

The role of resilience in self-esteem among bullying victims

Stefani Virlia ^{1,*}, Jatie K. Pudjibudojo ¹, and Soerjantini Rahaju ¹

¹ Program Studi Doktor Psikologi, Universitas Surabaya, Indonesia

*Email addresses of the corresponding author : s159122002@student.ubaya.ac.id

Abstract

Purpose : Bullying phenomena often occur in the context of education. Those who are bullied experience self-esteem issues because self-esteem grows from interactions with their environment and personal experiences. Bullying can reduce self-esteem, so that victims of bullying need resilience to overcome their traumatic experiences. The purpose of this research is to examine the role of resilience in self-esteem among bullying victims.

Method : This research uses a quantitative method with a correlational research design. The characteristics of this research are students who have been victims of bullying and enrolled in senior high school in Surabaya. The amount of subjects in this research was 59 students.

Result : The research shows that resilience significantly influences self-esteem among bullying victims ($F=15.711$; $p<0.001$) with a contribution of 21.7%. It was also found that resilience has a significant positive correlation with self-esteem ($r=0.466$).

Conclusion: Resilience is a protective factor for individuals' mental health, so when experiencing bullying, individuals still accept themselves as valuable and important individuals.

Keywords: *bullying; resilience; self-esteem*

INTRODUCTION

Adolescence is a transitional period in the range of human life that bridges between childhood and adulthood. During this developmental period, adolescents will experience physical, psychological, and social changes that cause various issues in adolescent life. (Santrock, 2014). Adolescence is called a critical period because at this stage of development the individual will experience a lot of conflict. This is demonstrated by increasing bullying rates, at the adolescent developmental stage. The phenomenon of bullying is growing rapidly and is mostly carried out by teenagers. (Nansel, dkk., 2001; Bradshaw, dkk., 2015). Based on the results of a preliminary survey with descriptive methods conducted by researchers of 76 students in one of the private schools in Surabaya with the characteristics of ages 14-17. Based on the results of that study, 12 students (15.8%) had a physical form of bullying, 35 students (46%) had an verbal form of bullying, 29 students (38.2%) had a social form of bullying (Virlia, Pudjibudojo, Rahaju, 2023). Thus, the bullying that has taken place needs to be of concern to many parties, from families, schools, to society.

The number of bullying is also due to the fact that most people believe that bullying is a natural thing that happens from childhood to adolescence. However, research shows that bullying has a negative impact on the physical, emotional, and behavioral aspects of adolescent victims. (Shemesh & Heiman, 2021). The impact is often unresolved and affects the victim's self-esteem so that victims often find it difficult to establish interpersonal relationships, feel incompetent,

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unattractive, have a negative view of themselves, feel failed, embarrassed, and helpless. (Sullivan, 2000; Shemesh & Heiman, 2021). Based on some research, it has been found that adolescents who are the victims of bullying have low self-esteem (Brito & Oliveira, 2013; Darney, Howcroft, & Stroud, 2013; Tsaousis, 2016).

Adolescence who become victims of bullying have worse psychosocial adjustments and the presence of long-term negative consequences on their self-esteem (Tsaousis, 2016). It's because self-esteem plays an important role in adolescent mental health (Darney, Howcroft, & Stroud, 2013). The attention the individual receives from relationships with parents or peers plays a role in adolescent self-development. It refers to the "Looking Glass Self" theory that states that individuals see themselves from the perspective of others and integrate that perception into existing self-conceptions (Darney, Howcroft, & Stroud, 2013). Therefore, rejection and various forms of bullying affect adolescent perceptions of self-esteem.

Self-esteem is self-evaluation that refers to a positive or negative attitude towards himself as a form of self-acceptance that he is valuable and worthy. (Rosenberg, 1979; Surzykiewicz, dkk., 2022). According to Salami (2010), self-esteem has a role to play in helping adolescents who are traumatized by violence to see themselves more positively, be more optimistic, have better social and problem-solving skills. Self-esteem becomes a protective factor for individuals to develop self-confidence, self-acceptance, and enhance expectations about the future. Research suggests that someone who has low self-esteem will have a greater risk of developing depression or vice versa (Sowislo & Orth, 2013).

Research shows that there is a positive relationship between resilience and self-esteem, meaning that the higher a person's resiliency, the more positive he sees himself (Bin & Wei, 2007; Salami, 2010; Claw & Karatas, 2011; Liu, dkk., 2021). The novelty of this research lies in the fact that no one has studied it in the context of bullying victims. This is based on the idea that bullying victims also need resilience to maintain a positive self-esteem despite having experienced bullying. Resilience can reduce vulnerability to risky environmental experiences, cope with stress or difficulties, and produce relatively good self-esteem despite experiencing risky experiences (Rutter, 2012). Resilience is seen not only as a fixed nature but as a process involving the utilization and development of internal qualities and resources that drive positive results even in difficulty (Ungar, 2012; Jefferies, Vanstone, & Ungar, 2022). Resiliency in this study uses rugged resilience. (Jefferies, Vanstone, & Ungar, 2022).

Resilience effectively prevents the development of mental health problems and is associated with positive mental health in adolescents, such as a positive increase in self-esteem, a decrease in levels of anxiety, depression, and obsessive-compulsive symptoms. Assessment of resilience in adolescents is essential to develop a comprehensive understanding of their response to stress and difficulties so that they can withstand emerging impacts (Joyce, dkk., 2020). Therefore, resilience is the key for individuals to rise from their traumatic experiences including the experience of bullying so that individuals retain a positive self-esteem. From the description above, this study will explore the influence between resilience to self-esteem on the victim of bullying.

