

Adolescent Personality in the Vuca Era With a History of Bullying Victims

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ABSTRACT

Bullying is significantly common in schools, colleges and even in the workoffices. But have you ever thought about the psychological impact on adolescents who have a history of bullying? Will they be able to move on from the trauma they experienced, or will they be trapped on their traumatic experiences for the rest of their lives. So We present the scientific paper with the title "Personality of Adolescent in the Vuca Era with a History of Bullying Victims" which aims to see the psychological impact of these adolescent. The method we use is a quantitative method that includes data search through trusted journals, interviews with subjects, online surveys. The results of the study are: 1). Psychological history of bullying victims, 2). The main characteristics of adolescents who have a history of bullying victims, 3). Short-term and long-term impacts of bullying.

Keywords: Bullying Victims, Impact of Bullying, Adolescent Psychological.

Introduction

The term bullying itself comes from the English word "bull" which means bull. Etymologically the word "bully" means bluff, someone who bullies the weak. Bullying in Indonesian is called "menyakat" which means to harass, disturb, and obstruct others (Wiyani, 2012).¹

Bullying behavior involves unbalanced power and strength, so that victims are in a state of being unable to defend themselves effectively against the negative actions they receive. bullying has long-term and short-term effects on victims of bullying. The short-term effects caused by bullying behavior are distress due to bullying, decreased interest in doing schoolwork assigned by teachers, and decreased interest in participating in school activities. While the long-term consequences of this bullying such as having difficulty in building good relationships with the opposite sex, always experiencing anxiety about getting unpleasant treatment from their peers (Berthold and Hoover, 2000).²

Bullying occurs anywhere and anytime, not only in one age phase, but also from young children to adults. Not many victims of bullying are depressed as a result of the bullying they experience, some do not want to meet other people and the worst commit suicide after experiencing bullying. This can be overcome by being more aware of bullying cases that occur around us, be a helper, hero, and protector for those who are weak. "With good power comes great responsibility" -quote from Spiderman 1.

Method

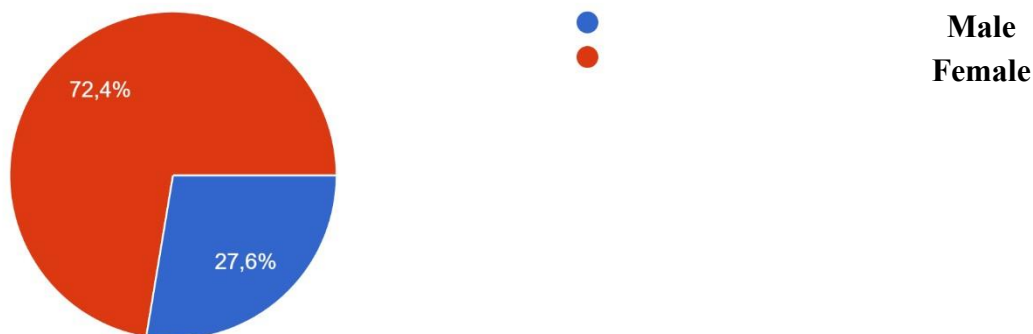
This research uses descriptive qualitative research. According to Hennink, Hutter & Bailey, 2020 the main objective in qualitative research is to make facts or phenomena easy to understand and allow according to the model to generate new hypotheses. The qualitative research used in this study is descriptive.¹ Descriptive research is conducted to describe symptoms, events, and events that occur factually, systematically and accurately. This research is used to describe, explain, or take information from various conditions, situations, phenomena, or various research variables based on events as they are. This is in accordance with the research objectives to determine and analyze the Personality of Adolescents in the VUCA era with a History of Bullying Victims. The data collection technique in this study was through filling out a questionnaire. This questionnaire contains several lists of questions related to the research being conducted. In this study also used sampling techniques. The sample used by data search techniques through trusted journals, interviews with subjects, and online surveys. With the target research results in the form of: 1) Knowing the psychological condition of adolescents with a history of bullying victims, 2) Characteristics of Adolescents as owners of Bullying Victim History, 3) Short-term impact and long-term impact of Bullying.

