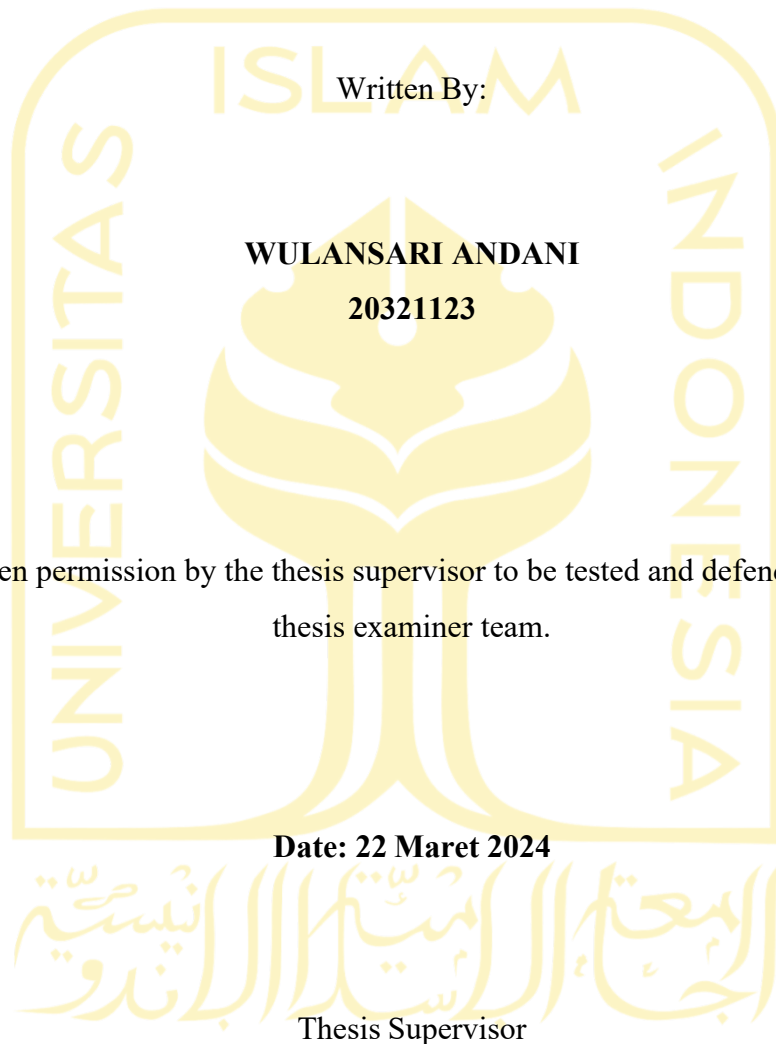
**FACULTY OF PSYCHOLOGY AND SOCIAL CULTURE  
UNIVERSITAS ISLAM INDONESIA  
YOGYAKARTA**

**2024**

**AGREEMENT SHEET**

**THESIS**

**THE USE OF INTRAPERSONAL COMMUNICATION IN SHAPING THE  
TRAVELER’S SELF – DEVELOPMENT AS AN INDIVIDUAL**



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## STATEMENT OF ACADEMIC ETHICS

*Bismillahirrahmanirrahim*

Undersigned, I henceforth:

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Through this letter I hereby state the following:

1. Throughout the completion of this thesis research, researchers upheld academic integrity by refraining from any form of academic misconduct, such as plagiarism, enlisting assistance from others in writing the thesis, or engaging in any other violations that contradict the esteemed academic ethics upheld by the Islamic University of Indonesia.
2. This thesis represents solely my own scientific efforts as a student and researcher, without the involvement of any other individuals or parties.
3. In the event that, after my graduation from the Communication Science Department in the Faculty of Psychology and Social-Cultural Sciences of the Islamic University of Indonesia, it is determined that this thesis shows clear evidence of plagiarism or academic fraud, I accept full responsibility for any ensuing consequences and academic sanctions imposed by the Islamic University of Indonesia.

Thus, I truly agree with this remark.

Yogyakarta, 22 Maret 2024

Sincerely,



Wulansari Andani

## MOTTO

“You don’t have to be great to start, but you have to start to be great”

-Joe Sabah

“There will never be a right time. Stop waiting and start doing.”

-Mel Robbins

“And that there is not for man except that [good] for which he strives.”

-An-Najm: 3

## DEDICATION

"I dedicate this final thesis to both of my beloved parents, my family, my friends, and also someone special in my life. I would not have been able to complete all of this without the love and affection, support, and sincere prayers from them."

## FOREWORD

### *Assalamualaikum Warrahmatullahi Wabarakatuh*

I would like to express my gratitude to my One and Only God, Allah SWT, who has granted me good health and strength in completing my final thesis within the planned time. May blessings and peace always be bestowed upon our beloved Prophet, Prophet Muhammad SAW, his family, companions, and followers.

This thesis titled "The Use of Intrapersonal Communication in Shaping the Traveler's Self-development as an Individual" is submitted to obtain my bachelor's degree from the Communication Studies Department, Faculty of Psychology and Socio-Cultural Science, Universitas Islam Indonesia.

This thesis was made possible by the unwavering love of my primary support system. I express my gratitude to Mrs. Ida Nuraini Dewi Kodrat Ningsih, S.I.Kom., M.A. for her guidance and support as the supervisor of this thesis. Without her continuous assistance and valuable suggestions, this thesis would not have been completed on time and with its intended value. I pray that Allah SWT rewards her for her kindness.

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6. My brothers and sister who always support me, pray for me, and give guidance when I am facing struggles in writing the thesis.
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Wulansari Andani

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## ABSTRACT

**Andani, Wulansari. 20321123. The Use of Intrapersonal Communication in Shaping the Traveler's Self-development as an Individual. Department of Communication, Faculty of Psychology and Socio-Cultural Studies, Universitas Islam Indonesia. 2024.**

Intrapersonal communication, often referred to as talking to oneself, plays a significant role in how someone plans their journey and what they expect from it, especially for those who work as travelers. When they are actually on the road, intrapersonal communication helps them understand new places and occasionally assists in facing challenges. Moments when they are alone to simply explore or do something on their own provide them with the opportunity for deep reflection. This leads to learning more about oneself and emotional growth. Not only that, what a traveler does such as reflecting on experiences after the journey, helps them understand what transpired. This influences how we view ourselves and our place in the world. Research shows how talking to oneself during and after a journey helps someone develop as an individual.

This research aims to explore how talking to oneself, known as intrapersonal communication, affects one's self-development, especially as a traveler when they are on the go. Traveling is not just about pleasure; it can alter how one perceives oneself and the world. By using interviews and examining personal stories, a traveler learns how their inner thoughts influence and are influenced by their travel experiences. Their inner dialogues can make their journeys more meaningful, helping them become stronger, more understanding, and see the world in a different light. By understanding how one's thoughts shape their travel experiences, they can use this knowledge to grow and learn more about themselves.

**Keywords:** Intrapersonal Communication, Traveler, Self-development.

## **ABSTRAK**

***Andani, Wulansari. 20321123. Penggunaan Komunikasi Intrapersonal dalam Membentuk Perkembangan Pribadi Traveler sebagai Individu. Jurusan Ilmu Komunikasi, Fakultas Psikologi dan Studi Sosial Budaya, Universitas Islam Indonesia. 2024.***

*Komunikasi intrapersonal, sering disebut sebagai berbicara pada diri sendiri, memainkan peran penting dalam bagaimana seseorang merencanakan perjalanan mereka dan apa yang mereka harapkan darinya, terutama bagi mereka yang bekerja sebagai pelancong. Saat mereka benar-benar berada di jalan, komunikasi intrapersonal membantu mereka memahami tempat-tempat baru dan kadang membantu menghadapi tantangan. Saat mereka sendirian untuk sekadar menjelajahi atau melakukan sesuatu sendiri memberikan mereka kesempatan untuk refleksi mendalam. Hal ini mengarah pada pembelajaran lebih tentang diri sendiri dan pertumbuhan emosional. Tidak hanya itu, apa yang dilakukan seorang pelancong seperti merenungkan pengalaman setelah perjalanan, membantu mereka memahami apa yang terjadi. Hal ini memengaruhi bagaimana kita melihat diri kita sendiri dan tempat kita di dunia. Penelitian menunjukkan bagaimana berbicara pada diri sendiri selama dan setelah perjalanan membantu seseorang berkembang sebagai individu.*

*Penelitian ini bertujuan untuk menjelajahi bagaimana berbicara dengan diri sendiri, yang dikenal sebagai komunikasi intrapersonal, memengaruhi perkembangan pribadi seseorang, terutama sebagai seorang pelancong ketika mereka sedang bepergian. Berpergian bukan hanya tentang kesenangan; hal itu dapat mengubah cara seseorang memandang diri sendiri dan dunia. Dengan menggunakan wawancara dan memeriksa cerita pribadi, seorang pelancong belajar bagaimana pikiran dalam diri mereka memengaruhi dan dipengaruhi oleh pengalaman perjalanan mereka. Dialog dalam diri mereka dapat membuat perjalanan mereka lebih bermakna, membantu mereka menjadi lebih kuat, lebih memahami, dan melihat dunia dengan sudut pandang yang berbeda. Dengan memahami bagaimana pikiran seseorang membentuk pengalaman perjalanan mereka, mereka dapat menggunakan pengetahuan ini untuk tumbuh dan belajar lebih banyak tentang diri mereka sendiri.*

***Kata Kunci:*** Komunikasi Intrapersonal, Traveler, Perkembangan Diri.

# CHAPTER I

## INTRODUCTION

### A. Study Background

Humans are social creatures and communication is basic feature of social life. As a social-beings, humans need to communicate and interact both with himself and with those around him verbally and non-verbally. In the process of communication, there will be many communication processes that can be realized properly and effectively. One of these is Intrapersonal communication. Intrapersonal communication is communication that takes place within a person, involving thoughts, feelings and ways of perceiving oneself. In another sense, intrapersonal communication can assist a person in communicating with himself or herself about what they are thinking, what they are feeling, and giving rise to a meaning for themselves. Intrapersonal communication refers to the way our minds and bodies process, remember, and interpret messages when we talk to ourselves or interact with others. It helps us understand, maintain, and grow our social, psychological, and physical selves (Roberts, 1983).

Intrapersonal communication is centered in individual, making them the sender and receiver in the act of communicating. According to Nunn & Deveci (2017), in intrapersonal communication, the sender and receiver of the message are oneself. The medium used when communicating is the brain of the individual himself whose message consists of thoughts and feelings. The brain processes what they think and feel. Although they do not communicate directly with others, the people around them and their experiences can determine how the individual “speaks” to themselves. Pearson, Nelson, Titsworth, & Harter (2011) state that intrapersonal communication is the act of using messages to create understanding that happens internally. Meanwhile, the feedback obtained is in the form of talking to yourself by discarding certain ideas and replacing them with others, or simply analyzing their situation.

Here’s why intrapersonal communication becomes crucial for everyone. It’s essentially self-talk, an internal dialogue about oneself. This self-talk can help manage emotional stress. Self-talk it can be one of the important phenomena of intrapersonal communication. Self-talk has a significant impact that can be positive or negative on a person's mental health and self-esteem. According to DuBrin (2016), Intrapersonal communication can help how we communicate with ourselves so that it can greatly affect

how well we communicate with others. Understanding of this phenomenon is self-talk which is closely related to the art of thinking, planning and interpreting ideas and messages positively within oneself so that the meaning that arises can be absorbed properly. Intrapersonal communication involves our thoughts, feelings, and the way we perceive ourselves.

One of the main characteristics of intrapersonal communication is that often reflective, which is a continuous process of self-reflection and self-awareness. It is from this process that a person's thoughts, feelings and behaviors can be formed that results can have a significant impact on the well-being or satisfaction of an individual as a whole. According to Wood (2018), intrapersonal characteristics, among others, sustainability, privacy, and the ability to be both positive and negative, all of which can influence a person's behavior. This is one of the important points that must be considered in applying intrapersonal communication so that the purpose of intrapersonal communication can be achieved effectively.

When a person lacks the skills to apply intrapersonal communication, they may have difficulty managing their emotions and thoughts, which can lead to problems with their mental health. According to Pallavi (2019) in his India Today news article, which wrote about the case of the death of a singer as well as a former member of the girl band KARA from South Korea named Goo Ha Ra, she was found dead by suicide at her residence in the Cheongdam neighborhood of Seoul on November 24, 2019 at exactly 18.00 PM local time. Goo Ha Ra reportedly suffered from severe depression due to her ex-boyfriend committing revenge porn and was found not guilty of crimes against Goo Ha Ra involving property damage, physical assault, threats, and coercion. Goo Ha Ra's severe depression is the main cause of his suicide. From the chronology of Goo Ha Ra's case, it can be said that Goo Ha Ra is unable to conduct positive self-talk and unable to manage his emotions so he is severely depressed. Intrapersonal communication which refers to thoughts involving self-talk, reflection, and self-awareness is not well realized so that his intrapersonal communication skills are poor. O'reilly & Lester (2013) state that the difficulty of communicating with oneself in a healthy way can greatly affect the mental health of the individual and cause problems such as feeling sad, worried, or having difficulties with self-personality. Thus, it is essential to develop self-awareness and positive self-talk in implementing intrapersonal communication skills to maintain good

mental health. Effective intrapersonal communication not only has an impact on mental health but play critical role in shaping a person's self-development. Self-development refers to the ongoing process of acquiring self-awareness, self-confidence, personal relationships, self-reflection, spiritual self, and how a person navigates the complexities of life with the intention of achieving life goals. Self-development actions can help a person overcome obstacles and achieve their goals by changing their mindset and behavior (Yeager & Walton 2011). Individuals who engage in self-development activities usually have predominantly positive emotions. Harzer & Ruch (2012) state that people who participate in activities to improve themselves often experience higher levels of positive emotions like happiness and thankfulness. Therefore, intrapersonal communication is closely related to self-development because it influences self-talk, self-reflection, and the development of an individual's beliefs and attitudes in conducting self-development activities.

Self-development refers to more control over one's life, including a traveler. A traveler is a person who travels either for vacation or work purposes. The motivation and behavior of a traveler varies greatly depending on their personal preferences and circumstances. Some travelers travel for excitement and adventure, there are some to seek tranquility. Continuous movement from one place to another with a destination that is often without a fixed schedule and destination is a traveler's lifestyle. Travelers often adapt to new environments and cultures, and even continue to learn and develop through the experiences they get. In addition, travelers also often adapt to develop skills and abilities in solving problems. According to Backer, Goffin, De Pauw, & Segers (2017) long-term travel can often improve an individual's well-being and life satisfaction, as well as increase creativity and problem-solving skills. Overall, a traveler's lifestyle is characterized by adaptability, curiosity, and a desire for self-development. Thus, intrapersonal communication in a traveler is very necessary as an initial foundation in the aspects of thinking, planning and interpreting ideas before they finally get out of their comfort zone. From this intrapersonal communication, it is possible that there is an influence on the formation of self-development of a traveler.

Based on the foregoing background, this study aims to analyze how the use of intrapersonal communication influences in shaping the self-development of both foreign and local travelers in Yogyakarta Tourism Area as individuals.

## **B. Problem Question**

Based on the description of the background that has been put forward above, researchers want to assess:

1. How does a traveler use intrapersonal communication in building their self-development?
2. To what extent does intrapersonal communication affect a traveler's self-development?

## **C. Research Purpose**

The objectives of conducting this research are:

1. Describes the use of intrapersonal communication of travelers in developing themselves.
2. Analyze the ways of intrapersonal communication that affect the formation of a traveler.

## **D. Research Benefits**

### **1. Academic Benefit**

This research is expected to provide benefits for communication practitioners or subsequent researchers. In addition, this study can also be useful and become a point of reference for future researchers regarding the perspective of the influence of intrapersonal communication in shaping self-development.

### **2. Practical Benefit**

This research is expected to be a means of information that can add insight to the readers about the influence of intrapersonal communication in shaping the self-development of a traveler as an individual.

## **E. Theoretical Frameworks**

### **1. Previous Study**

#### **a. Intrapersonal Communication as Foundation for Personal Branding**

The research was conducted by Beryl Ehondor, a communications consultant of Nigerian origin. This research was published in February 2017. This study explains that there is a link between intrapersonal communication with personal branding. This study uses questionnaires as the source of primary data and relevant literature as secondary data. In this study, the scope of the survey used to identify the relationship between intrapersonal communication and personal branding using qualitative and quantitative analysis of questionnaires sent by a simple random method to 50 adults in Lagos, 48 of whom responded. The sample comprised students, employees, and small and medium enterprises (SMEs). This research raises a question, which became a research question that researchers have, namely 'does personal branding require intrapersonal communication as a foundation?'.

The results of the study explain that intrapersonal communication and personal branding are two interrelated concepts where intrapersonal communication refers to one's internal dialogue, while personal branding is the effect of such communication and how the 'self' is projected. To better understand the concept, the research also claims that if intrapersonal communication is a mental assessment with oneself, and personal branding is primarily a mental construction of oneself which is the core of the strategy, then intrapersonal communication can be applied as the basis (foundation) of personal branding. If a person is how they see themselves and they personally express themselves from how others see themselves, then what a person says about themselves determines how others see themselves. This means that intrapersonal communication is the basis of personal branding. As mentioned in the previous paragraph, there is no longer agreement on the relationship between intrapersonal communication and personal branding so in the results of this study it was revealed that the need to build a personal brand begins with intrapersonal communication on the condition

that it is done correctly to reach the desired agreement. Therefore, the study reveals that intrapersonal communication is a strong foundation for building a personal brand. The similarity of the above research with the research to be conducted is the topic to be studied. It's about intrapersonal communication. While the difference lies in the object and method of approach under study.

**b. Intrapersonal Communication in the Process of Establishing the Self-Concept of Communications Students of the State Islamic University of North Sumatera**

This research was conducted by Dina Aulia and Indira Fatra Deni from the state Islamic University of North Sumatera titled "Intrapersonal communication in the process of forming the self-concept of Communication students of the state Islamic University of North Sumatera" in 2022. This study aimed to explore how students of Communication Science of the State Islamic University of North Sumatera utilize intrapersonal communication in order to form a self-concept. In addition, this study also states that building self-concept is interwoven with intrapersonal communication accompanied by psychological processes.

This research employed a qualitative research approach. Data were collected through interviews, observation, and documentation. The results showed that some UINSU students did not realize the importance of intrapersonal communication in the formation of self-concept. They consider that intrapersonal communication does not play a role in causing a lack of interest in achieving a self-goal. However, some students argue that intrapersonal communication is the most effective way to form a self-concept where they consider that with intrapersonal communication, they can achieve success, dare to make decisions, speak effectively, and easily solve problems.

This research explained about the importance of intrapersonal communication in building self-concept. In this study it is said that individuals can control themselves by analyzing and understanding themselves through intrapersonal communication. In addition, thirsty individuals can exercise great

self-control. The individual as a social being and is an individual who has various demands to fulfill his life in accordance with what he expects. This study shares the same core topic with Aulia and Deni's (2022) research, focusing on the significance of intrapersonal communication in self-formation. However, our studies differ in terms of the research object and data collection.

**c. Self-compassion as an Intrapersonal Resource of Perceived Positive Mental Health Outcomes: a Thematic Analysis**

This study was conducted by Gyanesh Kumar Tiwari, Rakesh Pandey, Pramod Kumar Rai, Ruchi Pandey, Yogendra Verma, Priyana Parihar, Geeta Ahirwar, Ari Sudan Tiwari, and Satchit Prasun Mandal with the title “Self-compassion as an Intrapersonal Resource of Perceived Positive Mental Health Outcomes: a Thematic Analysis” in 2020. The main objective of this study was to investigate how self-compassion influences positive mental health outcomes experienced by adults and understand the nature and mechanism behind it.

