



Article

THE RELATIONSHIP OF BULLYING BEHAVIOR AND THE SELF-CONFIDENCE OF TEENAGE STUDENTS AT SCHOOL

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ABSTRACT

Bullying at school is still a serious problem for teenagers because it has a big impact on the victim. Bullying causes both physical and psychological problems. The most frequent psychological impact is disruption of self-confidence. The aim of this research was to analyze the relationship between bullying and the level of self-confidence among teenage students at one of the junior high schools in Jember. This research uses a correlational quantitative design with a cross sectional method. The number of samples used was 69 respondents with a total sampling technique. The measuring instruments used for both variables are a bullying questionnaire and a self-confidence questionnaire which have been tested for validity and reliability. Data analysis used the Spearman - Rank test. The results of the research show a p value of 0.000 ($p < 0.05$) so it can be concluded that there is a relationship between bullying and the level of self-confidence in teenagers at SMPN X Jember. Bullying makes a significant contribution to the level of self-confidence in adolescents. Bullying behavior is a factor that can influence a teenager's level of self-confidence. The higher the level of bullying experienced, the lower the level of self-confidence of teenage students. Special attention and handling of bullying cases in schools needs to be increased, both for victims and perpetrators

I. INTRODUCTION

Bullying is behavior that is intentionally degrading and often repeated to target individuals who are vulnerable, prone to feeling shame, and do not have the ability to defend themselves (1). Komala Sari (2021) describes school bullying as an act of violence that is often carried out by an individual or group of students who have power over other students who are more vulnerable, with the intention of injuring that individual (2). Bullying behavior experienced by teenagers includes verbal bullying, such as being made fun of, being called nicknames they don't like, being called their parents' names, while the physical bullying they experience includes being kicked and hit (3).

There were 2,473 reported incidents of bullying in the educational and social world and it is estimated that this will continue to increase. UNICEF said that 41% of 15 year old students in Indonesia had experienced bullying at least several times a month. 3 out of 4 children and adolescents who have experienced one or more types of violence (including bullying) report that the perpetrator was a friend or peer (4). Based on data from the Indonesian Child Protection Commission (KPAI), there has been an increase in the number of bullying cases in school environments in recent years. According to KPAI records, between 2011 and 2019 there were 2,473 cases of bullying documented (5). In the East Java region, data submitted by M. Isa Ansori (2020), Head of the Data, Information and R&D Division of the East Java LPA, indicated that around 37% of bullying cases occurred in the school environment. In Jember Regency, data also indicates that bullying is a form of violence that often occurs in social contexts, with 15% of students as perpetrators and 30% as victims (6). The results of a preliminary study conducted by researchers through interviews with 10 students at one of the junior high schools in Jember City showed that 8 of them had experienced bullying incidents. The type of bullying they receive is in the form of verbal bullying, namely being insulted, threatened, given names, teased, slandered and viewed cynically.

The impact of bullying causes victims to experience anxiety, feelings of fear, anger, sadness, shame and helplessness (7). Bullying causes an impact that inhibits victims from expressing their emotions because their behavior creates disharmony in the victim's mind. As a result, victims of bullying can feel burdened, lack self-confidence, become more shy, have difficulty concentrating while studying, and experience excessive anxiety. Apart from that, this can also disrupt the dynamics of the surrounding environment (8). Another impact of bullying is inhibiting a person's ability to express their feelings, because bullying creates feelings of discomfort for the victim (9). Victims may experience stress, loss of self-confidence, embarrassment, difficulty concentrating, and anxiety, thus hampering their ability to interact with the surrounding environment. Self-confidence is an attitude of confidence that does not involve comparison with other individuals, because the individual feels comfortable and has sufficient knowledge to meet their needs. Self-confidence is a form of positive attitude that exists within a person (10).

Lack of self-confidence can result in negative impacts such as depression, thoughts of committing suicide, and difficulty in adjusting to various other problems. Conditions of low self-confidence are often related to school changes, difficult situations in family life, or other stressful events, and this often presents as a problem in adolescents (11).

II. METHODS

The research was conducted using quantitative methods, correlative design with a cross-sectional approach (Suhron, 2024). The population in this study were female students at one of the junior high schools in Jember City, with a sample of 69 people selected based on criteria, namely those who had been victims of bullying. The measuring instruments used in this research are a bullying questionnaire consisting of 13 question items and a self-confidence questionnaire consisting of 18 question items whose validity and reliability have been tested with results >0.675 . This research has passed the ethical feasibility test through KEPK Dr. University. Soebandi with ethical number 276/KEPK/UDS/V/2023. Data were analyzed using Spearman rank to find out whether there was a relationship between bullying and adolescent students' self-confidence.

