Original Research

RELATIONSHIP BETWEEN SELF-ESTEEM WITH THE ABILITY OF EMOTIONAL MANAGEMENT IN VICTIMS OF BULLYING TEENAGER

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ABSTRACT

Introduction: Victims of bullying teenager gets pressure that can lead to decrease self-esteem and emotional management skills. The aimed of this study is to know the relationship between self-esteem with the ability of emotional management in victims of bullying teenager at Sunan Giri junior high school Malang.

Method: The research design used a correlational descriptive design with a cross-sectional approach. The research population was 155 students in junior high school Sunan Giri Malang and 12 students was obtained by with simple Random Sampling. The independent variable in this study was self-esteem and dependent variable in this study was the ability to manage emotions. The data were collected by Rosenberg Self Esteem Scale and Emotion Regulation Questionnaire (ERQ) self-esteem Questionnaires and then analyzed by the Fisher’s Exact test.

Results: The results showed 69 (61.6%) respondents have low self-esteem and 65 (58.0%) respondents have negative category emotion management skills in victims of bullying teenager. The results of the Fisher’s Exact test showed there was a relationship between self esteem and the ability of emotional management in victims of bullying teenager in junior high school Sunan giri Malang (p = 0.000).

Conclusions: There is a relationship between with self-esteem the ability of emotional management in victims of bullying teenager in Sunan giru junior high school Malang. For further research expected to examine other factors that cause self-esteem and emotional management skills such as physical conditions, parenting patterns and social classes.

Keyword: bullying; self-esteem; emotional management

1. INTRODUCTION

Adolescence is a period of life full of dynamics, where at that time there was a lot of development and change fast. This period is a transition period from childhood to adulthood so it has a high risk of delinquency and violence both as victims and perpetrators of acts of violence (Ali & Asrori, 2019).

One of the forms of violence that often occurs in schools is bullying, if this happens continuously will affect the price decline self and the low ability of adolescents in emotional control (Pangkahila, 2014).

Bullying is an aggressive behavior that is manifested by disrespectful treatment and use of force or coercion against victims that often occur among teenagers Astuti, (2008) and Infodatin (2018) reported the number of cases of bullying in adolescents in the world an average of 50% or it is estimated that more than 1 billion teenagers have experienced bullying, Indonesia in 2019 as many as 50% of children have experienced bullying in Indonesia school. Teenagers who experienced bullying in East Java were 976 cases complaints, while the number of junior high school students who experienced cases of bullying in the Malang in 2017...
as many as 161 cases (P. R. Astuti, 2008; Infodatin, 2018). Bullying in schools can cause a very serious impact, for victims such as causing feelings of insecurity, fear of going to school, fear of isolation, feelings of self-worth low, or can even become a stress that can cause decrease in adolescent self-esteem (Krahe, 2005).

Low emotional management causes teenagers to be irritable and have aggressive behavior when getting bullied from their friends. Adolescents’ ability to control emotions as a form of ability emotional management so that you don’t get angry easily or feel afraid when you are bullying. The emotional response of each individual is different from each other, so that each individual has a different ability to control emotions when they are bullied. Teenagers who often get bullying at school will experience an inability to manage emotions so it is easy to experience stress, fear and withdraw from the environment so that causes a decrease in self-esteem (Goloroso, 2015).

Self-esteem as one aspect that determines success a teenager in interacting with his social environment (Gunarsa, 2015). The 2017 Dove Girl Beauty Confidence Report shows that 74% Teenagers in the world do not have high self-confidence. Even as much as 7 than 10 teenagers in Indonesia withdraw from important activities at life because you don’t believe in yourself. These activities include gathering with friends and family, participate in group activities, and activities that can help teenagers reach their potential in the form of sports and extracurricular activities. Meanwhile, in East Java Province, 9.46% of adolescents experienced self-esteem low. Causes of low self-esteem such as obesity, personal problems, victims bullying, physical disability and no family (Kemenkes, 2017).

The benefits of high self-esteem will be helpful and useful for yourself adolescents to form an optimistic attitude, self-confidence and ability carry out broad social relations in society. Teenagers with prices low self thinks of himself as a worthless person so afraid social relations, this will make it difficult to control actions and behavior, and are less able to accept suggestions or criticism properly. Low self-esteem also causes adolescents to feel not free to express, tend to be inconsistent in making decisions, have feelings of confident and easily embarrassed or afraid so can not manage emotions when getting bullied.