This study used qualitative in which researchers conducted a thematic analysis through a semi-structured interview protocol to fifty-one adults which consisted of twenty-six men and twenty-five women with an age range of 20-25 years. The findings suggest that self-compassion acts as an intrapersonal communication resource that can help an individual cope with stress, negative emotions, and challenges. Interviewees in his interviews mentioned that self-compassion can be a practice in self-care and self-love which both of these things can improve their overall well-being. They also said that compassion builds positive relationships with others, and helps them slowly let go of perfectionism and self-criticism.

A research data in this study provides insight into the potential benefits of self-compassion and observed the importance of promoting self-compassion in maintaining mental health. In this study, the authors also suggest that self-compassion can be developed as an intrapersonal communication such as talking to yourself, giving full attention to yourself, accepting yourself, and being important for positive mental health. Again, the similarity with this study is the

topic which further emphasizes the importance of intrapersonal communication in any form of self-formation practice. The differences are the object and how the researcher takes the data collection technique.

**d. The Role of Self-Talk in the Awareness of Physiological State and Physical Performance**

This study was conducted by Alan St Clair Gibson and Carl Foster entitled “The Role of Self-Talk in the Awareness of Physiological State and Physical Performance” in 2007. The main goal of this study is to emphasize the significance of self-talk in enhancing an individual's awareness of their physical condition and performance. In this study, the authors state that it is necessary to modify self-talk positively and permanently so that it is known whether these changes (self-talk) can affect exercise performance and a person's sense of self.

This study is qualitative research using case study as its primary analysis method. The object of this study is athletics. The study found that athletes who engaged in positive self-talk had significantly higher levels of self-confidence and greater awareness of their physiological state, evidenced by higher heart rate variability and lower cortisol levels. Those who have negative self-talk or even no self-talk at all can have the opposite effect. Overall, the result explained that self-talk can have a significant impact on physical performance and can affect a person's perception of their physiological state. In addition, in this study, the researchers also discussed the concept of interoception, which refers to the ability to understand the inner body. Understanding that aspect, interoception is very important for athletes because it allows them to monitor the physiological state and make adjustments as necessary according to their physical state. Researchers in this study also suggest that self-talk can be applied to become a tool to improve physical performance in training and coaching programs because self-talk can overcome anxiety and stress so that individuals can achieve their goals perfectly.

This study by Alan St Clair Gibson and Carl Foster shares a common topic with this research. It focuses on the importance of self-talk which is a form of intrapersonal communication in forming self-formation motivation. The

difference is in the object and how researchers take data collection techniques.

**e. The Influence of Self-Talk on Learning Achievement and Self Confidence**

This research was conducted by Yusuf Hidayat and Didin Budiman with the title “The Influence of Selt-Talk on Learning Achievement and Self Confidence” in 2014. This study discussed the impact of self-talk on learning achievement and self-confidence of badminton club students in Bandung. In this study, there are four hypotheses; (1) Self-talk has has a big influence on how well you learn and feel confident in playing badminton., (2) When one combine instructional and motivational self-talk, it greatly improves your learning and confidence in hitting clear shots in badminton, more than just using instructional or motivational self-talk alone, (3) Using informative self-talk significantly increases your success rate in learning how to hit clear shots in badminton compared to using motivational self-talk, and (4) Motivational self-talk greatly boosts your confidence, even more than using educational self-talk.

This study is quantitative research, utilizing a simple random selection method. Participants were randomly assigned to different groups, specifically an experimental group and a control group, to collect data. The distinction between the groups was that the experimental group received training in positive self-talk techniques and encouraged to apply them during their academic activities while the control group did not receive such training. The objects of the study were a group of 64 novice badminton athletes aged between 10-12 years. The study revealed that the experimental group showed a notable improvement in their academic performance and self-confidence when compared to the control group. The data obtained from the experimental group showed an increase in academic achievement by 12.39% and an increase in self-confidence by 14.52%. Meanwhile, the control group showed an increase in academic achievement by 4.02% and an increase in self-confidence by 4.01%.

The findings indicated that talking to oneself has a meaningful impact on students' academic performance and self-confidence. Moreover, positive self-talk not only leads to immediate improvements but also has long-term benefits in terms

of academic achievement and self-confidence. The researcher recommended that educators and parents should recognize the importance of self-talk in promoting students' academic success. These studies share similar topics addressed by the researchers, while the differences lie in the distinct research methods employed.

## **2. Theoretical Framework**

### **a) Intrapersonal Communication**

Communication is fundamental to human life. All activities carried out by humans will be closely related to communication because with communication, interaction among humans can be created so as to make humans closer to other individuals. This principle extends to intrapersonal communication. Although it involves aloof individuals, communication does not occur in a vacuum. The process of communication actually occurs because there is a unity (Graeme & Dimbleby, 2006, p. 1). Interpersonal communication can lead to communicating within oneself, and intrapersonal communication can encourage oneself to interact with others.

Intrapersonal communication refers to the process of communication within the individual in which the sender and receiver are themselves. In applying it, there are several elements of intrapersonal communication include (West & Turner, 2018):

1. Perception: the process of how a person perceives themselves, their thoughts, and their emotions.
2. Self-talk: an internal dialogue an individual has with themselves that can influence their emotions, behavior, and decisions.
3. Self-awareness: an individual's ability to recognize and understand their own emotions, thoughts, and behaviors.
4. Self-concept: an individual's beliefs, attitudes and values about themselves.
5. Self-esteem: the process of evaluating their own and their value.

According to Graeme & Dimbleby (2006, p. 1), intrapersonal communication refers to the internal process of communication with oneself. It is very different from other communication processes because intrapersonal communication involves the exchange of messages in the mind of an individual, involving self-talk, reflection, and also introspection. Intrapersonal communication has a difference in its process because intrapersonal communication allows an individual to imagine, Daydream, understand, and solve the problems that the individual has in mind (Crisp, 2008). Positive self-talk involves encouragement and motivation for yourself, whereas negative self-talk can lead to self-doubt and low self-esteem. Dweck (2007, p. 1) state:

*“The outlook you adopt for yourself greatly influences the way you live your life.”*

Burgoon, Berger, and Waldron (2000, p. 215) says that the definition of intrapersonal communication is an important cognitive process in shaping and regulating the self-concept, attitudes, and behavior of an individual. This is due to factors that affect the continuity of intrapersonal communication. According to McLeod (2018), there are several key factors that can affect intrapersonal communication:

1. Self-concept and self-esteem: both of these can affect the thoughts, feelings and behavior of an individual.
2. Cognitive processes: these are more our thought processes such as perception, memory, and attention.
3. Emotions: in which the emotional state of a person can influence the way of interpreting and evaluating the information obtained.
4. Cultural norms: certain values of the cultural and social environment that can shape the way a person perceives themselves and others.
5. Social context: aspects of socialization such as family, friends and community.

In conclusion, intrapersonal communication is a complex and ongoing process that can help individuals develop more effective communication skills and increase self-awareness and self-growth.

## b) Self-development

Self-development refers to the process of self-improvement and growth that enables individuals to reach their full potential. It involves improving one's skills, knowledge, abilities, emotional, physical, and spiritual well-being. Self-development is a lifelong, ongoing process that requires self-awareness, reflection, and action. Wilber (1998, p. 32) states that self-development is not a one-time event, but a process of continuous improvement throughout life.

Self-development is basically the ability to change or improve oneself to be better with the aim of being able to survive and adapt so that it is useful for others and can live happily in society. Werner & Smith state:

*“Individuals who can adapt to adversity and then bounce back are more likely to achieve success in shaping their development.”*

An important aspect of self-development is none other than helping individuals to better understand themselves and develop self-awareness, self-confidence, and emotional intelligence. According to McCornack (2016), there are two main needs of intrapersonal communication on self-development:

1. The need of self-reflection: involves one's thoughts, feelings, actions, and reflecting on how they affect one's life. This need for reflection helps the individual in understanding his strengths and weaknesses to improve himself and is essential for self-development.
2. The need of self-expression: communicating one's thoughts, feelings, and emotions to oneself. The need for self-expression helps individuals to process their emotions and thoughts in order to reduce stress and anxiety so that they can easily achieve life goals.

Self-development involves several components that every individual must pay attention to including self-awareness, self-acceptance, and self-efficacy. Self-awareness in a sense refers to the ability to recognize strengths, weaknesses, values, and beliefs that exist in oneself. Self-acceptance can be defined as that

which involves accepting oneself for who one is, and recognizing one's value as an individual. Finally, self-efficacy which refers to the belief in one's own ability to succeed in achieving goals. Graeme (1994, p. 71) suggests that the belief someone holds about their own abilities, known as self-efficacy beliefs, can shape their emotions, thoughts, motivation, and actions. External factors such as socialization, culture, and the surrounding environment can also have an effect on self-development. These factors can shape the values, beliefs, and behavior of individuals so that it can have an effect on the process of forming an individual's self-development.

Intrapersonal communication is closely related to a person's self-development. Very (1994:78) states:

*“The self is the central or starting point of an individual's awareness regarding the various facets of their personality.”*

The presence of engagement between intrapersonal communication and self-development can be seen in the internal dialogue, individuals can improve self-reflection, goal setting, emotional regulation, self-awareness, cognitive development, and self-confidence. Through this process of engagement, individuals can develop personal growth and reach their full potential.

## **F. Method**

### **1. Research Paradigm**

This research was conducted by constructive paradigm. According to Von Glasersfeld (1995) the constructivist paradigm views that knowledge or social science is not a proper reflection of the outside world, rather it arises from how individuals interact with their experiences and thought processes.

### **2. Type of Method**

This study used a qualitative approach with a narrative model. On qualitative approach, Cresswell, J. (1998:24) (on Journal of Rahmat, 2009) states the following:

*“Qualitative research is a type of research method that gathers different kinds of information using our senses like seeing, touching, smelling, and tasting. This information is then described through narratives such as written field notes, recorded audio or video, and other written or visual materials.”*

This study employed in-depth interviews to gather data, emphasizing the individual experiences of the subjects. The author seeks to understand the experiences taken through documents or sources of personal information from individuals by collecting and analyzing their life stories. This narrative qualitative research method simply Studies an individual's life experiences over time (Creswell et al., 2007).

### **3. Respondent Selection Technique**

In this study, the researcher used purposive sampling in collecting the sources which will be used as a source of data. The use of purposive sampling by researchers is to obtain sources that can provide a broad and comprehensive insight into the phenomenon under investigation. Purposeful sampling involves deliberately selecting participants who can provide rich and valuable information in order to achieve a thorough comprehension of the phenomenon being studied (Shaheen et al., 2016). Purposive sampling in this study was used to determine the following:

a) Object of Research

The object of this study is how the use of intrapersonal communication plays a role in shaping self-development as an individual.

b) Research Subject

The subjects of this study were foreign and local tourists with the following characteristics:

- 1) Age approximately 20 – 30 years
- 2) Have travel experience within the past 2 months
- 3) Prefer solo traveling over group traveling
- 4) Active on social media to share their activities during traveling
- 5) Non-native residents of Yogyakarta

c) Gender

Male and female with travel experience. This gender selection is nothing but to see more variety of answers from different points of view.

d) Research Location

The location of the study used by the researchers is Yogyakarta, specifically the tourist area of Yogyakarta. Besides being famous for its beautiful city, Yogyakarta is famous for its rich cultural heritage and historical landmarks as well as its tourist infrastructure that is able to attract a large number of local and foreign tourists to visit.

**b. Data Collection Technique**

This study uses 3 steps to develop data collection techniques. Based on Lincoln & Guba (1985), the data collection process is done by utilizing interviews, observations, and documentation (such as records or archival materials) (Salim & Syahrums, 2013:114).

1) Observation

In observation, observations made by the subject of research by observing the object of research, such as places, situations, conditions, and things that are being done by the subject of research. The researcher acts as an observer, only observing without participating in the subject's activities, or alternatively, can actively participate in the subject's activities with minimal differences between the researcher and the subject (Salim & Syahrums, 2013:114).

## 2) Interview

The interviews were carried out with the objective of eliciting information by following pre-determined topics aligned with the research focus. According to Bogdan and Biklen (1982), an interview is a deliberate conversation typically involving one person leading the discussion with the aim of gathering information (Salim & Syahrums, 2013: 119).

## 3) Literature Study

The researcher collected and interpreted all the resources, with additional support from secondary instruments including photographs, notes, and relevant documents pertaining to the research focus (Salim & Syahrums, 2013: 124).

## 4) Public Permission

In this process, the researcher sought explicit consent from the interviewees to publish both the results of the interviews and their biodata profiles. This step ensures that the participants are fully informed about how their information will be used and shared. It also respects their privacy and complies with ethical research standards. Gaining this permission is crucial to maintaining transparency and trust between the researcher and the participants.

### **c. Data Analysis Unit**

As described by Miles and Huberman (1994) (in the book by Salim & Syahrums, 2013: 147 – 151), the data analysis process comprises three stages, with the initial stage occurring during the early phases of data collection:

#### 1) Data Reduction

Data reduction, as explained by Miles and Huberman, involves selecting and simplifying raw data from field records. It includes summarizing, coding, identifying themes, clustering, organizing sections, classifying, and writing memos. These steps are done continuously until a complete and organized final report is produced.

## 2) Data Presentation

Data presentation is about organizing information in a structured way to draw conclusions and take action. It involves converting narrative text data into various formats like charts and graphs. The goal is to create clear and understandable information for researchers to analyze and draw conclusions from. And this is part of the analysis process.

## 3) Conclusions or Verification

After collecting and presenting the data, the next step involves data analysis and drawing conclusions. During this stage, the researcher seeks meaning, identifies patterns, explanations, and causal relationships. Initially, the conclusions may be uncertain and open to skepticism, but they gradually become more detailed and robust. Final conclusions are not reached until all the data has been collected, and it depends on the researcher's methods, data organization, and analytical skills. The verification process involves reviewing field notes and engaging in brainstorming to ensure the validity and agreement on the findings.

## CHAPTER II

### OVERVIEW OF THE RESEARCH OBJECT

#### A. Research Object Description

##### 1. Traveler

Travelers within the scope of this study include individuals who engage in travel, often driven by motivations such as recreation, exploration, or cultural immersion. Tourism is a journey undertaken by a person or people who have a purpose including feeling satisfied and learning about sports, conventions, and healthy religion (Suwanto, 2001:2). The travelers' demographic differences makes it intriguing in understanding the driving forces behind their journeys, as their motivation for travel stemming from a desire to relax, a need for new things, or a desire to improve.

Choosing tourists as the focal point of research offers a diverse exploration of human behavior, social impact, and cultural exchange. Travelers will definitely have a variety of unique backgrounds, cultures, and demographics. Delving into their experiences provides valuable insight into how an individual approaches and engages in the journey, fostering understanding, tolerance, and interaction. In addition, by studying travelers' experiences, one can gain valuable insights into the potential for personal growth, learning, and self-discovery often associated with travel. In addition, choosing to interview both foreign and local tourists with the characteristics of having a travel experience in the last two months is like getting two different points of view but both are very important and will be very interesting because the answers from both will vary greatly.

Understanding the different types of travelers is very important in this study. This is because it will affect the results of what is studied by researchers. According to Mornis International LLP (2023) from LinkedIn, the following types of tourists are commonly found in some tourist attractions:

##### 1. Leisure Travelers

- Vacationers: Individuals traveling for leisure and relaxation.

- Adventure Seekers: Those who prefer thrilling and adventurous activities during their travels.
- Nature Enthusiasts: Travelers who seek natural landscapes, wildlife, and outdoor experiences.

## **2. Business Travelers:**

- Corporate Travelers: Employees traveling for work-related purposes.
- Conference and Event Attendees: Individuals attending professional conferences, seminars, or events.

## **3. Cultural and Heritage Tourists:**

- History Buffs: Travelers interested in historical sites and museums.
- Cultural Explorers: Those seeking immersive experiences in local customs, traditions, and arts.

## **4. Family/Group Travelers:**

- Family/Group Vacationers: Families or Group traveling together for bonding and recreation.
- Multigenerational Travelers: Trips involving multiple generations within a family or group.

## **5. Solo Travelers:**

- Independent Explorers: Individuals who prefer traveling alone for personal growth and adventure.
- Solo Business Travelers: Professionals traveling alone for work.

## **6. Luxury Travelers:**

- High-End Tourists: Those who seek exclusive and upscale travel experiences.
- Luxury Adventure Travelers: Individuals combining luxury with adventurous activities.

## **7. Budget Travelers:**

- Backpackers: Travelers on a tight budget who often opt for low-cost accommodations and transportation.
- Flashpackers: Budget-conscious travelers who still enjoy some comfort and technology.

## **8. Health and Wellness Travelers:**

- Spa and Wellness Tourists: Travelers seeking health-focused experiences, such as spa retreats and wellness programs.
- Medical Tourists: Individuals traveling for medical treatments and

procedures.

#### **9. Digital Nomads:**

- Remote Workers: Individuals combining work and travel, relying on technology for remote work.
- Location-Independent Entrepreneurs: Business owners who can work from anywhere.

#### **10. Special Interest Travelers:**

- Foodies: Travelers interested in exploring local cuisines.
- Sports Fans: Those attending sporting events or engaging in sports-related activities during their travels.

Not only is it important to understand the types of travelers needed by researchers in this study, but it is also important for researchers to understand more deeply what the characteristics of a traveler are needed to produce the perfect study although these characteristics can vary from individual to individual, because people travel for different reasons and bring their unique preferences and circumstances with each trip. However, according to Crompton (1979) here are some common characteristics found in travelers:

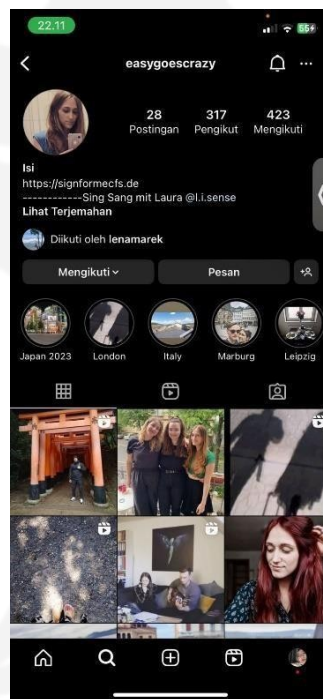
- 1. Curiosity:** Travelers are naturally curious about the world, eager to explore and understand different cultures, languages, and customs.
- 2. Sense of Adventure:** Many travelers seek excitement and are open to novel experiences, willing to step outside their comfort zones for the sake of exploration.
- 3. Adaptability:** Successful travelers are flexible and can navigate unforeseen challenges or changes in plans that often accompany journeys.
- 4. Open-Mindedness:** Embracing diversity, travelers approach new environments with an open mind, respecting and appreciating local customs and traditions.
- 5. Independence:** Comfortable navigating unfamiliar territories, travelers often exhibit independence, making decisions on the go and enjoying solo exploration.
- 6. Resilience:** The ability to bounce back from challenges is crucial for travelers facing the demands and uncertainties of the journey.
- 7. Resourcefulness:** Travelers frequently need to solve problems on the fly, requiring resourcefulness in finding accommodations, navigating transportation,

and communicating in unfamiliar languages.

8. **Passion for Learning:** Many travelers see each trip as an opportunity for personal growth and education, actively seeking out new knowledge and experiences.
9. **Nature Appreciation:** Whether exploring landscapes or engaging in outdoor activities, travelers often possess a deep appreciation for the beauty of the natural world.
10. **Social Skills:** Interacting with diverse people is common during travel, making strong social skills valuable for making connections and building friendships with locals.

