

Original Research Article

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## The Dark Triad Personality Traits in Relation to Cyberbullying: The Role of Self-Esteem as a Mediator

[Hubungan Kepribadian *Dark Triad* dan *Cyberbullying*:  
Peran *Self-Esteem* Sebagai Mediator]

Sali Rahadi Asih & Lutfiyah

Fakultas Psikologi  
Universitas Indonesia

A cyberbullying study in Indonesia found that 84% of young people aged 12-17 years conducted cyberbullying. The consequences of cyberbullying emphasize the importance of studying the predictors and mechanism of cyberbullying. A number of studies have found that cyberbullying is related to Dark Triad personality traits and self-esteem. Dark Triad personality traits consist of three characteristics, namely the traits of: (1) psychopathy, Machiavellianism, and narcissism. This study aims to see the role of self-esteem as a mediator in the relationship between Dark Triad personality traits and cyberbullying in the age of 20-35 years. Participants of this study consist of 292 individuals where 70.89% of them are women. This study utilizes three scales, namely cyberbullying scale, Rosenberg Self-Esteem Scale (RSES), and Short Dark Triad Scale (SD3). The result of this study finds that self-esteem mediates traits of psychopathy toward cyberbullying. High self-esteem in individuals with traits of psychopathy results in higher trend in conducting cyberbullying. On the other hand, self-esteem may not significantly mediate between the traits of narcissism and Machiavellianism with cyberbullying. Results of this study aims to provide an implication related to the prevention or intervention of cyberbullying.

*Keywords:* cyberbullying, Dark Triad personality traits, early adulthood, self-esteem

Sebuah studi *cyberbullying* di Indonesia menemukan sebanyak 84% anak muda berusia 12-17 tahun melakukan *cyberbullying*. Konsekuensi dari *cyberbullying* menekankan pentingnya meneliti prediktor dan mekanisme *cyberbullying*. Sejumlah studi telah menemukan bahwa *cyberbullying* terkait dengan kepribadian *Dark Triad* dan *self-esteem*. Kepribadian *Dark Triad* terdiri dari tiga karakteristik, yaitu sifat psikopati, Machiavellianisme, dan narsisisme. Studi ini bertujuan untuk melihat peran *self-esteem* sebagai mediator dalam hubungan antara kepribadian *Dark Triad* dan *cyberbullying* pada usia 20-35 tahun. Partisipan studi terdiri dari 292 individu, dengan 70,89% merupakan perempuan. Studi ini menggunakan tiga alat ukur yaitu skala pengukuran *cyberbullying*, *Rosenberg Self-Esteem Scale (RSES)*, dan *Short Dark Triad Scale (SD3)*. Hasil studi ini menemukan bahwa *self-esteem* memediasi sifat psikopati terhadap *cyberbullying*. *Self-esteem* yang tinggi pada individu dengan sifat psikopati menghasilkan kecenderungan yang lebih tinggi dalam melakukan *cyberbullying*. Di sisi lain, *self-esteem* tidak memediasi secara signifikan antara sifat narsisisme maupun sifat Machiavellianisme dengan *cyberbullying*. Hasil studi ini diharapkan mampu menyediakan implikasi sehubungan pencegahan atau intervensi *cyberbullying*.

*Kata kunci:* *cyberbullying*, kepribadian *Dark Triad*, dewasa awal, *self-esteem*

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Correspondence concerning this article should be addressed to: | Korespondensi sehubungan dengan artikel ini ditujukan pada:  
Sali Rahadi Asih, Fakultas Psikologi, Universitas Indonesia, Kampus Baru UI, Jalan Margonda Raya, Pondok Cina, Kec. Beji, Depok 16424, Indonesia.  
E-Mail: [sali.rahadi@ui.ac.id](mailto:sali.rahadi@ui.ac.id)

Internet services are one of the rapidly developing technologies of the current era. The availability of the Internet makes it easier for individuals to communicate and obtain information from various places, resulting in the number of Internet users increasing every year. The composition of Internet users varies, ranging from young individuals to adults with a composition of 16.68% aged 13-18 years, 49.52% aged 19-34 years, 29.55% aged 35-54 years, and 4.24% aged more than 54 years (Asosiasi Penyelenggara Jasa Internet Indonesia (APJII) [Association of Indonesian Internet Service Providers] & Teknopreneur Indonesia, n.d.). One of the most widely used Internet services is social media services. Even though social media has positive uses, such as for socializing, meeting new contacts, maintaining relationships, and obtaining information, there are individuals who use social media for negative behaviors like cyberbullying (Kircaburun, Demetrovics, & Tosuntaş, 2018).