Based on the results of research conducted by Kustanti (2017), proves that low self-esteem will reduce the ability to controlling emotions so that victims of bullying cannot make adjustments (Kustanti, 2017). Meanwhile, the results of the research by Saniya (2019) prove that there are the negative impact of bullying behavior on adolescent self-esteem, obtained from (47.0%) adolescents who experienced high bullying caused the occurrence of a decrease in self-esteem in (48.6%) adolescent victims of bullying (Saniya, 2019). Adolescents who being a victim of bullying is more at risk of experiencing various psychological problems one of them is not capable of emotional management. Based on the results of a preliminary study on October 1, 2019 with conducted interviews with 10 (ten) students at Sunan Giri Junior High School Malang It was found that 6 (60%) students had experienced violence from friends in the form of ridicule and insults, while 2 (20%) students have fat body so that they are often made fun of by their friends, while 2 (20%) students explained that they had hit a friend to the point of pain because unable to contain emotion after getting ridicule from friends, thing This proves that there are still acts of bullying in the environment From the 10 students, 7 (70%) students were embarrassed when asked and afraid of being approached by people, while 3 (30%) children do not want to join their friends to play and choose to watch their friends. Based on these It is known that adolescents who have low self-esteem experience the ability to manage emotions when bullying occurs so it’s easy excessive crying or anger.

2. METHODS

2.1 Design

This study used a correlation analytic design to determine the linear relationship between two or more variables.

2.2 Population and sampling

The population in this study were all seventh grade students at Sunan Giri Junior High School Malang as many as 155 people in 2019. The sample of 112 students with simple random sampling. The sample in this study was 112 early teens aged 10-14 year in VII class at Sunan Giri Junior High School Malang according to the criteria: a.) Young men and women aged 10-14 years (early teens), b) experience as a victim of bullying, c) Willing to be a respondent, d) Presence in school during research

2.3 Variable

The independent variable in this study is the independent variable is self-esteem. Dependent variable in this study is the ability to manage emotions.

2.4 Instrument

Instruments to examine the independent variables in this study uses Rosenberg Self Esteem Scale questionnaire (Rosenberg, 2008) as much as 10 questions with answer choices (Strongly agree = 4, Agree = 3, Disagree = 2 and Strongly disagree = 1). The self-esteem questionnaire contains questions about self-assessment of body parts, comparisons with others and overall appearance. The data collection process is carried out directly give a questionnaire to each respondent with a long charging about 5 minutes.

Instruments to examine the dependent variable in this study uses the Emotion Regulation Questionnaire (ERQ) (Gross & John, 2003) as many as
10 questions with answer choices (Strongly agree = 4, Agree = 3, Disagree = 2 and Strongly Disagree = 1). Questionnaire emotional management skills contains questions about recognizing judgments cognitive return and expressive suppression. Data collection is done directly give a questionnaire to each respondent with charging time is about 10 minutes.

2.5 Procedure

The technique used for data collection in this research is questionnaire technique, the steps taken are: Researchers take care of a research permit application letter from the Tribhuwana Tunggadewi University Malang was then given to the head of the National Unity and Politics (Bakesbangpol) of Malang City. After research approved by Bakesbangpol Malang City then the letter was submitted to the Office of Ministry Education Malang City, then a copy of the letter was given to the Sunan Giri Junior High School Malang. After the research was approved by the Sunan Giri Junior High School Malang, the researchers visited class VII graders in accordance to the specified schedule. If adolescents are willing to become research respondents, then the sheet consent to become a respondent (informed consent) was given to be filled out. Before conducting the research, the researcher first explained the meaning of and the purpose of the study as well as explaining how to fill out the questionnaire. After the respondents understand the terms of the study, then the self-esteem questionnaire and the ability to manage emotions was given to respondents to fill in. After data collected, researcher analyzed the data.

2.6 Analysis

Analysis of the data in this study is the Fisher’s Exact test which using the help of SPSS window version 18, because to find out relationship between variables with ordinal scale.

2.7 Ethical Clearance

Researcher had approval by the Sunan Giri Junior High School Malang with number 636/TB-IKes/DL-52002/2020. Researcher also paid attention to the research ethic, including informed consent, anonymity, confidentiality, fidelity, and autonomy.

3. RESULTS

Table 1 Distribution of Frequency Based on Characteristics of Respondents

| Characteristics | Criteria | f   | %   |
|-----------------|----------|-----|-----|
| Year            | 13 years | 34  | 30,4|
|                 | 14 years | 78  | 69,6|
| Total           | 112      | 100 |
| Gender          | Male     | 47  | 42,0|
|                 | Female   | 65  | 58,0|
| Total           | 112      | 100 |

Based on Table 1 shows most (69.6%) respondents 14 years old, most (58.0%) of respondents are female and almost half (45.0%) of the respondents were in thin physical condition.