## B. Research Object Profile

### 1. Easy (German Tourist)

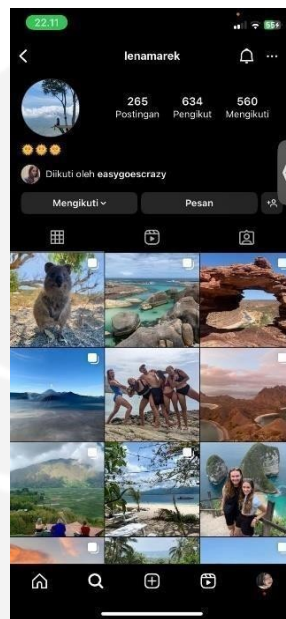


Picture 2. 1 Easy's Instagram Account

Easy is a 28-year-old German traveler. On her Instagram account, she has 317 followers and 28 posts featuring various photos and videos. Easy has been passionate about traveling since 2014 and started her adventures after beginning a relationship with her lover. Initially, they traveled together, but over time they found a travel companion who was also a college friend, leading to frequent group trips. Easy and

her group often travel abroad as evidenced by her Instagram posts showcasing moments in several countries. Although Easy is known to be very introverted, frequent group travels have gradually made her more outgoing. Her intelligence, curiosity, open-mindedness, and resilience make her an exceptional traveler. Easy belongs to a group of travelers who focus on cultural and heritage tourism.

## 2. Lena (German Tourist)



**Picture 2. 2 Lena's Instagram Account**

Lena Marek, commonly known as Lena, is a female traveler from Germany. She is currently 27 years old. With 634 followers and 265 posts, Lena continuously captures moments while traveling with her friends. Known for her extroverted nature, Lena has been involved in the traveling world for a long time and often travels abroad in groups with her friends. However, Lena sometimes feels that her love for travel is just as easy to experience alone. Lena has enjoyed traveling since she was in high school and started exploring more travel destinations when she entered college. Additionally, her curiosity about cultural differences and new environments, openness, and adaptability have led Lena to become one type of traveler: a cultural and heritage group tourist.

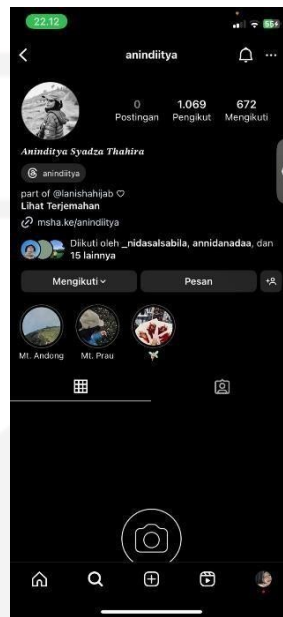
### 3. Muhammad Raihan Taruna (Indonesian Tourist)



**Picture 2. 3 Raihan's Instagram Account**

Muhammad Raihan Taruna, known as Raihan, is a 23-year-old traveler from Jambi, Indonesia. On his Instagram account, Raihan has 3,217 followers and 138 posts showcasing his travel experiences. He began traveling when he entered university and became more interested in it while working as a freelance photographer and videographer. Eventually, Raihan earned the title of a traveler. He often travels alone and in groups, but he prefers solo trips on a budget, making him a solo backpacker. As a traveler, Raihan is marked by a strong curiosity to try new things, a love for nature, and the courage to step out of his comfort zone. His travel experiences include both domestic and international trips.

#### 4. Aninditya Syadza Thahira (Indonesian Tourist)



**Picture 2. 4 Anin's Instagram Account**

Aninditya Syadza Thahir, or often referred to as Anin, is one of the female traveler from Banjar, Indonesia with the age of 20 years. She is a student and a young traveler who really likes solo trips. Even though there are no photos or videos posted on her Instagram account, her 1,069 followers will still be updated by story uploads every time she travels. During her foray into the world of traveling, Anin often travels in the country such as going out of town for a reflection of unrest or stress due to college assignments. Anin loves to travel and often does solo trips since stepping into high school. In addition, her confident personality shows that she is ready to become a solo traveler.

## CHAPTER III

### FINDINGS AND DISCUSSION

In this chapter, the author described the research findings and discussion obtained to describe the results of the research that the author has done regarding “The Use of Intrapersonal Communication in Shaping the Traveler’s Self-development as an Individual”. The author used the direct interview with foreign tourists and local tourists in Yogyakarta.

#### A. Findings

##### 1. Intrapersonal communication in building traveler self-development

Internal dialogues, often occurring amidst the hustle of tourist visits, prove to be crucial guides for each individual in constructing meaning and personal growth. In this self-reflection, travelers describe how intrapersonal communication becomes a window to a profound understanding of new cultures, unfamiliar environments, and personal challenges encountered during their journeys. Additionally, they also claim that they are travelers based on the following factors:

a. Having a lot of travel experiences.

They often travel both individually and in groups with various purposes, so they have a lot of experiences they gain. Therefore, they consider that with a lot of experience and travel, they are regarded as travelers.

b. Having complete and adequate travel equipment

They have travel equipment that supports a nomadic lifestyle, such as specialized backpacks, multifunctional clothing, and documentation tools for traveling.

Personal growth is no longer viewed merely as a result of objectives and physical achievements; rather, it is a product of continuous inner dialogues, guiding them beyond comfort zones and shaping broader perspectives on life. By delving deeper into these findings, we witness how every conversation within oneself becomes a weaver of unique stories in each journey.

One of the interviewees, Easy, reflects on the utilization of intrapersonal communication during travel. The respondent acknowledges that when engaging with diverse individuals from various backgrounds during travel, exposure to different opinions and experiences serves to broaden one's horizon. It is also supported by the statement of another interviewer, Anin, who mentions that when she is in a country that has a different language and her social interactions are limited, she engages in intrapersonal communication within herself to try to interact with the local people.

Intrapersonal communication not only helps travelers to be braver in trying new things and blending in with the surrounding environment in the places they visit, but it also helps them in making decisions when traveling. Anin states that when traveling you have to be able to synchronize with yourself. But when the heart and mind are out of sync, applying this intrapersonal communication helps the heart and mind to become synchronized while traveling. Raihan also states something similar as follows:

“For example, we want to take a vacation and make an itinerary using intrapersonal communication a lot. Talking to yourself “will this work, will this work” then you yourself will answer “oh looking at the last one, this one will be safe”. So, indirectly, intrapersonal communication really helps for a purpose.” (Interview with Raihan, December 18, 2023).

*“Contoh nya gini, kita mau liburan terus bikin itinerary itu menggunakan komunikasi intrapersonal banget. ngomong sama diri sendiri “ini bakal kayak gini gak ya, ini kayak gini gak ya” terus nanti diri tuh bakal ngejawab sendiri “oh ngeliat dari yang kemarin ini, yang kayak gini nih bakal aman”. Jadi, secara tidak langsung komunikasi intrapersonal itu ngebantu banget untuk sebuah tujuan gitu.”*

Moreover, the indirect nature of intrapersonal communication in Raihan's example highlights its subtlety and omnipresence. The internal dialogue seamlessly integrates into the decision-making process, influencing the traveler's choices without overtly announcing its presence. This subtlety underscores the natural and ingrained aspect of intrapersonal communication in the traveler's mindset.

An overarching theme in these narratives is the adaptability of intrapersonal communication to various facets of the travel experience. It serves as a bridge between different cultures, a source of courage in trying new experiences, a compass in decision-making, and a mechanism for internal synchronization. The stories of Easy, Anin, and Raihan collectively emphasize that intrapersonal communication is not a static tool, but rather a dynamic force that evolves with the challenges and opportunities presented during the journey.

In essence, the narratives paint a vivid picture of intrapersonal communication as a silent yet influential companion in the traveler's quest for self-discovery and meaningful engagement with the world. These internal dialogues become the threads that weave together the unique stories of each journey, contributing to personal growth, cultural understanding, and the overall richness of the travel experience.

The skills possessed and required by a traveler are considered an important part that helps them to sharpen their capabilities, emotions, and skills. In addition, one of the interviewees, Lena, who is a traveler from Germany, states that intrapersonal communication also plays a role in new learning after visiting a place. When she visits a country where there are many new things in that country that are different from her home country, she will learn new things and when she returns for the second-time she already knows what to do. On the other hand, Easy says that intrapersonal communication opens her mind and broadens her views.

“Yeah, I just thought of something different. And so we met. A guy at the scooter rental in Probolinggo. And he told us a lot about the religion here. And I found this very interesting because he was very close to his own religion but very tolerant. So this kind of changed my mind with respect to religion because I'm not religious. But I thought, okay, yeah, but he respects me so I respect him basically, you know what I mean?”. (Interview with Easy, December 20, 2023).

In the intricate tapestry of travel experiences, the necessity to adapt intrapersonal communication becomes evident, especially for those traversing various countries and cities. Easy, a foreign tourist visiting Indonesia, exemplifies this adaptability. Her exploration of Yogyakarta, where the locals are known for their friendliness, high tolerance, and religious practices, presents a distinct cultural milieu. Furthermore, Easy also experienced culture shock where she felt that Indonesians

were very friendly and very different from other countries she had visited. Easy also encountered several instances where people asked for photos because the locals found Europeans to be different. This made Easy feel annoyed because she wasn't used to it. However, Easy reflected on herself to become more tolerant of the differences she encountered. In this environment, intrapersonal communication becomes a crucial tool for Easy to navigate and understand the nuances of the local culture.

Easy's introspection reveals that her internal dialogues play a pivotal role in shaping her perspective and mindset. Exposure to the cultural attributes of Yogyakarta prompts a reevaluation of her pre-existing notions, fostering a newfound tolerance. This process unfolds as a reduction in preconceived prejudices, demonstrating the transformative power of intrapersonal communication in fostering cultural understanding.

This stands in stark contrast to Raihan's experience during a transit in Manila, the Philippines, en route to Japan.

"Okay, let me tell you. I was shocked when I was transiting in Manila, the Philippines, on my way to Japan. There, we were strictly prohibited from smoking and not allowed to leave the airport for 10 hours. As someone wanting to try smoking and do other stuff there, I felt constrained and frustrated that I couldn't do anything. So I ended up talking to myself, like "What should I do now?" to even negative self-talks like "Should I just pretend to lose something so I can get out?" I kept talking to myself about everything on my mind until I fell asleep. Since I was traveling alone, I was hesitant to talk to strangers, especially with the language barrier. So yes, I ended up talking to myself a lot because others probably thought I was silent even though I was chatting away internally." (Interview with Raihan, December 18, 2023).

*“Okey, aku ceritain aja ya. Aku ke jepang itu sendiri kan awalnya, nah sebenarnya culture shock aku itu ada pas aku transit di Filipina tepatnya di Manila. Di sana kita bener-bener dilarang merokok dan gak boleh keluar Bandara selama 10 jam-an. Nah yang jadi problem adalah sebagai orang yang pengen nyoba rokok sana dan segala macam seperti ditahan kan karena dilarang dan gak bisa ngapa-ngapain jadi ujung-ujungnya ngobrol sama diri sendiri “apa yang harus aku lakuin nih?” sampai kayak negative talk yang kayak “apa aku harus pura-pura aja ya ilang barang biar bisa keluar?” git uterus semua yang dipikirin di obrolin dalam diri sampai akhirnya tidur. Nah karena kan aku traveling sendiri kan mau ngobrol sama orang takut sungkan apalagi Bahasa yang berbeda dan Bahasa inggris mereka kan kurang ya, jadi ya akhirnya banyak ngobrol sama diri sendiri. Orang ngira kalau kita diem aja padahal kita banyak ngomong sama diri sendiri.”*

The restrictions faced by Raihan during this transit highlight the importance of adapting intrapersonal communication to cope with unforeseen circumstances. His internal dialogue becomes an outlet for the frustration and constraints imposed by the unfamiliar cultural norms. The struggle to decide on the appropriate course of action, including contemplating feigning the loss of belongings to exit the situation, unveils the depth of Raihan's internal communication.

The language barrier and the hesitancy to engage with strangers further emphasize the solitary nature of Raihan's internal conversations. Traveling alone intensifies the reliance on intrapersonal communication, as Raihan grapples with the challenges imposed by the unfamiliar culture. The external perception of Raihan's silence, while he actively engages in internal dialogue, adds a layer of complexity to the intricate interplay between personal reflections and outward appearances.

In comparing Easy's and Raihan's experiences, a narrative of cultural adaptation emerges. Easy's journey in Indonesia illustrates the malleability of intrapersonal communication in fostering a harmonious connection with a new cultural context. On the other hand, Raihan's encounter in the Philippines underscores the resilience demanded of intrapersonal communication when faced with unexpected challenges, showcasing its role as a coping mechanism in the face of cultural dissonance.

In essence, the narratives of Easy and Raihan underscore the dynamic nature of intrapersonal communication during travel. It serves as not only a mechanism for personal growth and cultural understanding but also a crucial tool for adapting to the ever-changing landscapes of diverse global destinations. These narratives illuminate how internal dialogues become a traveler's silent companion, guiding them through the complexities of cultural adaptation and self-discovery.

Despite different circumstances, speakers like Ann have shared their experiences, such as An in recounting her journey to Solo. During her interview, Anyone mentioned feeling occasionally disheartened by the less welcoming reception from the Solo community compared to her expectations. Reflecting on this situation, Anyone chose to remain indifferent and embrace it, enabling her to adapt to her surroundings.

Moreover, Anyone experienced a range of emotions, often feeling bewildered, excessively anxious, and overly fearful when deciding on travel destinations or traveling alone, resulting in bouts of anxiety. Nonetheless, An infrequently combats her anxiety through introspection, striving to maintain composure when making decisions during her journeys.

All these actions stem from One's initial motivation to bravely venture into solo travel, a testament to the self-confidence she has cultivated within herself.

Therefore, based on the results that have been found, it can be concluded that:

1. Capability

In Lena case, she is quick on her feet and has excellent adaptability. She is able to adjust to any situation. As for Easy, she is able to tolerate and adjust to her surrounding situation, knowing what social cues are. Raihan, is able to abide by law and adapt to what is required of him when he is not in a place he is unfamiliar. Lastly for Anin, she is able to recognize her surrounding situation and ignore the negatives while accepting the positives.

## 2. Emotion

Emotion for Lena act as her driving force for her self-development. It allows her to be more independent and rely less on her boyfriend. In Easy case, emotion allow her to be more open-minded and make her to adjust with her surroundings. Emotion in Raihan case affected him more negatively due to it causing him to be frustrated and constrained when he was not allowed to smoke in the airport transit station. In Anin case, she is prone to be anxious due to without proper preparation she always expected the worse.

## 3. Skills

The skills that Lena gained from her experiences is that she is able to quickly make a decision, determining which of the option that she got is the most desirable. In Easy case, she is able to get out of her safe bubbles and broaden her horizon as she is able to communicate more easily. In Raihan case, self-reflection and self-became more of a common occurrence for him as he is able to hold himself back from doing anything that can be conceived as negatives. Lastly, as for Anin she became more braver and bolder after experiencing several unsavoury situation.

## 2. Intrapersonal communication affect a traveler's self-development

In applying intrapersonal communication when traveling, it can have different impacts for each person. Factors that affect travelers to conduct intrapersonal communication such as reflection and introspection is as following:

1. Unsavory Incidents
2. Regulations in Their Destination
3. Daily Life Challenges
4. Cultures/Customs

One example is the explanation by one of the interviewees who was asked about how to deal with challenges in understanding or managing emotions while traveling and how intrapersonal communication usually helps her in overcoming these challenges during the journey.

"It happened in Solo. I wanted to go to a viral place called Es Tentrem. I took a motorbike taxi there but the driver dropped me off at the wrong place even though I gave the correct address. I was in a bad mood but luckily not far from where I was dropped off, there was a multipurpose building holding a thrift event. Instead of going to Es Tentrem, I ended up at the event. When I was in a bad mood, the first thing I did was take a deep breath. I calmed down while patting my chest and talking to myself, "Be patient, it's okay, don't get angry. Just get back to your original intention and consider this an unplanned detour." After realizing this was intrapersonal communication, it really helped me control my emotions." (Interview with Aninditya, December 24, 2023).

*"Pernah banget. Lagi-lagi kejadiannya di Solo, jadi waktu itu aku pengen pergi ke tempat viral kan namanya, Es Tentrem. Terus waktu itu aku pergi pakai maxim kan terus aku diturunin di tempat yang salah padahal alamat yang aku masukin tuh udah sesuai tapi driver nya itu maksa buat turun disitu yang akhirnya aku nurut. Jujur disitu aku badmood kan, dan untung nya ga jauh dari tempatku turun itu ada kayak Gedung serbaguna yang kebetulan lagi ngadain event thrift gitu dan alhasil yang tadinya aku pengen ke es Tentrem malah ke Gedung serbaguna itu. Dan disaat aku lagi ada di situasi badmood itu, yang pertama aku lakuin itu Tarik nafas. Terus aku diem dulu gitu sambil ngelus dada kayak lagi-lagi ngomong sama diri sendiri "sabar, gapapa, gausah badmood, balik lagi ke niat aja jadi anggap aja ini jalan-jalan yang nggak masuk dalam list" gitu dan bener-bener setelah aku tau ini komunikasi intrapersonal, itu tuh bantu aku banget ngontrol emosiku."*

Based on the experience of one of the interviewees, it can be said that intrapersonal communication influences a person's emotions, making them more controlled. Additionally, intrapersonal communication also impacts one's mindset, as experienced by Lena. She said that when she had to continue traveling alone without her boyfriend, she felt lonely. However, by asking herself and refusing to wallow in loneliness, she was finally able to continue the journey alone, met new friends, and enjoyed it very much. This made her realize that intrapersonal communication is very important because it impacts her self-development while traveling.

“Yeah. I think this is very important because like, for example, when you travel for yourself, it is very important for inner growth and you may find challenges that to the point of not liking such situations and then like after this, you will become stronger and you, yes, you know how to deal with them. And yes. I think this is very important to apply in addition to self-reflection and even for self-development.” (Interview with Lena, December 20, 2023).

Aninditya suggests that self-development is something that grows within oneself because of many factors that are received both from within and from outside. One external factor that can influence someone to travel is watching related content. As Raihan said, he often watches travel vlogs.

“That's right. The reason I like traveling is because I often watch travel vlogs. If you've heard of Yes Theory, their vlog encourages us to try new things outside our comfort zone, like accepting invitations or offers to go somewhere or try something new, because we never know what new things we might find or experience there.” (Interview with Raihan, December 18, 2023).

*”Justru itu. Alasan saya suka jalan-jalan itu karena sering nonton traveler’s vlog. Kalo kamu pernah denger itu ada namanya Yes Theory itu vlog yang nyebutin kalau kita harus bisa mencoba hal-hal baru diluar safe-zone kita seperti diajak kemana atau diajak nyobain apa gitu, cob akita iya in aja dulu tawaran atau ajakan itu karena kita gak pernah tau ada hal baru apa disitu, nemu apa disitu.”*

Raihan's endorsement of this idea provides a concrete example of how external stimuli, such as travel vlogs, can serve as catalysts for personal exploration. His reference to Yes Theory, a popular vlogging channel, underscores the power of visual storytelling in encouraging people to step outside their comfort zones. Raihan's

statement illuminates the transformative potential of travel vlogs, which not only showcase destinations but also instigate a mindset shift, urging viewers to embrace new experiences and opportunities.

The narrative expands beyond a mere recounting of personal preferences and delves into the psychology of influence. The suggestion to accept invitations or try new things reflects a philosophy that transcends the realm of travel. It becomes a metaphor for embracing the unknown, taking risks, and being open to the myriad possibilities that life presents. In this context, the act of traveling becomes a tangible manifestation of a broader ethos—one that champions personal growth through continuous exploration and stepping into the unfamiliar.

Furthermore, Raihan's choice of words, "we never know what new things we might find or experience there," encapsulates the essence of the adventurous spirit fostered by travel vlogs. The element of unpredictability becomes a driving force, enticing individuals to venture into the unknown with the promise of discovery and self-enrichment. It aligns with the idea that travel is not merely a physical journey but a transformative odyssey that unfolds in tandem with one's evolving perspectives.

The integration of travel vlogs into the narrative introduces a layer of connectivity between the virtual and real-world experiences. It highlights the evolving landscape of inspiration, where digital platforms become conduits for fostering a sense of wanderlust and curiosity. The narrative suggests that, in the age of digital connectivity, storytelling has the power to transcend geographical boundaries and ignite a collective desire for exploration. Additionally, Lena also stated that watching travel content can inspire her regarding which places to visit and help her discover beautiful destinations in various countries. This shapes her self-development to travel.