Olweus (2012) defines bullying as an aggressive behavior performed to hurt other individuals verbally or physically, so as to make other individuals feel uncomfortable, sad, or angry. The existence of technology advances makes bullying possible to be performed indirectly, namely through electronic devices or the Internet, and this type of bullying is referred to as cyberbullying (Olweus, 2012). Cyberbullying behavior can be in the form of insulting or threatening attacks through messages or images delivered using websites, short messages, telephone, e-mail, and social media (Madan, 2014; Willard, 2005). Cyberbullying mostly occurs in social media. Data from Ditch the Label (2017), an anti-bullying institution in the United Kingdom, shows that 69% of young individuals aged 12-20 years confessed to cyberbullying on social media Instagram. Meanwhile in Indonesia, it was found in 2017 that 84% of young individuals aged 12-17 years ever experienced cyberbullying, and in 2019, 49.52% of young individuals aged 19-34 years also had the same experience (Asosiasi Penyelenggara Jasa Internet Indonesia (APJII) [Association of Indonesian Internet Service Providers & Teknopreneur Indonesia], n.d.; Asosiasi Penyelenggara Jasa Internet Indonesia (APJII) [Association of Indonesian Internet Service Providers] & Indonesia Survey Center (ISC), n.d.).

Cyberbullying behavior can be based on several motives, namely: (1) for revenge; (2) to get pleasure;

Layanan Internet adalah salah satu teknologi yang berkembang pesat saat ini. Tersedianya Internet memudahkan individu untuk berkomunikasi dan mendapatkan informasi dari berbagai tempat, sehingga pengguna Internet semakin meningkat tiap tahun. Komposisi pengguna Internet adalah beragam, mulai dari usia muda sampai dewasa dengan komposisi sebanyak 16,68% berusia 13-18 tahun, sebanyak 49,52% berusia 19-34 tahun, sebanyak 29,55% berusia 35-54 tahun, dan sebanyak 4,24% berusia di atas 54 tahun (Asosiasi Penyelenggara Jasa Internet Indonesia (APJII) [Association of Indonesian Internet Service Providers] & Teknopreneur Indonesia, n.d.). Salah satu layanan Internet yang paling banyak digunakan adalah layanan media sosial. Meskipun media sosial memiliki kegunaan yang positif, seperti untuk bersosialisasi, bertemu dengan kontak baru, mempertahankan hubungan, dan mendapatkan informasi, ada individu yang menggunakan media sosial untuk melakukan perilaku negatif seperti *cyberbullying* (Kircaburun, Demetrovics, & Tosuntaş, 2018).

Olweus (2012) mendefinisikan *bullying* sebagai perilaku agresi yang dilakukan untuk menyakiti individu lain secara verbal maupun fisik, sehingga membuat individu lain merasa tidak nyaman, sedih, maupun marah. Adanya kemajuan teknologi saat ini menyebabkan *bullying* dapat dilakukan secara tidak langsung, yaitu melalui alat elektronik atau Internet, dan tipe *bullying* tersebut disebut sebagai *cyberbullying* (Olweus, 2012). Perilaku *cyberbullying* dapat berupa penyerangan yang menghina atau mengancam melalui pesan atau gambar yang disampaikan menggunakan situs web, pesan singkat, telepon, e-mail, dan media sosial (Madan, 2014; Willard, 2005). *Cyberbullying* banyak ditemukan terjadi di media sosial. Data dari Ditch the Label (2017), sebuah lembaga *anti-bullying* di Inggris, menunjukkan bahwa 69% anak muda berusia 12-20 tahun mengaku melakukan *cyberbullying* di media sosial *Instagram*. Sementara di Indonesia, pada tahun 2017 diketahui terdapat 84% anak berusia 12-17 tahun pernah mengalami *cyberbullying* dan pada tahun 2019 sebanyak 49,52% anak berusia 19-34 tahun mengalami hal yang sama (Asosiasi Penyelenggara Jasa Internet Indonesia (APJII) [Association of Indonesian Internet Service Providers & Teknopreneur Indonesia], n.d.; Asosiasi Penyelenggara Jasa Internet Indonesia (APJII) [Association of Indonesian Internet Service Providers] & Indonesia Survey Center (ISC), n.d.).

Perilaku *cyberbullying* dapat didasarkan pada beberapa motif, yaitu: (1) membalas dendam; (2)

(3) to eliminate boredom; or (4) to show off one's capability (Gibb & Devereux, 2014). Several other studies on cyberbullying also find that the motives of individuals to do cyberbullying are because of a sense of revenge, jealousy, desiring to feel better, and seeking attention (Raskauskas & Stoltz, 2007; Varjas et al., 2010).