III. RESULT

The analysis results from the research can be presented in the following table

Table 1
Bullying in Adolescent Students

<i>Bullying</i>	Frequency (f)	Presentase (%)
Heavy	0	0%
Currently	48	69,6 %
Light	21	30,4%
Total	69	100%

Based on table 1, it is known that the majority of respondents have experienced this *bullying* medium level.

Table 2
Self-Confidence of Adolescent Victims Bullying

Self confidence	Frequency (f)	Presentase (%)
Less	37	53,6%
Enough	32	46,6 %
Good	0	0%
Total	69	100%

Based on table 2, it is known that the majority of teenage students are victims *bullying* have a low level of self-confidence.

Table 3
Connection Bullying with Adolescent Students' Self-Confidence

<i>Bullying</i>	Self Confidence		Total	<i>p-value</i>	<i>R</i>
	Enough	Less			
Light	17 (81,0%)	4 (19,0 %)	21 (100 %)	0,000	0,459
Currently	15 (31,2%)	33 (68,8%)	48 (100 %)		
Total	32 (46,4 %)	37(53,6 %)	69 (100 %)		

Results of data analysis using tests *Spearman rank* shows that value p is 0.000 less than 0.05. In conclusion, significant relationships were detected between levels *bullying* what they experienced with the level of self-confidence of teenagers at SMPN X Jember with levels *bullying*. These findings illustrate that the higher the level *bullying* experienced by teenagers, their self-confidence tends to be lower. On the other hand, if the level *bullying* low, adolescent self-confidence tends to be higher.

IV. DISCUSSION

Research facts show that *bullying* Adolescents at SMPN X Jember are in the medium category with a percentage of 69.6%. *Bullying* is a behavioral phenomenon that can have a negative impact on academic achievement, social interaction abilities, and mental well-being, for both perpetrators and victims (7). *Bullying* can be described as a deliberate act of intimidation that aims to control, harm physically, verbally, or mentally, and often occurs repeatedly with the aim of making the victim feel afraid and threatened. Yuhbaba (2023) said that the perpetrator *bullying* often consider their actions as a joke or an act of pranks, but it is important to remember that for the victims, *bullying* is a very unpleasant experience and can have negative impacts, both physically and mentally (3). Many factors cause behavior *bullying* at school. Yuhbaba et al (2021) said that when interacting with school friends, teenagers feel encouraged to engage in behavior *bullying* due to being accepted in a certain group, even though they themselves may feel uncomfortable with this action (7).

According to Shidiqi & Suprpti (2013), the results of the study showed that of the three individuals involved in the action *bullying* of those surveyed, two of them had peers who tended to show negative behavior (12). They tend to form groups and often show unfriendliness towards others who join their group. This finding is in line with research results which illustrate that one of the main factors in behavior *bullying* is the influence of peers who often use harsh language in social interactions. This factor may be related to the diversity of students' characters and backgrounds in junior high school, where students at this level are more susceptible to the influence of their friends' behavior (13).

The results of this study indicate the level of self-confidence experienced by adolescent students *bullying* the majority are in the poor category. Self-confidence is not an instant thing, but is formed through a long journey which is influenced, among other things, by a person's life experiences from an early age until now (11). The research results show that there is a relationship between *bullying* with the level of self-confidence of adolescent students. The higher the level *bullying* experienced, the lower the level of self-confidence teenage students. In line with the research results presented by Ayu et al. (2022) states that students who experience *bullying* feel psychological impacts in the form of depression, anxiety and loss of self-confidence (14). Permana et al. (2021) stated that students were the victims *bullying* tend to have low self-confidence (15). Teenage victim *bullying* often unable to defend themselves due to lack of social skills to carry out self-defense. The psychological trauma resulting from bullying may remain and can interfere with the growth of self-confidence even if they receive intervention or social skills training (16). *Bullying* has a big impact on physical and mental health. One thing examined in this research is self-confidence. Victim's self-confidence *bullying* can change to low due to intimidation carried out by the perpetrator *bully* continuously. Low self-confidence can have an impact on the victim's life in both the short and long term.

V. CONCLUSION

Bullying impact on the victim's physical and mental health. One of the impacts that occurs is victims *bullying* experiencing low self-confidence which results in the victim being unable to interact socially well, having difficulty building relationships, always having doubts, being afraid of making mistakes and having difficulty making decisions. Prevention and treatment of behavior *bullying* needs to be improved for both victims and perpetrators *bullying*. Schools need to work together with students, parents and related agencies to prevent and provide treatment for behavior *bullying*.

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