



**THE RELATIONSHIP BETWEEN BULLYING AND SELF-CONFIDENCE LEVELS  
IN ADOLESCENTS**

**Feri Agustriyani<sup>1</sup>, Rizki Yeni Wulandari<sup>1</sup>, Apri Rahma Dewi<sup>2</sup>, Chandra Pratama<sup>2</sup>**

<sup>1</sup>Faculty of Health, Universitas Aisyah Pringsewu, Jl. A Yani No. 1 A Tambak Rejo, Wonodadi, Pringsewu, Lampung 35372, Indonesia

<sup>2</sup>Sekolah Tinggi Ilmu Kesehatan Panca Bhakti, Jl. ZA. Pagar Alam No.14, Gedong Meneng, Rajabasa, Bandar Lampung, Lampung 35145, Indonesia

\*[feriagustriyani@aisyahuniversity.ac.id](mailto:feriagustriyani@aisyahuniversity.ac.id)

**ABSTRACT**

Adolescence is one of the period to be experienced individual in the his life , where in period This will experience Lots change in himself . As a result changes experienced , can formed inappropriate behavior Good like violence . violence No only happen to yourself Alone but also to other people. One of form violence that often appears in adolescents is behavior bullying .bullying is behavior aggressive that can in the form of physical , psychological , or verbal. Behavior bullying give impact bad to victims of bullying , including having an impact on low self awareness , anxiety , fear even depression , insomnia, difficulty concentrate and not believe themselves .Types of research is study quantitative with analytical survey use approach cross sectional with design survey analytics and approaches cross-sectional , sample taken use method Proportional Stratified Random Sampling from population of 230 respondents , resulting in 146 respondents . Analysis bivariate using statistical tests Gamma . Analysis results show that from 146 respondents low bullying was found at 65.1%, moderate bullying at 33.6%, high bullying at 1.4%, while variable level trust self low 64.4%, level trust self is 34.2%, and the level trust self high 1.4%. From the gamma test results obtained p- value = 0.000 < 0.05 means there is connection bullying with level trust themselves in adolescents . For the parties school and parents provide system support to teenager For increase trust self and for teenagers to avoid conflict with Friend same age and brave say not on behavior bullying.

Keywords: adolescents; bullying; self - confidence level

**How to cite (in APA style)**

Agustriyani, F., Wulandari, R. Y., Dewi, A. R., & Pratama, C. (2025). The Relationship between Bullying and Self-Confidence Levels in Adolescents. *Indonesian Journal of Global Health Research*, 7(3), 179-186. <https://doi.org/10.37287/ijghr.v7i3.5203>.

**INTRODUCTION**

Adolescence is stage development marked by transition individual from childhood going to adults, with focus on change in biological, cognitive, and social emotional ( Ekasari , 2022). During this period, individual experience various change significant that can influence they're behavior and social interaction. Changes experienced by teenager can trigger negative behavior emergence, including violence. violence This is Not only impact on self, but also can affecting to others. One of the common violence happening among teenager is bullying behavior (Junalia & Malkis, 2022). According to UNESCO Institute for Statistics (2018), in survey health physical and emotional teenagers in school, there are 10 countries with highest level of intimidation. Global data shows that Samoa recorded as the highest, reaching 74%, followed by Afghanistan (44%), Canada (35%), Tanzania (26%), Argentina (24%), and Tajikistan with lowest number by 7%. Among these countries, 65% of those who experienced bullying were female child, while 62% are male child.

UNICEF (2022) reports that around 1.3 billion teenagers, or 16% of the world's total population, are in this age group. This significant Enough number, and during adolescence, individuals often experience intense emotions changes, having big energy, and less capable in

self-control, which can cause stress emotional (Nurmala & Ira, 2020). This Conditions can increase possibility the occurrence negative behavior, such as bullying. Bullying itself is an aggressive action which has an impact on aspects psychological, emotional, and physical aspects of the victim (Sinthania & Debby, 2022). Bullying can in the form of behavior rough manifestation Can physical, psychological, verbal, or combination from all three. This action can be done by individuals or group, with perpetrator utilize dominant position for attacking others (Yuliani, 2019). In the school environment, bullying can cause various negative impact for victims, including delay in activity study, break up school, conflict, interaction bad social, disturbance mental health, depression, and trauma that affect they're quality of life (Ni'matuzahroh, 2019).