Factors that can influence such cyberbullying behavior are, among others: (1) personality factor, especially the Dark Triad personality traits (Goodboy & Martin, 2015; Kircaburun, Jonason, & Griffiths, 2018); (2) self-esteem (Sutardjo, 2015; Pyzalski, 2012); and (3) emotional management (Kellerman et al., 2013). Dark Triad personality traits are personalities that consist of Machiavellianism, narcissism, and psychopathy (Paulhus & Williams, 2002). These personality traits refer to a range of socially aversive traits in the sub-clinical range. Individual with these personality traits can be said to be able to survive, develop, or socialize in their daily life (Paulhus & Williams, 2002). In an interpersonal relationship, individual with a high level of Dark Triad personality traits is described as an extraverted, sociable, and humorous individual. Therefore, other individuals often feel amazed and get a good impression at the beginning of their acquaintance. However, basically these individuals approach other individuals not to establish intimacy, but to exploit other individuals continuously in order to achieve what they want (Furnham et al., 2013).

The similarities of characteristics of three Dark Triad personality traits (provided in Table 1) are: (1) low empathy; (2) disobedience of norms; (3) impulsive; (4) manipulative; (5) selfish or egoistical; (6) dishonest; and (7) desire to hurt others (Paulhus & Williams, 2002). A number of these traits causes the Dark Triad personality traits to be one of the predictors of cyberbullying (Ang et al., 2017).

Psychopathic traits can be characterized with low adherence to norms, high impulsivity, egocentric and low empathy (Paulhus & Williams, 2002). Individuals with high psychopathic traits do something based on what they want without thinking about the feelings of other individuals. Such individual may engage in anti-social behavior just to gain self-satisfaction or pleasure. Several studies have found that psychopathic traits have a positive correlation with cyberbullying behavior

mendapatkan kesenangan; (3) menghilangkan rasa bosan; atau (4) menunjukkan kemampuannya (Gibb & Devereux, 2014). Beberapa studi lain tentang *cyberbullying* juga menemukan bahwa motif individu melakukan *cyberbullying* adalah karena adanya rasa dendam, cemburu, ingin merasa lebih baik, dan mencari perhatian (Raskauskas & Stoltz, 2007; Varjas et al., 2010).

Faktor yang dapat mempengaruhi terjadinya perilaku cyberbullying antara lain adalah: (1) faktor kepribadian khususnya kepribadian *Dark Triad* (Goodboy & Martin, 2015; Kircaburun, Jonason, & Griffiths, 2018); (2) *self-esteem* (Sutardjo, 2015; Pyzalski, 2012); dan (3) manajemen emosi (Kellerman et al., 2013). Kepribadian *Dark Triad* adalah kepribadian yang terdiri dari sifat Machiavellianisme, narsisisme, dan psikopati (Paulhus & Williams, 2002). Kepribadian ini mengacu pada serangkaian sifat aversif sosial dalam kisaran sub-klinis. Individu dengan kepribadian ini dapat dikatakan masih mampu bertahan hidup, berkembang, atau bergaul dalam kehidupan sehari-hari (Paulhus & Williams, 2002). Dalam hubungan interpersonal, individu dengan kepribadian *Dark Triad* tinggi digambarkan sebagai individu yang *extravert*, mudah bergaul, dan humoris. Maka dari itu, seringkali individu lain merasa kagum dan mendapatkan kesan baik pada awal perkenalan. Walaupun demikian, pada dasarnya individu tersebut mendekati individu lain bukan untuk menjalin intimasi, namun untuk mengeksploitasi individu lain secara terus-menerus agar mencapai apa yang diinginkan (Furnham et al., 2013).

Kesamaan karakteristik dari ketiga sifat kepribadian *Dark Triad* (tersedia pada Tabel 1) adalah: (1) rendahnya empati; (2) tidak taat norma; (3) impulsif; (4) manipulatif; (5) egois; (6) tidak jujur; dan (7) ingin menyakiti orang lain (Paulhus & Williams, 2002). Adanya sejumlah sifat tersebut menyebabkan kepribadian *Dark Triad* dapat digunakan sebagai salah satu prediktor *cyberbullying* (Ang et al., 2017).