” Um...like it's all about um yeah how they see life and this like um for me it's my development that like I see other people to travel and uh see that it's a part of life for them so um like in Germany for example many people that like just go to work and then back home and then to work and back home and for me like this to see other people travel and self-develop that like work is not the only thing in life that make me like yeah want to do the same like travel the world and not work only but like a perfect combination.” (Interview with Lena, December 20, 2023).

Building self-development for a traveler is a sincere intention. During their travels, travelers gain a lot of self-development from each place they visit. Easy felt the impacts of becoming more tolerant, open-minded, and thinking positively. As for Lena, she felt the impact that her life was not monotonous and happy, besides that she could meet many people from various countries. Other impacts were felt by Raihan, namely increasing his courage, increasing his confidence, and public speaking skills. Apart from self-reflection and emotional control, it turns out intrapersonal communication can also be used to build travelers' self-development.

“Based on my past experience, I might have had a very hard time managing my emotions and feelings. But over time, with my increased amount of traveling, sometimes as the leader of my group, I unintentionally applied intrapersonal communication more and more. From there I became better at self-management so I don't get angry easily, can take care of other people's feelings around me, understand what is happening, and can respond more maturely. There are so many positive effects.” (Interview with Raihan, December 18, 2023).

*“Berdasarkan pengalamanku dulu mungkin aku susah banget untuk manage diri dalam hal emosi dan perasaan. Tapi seiring berjalannya waktu dengan banyak nya aku melakukan traveling apalagi kadang aku traveling sama temen-temen dan aku jadi leader untuk perjalanan kita yang akhirnya aku jadi banyak mengaplikasikan komunikasi intrapersonal itu secara gak sadar dan akhirnya dari situ aku lebih bisa manage diri jadi gak gampang emosi, bisa jaga perasaan orang disekitar, paham sama apa yang terjadi dan bisa lebih dewasa dalam menyikapi sesuatu, banyak lah pokoknya yang positif.”*

The assertion that intrapersonal communication plays a pivotal role in shaping a traveler's self-development is a profound insight that warrants a closer examination. The essence of this perspective lies in the premise that travelers, by engaging in internal dialogues, navigate through a plethora of diverse experiences—be it culture, norms, or habits—encountered in environments vastly different from their usual living spaces. It is within this crucible of novelty that intrapersonal communication emerges as a potent force, actively contributing to the nuanced process of personal evolution.

The four interviewees, echoing a collective sentiment, underscore the efficacy of intrapersonal communication in fostering a traveler's self-development. Their reflections illuminate the multifaceted impact of this communicative process, transcending mere self-awareness to encompass a holistic understanding of one's preferences, boundaries, and, ultimately, a profound sense of identity.

The interviewees articulate the importance of intrapersonal communication in the context of personal growth, emphasizing its utility as a tool for self-discovery. The notion that intrapersonal communication allows individuals to discern their likes and dislikes, delineate personal boundaries, and gain a comprehensive understanding of their own essence resonates as a universal truth. This self-awareness, as the interviewees attest, becomes an invaluable compass guiding the traveler through the labyrinth of diverse encounters.

“Yeah, it's very, it's very useful. It's very uh important, important for your growth and for your development. Um Yeah, to know who you are, like, in the end. Like, to know, okay, this is something I like, and this is something I don't like. Like, these are my boundaries. Or, like, for everything, like, it's good to know who am I.”  
(Interview with Lena, December 20, 2023).

The broader implications of intrapersonal communication on a traveler's psyche are delineated through the enumerated outcomes—enjoying life more, thinking positively, broadening perspectives, cultivating courage, and enhancing self-confidence. Each of these outcomes serves as a testament to the transformative power of internal dialogues, portraying intrapersonal communication as a versatile tool that not only shapes self-development but also enriches the overall travel experience.

In conclusion, the narrative surrounding the importance of intrapersonal communication in shaping a traveler's self-development extends beyond a mere acknowledgment of its relevance. It unfolds as a nuanced exploration of its multifaceted impact, illuminating how this internal dialogue becomes a linchpin for self-discovery, growth, and a holistic understanding of one's identity amidst the kaleidoscope of diverse travel experiences.

### 3. Self-talk Function in Traveler

In the findings of research related to the function of self-talk among travelers, including social evaluation, self-empowerment, self-criticism, and self-management, it was found that intrapersonal communication plays a key role in individuals' travel experiences. Self-talk assists travelers in evaluating social situations, understanding cultural norms, and interacting with people from different backgrounds. As described by the interviewee, who said,

"So, yesterday I went to Solo. Then my friend said that people there are not as friendly as in Jogja. I didn't believe it at first and insisted on going to Solo alone. When I arrived there, I immediately tried the transportation there, went to places with many locals, like the market, and it turned out what my friend said was true. From there, I continued to fulfill my travel wishlist in Solo, without worrying about the people's indifference. My indifference also stemmed from my intrapersonal communication I did, like 'Oh yeah, what my friend said is true. So what should I do? Should I just go back to Jogja or continue exploring here?' and 'Will I have a hard time if something happens with the people here who seem indifferent?' until finally, I said to myself, 'Well, it's okay, maybe the culture here is like that. No need to get worked up, the intention was just to travel. Just enjoy it.' So, from there, I sort of dealt with the situation." (Interview with Aninditya, December 24, 2023).

*"Jadi tuh aku kemarin kan sempet ke Solo. Terus temenku bilang kalo misalnya orang-orang disana itu nggak seramah di jogja. Aku sempet gak percaya dan nekat buat pergi ke solo sendirian kan. Sesampainya aku di sana aku langsung nyoba transportasi di sana, terus ke tempat-tempat yang banyak penduduk sana nya kayak ke pasar dan ternyata apa yang dibilang temenku ternyata bener. Dari situ aku akhirnya tetep jalan memenuhi wishlist aku yang pengen traveling ke Solo, tanpa harus mikirin cuek bebek nya orang disana. Dan tidak kepedulian aku ini juga terbentuk dari komunikasi intrapersonal yang aku lakuin kayak "Oh iya ya, bener juga apa yang temenku bilang. Terus aku harus gimana yah? Apa aku balik lagi aja ke Jogja atau lanjutin aja jalan-jalan disini?" terus kayak "Nanti aku susah gak ya kalo ada apa-apa dengan orang-orang disini yang pada cuek?" sampai akhirnya aku ngomong sama diri sendiri tuh "Yaudahlah gapapa, mungkin emang culture disini kayak gitu. Gausah baper toh niatnya juga jalan-jalan. Nikmatin aja" nah dari situ akhirnya aku kayak deal with*

*the situation gitu.”*

When a traveler arrives at a place and encounters a different atmosphere, they use self-talk to understand the situation and overcome discomfort. Through internal dialogue with themselves, they realize that their friend's assessment was indeed correct, yet they choose to continue exploring the destination without being influenced by the behaviors of those around them. Intrapersonal communication helps the traveler maintain motivation and achieve their goals without being swayed by others' opinions.

In addition, self-talk is also used as a self-strengthening tool that helps travelers maintain their beliefs, increase self-confidence, and overcome fears or doubts during the journey. This is in line with the statement of the informant where he said,

“So, the first month, the first two months I traveled with my boyfriend and then he went back home and then I was alone for one month and this was very like in the beginning, it was hard for me because I was totally alone. I was like, okay, what am I doing here? What should I do? Um, So the first days were hard for me. I cried a lot. But then I started to, yeah, I was in the hostel and met some people. And this was like the beginning of my own trip. And I really liked it. I think this is very important because like, for example, when you travel for yourself, it is very important for inner growth and you may find challenges that to the point of not liking such situations and then like after this, you will become stronger and you, yes, you know how to deal with them. And yes. I think this is very important to apply in addition to self-reflection and even for self-development.” (Interview with Lena, December 20, 2023).

From the explanation above, initially, she found it difficult because she felt very alone and confused with her situation. However, through the process of self-talk, she began to feel stronger and capable of facing the challenges she encountered. He reflected that traveling alone provides opportunities for deep personal growth. Although she experienced difficulties and confusion at first, she realized that the experience gave her a chance to develop internally and overcome obstacles better in the future. By using self-talk as a tool to strengthen hers beliefs and self-confidence, she was able to find strength in solitude and make that experience an important part of the process of self-reflection and self-development.

Furthermore, intrapersonal communication also involves constructive self-criticism, where travelers evaluate their own decisions and actions critically to learn from mistakes and identify areas where they can improve their behavior or responses in the future. One of the speakers stated the following,

” Actually, that happened to me too, where in the end, I calmed myself down and communicated with myself, saying things like 'it's okay, don't need to discuss it, don't need to fight it, just let it be, calm down, stay safe.' And here, intrapersonal communication helped me control myself to hold back the emotions, which ultimately saved myself." (Interview with Aninditya, December 24, 2023).

*“Nah, itu juga pernah terjadi sama aku di mana akhirnya aku menenangkan diri dan berkomunikasi sama sendiri bilang kayak “udah gapapa, gausah dibahas, gausah dilawan, biarin aja, tenangin diri, biar aman”. Dan disini komunikasi intrapersonal ngebantu buat aku mengontrol diri untuk menahan emosi yang akhirnya menyelamatkan diri aku sendiri.”*

When faced with situations that trigger negative emotions, he uses self-talk to control himself and provide positive self-encouragement. Through internal dialogue with himself, he attempts to calm his emotions and soothe himself by giving instructions to remain calm and ensure safety. This process not only helps in controlling emotional reactions but also provides an opportunity to reflect on decisions and actions that have been taken. By critically evaluating himself, he can identify more effective strategies for facing similar situations in the future, as well as improve his ability to manage emotions and make the right decisions.

Lastly, self-talk also helps in self-management, including goal setting, decision making, and controlling emotions. As experienced by one of the speakers, their statement is as follows,

"Because sis, honestly, whenever I'm about to travel, especially solo, I always get confused about the destination. Unconsciously, I find myself engaging in observing good places to visit, then having discussions with myself like 'let's calm down first, don't rush, let's arrange which places to visit first and last so that all places can be visited with a proper schedule.' It turns out, sis, with those discussions, I could finally decide where and when I should go.

Based on my experience before, I used to find it really hard to manage myself in terms of emotions and feelings. But as time went on and with the numerous travels I've done, especially when I travel with friends and end up being the leader of our journey, I unconsciously applied that intrapersonal communication, and from there I could manage myself better so I don't get easily emotional, can take care of others' feelings, understand what's happening, and be more mature in dealing with things. There are so many positive things that came out of it." (Interview with Aninditya, December 24, 2023).

*"Karena kak, jujur ya selama aku mau traveling apalagi solo gitu kan aku selalu bingung soal destinasi. Dan secara gak sadar aku kayak ngajak diri aku untuk observasi tempat-tempat yang bagus dikunjungi, terus diskusi sama diri sendiri untuk kayak tenang dulu jangan buru-buru, kita arrange dulu mana yang dikunjungi lebih awal dan lebih akhir biar semua tempat bisa dikunjungi dengan waktu yang teratur. Yang ternyata kak, dengan diskusi itu aku akhirnya bisa memutuskan kemana dan kapan aja waktunya aku harus pergi. Berdasarkan pengalamanku dulu mungkin aku susah banget untuk manage diri dalam hal emosi dan perasaan. Tapi seiring berjalannya waktu dengan banyaknya aku melakukan traveling apalagi kadang aku traveling sama temen-temen dan aku jadi leader untuk perjalanan kita yang akhirnya aku jadi banyak mengaplikasikan komunikasi intrapersonal itu secara gak sadar dan akhirnya dari situ aku lebih bisa manage diri jadi gak gampang emosi, bisa jaga perasaan orang disekitar, paham sama apa yang terjadi dan bisa lebih dewasa dalam menyikapi sesuatu, banyak lah pokoknya yang positif."*

Through internal dialogue with oneself, she tries to plan the trip more systematically, prioritizing destinations to be visited, and determining a suitable schedule. This process helps him make better and more efficient decisions, as well as reducing the confusion and stress that often arise when planning a trip. Additionally, he also uses self-talk to manage emotions and actions during the journey, so that he can remain calm and rational in facing stressful situations or triggering negative emotions

Therefore, the results of the interviews shows that the interviewees conduct a self-talk when:

1. Lena did a self-reflection after the difficulty she faced during her journey. It allowed her to reassess and research about her next destination so she won't face similar problems in the future.
2. Easy did a self-reflection during her trip. Improving and developing an open minded after experiencing first-hand the difference in other countries compared to her own.
3. Raihan did a self-reflection during his trip, after his inability to talk in the local language prompting him to learn and use alternative methods to communicate.
4. Aninditya did a self-reflection before her trip. She always tries to research and anticipate while talking to herself to empower herself so she will be able to travel.

By speaking to oneself, travelers can create effective travel plans, adjust to unexpected changes, and maintain their emotional balance in challenging situations. Therefore, the findings of this research affirm that self-talk is a powerful tool in the psychological repertoire of travelers, enabling them to adapt to different environments, manage stress, and gain a deeper understanding of themselves and the world around them.

## **B. Discussion**

### **1. Intrapersonal communication in building traveler self-development**

Intrapersonal communication refers to the communication process that occurs within an individual, particularly in a traveler's personal development. As defined by scholars like Joseph A. DeVito, it refers to internal dialogue and reflection in which individuals engage with themselves. DeVito explains that intrapersonal communication is crucial for self-understanding and decision-making (DeVito, 2020). This aligns with the idea that through intrapersonal communication, travelers engage in internal dialogues to understand their desires, motivations, and aspirations during their journeys.

Through intrapersonal communication, a person can dialogue and interact with their own thoughts and feelings. This process includes internal conversations (self-talk) that play a role in decision-making. Some key functions of intrapersonal communication include helping individuals understand themselves, self-reflection, decision-making, stress and emotion management, and goal setting.

In its application to travelers, intrapersonal communication helps them understand their thoughts and feelings while traveling. Through self-reflection and internal conversations, travelers can sharpen their self-awareness of who they are and how they are evolving. When travelers engage in intrapersonal communication through self-reflection, they are essentially using language internally to understand their travel experiences (Ervin-Tripp, 1973). Travelers also use intrapersonal communication to make decisions during their journeys, such as activities and places to visit. This is consistent with Raihan's statement that he often has internal conversations when planning travel, considering schedules and which tourist destinations to visit. He also states that intrapersonal communication is very helpful in achieving travel goals. Bandura (1997) argues that individuals with high self-efficacy beliefs are more likely to set and achieve challenging goals. When Raihan talks about how intrapersonal communication helps him achieve travel goals, it aligns with Bandura's theory. By communicating internally, travelers like Raihan build their self-efficacy, making them more capable of planning and executing desired travel experiences.

Intrapersonal communication also helps in stress management. Lazarus (1991) states that individuals use internal dialogue to assess and cope with stressful situations. When travelers face challenges during their journeys, intrapersonal communication allows them to manage stress by evaluating their options and choosing effective coping strategies.

The theory of self-development by Tarmudji (1998) explains that the essence of self-development is understanding how individuals can grow and improve their quality of life comprehensively. Self-development enables a person to explore various ways to become the best version of themselves, both mentally, emotionally, and spiritually. Through self-development, individuals can also unlock their latent potential, adapt to changes, and face life's challenges with confidence.

Some key steps in self-development implementation according to Tarmudji (1998) are:

1. Building self-confidence through journey

Self-confidence is an important foundation for individuals to be independent and successfully achieve their life goals. Having self-confidence is a crucial aspect of self-development built gradually by recognizing one's strengths and weaknesses. According to Bandura (1977), individuals develop self-confidence through experiences of mastery, social modelling, social persuasion, and physiological states.

In this context, interviews with Lena and Easy depict how traveling can play a role in building self-confidence. They express that through journeys, they learn many new things, become more self-assured, and open to new experiences and cultures. This view asserts that travel experiences, characterized by diverse interactions and challenges, can serve as catalysts for self-confidence development. Vygotsky (1987) highlights how learning acts as a catalyst for self-confidence. During journeys, individuals engage in continuous internal dialogue, acknowledging their strengths and weaknesses, thus contributing to the gradual formation of self-confidence. Lena and Easy's experiences during travel align with Bandura's theory, as they undergo experiences of mastery by navigating new cultures and situations, thus boosting their confidence to eventually navigate foreign territories with more assurance.

The theory of intrapersonal communication can be relevantly associated with the process of self-confidence formation described in the context of travel by Lena and Easy. In the theory of intrapersonal communication, internal dialogue is considered as an individual's interaction with themselves through the use of symbols to become objects for themselves in the communication process. In the case of increasing self-confidence through travel, internal dialogue becomes a foundation that guides individuals, like Lena and Easy, in recognizing their strengths and weaknesses.

In the context of intrapersonal communication, travel becomes a medium that allows individuals to engage in ongoing internal dialogue. Piaget (1970) argues that individuals actively construct knowledge and understanding through their experiences. While traveling, tourists are confronted with various interactions and challenges that demand self-reflection. Lena and Easy's view of travel as a catalyst for self-confidence development demonstrates how intrapersonal communication is actively involved in this process. Their reflections on their travel experiences show the application of Piaget's theory, as they engage in ongoing internal dialogue to understand new cultures and environments. The example can be drawn from one of the interviewees, Lena, where she had to reflect on herself in order to become independent and brave enough to continue her journey alone after her boyfriend decided to return to his home country first. This became a catalyst for Lena's change to become independent and build her confidence to adapt to unexpected situations while traveling. This aligns with Chen et al.'s (2019) theory, which mentions that emotions, influencing both psychological and physical states, significantly affect behavior.

The increase in tourists' self-confidence during travel aligns with the principle of intrapersonal communication theory that personal growth, including the development of self-confidence, is the result of ongoing internal dialogue. The growing awareness of one's strengths and weaknesses during travel becomes a gradual construction of self-confidence, reflecting the principles of intrapersonal communication.

Thus, travel not only provides physical experiences but also becomes a cause for deep self-reflection. Through interactions with new environments and ongoing internal dialogue, tourists not only build positive experiences but also form a strong foundation of self-confidence. In the context of communication, travel becomes an effective means to explore the dimensions of intrapersonal communication, bringing positive impacts on the development of critical aspects such as self-confidence.

## 2. Learning from life experiences

Self-development also involves an understanding of the importance of lifelong learning, which is not limited to formal experiences in school or college. Essentially, learning occurs through various life experiences that individuals undergo. In this context, individuals need to continue learning and reflecting to achieve personal growth and development.

The concept of learning from life experiences implicitly emerges in the respondents' statements. Raihan, Anin, Lena, and Easy through their journeys, create new learning opportunities, reinforcing the idea that learning is a lifelong continuous process for an individual. Their narratives align with the theme that intrapersonal communication, which occurs during the journey, serves as a guide for formulating meaning and personal growth. Learning from diverse experiences, cultures, and challenges becomes part of this never-ending process. Mead (1934) posits that individual construct their identities through interactions with others and their environment. An example can be drawn from Raihan's experience of culture shock while transiting at Manila Airport, Philippines. According to his story, he faced difficulties in interacting with people around him due to language barriers. Additionally, he encountered some rules that he did not expect to find in other airports, such as smoking bans. This experience serves as a lesson for him if he ever visits the Philippines again. Raihan's experience is supported by Yasin et al. (2017), who state that when tourism meets expectations, it's successful; however, disparities between anticipated and actual experiences can lead to failure. The journeys taken by the respondents serve as a platform for such interactions, allowing them to learn from diverse cultures and challenges. The role of social experiences in shaping oneself, seen in how the respondents' journeys contribute to their personal growth.

