

THE RELATIONSHIP BETWEEN PSYCHOLOGICAL WELL-BEING AND SELF-ESTEEM IN VICTIMS OF PHYSICAL BULLYING

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ABSTRACT

Bullying incidents often occur in various circles and result in long-lasting emotional wounds. Psychological well-being is defined as a feeling of well-being which is divided into six dimensions, including: positive relationships with other people, self-acceptance, personal growth, mastery of the environment, purpose in life and autonomy. Self-Esteem is described as self-esteem or confidence in how a person evaluates himself. The aim of this quantitative research method is to determine the relationship between psychological well-being and self-esteem in victims of physical bullying. This research with 200 participants (59 men and 141 women) used the Psychological Well-Being measuring instrument which has 27 statement items divided into 6 dimensions: (a) self-acceptance; (b) positive relate; (c) autonomy; (d) environmental mastery; (e) purpose in life; (f) personal growth); and (g) the Self-Esteem measuring tool which has been adapted by Alwi and Razak which has three aspects: (a) physical self-esteem; (b) social self-esteem; and (c) performance self-esteem) which consists of 10 statement items using the SPSS version 27.0 application. The research produced a positive correlation test with Sig. $0.000 < 0.05$ which means that if a person's Psychological Well-Being is high, that person's Self-Esteem is also high. It was also concluded that the most dominant dimension of Psychological Well-Being was the Positive Relations dimension with an average value of 2,885.

Keywords: Psychological well-being, self-esteem, victims of physical bullying

1. PREFACE

According to Sullivan (2000), The United Nation Charter for Children indicates that every child has the right to feel safe. However, the reality is that it is the opposite for places to study or socialize in the school environment because violence often occurs or what is usually called bullying. Bullying is an abuse of power or strength that is carried out once or continuously by a person or group (Sejiwa, 2008). It can be said that bullying behavior is a form of coercion or effort carried out by stronger people on weaker people by causing physical or psychological harm (Santrock, 2004; Papalia et al., 2004). According to Coloroso (2007), bullying is divided into several types, such as physical bullying (kicking, elbowing, choking, etc.), verbal bullying (reproaches, slander, insults, etc.), relational bullying (neglect, exclusion, exclusion, etc.), cyber bullying (negative messages via messages on the internet or social media). The most easily visible type of bullying is physical bullying. Based on data from the Ministry of Women's Empowerment and Child Protection (PPPA), cases of violence against children will increase quite high in 2022. Violence takes various forms, not only physical, but also psychological, sexual, neglect, human trafficking, and exploitation. According to these data, an increase in violence against children has been described in the last four years. In 2019 there were 11,057 victims; 2020 there were 11,278 victims; 2021 there will be 14,517 victims; In 2022 there will be 21,241 victims. Of that number, it was recorded that 746 children were victims of physical violence, followed by 588 children who were victims of sexual violence, and the rest along with several other cases.

Meanwhile, Rigby's (2003) research states that acts of violence or bullying against children can have a negative impact on the well-being of the child's life. Ryff (1989) defines psychological well-being as optimal psychological functioning and experiences, consisting of six dimensions: self-acceptance, autonomy, mastery of the environment, positive relationships with other people and purpose in life. In relation to psychological well-being, four characteristics of a person's happiness profile have been identified, namely; self-esteem, extraversion, optimism and self-control (Myers & Diener, 1995). Talking about self-esteem as an important characteristic of happiness, Diener (1984) has stated that high self-esteem significantly predicts a person's subjective well-being. Supported by Rosenberg's (1965) statement, self-esteem also refers to an individual's self-evaluation in the form of a positive and variable view as something valuable. So it can be said that self-esteem is one of the important aspects related to the psychological well-being of each individual.

2. RESEARCH METHOD

In this study, there were 203 respondents who were found to have filled out the questionnaire, but the researchers carried out scoring so that only 200 participants were taken by the researchers to test the hypothesis. The subjects for the research were people who felt they had been victims of physical bullying. The subject criteria in this study were: (a) victims of physical bullying; (b) aged 18-24 years; (c) male or female; and (d) there are no ethnic, religious, racial or inter-group restrictions.

The sampling technique used in this research is non-probability sampling, and the sampling technique is snowball sampling where the researcher will distribute questionnaires to friends or colleagues of the researcher who meet the criteria, then the researcher will ask the colleague to help distribute the questionnaire to acquaintances of friends or relatives of fellow researchers, and purposive sampling where samples are taken by selecting samples according to research criteria.

Table 1
Demographic Data

Participant	Frequency	Percentage (%)
Gender		
Men	59	29.5
Women	141	70.5
Age		
18-20	95	47.5
21-24	105	52.5
Job		
Students	88	44
Private employees	112	56

The first description of the participants in this study is gender. From the data obtained, 59 participants were men (29.5%) while 141 participants were women (70.5%). Thus, researchers can conclude that in this study the majority of people who filled out the questionnaire were female participants. The second description of the participants in this study is gender. From the data obtained, 95 participants were aged 18-20 years (47.5%) while 105 participants were aged 21-24 years (52.5%). Thus, researchers can conclude that in this study the most people who filled out the questionnaire were participants from the 21-24 year age group.

