

THE RELATIONSHIP BETWEEN *SELF ESTEEM* AND *BULLYING* AMONG ADOLESCENTS AT SMP NEGERI 18 PEKANBARU CITY

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Abstract

Self-esteem is a person's assessment of which can be beneficial for oneself and the environment in one's personality. Self-esteem can be linked to the occurrence of bullying behavior because the hope is that the higher self-esteem, the lower the risk of being a victim of bullying. Bullying is intimidation or actions aimed at dominating and harming oneself physically, verbally and mentally which are carried out repeatedly. The aim of this research is to find out the relationship between self-esteem and bullying among teenagers at SMP Negeri 18 Pekanbaru City. This research is quantitative research with a correlative descriptive method with a cross sectional approach, using probability sampling techniques. The total sample for this study was 136 people. The research instruments used the Rosenberg Self Esteem questionnaire and the Bullying questionnaire. The research results showed that the majority of self-esteem assessments were in the high category, 108 people (79.9%), while the majority of bullying assessments were in the medium category, 91 people (66.9%). The results of the chi-square statistical test obtained a p value of 0.010 (< 0.05), significant Ho was rejected and this means that there is a relationship between self-esteem and bullying in teenagers at SMP Negeri 18 Pekanbaru City. Researchers recommend that future research carry out further research related to bullying in adolescents and other variables. So the scope of discussion becomes even wider

Keywords: Self Esteem, Bullying, Teenagers

INTRODUCTION

Adolescence is a transitional period from childhood to adulthood. Adolescence is a time of vigilance, as adolescents experience doubts about everything that affects them. Having a high ego is common during this period. Adolescents seek to demonstrate their existence in various ways, resulting in positive and sometimes negative actions (Putri et al., 2023). According to the World Health Organization WHO (2020), a person is considered a teenager between the ages of 10-19 years who is experiencing physical, emotional and social changes and is susceptible to psychological health problems due to problems with poverty, harassment and violent behavior, thus affecting the development of self-esteem.

According to Nurhidayah et al. (2021), self-esteem is based on a person's assessment, which can be beneficial for both themselves and their environment, affecting their personality. Personal satisfaction, including self-acceptance and the ability to interpret one's personality, is referred to as self-esteem. Self-esteem is very important for the development of adolescents, especially for victims of bullying because this can affect their development as adults. When victims of bullying do not have their self-esteem needs met, it will cause problems for them, for example, they will experience failure in their academics, where they will have trouble concentrating while studying, feeling isolated in their social environment, feeling unloved, and can even cause depression to suicide in victims of bullying (Nurhidayah et al., 2021).

Bullying is an act of violence carried out under pressure to hurt someone or another person which is done repeatedly. Usually this is done by a stronger person bullying a weaker person both physically and mentally (Fitroh et al., 2023). Meanwhile, according to (Nuris & Yuhbaba, 2019), bullying is intimidation or actions aimed at dominating and harming oneself physically, verbally and mentally, and is done repeatedly so that weak victims feel afraid and threatened, which results in victims of bullying.

According to the United Nations Educational, Scientific, and Cultural Organization (UNESCO) in 2019, approximately 246 million children and adolescents worldwide experience bullying in their school environment. Approximately 32% of students experience violent behavior under peer pressure. This violence takes the form of verbal, physical, and social pressure. Similar incidents also occur in Indonesia. The prevalence of bullying is highest among students in junior high school or adolescence, making it considered the age group most susceptible to bullying (Yunita & Isnawati, 2022). According to data from the Indonesian Child Protection Commission (KPAI), there were 2,982 cases of violence against children in 2021. In some cases, abuse in both educational and social settings increased to 1,138, with the remainder being cases between students. This situation becomes alarming when we learn that both traditional (verbal and physical) and cyberbullying are perpetrated by adolescents (Putri et al., 2023)

RESEARCH METHODS

This type of research is quantitative research using a descriptive correlative method with a cross-sectional approach with a sample size of as many as respondents using a random sampling technique (Theresia Dwiyantri, 2024). In a cross-sectional study, subjects are observed only once through simultaneous measurements or observations with the aim of explaining the independent and dependent variables (Abduh et al., 2022). This research was conducted at SMP Negeri 18 Pekanbaru City because based on the results of an initial survey at SMP Negeri 18 Pekanbaru and from data from the Pekanbaru City Education Office, bullying incidents in that place were often experienced by male and female students due to several factors, including the existence of small groups in the class and coming from broken homes and family economic factors which had an impact on children's self-confidence.