In intrapersonal communication theory, internal dialogue becomes key to formulating meaning and personal growth. Life experiences, especially through journeys, become the focal point in self-development theory. The narrators create new learning opportunities through their journeys, which align with the principle that learning does not only happen in formal educational experiences. In the context of intrapersonal communication, internal dialogue becomes the instrument to absorb and interpret learning from each experience. Learning from diverse experiences, cultures, and challenges creates a gradual construction of self-confidence, in line with intrapersonal communication theory emphasizing the individual's interaction process with themselves. Individuals strive towards personal growth and satisfaction through experiences that align with their self-concept (Rogers, 1959). In other words, journeys not only provide opportunities for physical experiences but also serve as continuous learning tools, integrating aspects of intrapersonal communication.

The internal dialogue that occurs during journeys, as part of intrapersonal communication, reflects individuals' efforts to absorb and interpret every life experience. Therefore, through journeys, life experiences are not just memories or stories, but also become learning tales that contribute to ongoing personal growth in the context of intrapersonal communication.

### 3. Appreciating and using time wisely

In the context of communication, the concept of time management in self-development journeys can be associated with the theory of intrapersonal communication. This theory emphasizes the individual's interaction with themselves through the use of symbols, which includes understanding time as a critical element in the process of personal growth. Linguist Deborah Tannen, in her work on interpersonal communication, discusses how individuals construct their identities and relationships through internal dialogue, highlighting the importance of intrapersonal communication in self-awareness and self-development (Tannen, 1990). While respondents do not explicitly mention the concept of time, awareness of using time wisely emerges in the narratives of travelers.

It is important to note that intrapersonal communication, as a foundational theory, guides travelers to move beyond their comfort zones and develop broader perspectives. Thoughtful and intentional use of time during journeys reflects awareness and purpose in every step of the way, ultimately contributing to personal growth. As stated by Aninditya, intrapersonal communication can help her in creating a travel itinerary so she can make the most of her time.

Thus, time is interpreted not just as a limitation or constraint, but as an aspect that can be managed wisely to support personal evolution. The steps travelers take, such as stepping out of their comfort zones, embracing diversity, and using time meaningfully, are integral in applying the concept of intrapersonal communication in the context of travel. Intrapersonal communication involves self-talk and internal dialogues that shape our perceptions and behaviors, influencing how we manage time and make decisions (Wood, 2020). Conscious and purposeful time management, as emphasized by the theory of intrapersonal communication, is recognized as key to achieving significant self-development during journeys.

#### 4. Open and actively exploring the environment

The importance of openness to new things and places, as a means to broaden one's horizons, emerges as a central theme in the concept of self-development through travel. Openness to new experiences is an important asset emphasized by respondents, especially by Easy, who highlights his openness to new things and places during travel. Easy's exploration in Yogyakarta reflects his active engagement with various cultural environments, emphasizing the importance of openness in travel experiences. In this case, openness is not just a reaction to new situations but also an attitude that enriches and gives meaning to travel experiences.

Respondents' openness to new things in the context of traveling reflects a positive attitude towards change and variation that aligns with the essence of intrapersonal communication. Intrapersonal communication involves the internal process of "encoding and decoding messages within oneself" (Gudykunst, 2003, p. 25). This theory states that the internalization of travel experiences and internal dialogue help individuals not only accept cultural diversity but also use it as a source of learning and personal growth. Therefore, in the context of self-development, openness is a fundamental principle supported by intrapersonal communication, opening doors to deep understanding and acceptance of differences during travel.

When travelers show openness to new things and places, it reflects a positive attitude towards change and variation. This positive attitude is crucial in effective communication, as it allows individuals to embrace diversity and different perspectives. In the context of self-development through travel, this openness becomes a principle supported by the ability of intrapersonal communication. By being open to new experiences and actively exploring diverse environments, individuals not only enrich their travel experiences but also enhance their ability to communicate effectively with people from various backgrounds.

Intrapersonal communication also plays a role in how individuals process and learn from their travel experiences. Intrapersonal communication includes "reflecting on one's thoughts and feelings" (Wood, 2008, p. 51). When travelers engage in internal dialogue, they can reflect on how these experiences have shaped their personal growth and understanding of cultural differences. This reflective process is crucial in developing deeper empathy and appreciation for diversity, which is an essential aspect of effective communication in multicultural environments.

## 5. Respecting oneself and others

Respecting oneself and others is a fundamental aspect of interpersonal dynamics, especially in the context of travel where encounters with diverse cultures are commonplace. Though not explicitly mentioned, tourists' engagement in intrapersonal communication, as reflected in Lena and Easy's narratives, demonstrates a deep respect for oneself and others. Intrapersonal communication, often considered as the internal dialogue we engage in with ourselves, plays a significant role in shaping our perceptions and attitudes towards different cultures. Tannen (1994) emphasizes that the internal dialogue we have with ourselves actively shapes our perceptions and attitudes towards diverse cultures.

The theory of intrapersonal communication highlights that this internal dialogue is not merely a passive process; it actively contributes to reducing prejudices, enhancing tolerance, and fostering understanding. When tourists engage in introspection, questioning their assumptions and biases, they pave the way for richer and more respectful interactions with the cultures they encounter. Lena and Easy, through their reflection and internal growth, provide examples of how intrapersonal communication can lead to personal transformation and greater appreciation for diversity.

Furthermore, intrapersonal communication serves as a bridge between intrapersonal and interpersonal communication. How we view ourselves and others internally influences how we communicate and interact externally. Our intrapersonal communication affects our interpersonal communication through processes such as self-monitoring and self-disclosure (Giles, 1979). By cultivating respect and understanding through intrapersonal communication, tourists like Lena and Easy are better prepared to engage in meaningful dialogues with locals. This not only enhances their travel experiences but also contributes to cross-cultural harmony and mutual respect. In a broader sense, the use of intrapersonal communication in travel can be seen as a conscious effort towards cultural competence. As tourists navigate foreign territories and encounter new customs, their ability to engage in internal reflection allows them to navigate cultural differences with empathy and curiosity, rather than judgment. This shift in perspective, driven by intrapersonal communication, is crucial for building a world where diverse cultures are celebrated and understood.

Therefore, intrapersonal communication becomes a powerful tool for tourists, enabling them to embark on journeys with open minds and hearts. It facilitates not only personal growth but also meaningful relationships with people from different backgrounds. Ultimately, by respecting oneself and others through the lens of intrapersonal communication, tourists contribute to a more inclusive and harmonious global community.

#### 6. Having the drive to achieve

Self-development through journeys, especially in terms of the drive to progress and achieve, can be associated with the theory of self-development by Tarmudji (1998). This theory states that self-development allows individuals to grow and enhance their quality of life comprehensively, including aspects of achievement and personal growth.

In this context, the experiences of travelers, particularly as expressed by Easy, reflect the drive to achieve success and personal growth through travel. The theory of self-development emphasizes that individuals need to understand how they can grow and improve themselves, and in this case, travel becomes a means to achieve these goals.

The importance of intrapersonal communication in contributing to personal growth aligns with the idea that travelers are driven to become better individuals. In the theory of self-development, the internal dialogue within themselves is considered an unseen friend that guides them through the complexities of cultural adaptation and self-discovery. Intrapersonal communication, therefore, is not only seen as an internal process but also as an external force shaping achievements and positive development for travelers.

An interesting paradox arises when challenges and uncertainties in travel experiences are seen as catalysts for individuals to reach their goals and personal progress. In the theory of self-development, challenges are considered opportunities to grow and overcome oneself. Therefore, the drive to achieve becomes a dynamic motivator that encourages travelers to continue engaging in internal dialogue, seeing each journey as an opportunity to reach their best potential within the context of self-development.

In discussing intrapersonal communication and self-development through journeys, intrapersonal communication is not just self-reflection, but an internal process involving internal dialogue to form understanding, respond to experiences, and manage emotions. In the context of self-development through journeys, intrapersonal communication becomes a driving force that contributes significantly to individual growth. Internal dialogue goes beyond mere self-reflection, involving a deep understanding of the values, beliefs, and skills possessed by the individual. This process gradually forms a solid foundation for building positive self-confidence, which plays a crucial role in self-development.

Furthermore, intrapersonal communication proves itself as an effective tool for responding to and extracting wisdom from every travel experience. Travelers, through internal dialogue, not only explore new places physically but also actively create profound meanings behind those experiences. Deep awareness of cultural diversity and the application of these values in self-development are concrete examples of the application of intrapersonal communication theory.

The key role of intrapersonal communication in setting and achieving goals can also be articulated in the context of travel experiences. Travelers plan every aspect of the journey through careful internal conversations, helping them recognize personal hopes and ambitions. Thus, each step of the journey becomes not only a physical adventure but also an expression of goal achievement and self-development.

Engagement in and management of intrapersonal communication also become crucial when faced with challenges and uncertainties during travel. Travelers can sharpen their abilities to manage stress, overcome obstacles, and stay calm amidst uncertainty through continuous dialogue and self-reflection. These abilities become increasingly important in travel, where every moment is seen as an opportunity for learning and growth.

Thus, the effectiveness of applying intrapersonal communication opens opportunities for travelers to achieve holistic self-development. Ongoing internal dialogue not only serves as a guide through every corner of the journey but also shapes character, deepens self-understanding, and fosters the drive to continually evolve into a better individual through every adventure undertaken. Therefore,

intrapersonal communication theory provides a strong foundation for understanding and depicting the role of communication in self-development with travel experiences.

## **2. Intrapersonal communication affect a traveler's self-development.**

Insights from research and theories of intrapersonal communication explain how this internal dialogue impacts various aspects of personal growth during journeys. Findings from research and theories of intrapersonal communication provide deep insights into how this internal communication affects various aspects of travelers' personal growth (Burlison, 2005). By understanding and managing emotions, travelers can effectively cope with the stress and anxiety associated with exploring new destinations.

Regarding decision-making, intrapersonal communication aids travelers in considering internal factors such as values, desires, and personal goals when choosing destinations and activities. Furthermore, the self-awareness cultivated through intrapersonal communication enables travelers to identify their strengths and weaknesses, allowing for journeys aligned with individual interests and abilities. This internal process also fosters an open mindset towards new experiences, empowering travelers to develop the confidence to explore foreign territories. The drive to learn from travel experiences is also a result of this strong intrapersonal process, as travelers reflection and assimilate acquired information for self-development.

Therefore, this discussion highlights several key aspects including emotional regulation, decision-making, self-awareness, fostering openness to new experiences, motivation to learn, and increased self-confidence.

### **1. Able to control the emotions of travelers better**

According to West and Turner (2018), intrapersonal communication plays an important role in managing individual emotions. The processes of self-talk and self-reflection serve as effective tools to help travelers recognize and control negative emotions, such as disappointment and anger, during their journeys. This concept is reinforced by the direct experience of one of the interviewees, Aninditya, who confirms the role of intrapersonal communication in dealing with emotional situations in Solo. When faced with an incident that made her upset, the interviewee

applied intrapersonal communication, especially self-talk, to calm herself and control her emotional reactions. Thus, intrapersonal communication interventions prove their ability to transform negative emotional responses into more positive ones during travels.

Intrapersonal communication, especially in the context of managing emotions during travel, plays a significant role in shaping the overall travel experience. Travel inherently presents a myriad of challenges and uncertainties, from navigating foreign environments to facing unexpected setbacks. How travelers confront and manage their emotions amidst such situations can significantly impact the outcomes of their travels. The importance of this underscores the idea that intrapersonal communication is not just a reactive tool to handle emotions but serves as a foundational element to actively shape and direct emotional experiences during travel. Self-talk and self-reflection are used as effective intrapersonal communication strategies to face emotional challenges. Self-talk, the internal dialogue we engage in, can influence our perceptions and reactions to various situations. Tannen (1990) discusses how an individual's inner dialogue is influenced by their communication style, which in turn affects how they perceive and respond to emotions. When facing obstacles during travel, such as flight delays or cultural misunderstandings, positive self-talk can help transform these experiences and maintain resilience. Self-reflection, another important intrapersonal communication strategy, allows travelers to delve deeper into their sources of negative emotions. By identifying these triggers, individuals can endeavor to change their emotional responses, resulting in a more positive outlook on their travel experiences. Self-reflection involves introspection into one's thoughts and feelings, enabling individuals to gain insights and regulate their emotional responses (Chomsky, 1957).

The process of recognizing and transforming these emotions not only helps overcome existing emotional barriers but also fosters personal growth throughout the journey. Through introspection and adjustment of internal dialogue, travelers can optimize their emotional well-being and adaptive abilities. This adaptive ability, based on effective intrapersonal communication, enables individuals not only to endure challenges but also to grow and find meaning in their travel experiences. In essence, intrapersonal communication serves as a dynamic tool that empowers

travelers to navigate the emotional landscape of travel, thereby shaping more fulfilling and transformative journeys.

Overall, integrating intrapersonal communication in the context of managing emotions during travel is a wise step. By understanding and managing their emotions, travelers can create more meaningful and satisfying travel experiences. Intrapersonal communication, as a tool to respond to and transform emotions, not only enriches travel on a personal level but also opens opportunities for growth and development through travel.

## 2. Assisting travelers in decision making

In the context of decision-making, intrapersonal communication serves as an internal guide for travelers. The process of internal dialogue allows them to consider various available options and, through self-reflection, travelers reach the best decisions according to their goals and desires during the journey. This process involves "self-reflection, self-analysis, and self-evaluation," all of which contribute to decision-making (Wood, 2020, p. 48). In this way, intrapersonal communication creates a deep awareness of the implications and consequences that may arise from each choice made.

The interviewees strongly state that internal dialogue and self-reflection help them make better decisions during their travels. In specific situations, such as facing direction confusion or choosing destinations during the journey, they personally contemplate to ensure the decisions made align with their desires and personal values. By contemplating through intrapersonal communication, travelers can overcome uncertainty and make more informed decisions.

The importance of this internal dialogue creates a deep awareness not only of current choices but also of how these decisions can impact the overall travel experience. The interviewees consistently describe that through the process of intrapersonal communication, they can achieve a deeper level of self-understanding, create a sense of responsibility for the choices made, and optimize their travel experiences.

Thus, the experiences of the interviewees validate theories linking intrapersonal communication with individual decision-making. Through internal dialogue, travelers can consider various aspects, explore possible options, and ultimately make decisions that support their personal goals and preferences during the journey. This emphasizes that intrapersonal communication not only serves as an internal process but also as a tool that helps achieve awareness and better decision-making in the travel experience.

### 3. Enhancing self-understanding

Interpersonal communication refers to the internal dialogue and reflection individuals engage in with themselves. Intrapersonal dialogue helps individuals understand their experiences and develop a deeper understanding of themselves (Tannen, 1990). This process plays a significant role in enhancing self-understanding, especially during travel experiences. Through introspection and internal conversations, travelers can delve deeper to understand their interests, personalities, and limitations. This concept is reinforced by the concrete experiences of the sources who directly describe how intrapersonal communication helps them develop a better self-awareness during their journeys.

Through the process of intrapersonal communication, travelers can engage in deep introspection regarding their personal interests. This introspective process allows them to gain insights into their personal interests, such as what truly captures their attention or fuels their curiosity. This includes a better understanding of activities or places that truly captivate and motivate them. By reflecting internally, they can explore layers of personal desires that may not have been thought of before. In other words, intrapersonal communication becomes a gateway to a clearer understanding of what they are truly seeking or enjoying during their travels.

Furthermore, intrapersonal communication also significantly contributes to the development of awareness regarding one's personality traits. When travelers engage in internal dialogue, they essentially reflect on how they perceive and react to various situations. This reflective process aligns with communication theories such as social cognitive theory, which emphasizes the reciprocal interaction between personal factors, behavior, and the environment. Through intrapersonal

communication, travelers identify their preferences, attitudes, and behavioral tendencies. For example, someone might realize they are more introverted and prefer solo exploration over group activities. This awareness is crucial as it helps individuals navigate social interactions and adjust their behavior. From a communication perspective, this process reflects a feedback loop in the communication model, where individuals receive feedback (from themselves) about their own behavior and make adjustments.

Another highlighted aspect is the importance of intrapersonal communication in recognizing and addressing personal limitations. This involves critical reflection on one's strengths and weaknesses, especially in unfamiliar or challenging situations. For instance, a source mentions that through intrapersonal communication, they can evaluate their comfort level speaking in public and then work on developing public speaking skills. Language functions not only to communicate but also to help individuals understand and reflect on themselves and the world around them (Halliday, 1975). Therefore, this process allows travelers to grow and develop through recognizing and addressing their personal limitations.

Overall, intrapersonal communication serves as a strong foundation in building self-awareness during travel. Through introspection and internal dialogue, travelers can explore interests, uncover dimensions of their personality, and identify limitations. This not only helps them gain richer travel experiences but also plays a vital role in forming a stronger and more conscious personal identity.

#### 4. Building an open attitude towards new experiences

Graeme and Dimpleby (2006) emphasize the important role of intrapersonal communication in shaping individuals' attitudes and behaviors, a view that is proven to be manifested in the experiences of the interviewees reflecting the positive impact of intrapersonal communication on their attitudes and adaptability during their journeys. Through the process of intrapersonal communication, travelers gain the ability to become more open and adaptive to new experiences and cultures in the places they visit. The responses of the interviewees consistently illustrate that through internal dialogues, they were able to adjust to different environments, appreciate diversity, and build a positive attitude towards cultural differences. In this way, intrapersonal communication creates a strong foundation

for personal growth through continuous exposure to diversity and differences.

The importance of intrapersonal communication in shaping positive attitudes and behaviors can be seen in how the interviewees respond to challenges and new situations during their journeys. They not only see these experiences as opportunities to learn but also as a means to develop and engage with new realities. Intrapersonal communication provides them with a mental framework that facilitates acceptance and adaptation, creating more valuable and meaningful travel experiences.

Thus, the concept that intrapersonal communication can shape positive attitudes and behaviors towards diversity during journeys is proven to be relevant. The interviewees express how their internal dialogues significantly contribute to their ability to appreciate and respond to cultural differences, approach situations with an open perspective, and lay the foundation for personal growth through each travel experience.

#### 5. Motivating oneself to continue learning and growing

According to Wilber (2000), highlighting the central role of intrapersonal communication in creating motivation for ongoing personal growth, this perspective is found in the experiences of the speakers who describe how internal dialogues drive them to continue developing through each journey.

Through the internal conversations that occur during travel, travelers find themselves motivated to further develop aspects of themselves. The speakers consistently indicate that intrapersonal communication plays a crucial role in encouraging them to view every travel experience as a learning opportunity. Thus, the theoretical concept of intrapersonal communication as a catalyst for motivation in personal growth proves relevant in the context of travel.

The importance of motivation for personal growth can be seen in how the speakers respond to challenges and new experiences during their travels. They do not just see each event as a hurdle but as an opportunity to hone skills, expand knowledge, and achieve higher levels of self-development. Therefore, intrapersonal communication, by providing motivational impetus, becomes a crucial aspect in shaping travel as a means of ongoing personal growth.

Thus, the experiences of the speakers confirm that the theoretical concept that intrapersonal communication drives motivation for personal growth and continuous learning is relevant and observable in their travel dynamics. Internal dialogues become the driving force that encourages them to make every journey a platform for self-improvement, creating an environment where personal growth becomes a continuous achievement.

#### 6. Boosting self-confidence

McCornack (2019) focuses on the relationship between self-development and increased self-confidence, which is also found in the travel context expressed by the informants. The theory emphasizes that intrapersonal communication significantly contributes to the development of tourists' self-confidence, enabling them to bravely try new things outside their comfort zones.

Observations of the respondents' answers provide empirical confirmation of McCornack's theoretical concept. The respondents consistently assert that intrapersonal communication practices, such as self-talk and introspection, help them build self-confidence. Intrapersonal communication becomes an effective tool in expanding comfort zones and providing the necessary encouragement to face new challenges during travel.

The importance of self-confidence in self-development can be observed in how the informants approach their journeys. They not only see self-confidence as a result of the journey but also as an element that drives them to explore further and overcome uncertainty. In this way, intrapersonal communication forms the foundation for personal growth, as it allows travelers to respond to challenges with conviction and readiness to try new things.

