The impact of bullying on adolescent self-concept

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INTRODUCTION

Adolescents are the next generation and the future of the nation, where they are expected to continue the struggle and become leaders of the nation. Therefore, adolescents must have good leadership, psychological, and emotional qualities. Adolescents who have been victims of bullying will, of course, have a long-term impact that will affect their psychological condition. Bullying will become a nightmare for victims because they will feel depressed and insecure. Adolescence is a period of natural self-concept formation. Someone who is a victim of bullying will affect his self-concept. Adolescents who are victims of bullying will feel helpless, unattractive, weak, and even disliked.

Bullying is a form of aggression that aims to harm another person physically or psychologically. Bullying can happen anywhere. One of them is in the school environment. Teachers can do bullying to students or from students to students, but most bullying occurs between students and students. Bullying has become a threat to children's development in the last three decades and can lead to violence in schools. Bullying occurs due to several factors such as family, peers, and school. In addition, parenting applied by parents can be a factor in bullying. For example, parents who like to punish children without giving an explanation will make the child angry and release it outside the home by doing bullying.

National Center for Educational Statistics (NCES) showed that about 28% of students aged 12-18 years experienced bullying at school. Another study showed that Canada was ranked 9th in bullying among the ages of 136. Research conducted in China showed that the percentage of bullying was 27.4% for men and 23.8% for women. The Programme for International Assessment (PISA) research showed that the percentage of bullying in Indonesia was 41.1% and was ranked 5th out of 78 countries. The Indonesian Child Protection Commission (ICPC) stated that as many as 369 cases are related to bullying in Indonesia. According to KPAI, bullying is a form of violence in schools. Reports on bullying from 2011 to 2019, both at school and on social media, reached the number of 2,473, and the trend continues to increase. The current school environment is one of the places where bullying occurs. A high prevalence of bullying victims was reported in Indonesian adolescents at school, which was 19.9%. The description of bullying in Junior High School children in Yogyakarta is 77.5%.

Bullying that occurs in schools is one of the factors caused by the existence of a seniority culture. There are more than 1300 students and teachers from the city

ABSTRACT

Introduction: Adolescence is also called the transition period because, at this time, adolescence has not entered childhood but has not yet entered adulthood. During this period, there will be several changes in adolescence. Adolescents who have been victims of bullying will have a long-term impact that will affect their psychological condition and feel depressed and insecure. Adolescents who are victims of bullying will certainly affect their self-concept. Adolescence will feel that he is helpless, unattractive, weak and unwelcome.

Aims: The purpose of this study was to determine the relationship on the impact of bullying on adolescent self-concept.

Methods: This study used a correlational quantitative method with a cross-sectional approach. The variables examined were the impact of bullying and adolescent self-concept. The sample in this study was 62 respondents who were taken by accidental sampling technique. Prior to data collection, the researcher gave informed consent to prospective respondents and had conducted an ethical test.

Results: The results of this study indicate that the level of impact of bullying on respondents in the medium category is 35 respondents (56.5%), a negative self-concept 43 respondents (69.4%). In addition, there is no relationship between the impact of bullying and adolescent self-concept with the p-value of 0.958 (p>0.05) and r of 0.007 with a very weak interpretation.

Conclusion: The impact of bullying only slightly affects the self-concept of adolescents, besides that self-concept is influenced by other factors such as parenting patterns of parents, peers, physical appearance and self-esteem.

Keywords: Adolescence, Bullying Impact, Self-Concept.
of Yogyakarta, Surabaya, Jakarta which shows that in every school there will be cases of bullying from mild cases to severe cases.\textsuperscript{12,13} The description of bullying in junior high school (JHS) children in Yogyakarta is 77.5\%. The results of a previous preliminary study conducted by Syamita and Rahma in the journal “Description Of Bullying in Adolescence at SMP Negeri 11 and SMP Muhammadiyah 3 Yogyakarta” found that bullying behavior at SMP Muhammadiyah 3 Yogyakarta was 41.72\% physically bullying, 35.04\% do verbal bullying, 29.22\% do indirect bullying, 29.22\% do relational bullying and 18.5\% do cyberbullying.\textsuperscript{12}

People often assume that bullying is not a serious problem. Bullying cannot be underestimated because there are so many impacts of bullying.\textsuperscript{3} A victim will certainly experience psychological problems such as restless, sad, anxious, afraid, decreased level of self-confidence, shut down, stress, and even depression. Victims of bullying tend to prefer to be alone, do not dare to have an opinion, or do nothing because they are afraid, feel anxious, and depressed. Bullying will have a negative impact on the self-concept of adolescents.\textsuperscript{2}

Self-concept is the thoughts, beliefs, ideas, and principles that the individual knows about himself and influences the individual in dealing with other people.\textsuperscript{12} Unfortunately, bullying can cause the self-concept of victims of bullying to be negative because victims feel stressed, feel not accepted by their environment, sad, ashamed, and even commit suicide.\textsuperscript{5} Based on this background, the purpose of this study was to determine the relationship between the impact of bullying on adolescent self-concept at school.