METHOD

The research method used in this research is the quantitative method. In this study, a dependent variable is self-esteem while resilience is an independent variable. Self-esteem is how positive a person's perception of himself is, acquired through internal judgment (of himself) and external judgment (from others towards himself) (Rosenberg, 1979; in Surzykiewicz, dkk., 2022). Resilience is how good the quality within a person is to face significant difficulties and stressors in his life. (Jefferies, Vanstone, & Ungar, 2022). The research population is a teenager who was a victim of bullying in Surabaya. Sampling techniques used purposive sampling because of the selection of samples based on criteria already defined by the researchers (Etikan, Musa, Alkassim, 2015). The total number of participants in this study was 59 high school students in a private school in Surabaya. The data collection technique in this study uses a survey method using two scales.

The self-esteem scale uses the Rosenberg Self-Esteem Scale (RSES) of Rosenberg (1979) which consists of 10 items and is unidimensional. Participants were asked to give a rating from 1 (very disagreeable) to 4 (very agreeable). This scale has a reliability value of $\alpha=0.797$ with a validity range of 0.246-0.613 so it can be said that the scale is valid and reliable. The resilience scale uses Rugged Resilience which consists of 10 items (Jefferies, Vanstone, & Hungary, 2022). Participants were asked to give a rating from a scale of 1 (Not at all) to 5 (A lot). This scale has a reliability value of $\alpha=0.886$ with a validity range of 0.447-0.716 so it can be said to be a valid and reliable resilience scale.

RESULT

In table 1, the majority of participants were women (50.85%), 15 years old (45.76%), living with parents (84.75%), and having had negotiations for less than 1 year (45.76%).

Table 1
Participant characteristics

Demographic Profile	Description	Frequency (N=59)	Percentage (%)
Gender	Male	29	49,15
	Female	30	50,85
Age	14	2	3,39
	15	27	45,76
	16	26	44,07
	17	4	6,78
Living with	Parent	50	84,75
	Relatives in big family (uncle, aunt, grandmother, etc)	2	3,39
	Live alone	7	11,86
Duration of bullying	Less than 1 year	27	45,76
	1-2 years	13	22,04
	3-5 years	12	20,34
	Above 5 year	7	11,86

In Table 2, the research results indicate that resilience has a significant influence on self-esteem ($p < .001$) with a contribution value of 21.7%. It was also found that resilience has a positive correlation with self-esteem ($r = 0.466$, $p < .001$).

Table 2

Regression results

Hypothesis	R	R ²	F	p	β
Resilience → Self-Esteem	0.466	0.217	15.771	< .001	0.466

DISCUSSION

The research shows that resilience affects self-esteem in bullying victims. Self-esteem is a fundamental human need. It serves as the source of knowledge for individuals to recognize their uniqueness, enabling them to achieve self-realization and self-acceptance. Self-esteem develops as a result of internal factors such as activities, successes, failures, and self-comparisons with others, interacting with external factors such as influences from others (Surzykiewicz et al., 2022). Self-esteem consists of cognitive, emotional, and behavioral components. The cognitive component encompasses all individual beliefs related to self-evaluation. The emotional component includes love, recognition, and self-appreciation. The behavioral component includes meeting one's own needs, self-presentation, and coping with stress. Self-esteem is fundamentally related to health, resilience, and adaptation (Veselska et al., 2009; Salami, 2010; Tian, Liu, & Shan, 2018; Liu et al., 2020). Therefore, strengthening self-esteem requires resilience because resilience can regulate one's behavior and reactions in difficult situations.

Resilience is often associated with self-worth or the ability that enables someone to face difficult situations (Connor & Davidson, 2003). When someone faces bullying situations, resilience becomes a protective factor that enables them to endure and still achieve positive outcomes despite the difficulties (Shemesh & Heiman, 2021). Therefore, someone with high resilience will be more resilient in facing challenging situations and will still be able to maintain their self-esteem. This is supported by Rutter's research (2012), which states that resilience is the result of individual experiences when facing difficulties and that these experiences result in relatively positive outcomes for the individual.

Besides being an individual's quality, resilience is observed as a result of the adaptation process in the context of facing difficulties. Resilience is a behavior that results from the interaction of individual factors (strengths or challenges possessed by the individual) with ecological factors (family, school, community, culture). Furthermore, resilience also contains steeling effects, where individuals can be strengthened by their environment through traumatic, stressful, difficult, and challenging experiences (Ungar, 2012). When someone experiences bullying, this condition can strengthen their resilience, thus maintaining their positive self-esteem. This is because resilience is not solely about individual qualities but grows from the use of resources needed by individuals to support their mental health and well-being.

CONCLUSION

The research results indicate that resilience has a significant influence on self-esteem in bullying victims. Resilience functions as a protective factor that helps adolescents maintain positive self-esteem despite experiencing traumatic bullying experiences. The findings of this study can contribute as initial data for further research on factors influencing self-esteem in bullying victims and can also benefit parents and schools in paying attention to resilience as an important aspect in providing intervention for bullying victims so that they can maintain positive self-esteem.

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