The real-life experiences of the informants provide further insights into how self-development through self-confidence can change perspectives and attitudes towards travel. Strengthening self-confidence through internal dialogues opens the door to deeper exploration and acceptance of situations that may have previously been deemed difficult. As a result, intrapersonal communication becomes not only an internal process but also the key to unlocking new potentials and achievements in travel.

In line with McCornack's theory, the informants describe that intrapersonal communication forms a positive cycle where increased self-confidence motivates them to face more challenges and take greater risks. This creates a dynamic where travel is not just about geographical exploration but also limitless self-exploration. Thus, the theory of self-development through increased self-confidence is effectively reflected in the travel realities experienced by the informants.

Overall, intrapersonal communication goes beyond just a tool for dialoguing with oneself; it is an essential driver for self-development. Theories and speaker experiences illustrate how this process involves self-reflection, emotional control, and deep consideration that help shape individuals throughout their life journey. In the context of travel, intrapersonal communication becomes the foundation for more meaningful and transformative experiences. When travelers use internal dialogue to manage challenges, make decisions, and explore their identities, they indirectly integrate intrapersonal communication into their travel experiences.

The integration of intrapersonal communication in travel involves using it as a tool to respond to and overcome complex and unexpected situations. For instance, speakers indicate that when faced with difficulties or unwanted surprises during travel, intrapersonal communication provides the necessary mental framework to control emotions and find solutions. Therefore, recognizing the role of intrapersonal communication in the context of travel is not only intellectually smart but also a practical skill that empowers individuals to respond and grow through experiences.

Furthermore, intrapersonal communication is not just about managing challenges but also about shaping deeper perspectives and understandings of oneself. By engaging in internal dialogue, travelers build richer self-awareness, understand their limitations and strengths, and reflect on the meanings they attribute to their travel experiences. This forms the basis for more meaningful experiences and offers transformative opportunities for personal growth.

It is important to acknowledge that the use of intrapersonal communication in travel is not an isolated aspect; instead, it involves a continuous and integrated process at every stage of the journey. As a foundation for self-development, intrapersonal

communication helps cultivate an open attitude toward new experiences, manage stress, and motivate oneself to keep learning. Therefore, a wise step for travelers is to actively incorporate and leverage intrapersonal communication in every step of their journey to fully benefit from those experiences. Thus, integrating intrapersonal communication in travel can be considered a smart step that opens doors to better self-growth and deeper understanding of life. It is not just about the destinations visited but also about the ongoing internal journey towards self-awareness and personal evolution.



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### 3. Self-Talk Function in Traveler

In the context of communication science, research findings on the function of self-talk among travelers highlight the important role of intrapersonal communication in individual travel experiences. When tourists engage in self-talk to validate their experiences, they are essentially exploring the "open" areas in their Johari Window. By acknowledging and affirming their perceptions, they expand this open area, contributing to their self-discovery and understanding of new environments (Luft & Ingham, 1955). Intrapersonal communication, which occurs in one's internal dialogue with oneself, plays a key role in helping travelers manage interactions with new environments and different cultural norms. For example, a respondent in the study shared their experience while visiting Solo, where they initially doubted a friend's warning about the less friendly behavior of people there compared to Jogja. However, through the process of self-talk, they validated this experience and decided to continue exploring Solo without being influenced by others' expectations. This illustrates how intrapersonal communication enables travelers to process social information and make context-appropriate decisions.

Furthermore, self-talk also serves as a self-empowerment tool that helps travelers build confidence and self-belief. A respondent expressed the challenges they faced when they had to travel alone after their partner returned home, where they initially felt lonely and confused in the new situation. However, through internal dialogue, they managed to find strength in solitude and saw it as an opportunity for deep personal growth. This process of self-talk allowed them to overcome fears and uncertainties, enhancing their self-confidence as independent individuals.

Moreover, intrapersonal communication also plays a role in managing internal conflicts such as self-criticism and uncertainty. A respondent demonstrated how self-talk helped them control emotions and calm themselves when faced with stressful situations. Through internal dialogue, they could alleviate negative feelings and find appropriate solutions to resolve the conflict. Self-talk serves various functions, including cognitive regulation and problem-solving (Vygotsky, 1962).

Additionally, self-talk also aids in travel planning and decision-making. A respondent described how they used self-talk to reflect on travel routes, determine priorities, and make decisions aligned with their personal goals and preferences. By

talking to themselves, they could organize their thoughts, evaluate available options, and ultimately make the right decisions for their journey. Overall, these findings affirm that intrapersonal communication is not only a tool for self-reflection but also a crucial adaptation strategy in the context of travel, enabling travelers to understand, manage, and respond to new environments more effectively.



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### C. Comparison with International Research

Research conducted on domestic tourists in South Korea by Kim S & Lee J (2019) aimed to explore the impact of intrapersonal communication on Korean tourists specifically. Conversely, this thesis research selected foreign and local tourists in Yogyakarta as its subjects, with the hope of gaining a more diverse perspective on the application of intrapersonal communication among tourists.

The findings of that research highlight the psychological impact of intrapersonal communication on increasing self-awareness and satisfaction among Korean tourists. On the other hand, the findings from the thesis emphasize the role of intrapersonal communication in shaping the self-development of tourists, both foreign and local. Although their focuses are slightly different, both studies show the positive benefits of intrapersonal communication in the tourism experience.

Another study by Garcia & Martinez A (2020), conducted in Barcelona, Spain, aimed to explore the influence of intrapersonal communication on tourist satisfaction. Although similar in focus to studies from South Korea and Indonesia, this study sought to understand how tourists' internal dialogue affects their perceptions of destinations and the overall tourism experience.

Aligned with the research from South Korea and Indonesia, the findings from the Spanish study also highlight the positive impact of intrapersonal communication on the tourist experience. However, the emphasis may be different and could provide additional perspectives on the influence of intrapersonal communication on tourist satisfaction.

By comparing three studies conducted in South Korea, Indonesia, and Spain, it can be concluded that despite being rooted in different cultural contexts, these studies consistently highlight the importance of intrapersonal communication in shaping the tourist experience. The research by Lee and Kim (2019) in South Korea emphasizes the psychological impact of intrapersonal communication on increasing self-awareness and satisfaction among Korean tourists.

This research provides a strong foundation for understanding the interplay between internal dialogue and tourist satisfaction. In Indonesia, the thesis research focused on Yogyakarta takes a different approach by highlighting the role of intrapersonal communication in the self-development of tourists, whether they are from

abroad or local. Meanwhile, the study in Spain by García and Martínez (2020) explores the impact of intrapersonal communication on tourist satisfaction in Barcelona.

Although they each have different focuses and approaches, together they provide a holistic overview of the role of intrapersonal communication in shaping the tourist experience, whether at a psychological level, self-development, or customer satisfaction. In conclusion, this comparison opens up opportunities for further research that can delve deeper into the influence of intrapersonal communication on the tourist experience from various cultural perspectives.



## CHAPTER IV CONCLUSION

In this chapter, the author would conclude and explain the limitations of the research regarding The Use of Intrapersonal communication in Shaping the Traveler's Self-development as an Individual. In addition, the author would also provide suggestions so that they can be used as a reference for future research.

### **1. Summary**

This study confirms that intrapersonal communication plays a central role in building the self-development of tourists. By engaging in self-reflection and internal conversations, travelers can achieve significant benefits such as an increased understanding of themselves, sharpening of self-awareness, and encouragement to grow and develop personally. Intrapersonal communication equips them with crucial skills in managing emotions, making important decisions, coping with stress, and motivating themselves throughout the journey. By making effective use of intrapersonal communication, travelers not only gain a better understanding of themselves, but also become individuals who are open to new experiences, motivated to continue learning and developing, and have confidence in achieving their goals.

The findings from this study consistently support the theory of intrapersonal communication and self-development which highlights the important role of intrapersonal communication in promoting the growth and self-actualization of individuals. Related to the context of travel, intrapersonal communication proves to be a key factor that helps shape the self-development of tourists in every destination they visit. Through the exposure of the research results, it can be understood that intrapersonal communication has a wide and significant impact on the psychological well-being and self-development of travelers.

This study provides a deep insight into the use of intrapersonal communication for the self-development of tourists. The implications include a better understanding of how intrapersonal communication can help individuals overcome emotional challenges, improve decision-making abilities, and motivate personal growth. Therefore, the results of this study are expected to form the basis of similar studies in the future, contributing to a deeper understanding of the role of intrapersonal communication in the context of travel and self-development.

## **2. Research Limitations**

- a. The data in this research was limited to only a few sources, which are collected from interviews, online journals, books, and websites.
- b. The respondent selection technique in this research used purposive sampling, which conducted interviews on a small-scale population as a representation of the entire population.

## **3. Recommendation**

Based on the research findings and discussions outlined, several recommendations can be provided, including:

- a. For tourists, it is advisable to maximize the use of intrapersonal communication during their travels. This can be achieved through self-reflection, internal dialogue, and contemplation to ensure that the journey contributes to optimal self-development.
- b. For future researchers, it is recommended to conduct further studies regarding the application of intrapersonal communication in the context of travel. This can involve expanding the scope of subjects and locations for research.
- c. For academics, the research findings can be used as a reference for the development of studies in communication science, particularly in the realm of intrapersonal communication and self-development within the context of travel.

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## APPENDIX

### INFORMANT 1 (Local Traveler)

**Name** : M. Raihan Taruna

**Age** : 23 y.o

**From** : Indonesia

**Ola:** Halo bang, perkenalkan nama saya Wulansari Andani. Terimakasih sudah meluangkan waktu untuk saya wawancara dan berkenan menjadi salah satu narasumber tugas akhir saya. Mungkin boleh disebutkan dulu nama lengkapnya, darimana asalnya?

**Raihan:** Baik, nama saya M Raihan Taruna dan asal saya dari Jambi.

**Ola:** Sekarang lagi sibuk ngapain nih kalo boleh tau? Aku liat-liat di sosial media, kamu suka traveling ya?

**Raihan:** Kalo sekarang sih nge freelance kayak foto, video gitu, sekaligus juga jadi traveler, sekaligus keliling-keliling juga karena kan freelance jadi kita sebagai tukang foto dan video bisa di mana aja gitu. Kemarin saya baru dari Semarang, Solo, Seragen, banyak lah pokoknya.

**Ola:** Oh iya sih, karena kan freelance video/photographer ya jadinya banyak ngambil footage kota-kota gitu.

**Raihan:** Iya, bener.

**Ola :** Terus bang, kemarin aku lihat di IG nya bang aan itu kayak lagi ke Jepang atau kemana ya itu?

**Raihan:** Iya. Itu ke Jepang sama ke Filipina juga.

**Ola:** Itu liburan?

**Raihan:** Iya, kalo itu liburan bukan kerja.

**Ola:** Berarti bisa dibilang abang tiga bulan terakhir ini pergi ke luar kota atau luar negeri gitu ya?

**Raihan:** Iya. Ke Jakarta, Semarang, Demak juga yang intinya keliling lah, kalo ditanya kemana nya banyak lah.

**Ola:** Oh iyaiya. Berarti bang aan secara tidak langsung udah menganggap kalo bang aan sebagai traveler, dong?

**Raihan:** Secara tidak langsung saya bisa menganggap bahwa diri saya adalah traveler.

**Ola:** Okey. Dari semua tempat yang pernah Anda kunjungi, negara atau kota mana yang menjadi favorit kamu? Mengapa?

**Raihan:** Sejujurnya kota yang paling favorit itu Osaka ya. Alasannya karena banyak orang

Indonesia di sana dan kotanya itu lebih friendly karena kan saya perokok jadi kalau di Tokyo itu agak sulit untuk merokok dibandingkan Osaka. Budaya dan Wisata nya juga lebih enak di Osaka.

**Ola:** Berarti sempet culture shock bang disana?

**Raihan:** Awalnya. Karena sesampainya disana itu kan di Tokyo yang mana susah untuk merokok. Mereka disana itu sangat tertib terhadap kebersihan rokok dan gak semua orang itu ngerokok di tempat umum. Jadi, waktu sampai itu aku setengah jam itu nyari tempat buat bisa merokok doang. Jadi, kalo posisinya lagi traveling aku pribadi emang harus sekaligus nyobanya rokok-rokok yang ada di tempat itu (kalo emang beda dari yang ada di Indonesia).

**Ola:** Okey bang. Menarik ya. Anyway, abang pernah denger istilah komunikasi intrapersonal ngga?

**Raihan:** Pernah-pernah karena kan aku juga lulusan ilmu komunikasi kan. Kalo gak salah intra itu kita komunikasi kepada diri sendiri gitu ya, misal kita di jalan terus liat sesuatu kadang kan kita ngobrol sama diri sendiri gitu. Sejujurnya saya orang yang sangat sering menggunakan komunikasi intrapersonal ya karena kayak melihat sesuatu, menganalisa kenapa atau bagaimana nya itu langsung sama diri sendiri. Jadi kayak ada dialog di dalam diri itu secara gak sadar terjadi gitu. Tapi ya, itu kadang tidak bisa di jelaskan. Contohnya gini, kita mau liburan terus bikin itinerary itu menggunakan komunikasi intrapersonal banget. ngomong sama diri sendiri “ini bakal kayak gini gak ya, ini kayak gini gak ya” terus nanti diri tuh bakal ngejawab sendiri “oh ngeliat dari yang kemarin ini, yang kayak gini nih bakal aman”. Jadi, secara tidak langsung komunikasi intrapersonal itu ngebantu banget untuk sebuah tujuan gitu.

**Ola:** Okey, berarti bang aan mendefinisikan bahwa komunikasi intrapersonal itu adalah dialog dengan diri sendiri yang mana itu terjadi kapan saja dan di mana saja tanpa bisa dijelaskan karena memang itu terjadi dalam diri secara spontan gitu ya bang?

**Raihan:** Iya betul.

**Ola:** Oke, terus bang diselama perjalanan nya bang aan, pastikan bang aan sebelumnya membuat perencanaan perjalanan. Dan apakah bang aan menggunakan komunikasi intrapersonal saat merencanakan perjalanan?

**Raihan:** Secara logis jawabanku kayak gini. Komunikasi yang seperti ini itu sebenarnya secara gak sadar pun terpakai gitu. Karena aku kebiasaan pakai intrapersonal komunikasi jadi nya kalau apa-apa tuh alam bawah sadarku tuh membuat keputusan tuh sesuai pengalaman sebelumnya yang akhirnya itu bisa jadi diskusi dalam diri. Contohnya, kayak waktu di Jepang itu kan orang-orang disana jarang ngobrol apalagi kita kan language barrier nya susah lah ya, cuman disitu diriku ngobrol sama diri sendiri membahas kalau ngapain jauh-jauh kesini tapi

gak nyoba hal yang baru. Dari situ akhirnya aku memberanikan untuk ngobrol sama orang-orang disana kayak nawarin rokok, dan lain-lain.

**Ola:** Okey, berarti bang aan secara tidak langsung dengan kejadian-kejadian yang dialami selama perjalanan itu mengisyaratkan kalau komunikasi intrapersonal itu baik secara sadar maupun tidak itu akan selalu terlibat gitu ya dalam kehidupan entah itu dalam perencanaan atau pengambilan keputusan ya?

**Raihan:** Benar sekali.

**Ola:** Terus, gimana nih bang aan menyesuaikan komunikasi intrapersonal dengan berbagai lingkungan dan budaya selama perjalanan?

**Raihan:** Okey, aku ceritain aja ya. Aku ke jepang itu sendiri kan awalnya, nah sebenarnya culture shock aku itu ada pas aku transit di Filipina tepatnya di Manila. Di sana kita bener-bener dilarang merokok dan gak boleh keluar Bandara selama 10 jam-an. Nah yang jadi problem adalah sebagai orang yang pengen nyoba rokok sana dan segala macam seperti ditahan kan karena dilarang dan gak bisa ngapa-ngapain jadi ujung-ujungnya ngobrol sama diri sendiri “apa yang harus aku lakuin nih?” sampai kayak negative talk yang kayak “apa aku harus pura-pura aja ya ilang barang biar bisa keluar?” git uterus semua yang dipikirin di obrolin dalam diri sampai akhirnya tidur. Nah karena kan aku traveling sendiri kan mau ngobrol sama orang takut sungkan apalagi Bahasa yang berbeda dan Bahasa inggris mereka kan kurang ya, jadi ya akhirnya banyak ngobrol sama diri sendiri. Orang ngira kalau kita diem aja padahal kita banyak ngomong sama diri sendiri.

**Ola:** Terus pernah gak bang aan menghadapi tantangan dalam memahami atau mengelola emosi saat bepergian? Dan gimana komunikasi intrapersonal biasanya membantu bang aan dalam mengatasi tantangan itu selama perjalanan bang aan?

**Raihan:** Ya, Namanya kita traveler kan kalo ola pernah liburan bareng sama orang atau temen itu pasti ada yang namanya miscommunication dan hal-hal yang bikin bete kan?

**Ola:** Iya pasti.

**Raihan:** Nah, itu juga pernah terjadi sama aku di mana akhirnya aku menenangkan diri dan berkomunikasi sama sendiri bilang kayak “udah gapapa, gausah dibahas, gausah dilawan, biarin aja, tenangin diri, biar aman”. Dan disini komunikasi intrapersonal ngebantu buat aku mengontrol diri untuk menahan emosi yang akhirnya menyelamatkan diri aku sendiri.

**Ola:** Okey. Lalu bang aan menyadari atau tidak bahwa komunikasi intrapersonal itu sangat penting bukan hanya untuk refleksi diri, menahan emosi, tapi juga untuk membangun self-development bagi seorang traveler?

**Raihan:** Menurutku ini bukan masalah penting dan gak penting karena semua orang pasti

melakukan itu. Pemikiran apapun yang dibuat itu semua pasti sudah melewati proses komunikasi intrapersonal dulu (secara gak sadar). Jadi ya sangat penting, karena semua orang pasti melakukan komunikasi intrapersonal walaupun tidak secara sadar mereka lakukan.

**Ola:** Oh okeoke. Kalau kita masuk ke dalam konteks self-development, apa yang ada dipikiran kamu tentang hal itu bang?

**Raihan:** Ya itu tadi, dalam membangun kepercayaan diri seseorang misal ya, MC yang mau tampil itu kan pasti harus meyakinkan dirinya untuk tampil all out dan percaya diri kan? Nah dia pasti akan melewati komunikasi intrapersonal untuk membangun self-abuse agar percaya diri, gak nervous, dan lain-lain sehingga penampilannya maksimal kan? Ya itu lah komunikasi intrapersonal penting banget dalam mengembangkan self-development seseorang begitupun dengan traveler.

**Ola:** Okey, by the way bang an sering nonton traveler's vlog gak sih?

**Raihan:** Justru itu. Alasan saya suka jalan-jalan itu karena sering nonton traveler's vlog. Kalo kamu pernah denger itu ada namanya Yes Theory itu vlog yang nyebutin kalau kita harus bisa mencoba hal-hal baru diluar safe-zone kita seperti diajak kemana atau diajak nyobain apa gitu, coba kita iya in aja dulu tawaran atau ajakan itu karena kita gak pernah tau ada hal baru apa disitu, nemu apa disitu.

**Ola:** Okey sangat menarik. Lalu bang, sekarang kan bang an bisa dinobatkan sebagai traveler kan? Dan selama perjalanan mungkin juga bang an ketemu sama traveler-traveler lain kan?

**Raihan:** Iya. Bener-bener.

**Ola:** Nah, menurut bang an bagaimana sih self-development para traveler yang mungkin bang an temui atau mungkin nonton di vlog yang terbentuk selama mereka melakukan perjalanan?

**Raihan:** Jadi kuncinya, kalo kita sering traveling itu pasti kita banyak menemukan perbedaan. Kalau dulu aku orang nya stuck dalam artian kalau udah A ya harus A gitu. Kalau sekarang ngeliat dari semua perspektif itu punya makna nya gitu. Misal menurut kita A itu A mungkin aja orang menganggap A itu C dan D. Jadi kalau sekarang bisa dibilang saya melihat orang-orang yang sering traveling itu mereka lebih terbuka dan lebih enjoy kalau ketemu. Santai kalau diajak ngobrol, dan kamu bisa bedain mana orang yang suka traveling sama enggak dalam hal bercanda, ngobrol, wawasan, dan lain-lain. Self-developmnet dari traveler yang saya temui itu mereka udah ditahap filantropi gitu dan itu terbentuk dari pengalaman yang mereka temui selama perjalanan.