Results

Table 1 Adolescent characteristics.

- Gender:

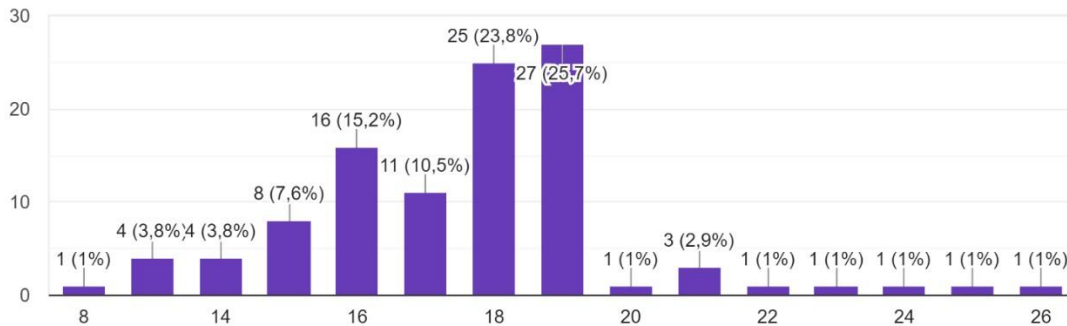
105 Answer



- Age:

105 Answer

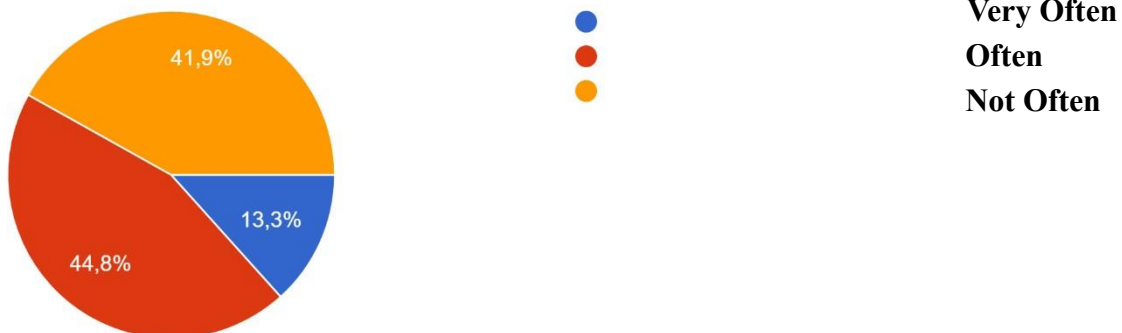
¹ Adlini, Nina Miza, dkk (2022). *Metode Kualitatif Studi Pustaka*. Universitas Islam Negeri Sumatera Utara.



* There was an error in filling in the sample, 18 years became 8 years.

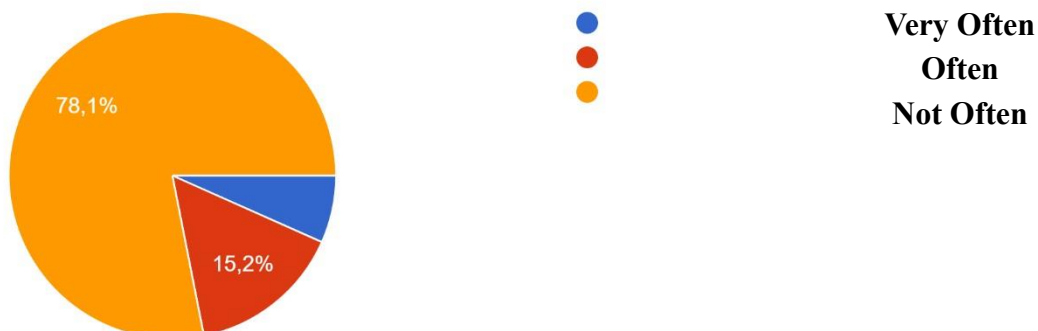
Table 2 Experiences of Adolescent Victims of Bullying