UNICEF (2021) noted that the prevalence of bullying in Indonesia is very worrying, with around 2.7 million teenager aged 14-24 years Once experiencing bullying. Among of them, 45% experienced online bullying, 18% experienced physical bullying, 22% experienced theft or destruction goods, 14% experienced threats, 22% were teased, 19% were isolated, and 20% were exposed to negative rumors. In Indonesia, almost 40% of cases bullying contribute to the numbers kill self. The Central Statistics Agency (2020) reported 341 cases violence in Lampung Province, although number This show decline by 6.58% compared to year Previously. The form of bullying in Lampung was dominated by violence physical, with record 184 cases, followed by 184 cases psychical violence.

Impact bullying towards the victim often takes the form of disturbance mental health, including problem emotional, antisocial behavior, and poor relationships with Friend and also family. Victims of bullying, especially those who experience verbal and physical bullying, can experiencing trauma well term short and also length ( Suci et al., 2021). Research show that Bullies tend to be own trust high self, while the victim is usually showing trust low self-esteem (Hadijah et al., 2023). Bullying behavior provides impact serious to the victim, including low awareness self, anxiety, fear, depression, insomnia, difficulty concentration, and lack of believe self ( Lutfiah Zahra & Miratul Hayati, 2022).

Trust yourself, or self-confidence, is attitude positive that allows individual for evaluate self them and the situation around them they in a way positive (Rais, 2022). Trust good self usually rooted in the concept a healthy self, which provides motivation for reach goals and facing challenges (Nisa & Jannah, 2021). Students who have trust self-low tend affected by developments self they are in the environment school, such as lack of communication with friends, exile self, no active in activity study, reluctant convey aspirations, and views negative to self themselves (Marlina et al., 2022). Some factor affecting low trust self-covering draft self, price self, experience life, education, work and environment family (Puspitasari et al., 2022).

Impact from trust low self- esteem in participants educate often in the form of decline performance learning and violation to regulation school (Yolanda & Wicaksono , 2020). Riyanti and Darwis (2021) revealed that problem trust self can hinder development social participant educate, potential yourself, and task development others. Problems This often caused by thoughts negative that can bother behavior teenagers. Based on results pre-survey on April 03, 2024 was obtained results interview against 10 students, 3 students' class IX, 3 students' class VIII and 4 students of VII showed that 3 ever do action bullying, while 7 students Once get behavior bullying. After done interview all over students who have ever become a victim of bullying become anxious, decreasing achievement at school, no Want to socialize, feel No safe, no comfortable at school and feel No self believe. One form of

bullying like make fun parents ' names and calling with a term that is not good .The study's main goal is to detect relationship Bullying with Self- Confidence Level In Adolescents at SMP 11 Maret Suber Agung.

**METHOD**

Study This is study quantitative with design survey analytics that uses approach cross-sectional. All variables observed and measured at the time study ongoing, with primary data used For explore connection between bullying with level trust self-esteem in adolescents at SMP 11 Maret Sumberagung . Subject study teenager students at SMP 11 Maret Sumberagung , with population totaling 230 and a sample of 146 respondents with Proportional Stratified Random Sampling sampling technique . Data collection using questionnaire bullying and level trust self that has been tested for validity and reliability. The validity test is valid with  $r > 0,355$  and reliability test with alpha Cronbach 0,724. Analysis study use analysis statistics gamma test.

**RESULT**

Table 1  
Distribution Frequency *Bullying* in Teenagers

<i>Bullying</i>	f	%
Tall	2	1.4
See soon	49	33.6
Low	95	65.1

In table 1 can be known from 146 respondent obtained as much 2 respondent (1.4%) have high *Bullying* behavior, as many as 49 (33.6%) have moderate *bullying* behavior and as many 95 of respondents ( 65.1 %) have low *bullying* behavior.