Table 2 Distribution of Frequency Based on Research Variables

| Variable            | Criteria | f  | %   |
|---------------------|----------|----|-----|
| Self esteem         | Low      | 69 | 61,6|
|                     | High     | 43 | 38,4|
| Ability of emotional management | Negative | 65 | 58,0|
|                     | Positive | 47 | 42,0|
| Total               | 112      | 100|

Based on Table 2 shows most of the 69 (61.6%) respondents have low self-esteem and most of the 65 (58.0%) respondents have the ability to manage negative emotions in adolescent victims bullying in Sunan Giri Junior High School Malang.

Table 3 Cross Tabulation of the Relationship between Self-Esteem and Ability Emotion Management for Teenage Victims of Bullying

| Relation between variables | Ability of emotional management (Y) | Total | Fisher's Exact Value |
|----------------------------|-------------------------------------|-------|----------------------|
|                           | Negative                            | Positive | f | % | f | % | p-value |
| Self esteem               | 63 56 6                             | 2 9    | 6 61                | 0,00 |
| Emotional management      | 1 8 4                               | 1 6    | 6 34                | 0388 |
|                           | 65 58 4 42 1 10                     | 0 7 0 1 0 2 |

Based on table 3 it is known that respondents who experience price low category self (61.6%) experienced the ability to manage emotions negative category at (56.2%). Fisher’s Exact test results obtained p-value = (0.000) < (0.05) so H0 is rejected, meaning that there is a relationship between self-esteem and the ability to manage emotions in adolescent victims of bullying at Sunan Giri Junior High School Malang. Odds Ratio value = 215.250, meaning that there is a very strong relationship between low self-esteem and the ability to manage emotions negative on adolescent victims of bullying.

4. DISCUSSION

Self-Esteem in Teenage Victims of Bullying

Based on Table 2 shows most of the respondents have low self-esteem category in adolescent bullying victims at Sunan Giri Middle School of Malang. According to Kustanti’s research (2017) explains that high self-esteem low causes adolescents to experience decreased interaction and feel stressed so
that there is a decrease in enthusiasm for learning (Kustanti, 2017). Saniya Research (2019) explains that low self-esteem also causes adolescents to avoid environment of friendship and affect the spirit or drive to do activities that can cause stress and decreased learning achievement at school (Saniya, 2019). Adolescent victims of bullying who have low self-esteem because they are not satisfied with oneself, feeling useless, lacking self-respect and feel less capable so that they always fail. It reflects youth victims of bullying often make comparisons with others and often feel dissatisfied with yourself.

The age factor is obtained by students as early teens where teenagers are looking for identity and undergo various physical and psychological changes, this causes adolescents pay more attention to physical conditions to support self-confidence and gain self-esteem in a social environment (Santrock, 2021). Teenage age is an age that has the nature of wanting to win on its own and has not been able to completely suppressing emotions so as to cause a decrease in self-esteem (P. R. Astuti, 2008).

The gender factor was found that most of the respondents were gender women, this proves that adolescent girls pay more attention to physical appearance, so that if there is a deficiency in the physical develop self-confidence and experience low self-esteem. Type gender explains that adolescent girls are easily affected by self-image disorders compared to young men. In particular, adolescent girls' self-esteem is low, their level of self-awareness is high, and their self-image is easily disturbed compared to young men.

Teenage victims of bullying who have low self-esteem such as consider oneself worthless, find it difficult to control one’s actions and behavior, dislikes new things or tasks, unsure of opinions and abilities, lack of values and attitudes, and always feel worried and hesitated. Teenage victims of bullying who have low self-esteem causes a decrease in enthusiasm to do one of the activities decreased motivation to learn and social interaction. According to the opinion of Ali and Asrori (2019) explained that self-esteem as one of the aspects that determine success of a person in interacting with his social environment (Ali & Asrori, 2019). Price low self-esteem as an attitude that is not optimistic about one’s own abilities in performing actions and interactions with peers. The impact of bullying behavior on self-esteem in A teenager will determine his success or failure in his future future. Low self-esteem will affect the decline in self-confidence, not independent, does not have creative ideas, does not like challenges new and not active in school activities. Teenagers who experience high self-esteem will be able to manage emotions well and confident able to do their activities well.

The results showed that almost half of the respondents had self-esteem high category on adolescent victims of bullying, meaning that adolescents are confident with their appearance and ability to socialize with friends so that they do not easily emotional when getting bullied. Benefits of high self-esteem will help and be useful for adolescents to form positive attitudes optimistic, self-confident and able to carry out broad social relations in society. Adolescents who have high self-esteem tend to be positive, not easily angry and can adjust to the environment around (Hurlock, 2013).