- My friend uses profanity when talking to me. 105 Answer

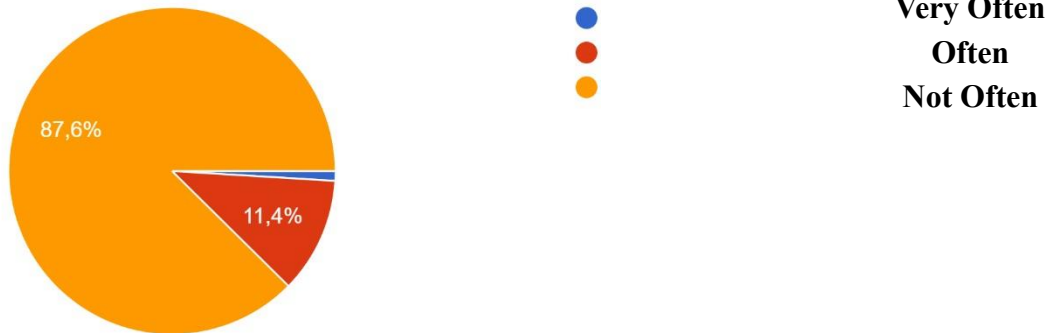


- I am called by my parent's name or a name that is not my name (nickname). I am called by my parent's name or a name that is not my name (nickname).

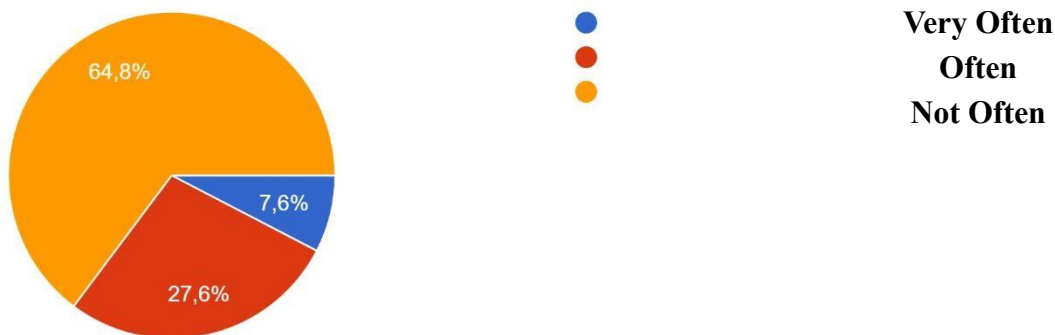
105 Answer



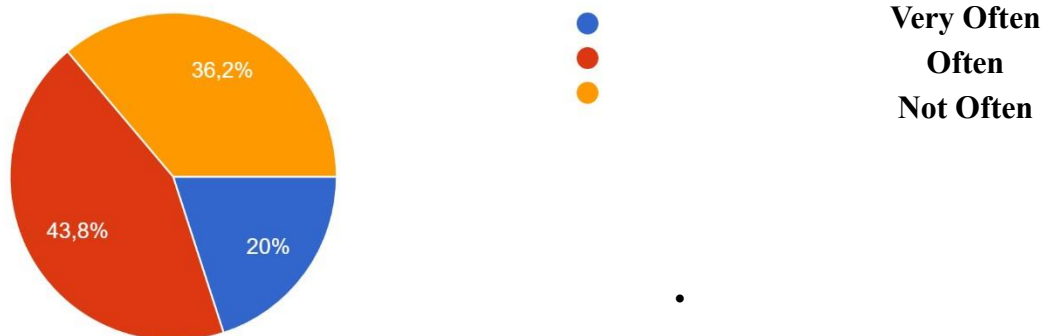
- I was made fun of by my friends, teachers, and parents. I was made fun of by my friends, teachers, and parents. 105 Answer