Table 2  
Distribution Frequency of Self- Confidence Levels in Adolescents In junior high school

Self Confidence Level	f	%
Tall	2	1.4
See soon	50	34.2
Low	94	64.4

In table 2 can be known from 146 respondent obtained as much 2 respondent (1.4%) have high self trust level, as many as 50 (34.2%) have moderate self trust level and as many 94 respondents 64.4 % ) have low self trust level.

Table 3  
Connection *Bullying* with Self- Confidence Levels in Teenagers

<i>Bullying</i>	Self Confidence Level						Total		<i>Significance</i>
	Tall		Currently		Low		f	%	
	f	%	f	%	f	%			
Tall	2	100	0	0.0	0	0.0	2	1.4	0,000
Currently	0	0.0	32	65.3	17	34.7	49	33.6	
Low	0	0.0	18	18.9	77	81.1	95	65.1	

Table 3 is known that of 146 there are low *bullying* 65.1%, moderate *bullying* 33.6%, high *bullying* 1.4%, and low self trust level 64.4%, level trust self is 34.2%, and the high self-trust level 1.4 % . The above the results statistics *gamma* infered mark *p- value* = 0.05 It means te got significant relation between between *bullying* with level trust self-esteem in adolescents at SMP 11 Maret Sumberagung .

## DISCUSSION

Based on table 1 is known that from 146 respondents obtained as many as 2 respondents (1.4%) have level trust self high, as many as 49 (33.6%) have level trust self moderate and as many as 94 respondents (65.1%) have level trust self low. Bullying behavior according to (Permata & Nasution, 2022) is action For hurt, threaten, terrorize, injure, and mock someone done by one or more people towards other people. Bullying that occurs between teenager is bullying with Friend same age Because feel rejected difficult accepted so that make teenager Keep going do what is wanted and needed Friend same age they. One of them type the most common bullying in the world today This is bullying with Friend peer. Hamzah A (2023) the prevalence 20.8% of students reported being involved in verbal bullying, followed by physical bullying victimization (17.1%); cyberbullying victimization (17.3%); and relational bullying (16.9%). Regarding the prevalence of perpetration, verbal bullying was reported by 7.9% of the participants, followed by physical bullying (5.9%); cyberbullying (4.9%), and relational bullying (2.3%). According to (Visty, 2021) The impact of bullying on the victim's behavior causes the victim to be afraid, withdraws self from environment socializing, and only keep quiet yourself. The impact of bullying is psychological seen that student become No believe self, worry with environment around, trauma to be friends back, shame with speak slow and avoid contact eyes, and angry If Already No Can accept treatment bad Keep going continuously (Oktaviany & Ramadan, 2023).

Based on results from table 2 is known that from 146 respondents obtained as many as 2 respondents (1.4%) have level trust self high, as many as 50 (34.2%) have level trust self moderate and as many as 94 respondents (64.4%) have trust self low. Based on research conducted by Rais (2022) is one of the component very important personality For life somebody is trust self. Sense of confidence self is courage For face challenge Because give know a individual that Study from experience Far more important than studying from what works or No successful. Sense of confidence self is also important For participate in life public (Aprilia Afifah et al., 2022).

According to (Devi Juniawati & Zaly, 2021) I don't think so believe self marked with existence weakness in self someone who gets in the way they For reach objective life they. Someone must own trust very high self in order for them can develop existing aspects in self them. As a result from participant educate who does not believe self is performance bad and frequent learning violate regulation schools that have determined. Students who do not believe self will influence progress they are at school with ways like No communicate with friend, no active in learn, no Want to convey aspirations and always own negative view about self they Alone (Marlina et al., 2022). Yusuf and Ahsan (2024) mention the result that adolescent bullying and cyberbullying perpetration may be mitigated by higher levels of self esteem.