RESEARCH RESULTS

A. Univariate Analysis

Table 1 Frequency Distribution of Respondents Based on Age in Adolescents at SMP Negeri 18 Pekanbaru City

NO	Age	Frequency	Persentase (%)
1	12	12	8,8
2	13	93	68,4
3	14	27	19,9
4	15	4	2,9
Total		136	100

Source: primary data

Based on the table 1, respondents were aged 12-15 years. More than half of the respondents, 93 respondents (68.4%), were aged 13 years.

Table 2 Frequency Distribution of Respondents by Gender Among Adolescents at SMP Negeri 18, Pekanbaru City (n=136)

NO	Jenis Kelamin	Frequency	Persentase (%)
1	Man	58	42,6
2	Woman	78	57,4
Total		136	100

Source: primary data

Based on table 2, it was found that more than half of the respondents were female, as many as 78 respondents (57.4%).

Table 3 Frequency Distribution of Respondents Based on Self-Esteem Assessments of Adolescents at SMP Negeri 18, Pekanbaru City

No	Self Esteem Assessment	Frequency	Persentasi (%)
1.	Low	28	20,6
2.	High	108	79,9
Total		136	100

Source: primary data

Based on table 3, the majority of self-esteem assessments were in the high category for 108 respondents (79.9%).

Table 4 Respondent Frequency Distribution Based on Bullying Assessments Among Adolescents at SMP Negeri 18, Pekanbaru City

NO	Bullying	Frequency	Persentase (%)
1	Low	30	22,1
2	Medium	91	66,9
3	Higt	15	11,0
Total		136	100

Source: primary data

Based on table 4. it was found that the assessment of bullying was mostly in the moderate category for 91 respondents (66.9%).

B. Bivariate Analysis

Table 5 Frequency Distribution of Respondents Based on the Relationship between Self-Esteem and Bullying in Adolescents at SMP Negeri 18, Pekanbaru City

Self Esteem	Bullying						Total	P value
	Low		Medium		High			
	N	%	N	%	N	%	N	%
High	29	21,3	70	51,5	9	6,6	108	79,4
Low	1	0,8	21	15,4	6	4,4	28	20,6
Total	30	22,1	91	66,9	15	11,0	136	100

Source: primary data

Based on the table 5 of the relationship between self-esteem and bullying in adolescents at SMP Negeri 18 Pekanbaru City. A total of 108 respondents (79.4%) assessed self-esteem in the high category with bullying assessments in the medium category of 70 respondents (76.9%). From the results of the assessment using the Chi-Square statistical test, it was found that the p-value was $(0.010) < (0.05)$, so it can be concluded that H_0 is rejected, which means there is a relationship between self-esteem and bullying in adolescents.

DISCUSSION

A. Univariate Analysis

1. General Data Of Responden

a. Age

Based on the results of research that has been conducted on 163 respondents on male and female students at SMP Negeri 18 Pekanbaru City. This research is in line with research, Umara (2024) where this research was conducted on male and female students of MTs Langkat. The results of the study showed the relationship between self-esteem and victims of bullying in terms of age, ranging from 11-15 years old 11 years 0.2, (n = 1), 12 years old 22% (n = 22), 13 years old 28% (n = 108), and 15 years old 19% (= 74). So the relationship between self-esteem and victims of bullying is most at the age of 13 years 28% (n = 108).

b. Gender

Based on research results, more than half of the 78 respondents (57.4%) were female. Bullying victims are generally female. This occurs because most women lack the self-confidence and courage to resist someone they perceive as stronger (Umara et al., 2024

2. Respondent Specific Data.

a. Self-Esteem Assessment

The research results showed that 108 respondents (79.9%) had high self-esteem. High self-esteem generally fosters a sense of self-confidence, self-strength, self-worth, and the importance of one's presence. A person with self-confidence can achieve their goals in life. However, someone with low self-esteem will often act badly because self-esteem can influence one's behavior (Lestari et al., 2023)

This research aligns with the research of Priyanti et al. (2023). This research was conducted on adolescents at Bajarmasin State High School. The results of the study obtained 45 respondents with a percentage (54.9%) of high self-esteem and 37 respondents with a percentage (45.1%) of low self-esteem. Therefore, the highest percentage results are categorized as high self-esteem

b. Bullying Assessment

The results of the study showed that 91 respondents (66.9%) had moderate levels of bullying. Bullying behavior has quite serious impacts and consequences for both the perpetrator and the victim. Experienced bullying can result in stress and decreased self-esteem in adulthood. Bullying behavior often occurs in the form of physical, verbal, and psychological bullying (Firmansyah et al., 2024).

