The inclination of bullying behavior in adolescents in terms of self-esteem

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KEYWORDS	ABSTRACT
Adolescents **Bullying** **Self Esteem**	This study aims to determine the relationship between bullying behavior in adolescents in terms of self-esteem in class VIII students of SMP "X". The hypothesis put forward is that there is a negative relationship between the tendency of bullying behavior and self-esteem. The sampling technique used in this study was a non-probability purposive sampling technique. The data collection methods used are the Likert and the summated rating scales. The data analysis method used in this study is product-moment correlation analysis with the help of the SPSS Statistics 23.0 program. Data analysis in this study yielded (r) = -0.553 with a significant level of 0.000 (p <0.05). These results indicated that there was a negative relationship between bullying and self-esteem, so the hypothesis was declared accepted.

Introduction

According to Djuwita (2011), the adolescent phase is a phase of life full of intrigue and dynamics, where very rapid changes and developments occur at this time for everyone. In addition, at this time, the risk of violence and high delinquency among adolescents is very high, both as victims and perpetrators of violence.

According to data compiled by the Indonesian Child Protection Commission (KPAI) (2020) shows that in the period 2011-2018, there were 953 children who were victims of bullying. Based on these data, it is known that there were more male victims than female victims, with 544 male victims and 409 female victims.

Bullying can be influenced by self-esteem, namely, the evaluation process aimed at the individual himself, which later relates to the individual's acceptance of himself. A person who does things that are embarrassing and detrimental to the surrounding community has no self-esteem, and anyone who violates the rule of law, whether written or not in society, is considered to have low self-esteem. There is a view that self-esteem is an individual's self-esteem assessment through implicit and verbal attitudes toward oneself, and it describes the

extent to which individuals value themselves as individuals who have skills, values and expertise, and existing encouragement (Vintyana, 2015).

Regarding the relationship between self-esteem and the tendency to bully behavior, low self-esteem has a link with aggressive behavior, which in turn can lead to bullying behavior. There are previous studies that discuss this. Based on research conducted by Gomez et al. (2018) shows the fact that there is a connection between self-esteem and other aspects of psychology, namely emotion regulation. Further studies show that men have higher self-esteem than women, while women have better emotion regulation skills than men. Women also have a stronger relationship between self-esteem and emotional regulation than men, so men have more bullying behaviors than women.

Method

The data collection method in this study used a psychological test that consisted of two scales, namely the bullying scale and the self-esteem scale. The subjects in this study were students of SMP "X" Class VIII, totaling 125 students consisting of 52 female students and 73 male students. This study used a total sampling technique. The scale used in this study was the summated rating scale (behavior) and the Likert scale (attitude). The data analysis technique used in this study was non-parametric. with the help of the SPSS (Statistical Package For Social Science) program series 23.

Result and Discussion

Based on the data analysis and categorization results, the bullying experienced was generally in a low category with a percentage of 58.4% (73 out of 125 subjects). Meanwhile, self-esteem experienced was in the high category with a percentage of 65.6% (82 out of 125 subjects). It can be concluded that the subjects in this study had low bullying and high self-esteem.

Table 1. Categorization of bullying and self-esteem

Category	Variable					
	Bullying	F	%	Self-Esteem	F	%
Very high	X > 71,4	0	0	X >130,08	2	1,6
high	$58,8 \leq X < 71,4$	0	0	$105,36 \leq X < 130,08$	82	65,6
medium	$46,2 \leq X < 58,8$	2	1,6	$80,64 \leq X < 105,36$	41	32,8
low	$33,6 \leq X < 46,2$	73	58,4	$55,92 \leq X < 80,64$	0	0
Very low	X < 33,6	50	40	X < 55,92	0	0
Total		125	100		125	100

Based on the results of the normality test using the One Sample Kolmogrov-Smirnov Test it is known that the bullying variable has a K-SZ value of 0.109 with a p of 0.01, and the Self-Esteem variable has a K-SZ value of 0.100 with a p of 0.04. Based on the results of this analysis, it can be concluded that the data is not normally distributed.

Table 2. Normality Test Results

Variabel	Nilai K-SZ	Sig	Keterangan
Perundungan	0,109	0,01	P < 0,05 (tidak normal)
Harga Diri	0,100	0,04	P < 0,05 (tidak normal)

The results of the correlation test prove that there is a significant relationship between bullying and self-esteem. Based on these results, the hypothesis put forward in this study is accepted. This is indicated by the correlation coefficient (Person Correlation) obtained (r) = -0.553 with a significant level of p = 0.000 (p <0.05). These results show significant results between bullying and pride. The higher the self-esteem, the lower the tendency for bullying behavior. And vice versa, the lower the self-esteem, the higher the tendency for bullying behavior in junior high school "X" grade VIII students.

The existence of a relationship between bullying and self-esteem in adolescents at class VIII SMP "X" is shown by the results of the linearity test conducted on the two variables. The analysis results to pay attention to the relationship between bullying and self-esteem in adolescents at SMP "X" class VIII is linear, in the sense that the two variables are related to one another.

Based on data analysis and after testing the hypotheses in this study, it can be seen that the bullying variable with self-esteem has a negative relationship to self-esteem in adolescents at class VIII SMP "X". The categorization shows that the bullying variable is 58.4%. The self-esteem variable is 65.6% in junior high school "X" class VIII youth. From these data, bullying can be categorized as low, and self-esteem is in the high category.

The results of the above research are in accordance with the statement of Dwikurinaningsih et al. (2018) that bullies generally perceive themselves as having the power to do anything to their victims. In bullying, the most powerful is the perpetrator. Bullies generally have high aggressiveness, lack empathy and low self-esteem, have no guilt and feel superior.

Widiharto et al. (2008) state that children with positive self-esteem will accept their existence and recognize their abilities. With positive self-esteem, children will have a high moral understanding, where they will be able to judge whether an action is good or bad. The child will maintain his behavior so as not to hurt his friends and not act to hurt other people

because the child understands that it is a bad deed.

In contrast to children who have negative self-esteem, they do not accept their existence and do not respect themselves. By having negative self-esteem, the child will have a low moral understanding where every action is not considered, whether it has good or bad values so that it has a tendency to commit acts of bullying.

In this regard, several other studies have been conducted related to bullying and self-esteem, showing significant results, including Vintyana (2015) entitled The Relationship Between Self-Esteem and the Tendency of Bullying Behavior in Christian 1 Middle School Students Magelang, in a study conducted by Vintyana, there is a negative relationship between bullying behavior and self-esteem, which means that the higher the self-esteem, the lower the tendency for bullying behavior experienced, the correlation coefficient (r) in this study is -0.349. a similar study was also conducted by Nugraha (2016) entitled The Relationship between Self-Esteem and Bullying Behavior in Class V School-Age Children at SD Muhammadiyah Ngentak Kulonprogo. The results obtained from this study were bullying and self-esteem have a significant relationship and the correlation coefficient (r) – 0.557.

In this study, the contribution of the effectiveness of bullying to self-esteem can be seen from the r squared multiplied by 100%. R squared = 0.307 X 100% = 30.7%. That is, the contribution of the effectiveness of self-esteem to bullying is 30.7%, and the remaining 69.3% is influenced by other factors. According to Elly (2011), other factors of bullying are family factors, peer factors, and mass media factors.

Conclusion

Based on the results of the research that has been done, it can be concluded that there is a negative relationship between bullying and self-esteem in Class VIII students of SMP "X" Class VIII. The higher the self-esteem, the lower the tendency for bullying behavior. Conversely, the lower the self-esteem, the higher the tendency for bullying behavior. other variables not examined in this study include family and social media.

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