**METHODS**

This study used a quantitative method with a correlational research type and by using a cross-sectional approach, with a sample of 62 respondents in one of the Junior High Schools in Yogyakarta in January 2021. The sampling technique used accidental sampling where the sampling was based on chance, namely with respondents who happened to meet the researcher and met the inclusion criteria. The inclusion criteria is respondents have an age range of 14-16 years (Class IX), respondents have done bullying or become victims of bullying and are willing to be respondents in research. The instrument used in this study was a questionnaire on the characteristics of the respondents, which included name, age and gender. Meanwhile, for the impact of bullying and self-concept using the questionnaire instrument created by Sri purwaningsih (2017)\textsuperscript{14} and Prasetyo (2014).\textsuperscript{1} Analysis of the data used Spearman’s correlation test.

The authors conducted this study after obtaining an ethics certificate with No.023/EC-KEPK FKIK UMY/2021 from the Ethics Commission of The Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Yogyakarta. During this study, the author also considered ethical principles of autonomy, confidentiality, justice, and beneficence.

**RESULTS**

The characteristics of the respondents used to describe the research subjects were 62 respondents, which were seen by age, gender, had done bullying or were victims of bullying as follows:

The table below shows that the characteristics of respondents based on gender are mostly women as many as 47 respondents (75.8\%), mostly with the age of 15 years as many as 43 respondents (69.4\%).

<table>
<thead>
<tr>
<th>Characteristics of Respondents</th>
<th>Frequency</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14 years old</td>
<td>12</td>
<td>19.4</td>
</tr>
<tr>
<td>15 years old</td>
<td>43</td>
<td>69.4</td>
</tr>
<tr>
<td>16 years old</td>
<td>7</td>
<td>11.3</td>
</tr>
<tr>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Man</td>
<td>15</td>
<td>24.2</td>
</tr>
<tr>
<td>Woman</td>
<td>47</td>
<td>75.8</td>
</tr>
</tbody>
</table>

Source: Primary Data, 2021

<table>
<thead>
<tr>
<th>Category of Bullying</th>
<th>Frequency</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Impact of Bullying</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low</td>
<td>25</td>
<td>40.3</td>
</tr>
<tr>
<td>Moderate</td>
<td>35</td>
<td>56.5</td>
</tr>
<tr>
<td>High</td>
<td>2</td>
<td>3.2</td>
</tr>
<tr>
<td>Total</td>
<td>62</td>
<td>100</td>
</tr>
</tbody>
</table>

**DISCUSSION**

This study shows that the majority of respondents who experience the impact of bullying are 15 years old. Because this age enters the middle adolescent phase where there will be emotional instability in adolescents. At this age there will usually be changes in adolescents such as being more moody, not confident and will experience changes in social relationships with other people.\textsuperscript{15} In addition, adolescents in the middle adolescent phase will experience the ability to think and have awareness to deal with the stress and emotions they experience, this will result in adolescents being prone to anger, emotions that are not controlled, and will experience depression and will experience other problems in adolescents such as the problem of the impact of bullying.\textsuperscript{16}
The results of the study indicate that there are more women than men. This is in line with a study conducted by Dewi, which noted that 53.2% of women were victims of bullying. Another similar study conducted by Susanti, Ifroh, and Wulansari showed that 51.33% of women were more likely to be victims of bullying. Women are more often ridiculed, reproached, insulted, and given other negative designations that will affect the psychological and emotional condition of women. The emotional condition of women is easily shifted so that if someone bullies them, it will interfere emotionally and make them think about it and lead to several problems such as lack of confidence, unstable emotions, stress, body image disturbances, as well as depression.

However, in a study conducted by Gayatri, it stated that the male gender has a tendency to become a victim of bullying because men often have large groups of friends, resulting in less close relationships with group members. Unlike men, women often have small groups of friends so that close relationships are established with group members.

