


Self-esteem of adolescent victims of bullying

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Article Info	ABSTRACT
Keywords: Bullying, Self-esteem, Adolescence	According to ICRW (2015), bullying that occurs in Indonesian education areas (84%) is higher than countries in Asia. However, not many people understand the long-term impact of bullying behavior, namely mental disorders and decreased self-esteem. This study aims to describe the level of self-esteem in adolescent victims of bullying in grade 1 of MTs Mu'min Ma'shum. This study uses a quantitative descriptive method to adolescent victims of bullying to describe the level of self-esteem. The results of the study, men tend to be victims of bullying (76.9%). Of the 26 students, 21 students (80.8%) had normal self-esteem and 5 students (19.2%) had low self-esteem. All students experienced verbal bullying, with an average age of 14 years. The most common sex is male with an average age of 14 years. The most common type of bullying is verbal bullying and the highest level of self-esteem is normal self-esteem. For future research it is hoped to examine the triggering factors of bullying and the relationship between characteristics and self-esteem levels.
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INTRODUCTION

According to the World Health Organization (WHO), ages 10-19 years are referred to as teenagers. At that time, teenagers are experiencing changes physically, emotionally and socially. For this reason, we need to observe emotional development in adolescents (WHO, 2020) . Adolescents' emotional development can develop adaptively or maladaptively. Adolescents who experience maladaptive emotional development tend to have difficulty forming friendships, like to be alone, and have hostile attitudes (Rakhman et al., 2022) .

The impact of maladaptive emotional development can cause social problems, one of which is in the educational process which often occurs among students. A phenomenon that often occurs is bullying between students which is usually based on personal factors, often carried out by friends against individuals who are not comparable or weak physically or in strength to obtain certain satisfaction (Yuyarti, 2018) .

According to Olweus in Darmayanti, et al (2019), bullies will be very aggressive towards a person or group with various actions, both physical (hitting, kicking and slapping), verbal (mocking, gossiping and calling names they don't like), psychological (threatening, rebuke, and isolate).

According to the International Center for Research on Women (ICRW) and Plan International, bullying in Asia reaches 70%, especially in Indonesia it reaches 84%, which

means that students in Indonesia experience very high levels of violence at school and the percentage of incidents is higher than in other countries such as Vietnam, Cambodia , Nepal & Pakistan (ICRW, 2015) . On average, 37% of bullying victims are female teenagers and 42% of male teenagers are victims of bullying. In Indonesia, based on data, there were 2971 cases reported to the Indonesian Child Protection Commission regarding cases of children and adolescents. A total of 1138 cases were related to bullying, physical or psychological violence and around 197 cases occurred in educational environments (KPAI, 2022) .

The increase in bullying behavior occurs because society still considers bullying to be a normal action that occurs between students, specifically children and teenagers. However, without realizing it, bullying behavior can interfere with the improvement and achievement of the results of the learning process. This is in line with research conducted that shows that the impact that arises as a result of bullying behavior, individuals will experience changes in social attitudes including: feeling less about themselves, low self-esteem, looking for escape, shaken, decreased motivation to learn, avoidance of social interactions and lack of motivation for school. even further impacts will cause death (Hopeman, 2020; Rusnoto & Syafiq, 2017) .

Of course, the perceived impact of bullying behavior varies for each individual. However, not many people understand that the impact of bullying behavior is the possibility of mental disorders of the victim and the biggest impact is a decrease in self-esteem. Self-esteem is one way a person assesses how he is. In adolescence, self-esteem is needed to teach teenagers to behave when facing an event that occurs (Anggraeni et al., 2019) . Therefore, researchers will examine bullying behavior and its impact on teenagers. This research aims to identify the self-esteem of teenagers who are victims of bullying.

METHOD

The research was conducted using a quantitative descriptive approach to adolescent victims of bullying to describe the level of self-esteem of bullying victims in class 1 of MTs Mu'min Ma'shum. Quantitative is a research method that uses research instruments, quantitative/statistical data analysis, with the aim of testing predetermined hypotheses (Sugiyono & Puspanthani, 2020) . Meanwhile, descriptive is a research method for describing research results by means of description, explanation and validation of phenomena (Ramdhan, 2021) . The population of this study was all students in class 1 of MTs Mu'min Ma'shum. The sampling method used in this research is purposive sampling, sampling is guided by the inclusion criteria that have been determined by the researcher. The inclusion criteria for samples taken from the population are as follows:

1. Active students in class 1 of MTs Mu'min Ma'shum academy phase 2021/2022.
2. Have you ever experienced *bullying*?
3. Willing to be a respondent.

Location This research was carried out at MTs Mu'min Ma'shum on March 19 - 21 2023 and because the sample obtained was insufficient, researchers conducted additional research on June 10 - 11 2023.

The data collection instruments used were the Rosenberg's self-esteem scale (RSES) and OBQV (Olweus Bully/Victim Question Naire-Revised) questionnaires which had been modified into Indonesian and modified to screen victims, perpetrators and perpetrators. Instruments that have been tested for validity are entered into a Google form to be distributed and filled in by respondents. The validity of the OBVQ is with P-value = 0.05 and the validity of Rosenberg's self-esteem is with p-value = 0.4 and it also has good reliability with a Cronbach Alpha value for the OBVQ questionnaire of 0.87 and the reliability of the Rosenberg self-esteem questionnaire of 0.92. (Nadhifa, 2018) .