Karakteristik sifat psikopati dapat ditandai dengan rendahnya ketaatan terhadap norma, impulsivitas yang tinggi, egosentris dan empati yang rendah (Paulhus & Williams, 2002). Individu dengan sifat psikopati tinggi melakukan sesuatu berdasarkan apa yang diinginkan, tanpa memikirkan perasaan individu lain. Individu tersebut dapat melakukan perilaku antisosial hanya untuk mendapatkan kepuasan atau kesenangan sendiri. Pada beberapa studi ditemukan bahwa sifat psikopati ber-

Table 1  
Main Traits of Dark Triad Personality Traits

| Traits       | Narcissism | Machiavellianism  | Psychopathy |
|--------------|------------|-------------------|-------------|
| Callousness  | ++         | ++                | ++          |
| Impulsivity  | +          |                   | ++          |
| Manipulation | +          | ++                | ++          |
| Criminality  |            | Only White-Collar | ++          |
| Grandiosity  | ++         |                   | +           |

Note. Double plus signs (++) indicate a higher level compared to a single plus sign (+) (Paulhus & Williams, 2002).

Tabel 1  
Sifat Utama Kepribadian Dark Triad

| Sifat                    | Narsisisme | Machiavellianisme  | Psikopati |
|--------------------------|------------|--------------------|-----------|
| Tidak Berperasaan        | ++         | ++                 | ++        |
| Impulsif                 | +          |                    | ++        |
| Manipulatif              | +          | ++                 | ++        |
| Kriminalitas             |            | Hanya White-Collar | ++        |
| Merasa Besar/Sifat Muluk | ++         |                    | +         |

Catatan. Tanda tambah ganda (++) menandakan level yang lebih tinggi dibandingkan tanda tambah tunggal (+) (Paulhus & Williams, 2002).

(Baughman et al., 2012; Gibb & Devereux, 2014; Goodboy & Martin, 2015). The higher the individual's psychopathic traits, the greater the tendency of the individual to do cyberbullying.

Individuals with high Machiavellianism traits is described as an individuals who have low empathy, manipulative, egocentric, and uses a variety of strategies by controlling other individuals to achieve what they want. One of the strategies used is by cyberbullying, such as pressuring or threatening (Kircaburun, Jonason, & Griffiths, 2018). Such individuals also do not care about the feelings of other individuals and always tries to take advantage (Paulhus & Williams, 2002). Individuals with high Machiavellianism traits will make use of other individuals to be able to commit crimes, so that they can influence policies and decisions that benefit themselves (Paulhus & Williams, 2002). It was supported by a study by Kircaburun, Jonason, and Griffiths (2018), with the result of the study finding that individuals with high Machiavellianism traits were directly related to cyberbullying.

Meanwhile, narcissism traits are described as individuals who are excessively amazed at themselves, feel superior, proud, and want to always be considered the best and most righteous. Individuals with high narcissism traits need constant attention and

korelasi positif dengan perilaku *cyberbullying* (Baughman et al., 2012; Gibb & Devereux, 2014; Goodboy & Martin, 2015). Semakin tinggi sifat psikopati individu maka semakin besar kecenderungan individu tersebut melakukan *cyberbullying*.

Individu dengan sifat Machiavellianisme tinggi digambarkan sebagai individu yang memiliki empati rendah, manipulatif, egosentris, dan menggunakan sejumlah strategi dengan mengendalikan individu lain untuk mencapai apa yang diinginkan. Salah satu strategi yang dilakukan adalah dengan *cyberbullying*, seperti menindas atau mengancam (Kircaburun, Jonason, & Griffiths, 2018). Individu tersebut juga tidak peduli terhadap perasaan individu lain dan selalu berusaha untuk mengambil keuntungan (Paulhus & Williams, 2002). Individu dengan sifat Machiavellianisme tinggi akan memanfaatkan individu lain untuk dapat melakukan kejahatan, sehingga dapat mempengaruhi suatu kebijakan dan keputusan yang menguntungkan diri sendiri (Paulhus & Williams, 2002). Hal ini didukung oleh studi oleh Kircaburun, Jonason, dan Griffiths (2018), dengan hasil studi menemukan bahwa individu dengan sifat Machiavellianisme tinggi berkaitan secara langsung dengan *cyberbullying*.

Sementara itu, sifat narsisisme digambarkan sebagai individu yang kagum secara berlebihan terhadap diri sendiri, merasa superior, dibanggakan, dan ingin selalu dianggap paling baik dan benar. Individu dengan sifat narsisisme tinggi membutuhkan perhatian dan

admiration, so they tend not to care about the feeling of other individuals and take advantage of other individuals to get what they want (Paulhus & Williams, 2002). A number of studies states that narcissism traits have a correlation with cyberbullying (Baughman et al., 2012, Safaria et al., 2020). However, there are also contrasting studies which find that narcissism traits do not have a significant effect on predicting cyberbullying behavior (Goodboy & Martin, 2015; Gibb & Devereux, 2014; Kircaburun, Jonason, & Griffiths, 2018).