Study This in line with research conducted by (Antu et al, 2023) Connection Parental Verbal Abuse and Self - Confidence Levels in Adolescents at MTs Negeri 2 Boalemo with population as many as 114 and using respondents 84 samples and obtained results that as many as 12 respondents (14.3%) have level trust self high, 35 respondents (41.7%) have level trust self moderate, and 37 respondents (44%) had level trust self low. Then it can concluded that results from study this, percentage the biggest is Respondent with trust low self esteem that is as many as 37 respondents (44%). Trust low self esteem obtained from statement respondents who stated that Respondent easy give up when failed, feel No beneficial for others, no brave convey opinion and choose to remain silent because afraid of being wrong in answer or afraid of being wrong when speak.

Statistical test results gamma obtained  $p\text{-value} = 0.000 < 0.05$  means there is significant relationship between bullying with level trust self in teenagers in junior high school march 11 sumberagung . Research result This in line with research conducted by Nuraini (2023) with chi-square test analysis obtained  $p\text{-value} = 0.000 < 0.05$  then can it is said that there is significant relationship between variable bullying with variable trust self . Where to get it that part big Respondent experience trust self low that is as many as 47 people (63.5%), when somebody get behavior bullying then will impact bad for trust self the result teenager feel shy, less involved in class, interesting self from group social, no can interact and not Can socialize with Good .

Bullying is divided become a number of form that is physical bullying, verbal bullying, social bullying , cyber bullying, and mental or emotional bullying. psychological ( Oktavianto et al ., 2022). Self-esteem was found to positively predict bullying perpetration and negatively influence bullying victimization (Hamzah, 2023). In line with research (Permana and Rahman, 2021) regarding connection action bullying with level trust self somebody Where the result get connection between action bullying with level trust self teenager . At this time , teenagers in the process of searching teak self so that later Can to form teak self Where later will Can to form trust self. Trust self is one of characteristic personality that combines thoughts and feelings, struggles, hopes, fears and fantasies or attitude related individuals with his abilities. Sense of trust self is very important For every aspect development Healthy a child and is component important from success school. Sense of trust High self-esteem in teenagers is very important For reduce and prevent the occurrence bullying in teenagers . Various study Already done For know connection bullying with level trust self in adolescence (Ulya et al., 2021) . Trust self is belief that a individual own ability For control his body , his behavior , and the difficulties he is experiencing. faced in life more everyday big. Trust self is also important For hang out with others and cope problem social like make friends, compete , and share what you face children at school (Busyra, 2019).

Bullying on on teenagers who are found in study This show part big in category low and trust self low. This is show that trust self teenager can decrease No only from behavior bullying will but Can because of a number of factor like from internal factors of feelings teenagers who feel No needed by others, previously Already Once get insult from others, bad appearance or disabled physical , negative thoughts about self Alone (Srijayarni et al., 2023). According to ( Fitri et al., 2019) can also be from factor external alone , influence from environment school that does not support ( often) belittled and excluded ), pattern foster parents or lack of parental support , and behavior teenager antisocial. To improve the mental health of adolescents, special attention should be given to the impact of family life on adolescents' school life (Zhang et al, 2024). Parents should pay close attention to and limit adolescents' exposure to bullying and cyberbullying and stressful life events (Yusuf & Ahsan, 2024).

## CONCLUSION

Based on results analysis univariate and bivariate obtained results bullying of teenagers at SMP 11 Maret Sumberagung can dike r tahu r i that from 146 respondents obtained as many as 2 respondents (1.4%) have behavior high bullying , as many as 49 (33.6%) have behavior moderate bullying and as many as 95 respondents (65.1%) had behavior bullying low . Level of trust self in adolescents at SMP 11 Maret Sumberagung can dike r tahu r i that from 146 respondents obtained as many as 2 respondents (1.4%) have level trust self high , as many as 50 (34.2%) have level trust self moderate and as many as 94 respondents (64.4%) have trust self low . , results statistics gamma dipe r role r h mark  $p\text{-value} = 0.000 < 0.05$  It means te r got significant hur th ing between bullying with level trust self-esteem in adolescents at SMP

11 Maret Sumberagung . It is hoped that for party school and parents provide system support to teenager For increase trust self and for teenagers to avoid conflict with Friend same age and brave say not on behavior bullying

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