**Ola:** Apasih bang yang dibutuhkan seorang traveler dalam membangun self-development?

**Raihan:** Yang dibutuhkan cuma niat yang sungguh-sungguh. Ketika dia niat ingin melakukan

traveling dan dia akhirnya berangkat dan siap dengan tempat atau habit yang asing untuk dia, itu sebenarnya udah meningkatkan self-development dia sendiri. Jadi menurutku intinya yang dibutuhkan niat aja sih.

**Ola:** Selama perjalanan bang aan dengan pengalaman-pengalaman yang mungkin udah banyak banget, bisa ngga bang aan sebutin apa aja self-development yang udah berhasil terbentuk dalam diri bang aan?

**Raihan:** Bisa banget. Jadi la, aku itu dulu orang yang stuck banget. Kalau sekarang istilah nya no life gitu. Untuk berbaur dan ngobrol itu susah banget. Nah, aku sekarang semakin banyak traveling, semakin banyak ketemu orang baru, banyak ngobrol dan nemuin hal-hal baru justru makin meningkatkan keberanian ku untuk melakukan sesuatu. Dulu akum alu untuk bayar ke kasir, sekarang malah aku berani banget nawar harga barang tanpa peduli yang jual itu orang mana. Bukan cuma keberanian aja, tapi juga meningkatkan kepercayaan diri dan public speaking ku.

**Ola:** Oh I see. Bagaimana hidup sebagai seorang traveler menurut bang aan?

**Raihan:** Meningkatnya sosial media saat ini, banyak orang yang menjadikan status mereka sebagai traveler sebagai income dengan membuat konten-konten seputar traveling. Nah kalo dari definisiku, hidup sebagai seorang traveler itu kamu hidup dengan banyaknya pengalaman dan pengetahuan karena dunia ini dibuat dengan latar belakang budaya yang berbeda-beda dan jika tidak di eksplore untuk apa hidup (ibaratnya).

**Ola:** Oke bang. Daritadi kan kita udah bahas nih bang dari mulai topik tentang komunikasi intrapersonal sampai self-development, nah yang bang aan sekarang rasakan dari hasil perjalanan yang dilakukan, kesimpulannya dari penggunaan komunikasi intrapersonal dalam membentuk self-development seorang traveler seperti apasih?

**Raihan:** Oke, menurutku karena apapun dilakukan secara gak sadar menggunakan komunikasi intrapersonal dan dari penggunaannya juga dapat membangun self-development khususnya dalam diriku, jadi ya sangat efektif dan berhasil.

**Ola:** Okey bang, itu saja pertanyaan-pertanyaannya. Terima kasih sudah meluangkan waktunya. Sehat dan sukses selalu ya bang.

**Raihan:** Amin, ola juga ya. Terima kasih banyak.

**Ola:** Sama-sama bang.

## **INFORMANT 2 (Local Traveler)**

**Name** : Aninditya Syadza Tahira

**Age** : 20 y.o

**From** : Indonesia

**Ola:** Halo, perkenalkan nama saya Wulansari Andani. Terimakasih sudah meluangkan waktu untuk saya wawancara dan berkenan menjadi salah satu narasumber tugas akhir saya. Mungkin boleh disebutkan dulu nama lengkapnya, darimana asalnya?

**Anin:** Namaku Aninditya Syadza Tahira dan asalku dari Banjar.

**Ola:** Okey, boleh tau gak anin sekarang lagi sibuk apa? Aku liat-liat di sosial media, kamu suka traveling ya?

**Anin:** Sekarang aku lagi libur kuliah jadi aku sekarang lagi sibuk jalan-jalan aja sih kak karena gada apa-apa lagi yang harus aku lakuin dan aku gabisa diem dirumah jadi Sukanya jalan-jalan aja gitu.

**Ola:** Oalah. Kayak nya kemarin aku liat juga kamu abis traveling ke luar kota ya?

**Anin:** Iya. Itu ke Bandung kak.

**Ola:** Okey, berarti anin hobi traveling dong?

**Anin:** Banget kak. Walaupun ya jalan-jalan nya nggak yang jauh-jauh dan mahal-mahal tapi yang penting kayak keluar dari Banjar aja.

**Ola:** Okey, I see. Terus dengan anin yang suka banget sama traveling, apakah anin menganggap bahwa anin adalah seorang traveler?

**Anin:** Sebenarnya aku lebih ke percaya diri aja dengan menganggap aku sebagai traveler karena juga orang-orang sekitarku ngomong kalo aku tuh kayak traveler yang pasti aja dikit-dikit traveling gitu.

**Ola:** Kira-kira nih, selama tiga bulan terakhir kemarin kamu udah kemana aja nih?

**Anin:** Aku udah traveling ke Yogyakarta, Bandung, Solo, dan Bogor.

**Ola:** Berarti udah ke 4 kota ya?

**Anin:** Iya bener.

**Ola:** Dari semua tempat yang pernah Anin kunjungi, kota mana yang menjadi favorit kamu? Kenapa?

**Anin:** Yogyakarta karena menurutku jogja itu kota yang wisata nya itu gak habis-habis. Terus di jogja juga kan aku punya temen dan juga adik yang kuliah di jogja jadi untuk akomodasi perjalanan juga aku gak banyak ngeluarin uang gitu kayak misal aku jadi gak harus nyewa tempat tinggal karena bisa numpang tidur di tempat temen atau adik sendiri.

**Ola:** Oh okey. Anyway, anin pernah denger istilah komunikasi intrapersonal ngga?

**Anin:** Belum pernah denger sih.

**Ola:** Boleh gak aku jelasin secara singkat?

**Anin:** Boleh banget. Silahkan.

**Ola:** Jadi nin, secara singkat komunikasi intrapersonal itu adalah berbicara dengan diri sendiri. Kayak misal kamu pergi ke suatu tempat terus kamu bingung arah toilet kemana terus kamu ngomong sendiri kayak “Dimana ya toilet?” nah itu udah termasuk contohnya tuh. Atau misal kamu ada bingung arah jalan terus kamu mau nanya sama seseorang tapi Langkah kamu terhenti karena kamu liat wajahnya dan secara gak sadar kamu ngomong dalem hati “aduh mas-mas itu ramah ngga ya? Bakal jawab ngga ya?” nah pertanyaan-pertanyaan itu tuh udah termasuk dialog sama diri sendiri. Kira-kira paham ngga?

**Anin:** Ohh ternyata hal-hal seperti itu ada istilah nya ya, dan itu namanya komunikasi intrapersonal?

**Ola:** Iya, betul sekali. Dari pemahaman yang aku jelaskan dan kalau anin inget-inget, apakah anin menggunakan komunikasi intrapersonal saat merencanakan perjalanan?

**Anin:** Karena aku baru tau kalau dialog sendiri itu namanya komunikasi intrapersonal, jadi aku secara tidak langsung dan tidak sadar sebenarnya aku menggunakan itu. Kenapa aku bisa bilang seperti ini? Karena kak, jujur ya selama aku traveling apalagi solo gitu kan aku selalu bingung soal destinasi. Dan secara gak sadar aku kayak ngajak diri aku untuk observasi tempat-tempat yang bagus dikunjungi, terus diskusi sama diri sendiri untuk kayak tenang dulu jangan buru-buru, kita arrange dulu mana yang dikunjungi lebih awal dan lebih akhir biar semua tempat bisa dikunjungi dengan waktu yang teratur. Yang ternyata kak, dengan diskusi itu aku akhirnya bisa memutuskan kemana dan kapan aja waktunya aku harus pergi.

**Ola:** Okey, berarti sekarang anin setuju dong kalau keterlibatan komunikasi intrapersonal juga dapat membantu dalam pengambilan keputusan saat merencanakan perjalanan?

**Anin:** Oh iya jelas karena kalo kita lagi traveling gitu kan apalagi solo kita harus bisa sinkron sama diri sendiri. Ketika pikiran sama hati ngga sinkron dengan kita mengaplikasikan intrapersonal itu kan akhirnya bisa kembali sinkron gitu.

**Ola:** Iya betul banget. Terus gimana cara anin menyesuaikan komunikasi intrapersonal itu dengan berbagai lingkungan, budaya, habit yang anin temui saat perjalanan?

**Anin:** Mungkin ini aku jawab dengan kejadian yang pernah aku alami ya. Jadi tuh aku kemarin kan sempet ke Solo. Terus temenku bilang kalo misalnya orang-orang disana itu nggak seramah

di jogja. Aku sempet gak percaya dan nekat buat pergi ke solo sendirian kan. Sesampainya aku di sana aku langsung nyoba transportasi di sana, terus ke tempat-tempat yang banyak penduduk sana nya kayak ke pasar dan ternyata apa yang dibilang temenku ternyata bener. Dari situ aku akhirnya tetep jalan memenuhi wishlist aku yang pengen traveling ke Solo, tanpa harus mikirin cuek bebek nya orang disana. Dan tidak kepedulian aku ini juga terbentuk dari komunikasi intrapersonal yang aku lakuin kayak “Oh iya ya, bener juga apa yang temenku bilang. Terus aku harus gimana yah? Apa aku balik lagi aja ke Jogja atau lanjutin aja jalan-jalan disini?” terus kayak “Nanti aku susah gak ya kalo ada apa-apa dengan orang-orang disini yang pada cuek?” sampai akhirnya aku ngomong sama diri sendiri tuh “Yaudahlah gapapa, mungkin emang culture disini kayak gitu. Gausah baper toh niatnya juga jalan-jalan. Nikmatin aja” nah dari situ akhirnya aku kayak deal with the situation gitu.

**Ola:** Waw keren juga ya, karena kan biasanya malah jadi gak nyaman karena pada cuek gitu tapi kamu bisa beradaptasi dengan culture mereka yang seperti itu dibantu dengan komunikasi intrapersonal yang baik di diri kamu.

**Anin:** Iya bener banget dan itu penting kan biar kita tetep happy, enjoy gitu.

**Ola:** Bener banget. Trs pernah gak anin menghadapi tantangan dalam memahami atau mengelola emosi saat bepergian? Dan gimana komunikasi intrapersonal biasanya membantu anin dalam mengatasi tantangan itu selama perjalanan?

**Anin:** Pernah banget. Lagi-lagi kejadiannya di Solo, jadi waktu itu aku pengen pergi ke tempat viral kan namanya, Es Tentrem. Terus waktu itu aku pergi pakai maxim kan terus aku diturunin di tempat yang salah padahal alamat yang aku masukin tuh udah sesuai tapi driver nya itu maksa buat turun disitu yang akhirnya aku nurut. Jujur disitu aku badmood kan, dan untung nya ga jauh dari tempatku turun itu ada kayak Gedung serbaguna yang kebetulan lagi ngadain event thrift gitu dan alhasil yang tadinya aku pengen ke es Tentrem malah ke Gedung serbaguna itu. Dan disaat aku lagi ada di situasi badmood itu, yang pertama aku lakuin itu Tarik nafas. Terus aku diem dulu gitu sambil ngelus dada kayak lagi-lagi ngomong sama diri sendiri “sabar, gapapa, gausah badmood, balik lagi ke niat aja jadi anggap aja ini jalan-jalan yang nggak masuk dalam list” gitu dan bener-bener setelah aku tau ini komunikasi intrapersonal, itu tuh bantu aku banget ngontrol emosiku.

**Ola:** Terus nin, apakah anin merasa bahwa komunikasi intrapersonal itu penting dilakukan bukan hanya untuk refleksi diri, menahan emosi, tapi juga untuk membangun self-development bagi seorang traveler?

**Anin:** Penting banget. karena ya, berdasarkan pengalamanku dulu mungkin aku susah banget untuk manage diri dalam hal emosi dan perasaan. Tapi seiring berjalannya waktu dengan banyak nya aku melakukan traveling apalagi kadang aku traveling sama temen-temen dan aku jadi leader untuk perjalanan kita yang akhirnya aku jadi banyak mengaplikasikan komunikasi intrapersonal itu secara gak sadar dan akhirnya dari situ aku lebih bisa manage diri jadi gak gampang emosi, bisa jaga perasaan orang disekitar, paham sama apa yang terjadi dan bisa lebih dewasa dalam menyikapi sesuatu, banyak lah pokoknya yang positif.

**Ola:** Dan manage diri yang kamu maksud itu adalah contoh keberhasilan yan in dari penggunaan komunikasi intrapersonal terhadap self-development nya kamu sebagai seorang traveler?

**Anin:** Iya bener banget.

**Ola:** Okey nin, kalo boleh tau bagaimana kamu mendefinisikan konteks self-development?

**Anin:** Sesuatu yang berkembang dalam diri sendiri karena banyaknya factor yang kita terima baik dari dalam maupun dari luar. Kenapa aku bisa bilang gitu? karena sebelum aku suka jalan-jalan atau traveling itu dulu aku penakut sampai akhirnya aku memberanikan diri untuk mencoba bepergian dan ternyata aku bisa. Dan menurutku itu salah satu bentuk self-development dalam diriku juga.

**Ola:** By the way nin sering nonton traveler's vlog gitu gak?

**Anin:** Dibilang sering sih engga, tapi kalo misal butuh informasi tentang traveling ya aku pasti nonton salah satu konten yang relate sama yang aku butuhkan.

**Ola:** Nah, dari vlog atau konten yang kamu tonton itu menurutmu gimana self-development mereka?

**Anin:** Okey, pertama mungkin aku akan bilang kalo mereka itu dari sekian banyaknya perjalanan yang mereka lakukan akhirnya mereka terbentuk jadi seorang traveler yang punya pengetahuan yang luas, public speaking yang bagus, dan keberanian yang tiada batas karena sisi kepo nya mereka yang pengen dan terus mencoba hal-hal baru.

**Ola:** Okey, menurutmu gimana hidup menjadi traveler?

**Anin:** Kalo menurut aku pribadi ya dengan basic aku yang suka jalan-jalan itu bisa nge charge semangat aku yang misal udah habis kekuras karena perkuliahan, atau mumet karena tugas-tugas kuliah, dan Ketika aku pergi traveling dan menempatkan diri sebagai seorang traveler itu tuh bikin aku ngerasa fresh lagi, semangat lagi. Terus karena hidup traveler itu kan sebagian besar kerjanya jalan-jalan ya jadi kalo gak jalan-jalan tuh bawaannya stress. Dan akhirnya aku jadi tau solusi ketika aku stress, mumet itu aku harus jalan-jalan.

**Ola:** Oh, menarik sekali ya. Terakhir nih nin, menurutmu kesimpulan dari penggunaan komunikasi intrapersonal dalam membentuk self-development seorang traveler itu bagaimana sih?

**Anin:** Menurutku sangat penting diaplikasikan karena hasilnya yang aku rasakan dari penggunaannya itu sangat efektif apalagi bagi seorang traveler yang akan bertemu berbagai macam hal entah itu kebudayaan, norma, habit, dan lain-lain yang berbeda dari lingkungan biasa dia tinggal yang akhirnya nanti akan membentuk self-development mereka masing-masing.

**Ola:** Okey nin, itu saja pertanyaan-pertanyaannya. Terima kasih sudah meluangkan waktunya. Sehat dan sukses selalu ya anin.

**Anin:** Amin. Sama-sama kak.

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### **INFORMANT 3 (Foreign Traveler)**

**Name** : Lena Marek

**Age** : 27 y.o

**From** : Germany

**Lena:** You are from university?

**Ola:** Yes, of course. We are from UII, if you know, Universitas Islam Indonesia, Yogyakarta.

**Ola:** Nice to meet you, actually.

**Lena:** Nice to meet you.

**Ola:** My name is Ola.

**Lena:** Hi, my name is Lena.

**Ola:** Lena?

**Lena:** Yes, Lena.

**Ola:** Sorry, I have to take audio, actually.

**Lena:** Yes, please.

**Ola:** So, how long have you been in Yogyakarta?

**Lena:** I think in total is three days.

**Ola:** For vacation? Or?

**Lena:** Yes, for vacation.

**Ola:** Okay, if I may know, where do you come from?

**Lena:** I come from Germany.

**Ola:** Oh, Germany. Okay. And then, how long have you been going to Indonesia?

**Lena:** In, like, in the whole country?

**Ola:** How many times you've been here?

**Lena:** Ah, it's my first time.

**Ola:** Oh, it's your first time.

**Lena:** Yes.

**Ola:** And then, have you traveled in the three last months?

**Lena:** Yes.

**Ola:** Where to?

**Lena:** Okay, I started in Thailand. Then, I went to Laos and Cambodia, then back to Thailand, and then Indonesia for two months.

**Ola:** Oh, okay. So, it's consecutive. One after another, you visit the country.

**Lena:** Yes. So, in total, five months.

**Ola:** Oh, okay. So, do you like to travel?

**Lena:** Yes.

**Ola:** And then, now you are as a traveler?

**Lena:** Yeah.

**Ola:** Oh, okay.

**Lena:** But I have to go back in next year, in January, I have to go back because I have to work again.

**Ola:** So, for of all the places you visit, where country or city that you like the most?

**Lena:** So, for me, Indonesia I like the most, like the country. And in Indonesia, I really liked Komodo National Park.

**Ola:** Oh, yeah. Komodo National Park.

**Lena:** And also, Bromo, Mount Bromo. But Yogyakarta's also very nice.

**Ola:** It should.

**Ola:** Okay, maybe we go to a core topic of this interview because my thesis, the title of my thesis is about intrapersonal communication to shaping traveler's self-development. So, maybe I have some questions about intrapersonal communication and about traveler's self-development.

**Lena:** Okay.

**Ola:** Okay. Yeah. But before we go too further, I want to ask about, have you heard about intrapersonal communication?

**Lena:** Maybe, but I don't know the English term. But, but, yeah.

**Ola:** Yeah, it's okay. Can we explain for you?

**Lena:** Yes.

**Ola:** So, intrapersonal communication is basically self-reflection after you did your travelling. And then you use that to shape your personality. So, when you came back to that place, you know how to do it better. For example, when you visit, for the first time, for example, you didn't hire a translator and then you have a hard time. Then, from that. The next time you visit, you know how to hire a translator. So, that's how we do it.

**Lena:** Okay. Okay. So, it's just for me, like, that I reflect about it? Or is it like I write it down or? Like, yeah.

**Ola:** You can write it down. You can basically talk to yourself like in the mirror. Yeah. Basically, it's just self-reflection.

**Lena:** Okay. Okay.

**Ola:** Intrapersonal communication, maybe in the simple, like, dialogue with your personal.

**Lena:** Mm-hmm.

**Ola:** Like, you talk to yourself.

**Lena:** Okay. Mm-hmm.

**Ola:** And then from the explain that I explained to you. Yeah. Do you use intrapersonal communication when you're traveling?

**Lena:** Yes.

**Ola:** For example?

**Lena:** Like, when I write it down.

**Ola:** Mm-hmm.

**Lena:** For example I was three times in Thailand, so this time was the best because I know the best, like, way to go with the train, for example, or to download, to grab the app, like this. Yeah. So, I write it down on my laptop and then the next time, okay, I know, okay, this is the best way or I should avoid, like, yeah, this or that.

**Ola:** Okay. Um, when you are trying to make a decision, do you often use intrapersonal communication or self-reflection to check your decision?

**Lena:** Mm. So, you mean talking to other people or?

**Ola:** No, to yourself.

**Lena:** Yes, yes.

**Ola:** For example, perhaps like choosing a place to eat or a place to visit.

**Lena:** Yeah, like I ask myself, okay, what am I like, what do I want to eat? So, for myself and then make the decision and then maybe on Google Maps or something to find a place. So, this is, yeah.

**Ola:** So during your travel, have you ever faced some emotional challenge or in understanding or basically just some emotional challenge while you're traveling, like a little bit of mental breakdown?