The third description of the participants in this research is the type of work. From the data obtained, 88 participants worked as students (44%) while 112 participants worked as private employees (56%). Thus, the researcher can conclude that in this study the most people who filled out the questionnaire were private employees. This research is a non-experimental quantitative research. This research is correlational in nature and aims to find out whether there is a correlation between the two variables, namely psychological well-being and self-esteem and to find out the significance of the two variables.

This research was conducted online by distributing questionnaires via Google form on social media such as Instagram, Whatsapp, Line, Twitter, and Threads. The participant was someone who felt he had been a victim of physical bullying. The research equipment used was a laptop, online questionnaire, and informed consent. Then after getting the data results from distributing the questionnaire, the researcher used a laptop with the SPSS application or program contained in it to process the data obtained from the questionnaire.

The Psychological Wellbeing measuring instrument used in this research was borrowed from the Research and Measurement Section of the Faculty of Psychology, Tarumanagara University (2011). This measuring instrument consists of several dimensions coined by (Ryff, 1995), including (a) self-acceptance; (b) positive relate; (c) autonomy; (d) environmental mastery; (e) purpose in life; and (f) personal growth. The self-esteem measurement tool used in this research is based on several dimensions or aspects of self-esteem stated by Rosenberg (1965) which have been adapted by Alwi and Razak (2022), including aspects: (a) physical self-esteem; (b) social self-esteem; and (c) performance self-esteem.

The first step, researchers will look at the phenomenon that occurs. Then, researchers looked for literature sources or journals with previous research topics to support this research. Then the researcher looked for the necessary measuring instruments and contacted the owner of the measuring instruments to ask for permission first. After receiving permission, the researcher began writing down the questions on the measuring instrument into a questionnaire in the form of a Google form. After obtaining permission from the supervisor, the new researcher will start distributing online questionnaires using Google Form via social media according to the criteria required in this research.

The research was carried out by distributing an online questionnaire in the form of a Google form to subjects, namely people who felt they had been victims of physical bullying. Distribution of questionnaires was carried out using several social media such as Whatsapp, Line, Instagram, Twitter, Threads. The questionnaire in the form of a Google form is divided into several page sections, the first section contains an opening which contains an introduction and brief explanation of the aims and objectives of the questionnaire. The second part will contain informed consent which states the subject's willingness to participate in the research by entering brief biodata. The third and subsequent sections will contain a questionnaire containing questions for subjects related to measuring psychological well-being and self-esteem. Researchers will collect data from September 1st 2023 to October 1st 2023, the data obtained will be processed using SPSS software.

Data processing techniques are carried out using quantitative methods by calculating data. Researchers will use Statistical Product and Service Solutions software to conduct data analysis.

Researchers will first carry out validity and reliability tests, then test normality using the One-Sample Kolmogorov Smimov Test & Pearson Correlation.

3. RESULT AND DISCUSSION

It is known that the Psychological Well-Being variable ranges from 24.00 to 80.00, where the average value (mean) is 50.5800 and the standard deviation is 16.69603. Meanwhile, Self-Esteem ranges from 5.00 to 20.00, where the average value (mean) is 12.7550 and the standard deviation is 4.52741.

Table 2

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
PWB (X)	200	24.00	80.00	50.5800	16.69603
Valid N (listwise)	200				
SE (Y)	200	5.00	12.7550		
		20.00	4.52741		
Valid N (listwise)	200				

After the data was confirmed to be valid and reliable with an Sig average value of 0.8, A correlation test was carried out between Psychology Well-Being and Self-Esteem and a Sig value of $0.000 < 0.05$ was obtained, which means that Psychological Well-Being and Self-Esteem are positively correlated. So that means, if someone's Psychological Well-Being is high, that person's Self- Esteem is also high. Conversely, if someone's Psychological Well-Being is low, that person's Self- Esteem will also be low.

Table 3

Correlations Test of the Psychological Well-Being with Self-Esteem

		PWB	SE
PWB	Pearson Correlation	1	.390**
	Sig. (2-tailed)		.000
N		200	200
SE	Pearson Correlation	.390**	1
	Sig. (2-tailed)	.000	
N		200	200

4. CONCLUSIONS AND RECOMMENDATIONS

Testing the correlation between Psychological Well-being and Self-Esteem in Victims of physical bullying obtained positive correlation results or it could be said that if a person's level of psychological well-being is high, then that person's level of self-esteem is also high. Conversely, if a person's level of psychological well-being is low, that person's level of self-esteem will also be low. Tests on the six dimensions of psychological well-being show that the positive relations dimension is the most dominant dimension among the other dimensions.

The lack of participant personal data in the questionnaire also resulted in a lack of additional data. The researcher realized that this research had many shortcomings due to several obstacles in the research implementation process, such as the difficulty of getting participants who were victims of physical bullying who had the courage to reveal their current situation. Researchers also realize that this research must be carried out carefully so as not to hurt or offend the feelings and self- esteem of the research subjects. Therefore, the researcher hopes that future researchers

can further expand and deepen this research with other variables.

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