- I was yelled at by my friends, teachers, and parents when I made a mistake. 105 Answer

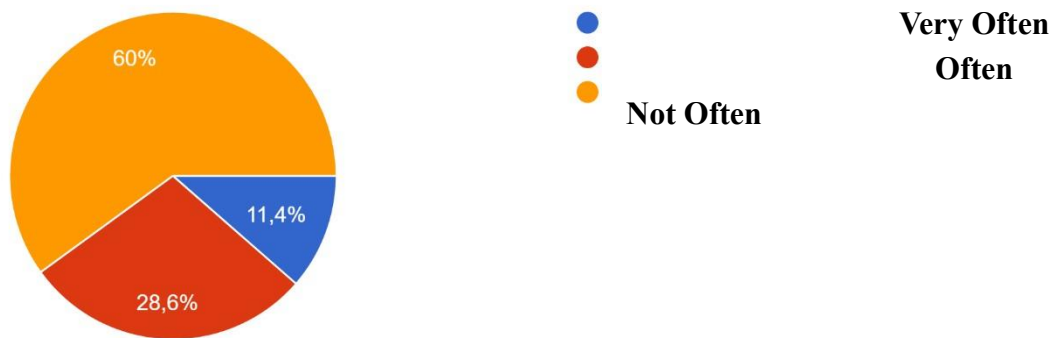


- Do you often feel alone when you are in a crowd? 105 Answer



I

feel left out when I talk to my friends. 105
Answers



Sample 1: Initial Y, Female, 19 Years Old.

The victim experienced bullying in December 2022, he was called with bad connotations referring to his fat physique due to an illness and the bully attacked the victim with sexual words. The victim had shared her bullying case with her family, homeroom teacher, bk teacher, and closest friend. As a result of the bullying, the victim became more eager to change for the better. She started dieting to lose weight. However, the traumatic experience that she experienced remained imprinted in her heart which often made her often negative thinking towards others.

Sample 2: Initial P.N, Female, 17 Years Old.

The victim was bullied even up until the time the research was made, the perpetrator made fun of the victim, insulted her, and sometimes committed physical abuse. However, what the victim did when being made fun of was just ignore and could not do anything, but when the perpetrator started to physically bully, the victim tried to fight back. Unfortunately, the people around the victim who knew the victim was being bullied were silent and did not help the victim.

The victim did not share her experience with others, arguing that it was useless, because no one wanted to help and many just watched.

As a result of the bullying that occurred, the victim, thank God, is still strong in faith, can be ignorant and try to live a better life.

Sample 3: Initial D, Female, 18 Years Old.

The victim was bullied when she was in grades 2,5&6, she was slandered for cheating on exams, and the person who slandered her incited others to bully her. The victim cried because most of her friends and homeroom teacher believed the allegations. The victim told her family after the bullying occurred.

As a result of the bullying, the victim tried hard to study and prove that she did not cheat on the exam. However, she became afraid to meet other people, and did not want to join many organizations.

Sample 4: Initial A.S, Male, 19 Years Old.

The victim was bullied in elementary school by the bully because she looked weak and was easily bullied. At that time, the victim did not dare to fight back because she was afraid that her parents' name would be tarnished by fighting. The victim did not tell anyone about her experience.

The impact of the bullying is that, after being bullied, he has the desire to be strong and no longer be bullied by others. In the end, he is no longer afraid of bullies because he believes God and his parents will protect him.

Sample 5: Anonymous name: I'm Ugly Girl, Female, 17 Years Old.

The victim was bullied from junior high school until high school (now). However, the victim did not respond to anything done by the bully. She also did not share her bullying experience with anyone.

The impact of the bullying that she experienced, she rarely communicated, often committed selfharm, and had a desire to commit suicide, was more easily emotional, often cried, had less sleep, her weight went up and down drastically, her school grades dropped drastically, she could not grasp the lessons, and trust issues to people around both friends and family.