The results of this study are in line with the results of research by Nadiyah Ameylia et al., (2023) where the results of the study were conducted at the State Islamic University of Raden Fatah Palembang, which had a moderate level of bullying assessment. Subjects who had low bullying habits were 23 respondents (23%), then subjects who had moderate bullying habits were 63 respondents (63%), and subjects who had high bullying habits were 12 respondents

(12%). The highest percentage results were in the moderate bullying category (63%).

B. Bivariate Analysis

The Relationship Between Self-Esteem and Bullying in Adolescents at SMP Negeri 18, Pekanbaru City. A bivariate analysis was conducted to determine the relationship between self-esteem and bullying in adolescents. Based on the results of the study, a p-value of 0.010 (>0.05) was obtained from 163 respondents. Therefore, it can be concluded that H_0 is rejected, indicating a relationship between self-esteem and bullying in adolescents. This study aligns with the research of Andriati & Anissa (2020) that found a relationship between self-esteem and knowledge about bullying in adolescents, with a bivariate p-value of 0.000 (<0.05).

Bullying behavior is a form of negative behavior that is carried out repeatedly, consciously and deliberately with the intention and purpose of being able to hurt others, either in the form of physical or emotional harm, carried out individually or in groups. This study is in line with the results of research by Jeremia Sefanya et al., (2023) who obtained the results of the relationship between bullying behavior and self-esteem in adolescents at SMP Negeri 2, West Langowan District, Minahasa Regency, obtained a p value of 0.022 (<0.05) which identified a relationship between bullying behavior and self-esteem in adolescents at SMP Negeri 2, West Langowan District, Minahasa Regency.

The results of this study are also in line with research by Nuraini (2023) which obtained a p-value of 0.000 (<0.05), so it can be said that there is a significant relationship between the bullying variable and the self-confidence variable. This means that the level of closeness of the relationship is very strong. Then, to see the direction of the relationship from the output results, which is positive, indicating that there is only a one-way relationship between the two variables. From this study, the bivariate analysis calculations carried out by the researcher revealed that regarding the relationship between bullying and self-confidence, the number of respondents was 74 people.

This study is a study on the Relationship of Self-Esteem with Bullying in Adolescents at SMP Negeri 18 Pekanbaru City. The sample of this study was 136 people who were randomly selected from seventh grade students at SMP Negeri 18 Pekanbaru City. This study used a quantitative research type with a descriptive correlative method with a cross-sectional approach where the subjects were observed only once through measurements or observations at the same time with the aim of explaining the independent variables (independent) and dependent variables (dependent). This research is supported by research by Priyanti et al. (2023) on adolescents at Bajarmasin High School. The results of the study showed that 46 respondents (56%) were female and 36 respondents (44%) were male. This study showed that bullying was related to adolescents, more than half of whom were female, compared to males, who were less so.

CONCLUSION

The use of a cold pack on the injury site was an effective way to reduce pain after surgery (called Open Reduction Internal Fixation or ORIF) without the use of medicines. The treatment was given over two days, with each session lasting 20 minutes. This made the pain go down from being moderate to mild. They also noticed that patients' pain was shown by other ways, like grimacing, being restless and not being able to sleep. These things also got better after the therapy.

This shows that cold packs can be used as a type of nursing care that is based on evidence, to help with pain that is treated with medication. It makes patients more comfortable, speeds up recovery, and nurses can do it on their own as part of their work after surgery.

For nursing schools, this research is a useful guide and encourages the use of non-pharmacological pain management techniques in nursing courses. Nurses are encouraged to use cold packs as part of normal care after surgery to help patients recover better. It is recommended that future studies be done. These should involve a larger sample size and longer observation periods. This will help to strengthen the evidence supporting cold pack therapy in various postoperative conditions.

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