Data collection is divided into 2, namely primary and secondary data, primary data is data obtained directly by researchers from students while secondary data is data obtained from existing data from the Administration section (Sugiono, 2020) . The questionnaires distributed to all participants in the form of a Google form included: personal data, the RSES questionnaire to analyze the level of self-esteem and the OBVQ questionnaire related to bullying.

Data analysis was carried out after the data was entered into SPSS (Statistical Package for the Social Sciences) and univariate statistical processing was carried out, namely analyzing one variable, the initial data collection process was still random and abstract, then the data was processed into informative information by displaying percentages and frequencies. Data processing is processed through 4 stages, namely: editing (checking), coding (giving code), processing (manual or digital data processing), cleaning (rechecking for errors) (Siyito & Sodik, 2015) . Univariate analysis was carried out by researchers to determine the characteristics of respondents who were victims of bullying based on gender, age, type of bullying to determine the level of self-esteem of adolescent victims of bullying at MTs Mu'min Ma'sum.

RESULTS AND DISCUSSION

Distribution of Respondents Based on Age Characteristics

Table 1. Distribution of Respondents Age Characteristics

Umur	Rerata (sb)	IK95%
	14 (0,671)	13,47–13,80

Based on table 1, it can be seen that the average age distribution is 14 years with a standard deviation of 0.671 and a confidence interval in the range 13.47-13.80 (95%).

Distribution of Respondents Based on Gender Characteristics

Table 2. Frequency Distribution of Respondents Based on Gender

Jenis Kelamin	n(%)	IK95%
Laki-laki	20(76,9%)	1,60-1,94
Perempuan	6 (23,1%)	
Total	26(100%)	

Based on table 2, it can be seen that the frequency distribution of respondents based on gender in this study was predominantly male, 20 (76.9%) with a confidence interval of 1.60-1.94 (95%).

Distribution of Respondents Based on Level of Self-Esteem

Table 3. Frequency Distribution of Respondents Based on Level of Self-Esteem

Tingkat harga Diri	n(%)	IK95%
Normal	21(80,8%)	0,30-0,98
Rendah	5 (19,2%)	
Total	26(100%)	

Based on table 3, it can be seen that the frequency distribution of respondents is based on the level of self-esteem, of the 26 respondents who included normal self-esteem, 21 students (80.8%) and respondents who included low self-esteem were 5 students (19.2%) with intervals trust in the range 1.65-1.97(95%)

Distribution of Respondents Based on Type of Bullying

Table 4. Frequency Distribution of Types of Bullying

Types of bullying	n%	IK95%
Verbal	26 (100%)	1.44-1.77
Physique	0	
Psychic	0	
Total	26 (100%)	

Based on table 4, it can be seen that the frequency distribution of respondents based on the type of bullying received by the victim was verbal bullying, 26 respondents with a percentage (100%) with a confidence interval of 1.44-1.77 (95%).

Discussion

The results of research conducted on 26 students showed that the average age range for victims of bullying was 14 years old. This is in accordance with the results of research conducted by the Interational Center For Research On Woman ICRW (2015) which states that all children in Indonesia have experienced bullying at the age of 12-17 years because of the unstable egocentrism that appears in this age range, many teenagers experience violence, especially bullying. which is one of the forms of violence that often occurs in teenagers.

The results of the next study, researchers looked at bullying incidents based on gender. The results were mostly carried out by men as many as 20 students (76.9%) of the total 26 students studied. This happens because male students at school tend to be more aggressive and more tolerant of the bullying that occurs, so they imitate and do similar things. This is in line with research by Menesini & Salmivalli (2017) where male teenagers (66%) bully more often than female teenagers.

This is also supported by the previous theory from Sarwono in Malik (2019) that gender differences result in differences in thought patterns, ways of thinking and acting

between men and women when faced with decision making in dealing with problems. Apart from that, men tend to feel powerful and have strength (Agisyaputri et al., 2023) .

The research results were based on the level of self-esteem, of the 26 respondents who had normal self-esteem, 21 students (80.8%) and 5 students had low self-esteem (19.2%). This can be interpreted as if bullying does not affect an individual's self-esteem. In Saifullah's (2015) research , it is said that individual self-esteem is influenced by different factors. One of them is the peer factor, even though bullying occurs, if an individual gets support from other peers, then that individual will have a strong emotional bond.

Apart from that, Alfianti's research (2022) also explains that individual self-esteem remains high or positive even though bullying occurs because the victim is able to overcome the problem with a positive attitude, has a warm relationship with family, gets support from friends and has achievements and enthusiasm for learning. tall one. So it can be concluded that the things that influence self-esteem to remain positive even though bullying occurs are family, social support and achievement.

The results of further research based on the type of bullying received by the victim were verbal bullying with a percentage of 26 respondents (100%). Verbal bullying is calling someone with bad names, harassing, teasing, degrading, annoying, intimidating or threatening. Verbal bullying arises because this behavior is considered normal (Hertinjung, 2013; Usmaedi et al., 2021) . This is supported by Coloroso (2015) that verbal bullying is the most frequently carried out bullying, because verbal bullying is very easy to do either directly by word of mouth or using other intermediaries such as chat, letters or using written vandalism.

CONCLUSION

Based on the research results, it can be concluded that the most common gender is male, the average age of the respondents in this study is 14 years and the most common type of bullying is verbal bullying and the highest level of self-esteem is normal self-esteem .

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