Sample 6: Initial A, Male, 15 Years Old.

The victim was bullied in elementary school, during class and in the cafeteria, she was beaten, insulted and ridiculed just for coming to school. She did not share her experience with others.

The impact of the bullying he experienced, he turned into a quiet, loner, but he has no desire for revenge, and when he meets people who have bullied him, there is no fear because he believes that God protects him.

Sample 7: Initial A, Female, 20 Years Old.

The victim experienced bullying during elementary school, she was bullied physically and verbally (insulting parents). After being bullied, the victim when she came home immediately went berserk, locked herself in her room, and had a desire to leave the environment that bullied her. She told her parents about this. Because of the support from her parents, she was able to overcome the bullying she experienced by proving that she could make achievements.

Sample 8: Initial Yla16, Female, 15 Years Old.

The victim experienced bullying when he was in junior high school. He did not dare to fight back when he was bullied because most of them were boys. The victim told her friends, parents, and teachers about the bullying she experienced.

The impact of the bullying he experienced, namely the victim became stronger, braver, and sympathetic if he saw people who were also bullied.

Sample 9: Initial I, Female, 18 Years Old.

The victim was bullied in junior high school in 2018. When she was bullied, she cried out of emotion and tried to report to the counseling teacher, but the counseling teacher did not care at all. She told a close friend about it.

The impact of bullying that she experienced was fear of meeting other people, and also fear when introducing herself to new people.

Sample 10: Initial S, Female, 16 Years Old.

The victim experienced bullying 5 years ago at school. She was bullied verbally, when facing the bullying, the victim was silent, did not dare to fight back, expressed emotions by crying, locking herself up, or selfharming. She had told her close friends and relatives.

The impact of bullying that she experienced, namely changes in attitude and a little fear when associating with other people.

Discussion

The results of this study show that the characteristics of adolescent victims of bullying mostly occur in adolescents who are female, namely 72.4%, while in adolescents who are male as much as 27.6% This is in accordance with the data collection technique using the questionnaire filling method.

Based on the presentation of the research results on the previous page, the researcher obtained the following information. Namely;

- Table 1:

- Shows that the majority of bullying victims occur in female adolescents aged 18-19 years. These results indicate that there is a significant relationship between gender and bullying victims. Where, boys are at high risk of bullying, and girls are at high risk as victims of bullying.

- Table 2:

- Shows 13.3% or as many as 14 teenagers very often accept disrespectful words when spoken to by their friends, 44.8% or as many as 47 teenagers often accept disrespectful words when spoken to by their friends, and 41.9% or as many as 44 teenagers do not often (rarely) accept disrespectful words when spoken to by their friends.

The use of disrespectful words when communicating is not something that can be taken lightly, with the development of the times there is often a misinterpretation in the use of words or language, especially in adolescents by prioritizing slang elements. Unconsciously, these actions have actually referred to bullying.

- It shows that 6.7% or 7 teenagers are very often called by nicknames (using parents' names, nicknames that make fun), 15.2% or 16 teenagers are often called by nicknames, and 78.1% or 82 teenagers are not often (rarely) called by nicknames.

- Showing 1% or as many as 1 teenager is very often the subject of ridicule, 11.4% or as many as 12 teenagers are often the subject of ridicule, and 87.6% or as many as 92 teenagers are not often (rarely) the subject of ridicule.

Calling a friend with a nickname that is more directed at mockery based on just wanting to play around or a special call to be more familiar but contains elements of making fun is not something that can be

justified. Of course, this action affects the victim such as; the victim feels uncomfortable and embarrassed by the nickname. However, the victim cannot avoid the boundaries of bad mood.

- It shows that 7.6% or as many as 8 teenagers are very often yelled at when making mistakes, 27.6% or as many as 29 teenagers are often yelled at when making mistakes, and 64.8% or as many as 68 teenagers are not often (rarely) yelled at when making mistakes.