The results of the study show that the impact of bullying that occurred on the respondents was in the moderate category as many as 35 respondents. Bullying will have an impact on the victim, such as stress. Prolonged stress will cause disturbance or complaints on the body, this disorder is usually called somatization disorder. Complaints felt by victims of bullying include fatigue, headaches, insomnia, problems with menstruation, and others. In addition, victims of bullying will feel afraid to go to school and that will have an impact on the student's attendance at school. According to research done by Chan et al., it is stated that victims of bullying do not have the courage to say or express what they are experiencing to others because they are afraid that their actions will have a bad impact on them.

At the school age, bullying will have an impact on the level of self-confidence, fear of going to school, increasing absenteeism, to decreasing achievement. Bullying in schools can be overcome by taking preventive measures. According to research conducted by Lestari, Hidayati, and Abadiyah which states that preventive efforts can be made in schools to reduce the incidence of bullying, that is by conducting policy advocacy such as monitoring students during Teaching and Learning Activities (TLA) holding

**Figure 1.** Frequency distribution of respondents based on the impact of bullying (n=62). Source: Primary Data, 2021.

**Figure 2.** Adolescent self-concept. Source: Primary Data, 2021.

**Table 3.** Relationship of the Impact of Bullying on Self-Concept in Adolescents. Source: Primary Data, 2021.

<table>
<thead>
<tr>
<th>Impact of Bullying</th>
<th>Category</th>
<th>Self-Concept</th>
<th>Total</th>
<th>p-value</th>
<th>r</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Positive</td>
<td>Negative</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low</td>
<td>Currently</td>
<td>10</td>
<td>25</td>
<td>35</td>
<td>0.958</td>
</tr>
<tr>
<td></td>
<td>Tall</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>19</td>
<td>43</td>
<td>62</td>
<td></td>
</tr>
</tbody>
</table>
regular meetings between teachers and students’ parents, observing students as well as reprimanding students if anyone participates in the bullying incident.

The results of the study indicate that the majority of respondents, as many as 69.4%, has negative self-concept. A negative self-concept will make an individual feel afraid, unconfident, underestimate himself, sensitive to comments, and feel disliked by others. According to research conducted by Sari and Jatiningsih states that victims of bullying will feel uncomfortable and hurt which will affect on their psychological condition and self-concept.

The self-concept of bullying victims will continue to grow through social interaction from the surrounding environment. The environment is very influential on the formation of self-concept in adolescents. If adolescents grow up in a positive environment, they will grow up with a positive self-concept, and vice versa. The self-concept of bullying victims tends to be weak, unable to defend themselves against internal and external factors. This makes the bullies feel they have more authority to hurt the victims.

Based on the results of data analysis, it is revealed that \( p = 0.958 \) (\( p<0.05 \)) which means that there is no relationship between the impact of bullying and adolescent self-concept. The correlation \( r \) value is 0.007 where \( r \) is in the range of 0.00 – 0.199, so it has a very low interpretation and positive correlation direction. It means that the higher the impact of bullying, the more negative the self-concept. The impact of bullying only slightly affects the adolescent self-concept, besides that self-concept is influenced by other factors such as parenting patterns, peers, physical appearance, and self-esteem.

Parenting patterns situationally can affect the adolescent self-concept. In situational parenting, parents will apply a non-rigid parenting pattern that can allow students to communicate with parents freely and parents can provide explanations regarding actions that should not be done by adolescents. Usually, parents will not force their children to do things they do not like; thus, it allows children to form positive self-concept. In addition to parenting, peers are also a factor that affects self-concept. Adolescents who are rejected or those who are victims of bullying will feel that they do not deserve to have friends so that it affects their self-esteem and behaviour, as a result, they will withdraw from their circle and it will form a negative self-concept.

The results of the study indicate that there is no relationship of the impact of bullying on adolescent self-concept. This is because there are several factors that cannot be controlled by researchers such as parenting patterns and peers. In addition, the limitations of this study are that this research was not conducted offline so that researchers could not supervise students directly during the questionnaire filling process.

**CONCLUSION**

The results showed that there was no relationship between the impact of bullying on adolescent self-concept. In addition, the limitations of this study are that this research was not conducted offline so that researchers could not supervise students directly during the questionnaire filling process. The study suggests that schools can provide lessons or health education regarding the importance of the impact of bullying and the introduction of adolescent self-concepts throught counseling teachers. For further researchers, they can dig deeper into the impact of bullying on adolescents if it is not immediately addressed.

**CONFLICT OF INTEREST**

The authors state that they are aware of no personal or financial conflicts that might have appeared to have an effect on the research shown in this study.

**FUNDING**

There was no financing for this research project.

**ETHIC APPROVAL**

The authors conducted this study after obtaining an ethics certificate with No.023/EC-KEPK FKIK UMY/2021 from the Ethics Commission of The Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Yogyakarta.


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