**Lena:** Yes.

**Ola:** And you are confused about what to do and something like that.

**Lena:** Yes.

**Ola:** And can you perhaps inquire to us about, I mean, explain it in what way?

**Lena:** Okay. So, the first month, the first two months I traveled with my boyfriend and then he went back home and then I was alone for one month and this was very like in the beginning, it was hard for me because I was totally alone. I was like, okay, what am I doing here? What should I do? Um, So the first days were hard for me. I cried a lot. But then I started to, yeah, I was in the hostel and met some people. And this was like the beginning of my own trip. And I

really liked it. So, yeah.

**Ola:** And how you can deal with your intrapersonal communication? I mean, like you calm yourself like, it's okay. I can handle it. Or?

**Lena:** Okay. Like I was like, okay, I should go to bed because like I don't want to see like all the things. Like I went to bed and then listened to music. And that's why like I said to myself, yeah, you can do it. No problem. Yeah. So.

**Ola:** Understandable. So, this is the last one for intrapersonal communication question.

**Ola:** Do you think intrapersonal communication is important? And do you think it helps in shaping your self-development based on your traveling experience?

**Lena:** Yeah. I think this is very important because like, for example, when you travel for yourself, it is very important for inner growth and you may find challenges that to the point of not liking such situations and then like after this, you will become stronger and you, yes, you know how to deal with them. And yes. I think this is very important to apply in addition to self-reflection and even for self-development.

**Lena:** Yeah. It's the most important thing, I think.

**Ola:** Oh, yeah, yeah. And we go to a question about self-development because maybe you are as a traveler, if I may know, what is the context of self-development according to a traveler?

**Lena:** Like, do you mean like, is it important for me?

**Ola:** How you define it.

**Lena:** Oh, okay. How I would define it... Um.. Okay. Mm-hmm. I would define it. Like, for me, it's important to see more of the world than just my hometown because I think it's very important for like, yeah, self-development, to see other cultures, to see other like people, how they live, what's their like, maybe religion or something. Yeah. I think it's good to be like, for the tolerance and for like, yeah, yeah. For this stuff.

**Ola:** Broadening knowledge, right?

**Lena:** Yes.

**Ola:** Okay. Broadening knowledge. Okay. Next.

**Ola:** Do you often watch traveler vlogs?

**Lena:** So, maybe on YouTube or Instagram?

**Ola:** Yeah, yeah.

**Lena:** Yeah. To get inspiration, where to go.

**Ola:** Yeah. Yeah

**Lena:** For example, Tik Tok or Reels or just like Instagram.

**Ola:** Can you perhaps name some of them?

**Lena:** Uh. Yeah.

**Lena:** Yeah. Let me think. Um. So, there's this one girl from Germany. I forgot the name. But she's more like a business influencer, but she travels a lot. So, she also was in Indonesia, so I know about Komodo National Park and something.

**Lena:** Um...But also, ah let me think. Oh, there's a lot of... Like sometimes it's just a random reel what I see so, um, yeah.

**Ola:** it's like uh when we have a plan to go to somewhere so the reels are about.

**Lena:** yes, it's my Instagram is full of travel like yeah so it's hard to name account like.

**Ola:** I'm sorry, do you think the vlogs that you have watched, does it shape your self-development or not?

**Lena:** Yes

**Ola:** And in what way if you can inquire about it?

**Lena:** Um...like it's all about um yeah how they see life and this like um for me it's my development that like I see other people to travel and uh see that it's a part of life for them so um like in Germany for example many people that like just go to work and then back home and then to work and back home and for me like this to see other people travel and self-develop that like work is not the only thing in life that make me like yeah want to do the same like travel the world and not work only but like a perfect combination.

**Ola:** it shaped your aspiration and inspiration to travel.

**Lena:** Yes.

**Ola:** Okay and what does a traveler need to build the self-development actually?

**Lena:** Repeat it again sorry.

**Ola:** What does a traveler need to build a self-development?

**Lena:** Okay um... I think time to think about it like, not rush through the countries and then go back and then so maybe um write a diary or maybe like a little travel blog for themselves like to reflect what have I experienced, what did i like, what did i don't like, i think it's good like self-reflection again, like this is the most important thing um and to speak to other people like also travelers because for me it was super good to know okay what is like the life from a person from the US or UK how how do they see life um yeah so speak to others um yeah

**Ola:** Finding a medium to reassess your experience

**Lena:** Yeah.

**Ola:** So, uh what kind of self-development that you have successfully made through your

experience?

**Lena:** Okay, for me it's like I had very hard two years back home because of my job it was very like so much pressure so much stress and for me like the self-development is that I know that I don't want to go back in this life

**Lena:** like I go back home but I'd never want to be like in such a stressful job again, so this is my self-development that I know what I want in life a little more like than I know before **Ola:** To quit that monotonous life, right?

**Lena:** Yes Yeah, to live like a life that maybe in the end when I'm older I look back and say okay this life

**Ola:** I live a happy life

**Lena:** Yes, I want to live a happy life and I want to get to know people, interesting people and speak to local people and like yeah not just Germany so explore the world

**Ola:** That was a nice. Oh, how was your life as a traveler?

**Lena:** How was it?

**Ola:** Your life as a traveler, how was it?

**Lena:** Very good, I loved it so I mean I'm traveling right now but it was I think the last five months were the happiest of my life so far so I was so, I feel so free and so happy so yeah, it's nice to be a traveler but I mean there are hard times yeah like

**Lena:** Sometimes, when I cry, or when I miss my family or my friends. I mean, I have friends and family back home, and also my boyfriend. But I think this is also self-development, that I can be by myself and be happy and I know, okay, these people are at home, but I can go back so yeah.

**Ola:** Okay, this is the last question. As a traveler, how does the use of intrapersonal communication in shaping the self-development of a traveler that you feel from the result of the trip and the experience you have? Do you agree that maybe intrapersonal communication is important to use? and

**Lena:** Yes.

**Ola:** Or effective, or whatever?

**Lena:** Yeah, it's very, it's very useful. It's very uh important, important for your growth and for your development. Um Yeah, to know who you are, like, in the end. Like, to know, okay, this is something I like, and this is something I don't like. Like, these are my boundaries. Or, like, for everything, like, it's good to know who am I.

**Ola:** Okay. Actually, that's all the questions of this interview.

**Lena:** Okay. Very interesting. Very interesting interview.

**Ola:** I'm sorry for my bad English. My bad explain.

**Lena:** No, no, I'm sorry that I don't understand.

**Lena:** I hope it was helpful for you.

**Ola:** Yes, it's very helpful. Very helpful. I mean, like, you answered all of my questions, actually.

**Lena:** Okay.

**Ola:** And I very need it for my undergraduate thesis, actually.

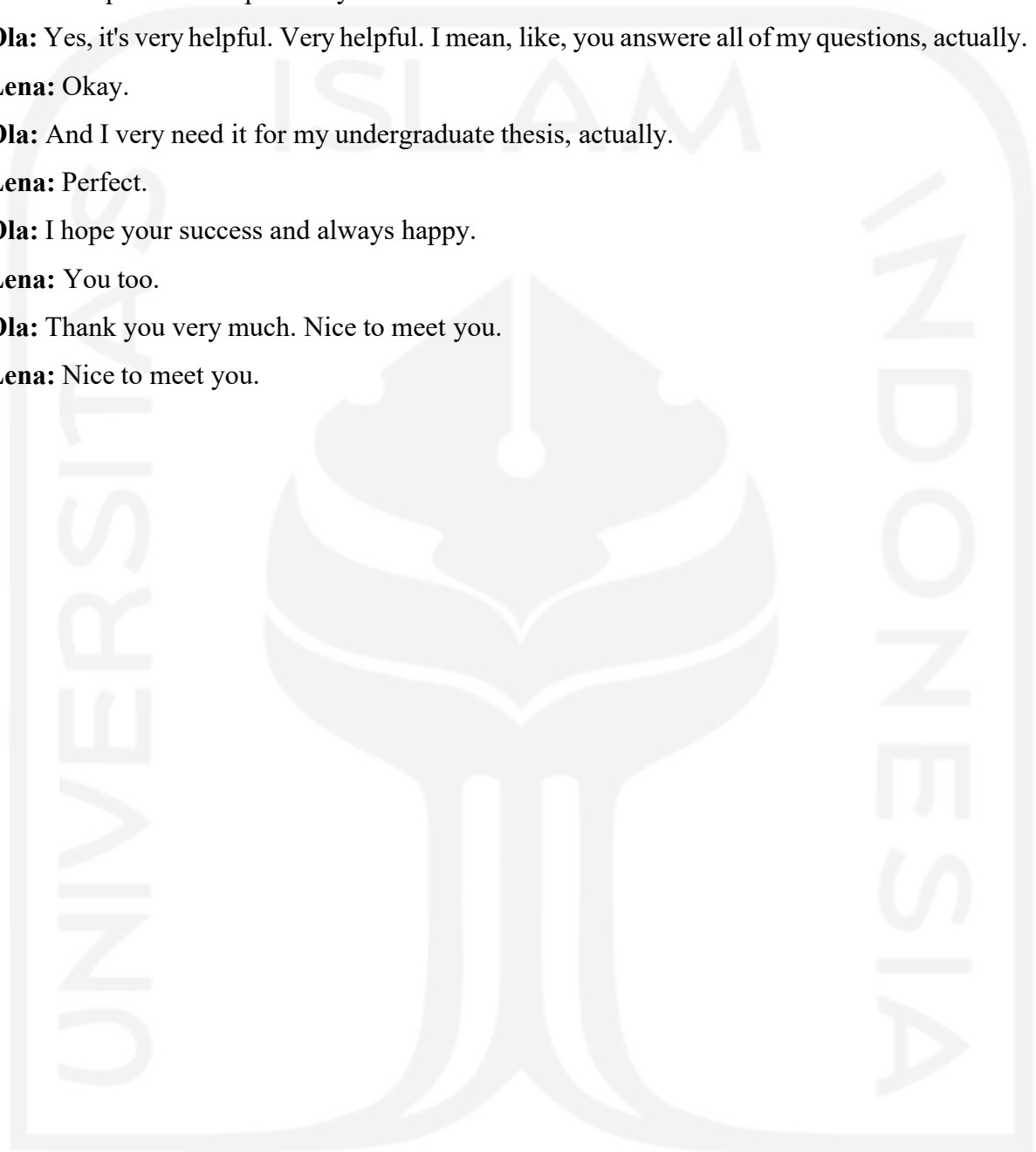
**Lena:** Perfect.

**Ola:** I hope your success and always happy.

**Lena:** You too.

**Ola:** Thank you very much. Nice to meet you.

**Lena:** Nice to meet you.



**INFORMANT 4 (Foreign Traveler)**

**Name** : Easy

**Age** : 28 y.o

**From** : Germany

**Ola:** Uh can we record the interview

**Easy:** Yes of course,

**Ola:** And please forgive us if our English is a bit lacking

**Easy:** You know I traveled to Japan before

**Ola:** Oh really?

**Easy:** And here the people speak so much better English so much it's so good yeah

**Ola:** So, you came from Germany?

**Easy:** Yes, we know each other (Lena and Easy)

**Ola:** Oh, you guys travel together?

**Easy:** Yes

**Ola:** Sorry uh what's your name

**Easy:** Easy my name is Easy

**Ola:** Oh Easy

**Easy:** Very easy

**Ola:** Okay, how old are you actually?

**Easy:** I'm 28 years old yeah. How old are you?

**Ola:** 23

**Easy:** okay

**Ola:** Actually, how many times you go to Indonesia?

**Easy:** My first time here

**Ola:** Oh, this is your first time?

**Easy:** Yes

**Ola:** Oh, for the last three months where have you been except from Indonesia?

**Easy:** I've been to Japan before and yeah so in um the yeah, the end of October until the end of November I was in Japan and then I flew to Bali and I met my friend there and before I was in Germany yes

**Ola:** And then uh from of all the the places or the country that you visit, where the country or the place you like the most?

**Easy:** Okay um that's a difficult question

**Ola:** You can be honest

**Easy:** Okay i really like the Komodo islands and also Nusa penida, do you know Nusa penida?

**Ola:** Yeah

**Easy:** Yes, that was very beautiful yeah that's my favorite I'd say

**Ola:** So, your favorite is in Indonesia actually

**Easy:** Yeah, ah yeah, I prefer Indonesia over Japan yes, because the weather is so much better

**Ola:** It's not too hot?

**Easy:** Yeah, no it's okay sometimes it's a little bit hot when the sun is shining

**Ola:** Okay maybe um our interview topic are about intrapersonal communication and self-development because my title of undergraduate thesis is the use intrapersonal communication in shaping travelers' self-development

**Easy:** okay that's very complex yeah, okay

**Ola:** have you ever heard about intrapersonal communication before?

**Easy:** No i don't think so i have an idea but tell me what is it!

**Ola:** So basically, intrapersonal communication is the same as self-reflection after you experience your travel. After your travel. It can be called as self-talk. Like you communicate or you discuss something with yourself.

**Easy:** Okay, okay, yeah. I understand.

**Ola:** It's called intrapersonal communication.

**Easy:** Okay, interesting. Interesting topic.

**Ola:** From the explain that I explained just now, intrapersonal communication, do you usually use intrapersonal communication during traveling?

**Easy:** Yeah, I think that when you travel, you meet so many different people from different places and they have different opinions. They have different experiences. And that widens your own horizon. So, you reflect on your own experience, on your own thinking, on your own attitudes. So yeah, it gets you thinking about many, many things again. So yeah, it's.

**Ola:** It invents your personality.

**Easy:** Yeah. Yeah, it does.

**Ola:** Is there any significant, is there any significant situation that perhaps make you have to do self-reflection or intrapersonal communication? Like perhaps when you are trying to find a place to eat, you often assess your experience so you know which place you want to go or which place you want to try.

**Easy:** Yeah, I just thought of something different. And so, we met. A guy at the scooter rental in Probolinggo. And he told us a lot about the religion here.

**Ola:** Yeah.

**Easy:** And I found this very interesting because he was very close to his own religion but very tolerant. So this kind of changed my mind with respect to religion because I'm not religious. But I thought, okay, yeah, but he respects me so I respect him basically, you know what I mean?

**Ola:** Yeah.

**Easy:** Yeah. Okay.

**Ola:** How do you adjust communication with yourself based on the different environments and cultures you encounter during the trip?

**Easy:** What do you mean by adjust?

**Ola:** Based on the different environment and culture how do you reflect on it so how is your self-reflection based on the different culture and environment that you have faced throughout your travel during the in Japan in Indonesia and in other place does it shape your personality like how you face the different place that you have visited?

**Easy:** Um yeah I think that I'm like um surprised and impressed about the people that i met and um you know sometimes you have prejudice before you come in a different country and but yeah I I was very impressed how friendly how open-minded and how tolerant people are um yeah and I mean I'm a very tolerant and open-minded person myself but i think um it's it's a good thing to experience this and to um to explain it to others and yeah but i don't know um i think i got even more open-minded and got rid of some prejudice you know what i mean so um yeah more tolerant more acceptance yeah, yeah does that answer your question?

**Ola:** Yeah, okay good answer actually so uh have you ever faced challenges um in understanding or managing emotion uh while when you're traveling and how intrapersonal communication itself help you manage it?

**Easy:** Um yeah so sometimes when you know when you're from Europe you look different so you are very popular sometimes so people on the street come to you and want to make pictures and at the beginning, I was a little bit annoyed because sometimes you just want to relax. And you know what I mean? But yeah, like if you reflect about it a little bit more, you can embrace it. And you think, OK, yeah, it makes them happy. It's something special for them. So yeah, I actually like it. I think it's cool that the people are so interested, you know, because in Germany, if someone like you would go through the streets, no one would bother. You know what I

mean? So, I think this is a good thing that the people are so interested. So yeah, so I'm not annoyed anymore.

**Ola:** What made you realize that intrapersonal communication is very important?

**Easy:** What made me realize? What made me realize, maybe that the people here in Indonesia are so friendly and helpful and they don't want anything in return, you know what I mean? So, they just, they just, because in some, yeah, sometimes when people go to you and ask you something, they want something. But here, there are so many people. There are so many people that just want to talk to you and they're just friendly or they see that you need some help and then they help you and that's it. So, they don't want anything in exchange and I think this is a very good thing that I should also keep for myself. Yeah.

**Ola:** And do you think intrapersonal communication is important for shaping your self-development?

**Easy:** Yeah, of course. I think there is no end of self-development. I think we can always develop further. Yes, and that's very important and I think you actually need this sort of reflection and these experiences in order to develop your character and I think people that travel around the world are more developed in their characters. So, because they have more different experiences and they saw different places, met different people from different cultures, so yeah, I think, yes, definitely.

**Ola:** Okay, do you often watch travelers' vlogs?

**Easy:** I sometimes do if I want to know how to get somewhere or review or something. But then, like, on a specific occasion.

**Ola:** Yeah. Okay. How do you think about their self-development?

**Easy:** From the people who...

**Ola:** Yeah. Who are doing travel or...

**Easy:** Yeah, well, I don't know. I don't know if it's necessary to post it online. So, I think you can develop yourself without writing anything on a blog. But I mean, yeah, it can be helpful. But I think it's a very personal experience and personal steps that you go through.

**Ola:** Yeah. Okay.

**Ola:** And as a traveler, what do you think or what does a traveler need to build their self-development as a traveler?

**Easy:** Okay. I think the most important thing is that you don't stay in a group. For example, I'm traveling with... My friend from home. So, it's important that you speak to other people and that you meet other people and that you talk to other people. Because sometimes people are always in a group and they only talk to each other. So, they don't really um widen their horizon.

They don't... Yeah, they can't really develop further. You know what I mean? Yeah, so this is, I think, the most important thing.

**Ola:** Can you perhaps mention the several self-development that you have made throughout your travels?

**Easy:** Yeah. I think I already said it in some way. I think I got even more tolerant, more open-minded. And, yeah, prejudice is just something that is not real. You know what I mean? So, you cannot tell anything about a place or culture or people if you haven't been there and experienced it. So, I think this is very important. Yeah.

**Ola:** What do you think about your traveling lifestyle?

**Easy:** I like it. I think it's, yeah, it's very good. It's, you feel very free. Yeah, there is no tomorrow, actually. It's very nice. I can recommend it for everyone. It's, yeah.

**Ola:** But are there any cons to it? Like, the negative thing about it? Is there anything?

**Easy:** Well, sometimes I feel a little bit rushed because I only have a period of time. So I have, you know, I want to see everything. I want to meet everyone. And it's not possible. But, yeah. Yeah, I mean, of course, sometimes it's difficult if you don't speak the language or you don't know where to go or, yeah, you don't know what is the best place to stay. Yeah. But, yeah, I think it's all manageable. Yeah.

**Ola:** Okay. And this is the last question. As a traveler, how does the use of intrapersonal communication in shaping self-development?

**Ola:** Do you think the use of self-reflection, intrapersonal communication, is it really effective in shaping your self-development, your personality?

**Easy:** Yeah, of course. I think everyone who is not able to reflect on himself and, how do you say, intrapersonal communication, is that correct?

**Ola:** Yeah.

**Easy:** So, everyone who doesn't do intrapersonal communication, yeah, doesn't have empathy or isn't as, doesn't have so much empathy, yeah, might not be so open-minded. Yeah. Yeah. I think it's, yeah, it's very important in order to develop. Yes. Everyone, everyone should do it. Yeah. Everyone. Yeah. It's very important. Self-reflection is one of the most important things, I think. Yeah.

**Ola:** If people don't reflect, they don't know their mistakes.

**Easy:** Yeah. You can learn from, I mean, you can make mistakes, but you have to learn from it.

**Ola:** Yeah. From it.

**Ola:** Yeah. Yeah. Okay. That's all the question actually I'm sorry for my bad English.

**Easy:** No, don't worry about it. It was perfect.

**Ola:** Thank you for helping me.

**Easy:** No worries.



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