Yelling at someone when they make a mistake is not an effective thing to do, maybe some people associate this action as evidence of assertiveness even though this action is very contrary to assertiveness, what will happen is only the emergence of fear to try new things, there is no learning and experience of mistakes or evaluation in the journey of life.

This has a connection, with aggressive behavior that tends to want to attack something that is seen as a disappointing thing or situation that hinders or inhibits. Meanwhile, aggressiveness is an individual behavior in the form of an attack aimed at hurting, injuring, harm, or other actions that are harmful, disrespectful or hostile both physically and psychologically.

In general, aggressiveness is divided into four types according to Buss and Perry (1992), one of which is; Verbal aggression. Verbal aggression is aggression that is done to hurt others verbally. When a person swears, argues, yells and so on.²

- Shows 20% or as many as 21 teenagers very often feel alone in a crowd, 43.8% or as many as 46 teenagers often feel alone in a crowd, and 36.2% or as many as 38 teenagers do not often (rarely) feel alone in a crowd.

Feeling lonely in a crowd has a link to health. Some health conditions related to loneliness are; a person experiences depression, namely the sensations that are raised such as feelings of emptiness, lack of confidence, despair, and so on.

- Showing 11.4% or as many as 12 teenagers very often feel not considered when talking with friends, 28.6% or as many as 30 teenagers often feel not considered when talking with friends, and 60% or as many as 63 teenagers do not often (rarely) feel not considered when talking with friends. Being in a situation where we feel not considered when talking is a very unpleasant condition, and makes someone sad.

Based on the percentage of very often and often about teenagers feeling not considered when talking to friends, 11.4% and 28.6% respectively, which if the total result is 30% or less. This illustrates that those who experience this condition are not greater than the share of individuals who do not experience it. When someone feels not considered, it cannot be excluded that there are internal factors from the individual himself such as being too serious, stiff, so boring in the eyes of the interlocutor.

² Aletheia Rabbani (2021) "Pengertian Agresivitas, Aspek, Faktor, Bentuk, Teori, dan cara Mengontrolnya" acces from <https://www.sosial79.com/2021/05/pengertian-agresivitas-aspekfaktor.html> at 25 Mei 2023.

- The results of data collection using the questionnaire method on essay questions (not choice questions) obtained information about several respondents who experienced bullying to the point of doing self harm.

Self harm is a form of behavior that individuals do to cope with emotional distress or emotional pain by hurting and harming themselves without intending to commit suicide (Jenny, 2016; Klonsky et al, 2011).³

Health workers, teachers and families have an important role to play in reducing the likelihood or prevention of bullying. The first step is for adolescents to develop good self-esteem. Adolescents who have good self-esteem will behave and think positively, respect themselves and others, have selfconfidence, are optimistic and dare to say their rights, and take responsibility for all actions taken. Second, have many friends and join in positive activities. Third, taking a social role to deal with bullying, either as a target or as a witness, and how to seek help if you are bullied. Efforts that can be made to reduce the helplessness of adolescent victims of bullying are to eliminate negative thoughts and increase life motivation."⁴

Conclusion

Alhamdulillah for His Grace we can complete this research well. Sholawat and peace be upon the Great Prophet Muhammad SAW and his followers. We would like to thank the institutions. Especially to the colleagues of group 3 Students of the Faculty of Psychology UIN Raden Fatah Palembang who have collaborated very optimally in the completion of this research. So that this research can be carried out well. We also thank the Respondents who have cooperated for the implementation of this research and the parties who have helped this research which of course we cannot mention one by one.

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³ Sayyidah Khalifah. (2019) *Dinamika self-harm pada remaja*. Universitas Islam Negeri Sunan Ampel. Surabaya

⁴ Tantri Widyarti Utami, Alma Fadilah, Livana PH. *Hubungan Bullying Dengan Ketidakberdayaan Pada Remaja Jurnal Keperawatan Jiwa Volume 7 No 2*, Hal 159 - 164, Agustus 2019

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