**Ability of Emotion Management in Bullying Victims**

Based on Table 2 shows most of the respondents have the ability to manage negative emotions in adolescent victims of bullying in Sunan Giri Middle School, Malang. According to research by Astuti, Wasidi & Sinthia (2019) explained that negative emotion management skills lead to Teenagers are irritable and have aggressive behavior when they get bullied from his friends (D. Astuti et al., 2019). Emotional management negative as a condition in which adolescents have a negative attitude towards oneself and others, easily angry when there is a problem, easy hurt, unable to make decisions on their own, unable to regulate behavior behavior on their own and cannot develop themselves (Mayer & Salovey, 2007). Teenager victim bullying that has the ability to manage emotions in the negative category because often keep emotions to yourself so it’s easy to feel disappointed or feeling sad, often feeling depressed and unable to control emotions or anger for not being able to change his mind according to the surrounding situation. This matter reflecting that adolescent victims of bullying often experience expressive bullying which can lead to the ability to manage negative emotions.

Factors that affect the ability to manage emotions in the negative category in adolescents who are victims of bullying, namely age. Teenagers have forgetful emotions so that they are not fully able to control their emotions. Age is one of the things that affect a person’s emotions. Change life experiences greatly affect the emotional state as one grows age. The more mature age helps create emotional stability and tend to be more reliable in solving problems in reality.

Adolescent victims of bullying who have the ability to manage emotions negative categories such as not being able to control oneself from anger and having unstable emotions in a negative direction. Management of negative emotions causes teenagers to be unable to solve problems wisely and less energetic because they feel they are not able to act so they don't find solutions through various opinions of others. Teenagers who often get bullied at school will experience the ability to manage emotions so that they are easy to experience stress, fear and anxiety withdraw from the environment, causing a decrease in self-esteem (Coloroso, 2015).

The results showed that almost half of the respondents had the ability management of positive emotions in adolescent victims of bullying, meaning that teenagers can control their emotions so they
don't get angry easily and get sick today experiencing bullying. Positive emotional management plays an important role for adolescents to be able to control emotions so that they are not easily angry or feel afraid when being bullied. Adolescents’ ability to manage emotions is very important for achievement of developmental tasks and related cognitive abilities and social competence. Positive emotions are basically an encouragement to act, able to communicate well, able to accept yourself as you are and have a confident attitude.

Relationship between Self-Esteem and Ability of Emotion Management in Bullying Victims

Based on Table 3 the results of the Fisher's Exact test analysis obtained p-value = (0.000) < (0.05) so H0 is rejected, meaning that there is a relationship between self-esteem and the ability to manage emotions in adolescent victims of bullying at Sunan Giri Junior High School, where low self-esteem can lead to emotional management become negative in adolescents who are bullied victims.

The results of the study prove that adolescents who have self-esteem low will cause teenagers to be unable to manage emotions when they occur bullying him so easily angry and rebellious. Teen victim bullies with low self-esteem perceive themselves as people who do not value so that they are afraid to do social relations, this will make difficulty controlling actions and behavior, and less able to accept suggestions or critique well. Low self-esteem also causes teenagers to fee not free to express, tend to be inconsistent in taking decisions, have feelings of insecurity and are easily embarrassed or afraid so they cannot manage their emotions when they are bullied (Skinner, 2012).

Triwahyuningsih’s research (2017) explains that adolescent victims bullying that has low self-esteem affects negative perceptions of themselves and their environment, so that adolescents withdraw from their environment friendship, feeling alone and dissatisfied with life, as a result Teenagers feel stress and depression which can affect their quality of life (Triwahyuningsih, 2017). Self-esteem in adolescents tend to be low. Adolescents who have low self-esteem can make teenagers will experience problems in their lives and not able to manage their emotions, for example, can lead to depression, suicide, and juvenile delinquency. According to Febiyanti & Wijaya (2017) the impact of managing negative emotions, namely juvenile delinquency in the form of criminality in the form of threats and acts of intimidation of others or be bullying behavior (Febiyanti & Wijaya, 2017).

Research Limitations

The limitation of this study is that there are other factors that are not examined by researchers, namely parenting, physical, adolescent achievement, and social class.

5. CONCLUSION

Research on the relationship of self-esteem with the ability of emotional management on adolescent victims of bullying at Sunan Giri Junior High School Malang, concluded that self-esteem is mostly in the low category of teenagers who are bullied in Sunan Giri Junior High School Malang, the ability to manage emotions is mostly negative in adolescents victims of bullying at Sunan Giri Junior High School Malang, and there is a relationship between self-esteem and the ability to manage emotions in adolescents victims of bullying at Sunan Giri Junior High school Malang obtained p value = (0.000) < (0.05).

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