Another factor that contributes to cyberbullying behavior is self-esteem (Pyzalski, 2012). Self-esteem itself is defined by Rosenberg et al. (1995) as an assessment made and maintained by individuals about themselves. Self-esteem refers to an individual's assessment of one's own current condition or ability which is then compared with desired abilities of such individual (Mruk, 2006).

An individual's assessment of self-esteem is related to the personality traits owned (Rosenberg & Owens, 2001). In general, individuals tend to defend themselves from things that are considered as threats. Individuals with high scores on the Dark Triad personality traits tend to be extraverted, have high self-esteem, and low on awareness (Kircaburun, Demetrovics, & Tosuntaş, 2018). Self-esteem has a role as a mediator between the Dark Triad personality traits and cyberbullying as well as social media misuse (Fan et al., 2016; Kircaburun, Jonason, & Griffiths, 2018; Pyzalski, 2012). Self-esteem of individuals with high narcissism traits is described as the highest, compared to individuals with high psychopathic traits and individuals with high Machiavellianism traits (Kircaburun, Demetrovics, & Tosuntaş, 2018; Paulhus & Williams, 2002; Pyzalski, 2012).

In individuals with high narcissism traits, excessive perspectives or assessments on their self-esteem cause these individuals to have the traits of wanting to be appreciated excessively and feeling better than other individuals. The social behavior of individuals with high narcissism traits is established by self-image validation, which can be obtained through the approval and admiration of other individuals on social media (Kircaburun, Demetrovics, & Tosuntaş, 2018). When

kekaguman yang konstan, sehingga cenderung tidak peduli terhadap perasaan individu lain dan mengambil keuntungan dari individu lain untuk memperoleh keinginannya (Paulhus & Williams, 2002). Sejumlah studi menyatakan bahwa sifat narsisisme memiliki korelasi dengan *cyberbullying* (Baughman et al., 2012, Safaria et al., 2020). Namun, terdapat pula studi kontra yang menemukan bahwa sifat narsisisme tidak memiliki pengaruh yang signifikan dalam memprediksi perilaku *cyberbullying* (Goodboy & Martin, 2015; Gibb & Devereux, 2014; Kircaburun, Jonason, & Griffiths, 2018).

Faktor lain yang memberikan kontribusi terhadap perilaku *cyberbullying* adalah *self-esteem* (Pyzalski, 2012). *Self-esteem* itu sendiri didefinisikan Rosenberg et al. (1995) sebagai penilaian yang dibuat dan dipelihara oleh individu tentang diri sendiri. *Self-esteem* merujuk kepada penilaian individu tentang kondisi atau kemampuan diri sendiri saat ini yang kemudian dibandingkan dengan kemampuan yang diinginkan individu tersebut (Mruk, 2006).

Penilaian individu terhadap *self-esteem* berkaitan dengan karakter kepribadian yang dimiliki (Rosenberg & Owens, 2001). Pada umumnya, individu cenderung akan mempertahankan diri dari hal yang dianggap sebagai ancaman. Individu dengan kepribadian *Dark Triad* dengan skor tinggi cenderung bersifat *extravert*, memiliki *self-esteem* tinggi, dan rendah pada kesadaran (Kircaburun, Demetrovics, & Tosuntaş, 2018). *Self-esteem* memiliki peran sebagai mediator antara kepribadian *Dark Triad* dengan *cyberbullying* dan penyalahgunaan media sosial (Fan et al., 2016; Kircaburun, Jonason, & Griffiths, 2018; Pyzalski, 2012). *Self-esteem* yang dimiliki individu dengan sifat narsisisme tinggi digambarkan sebagai yang paling tinggi, dibandingkan dengan individu dengan sifat psikopati tinggi dan individu dengan sifat Machiavellianisme tinggi (Kircaburun, Demetrovics, & Tosuntaş, 2018; Paulhus & Williams, 2002; Pyzalski, 2012).

Pada individu dengan sifat narsisisme tinggi, pandangan atau penilaian yang berlebihan pada citra *self-esteem* membuat individu tersebut memiliki sifat ingin dihargai secara berlebihan dan merasa lebih baik dari individu lain. Perilaku sosial individu dengan sifat narsisisme tinggi dibentuk dengan validasi citra diri, yang dapat diperoleh melalui persetujuan dan kekaguman individu lain di media sosial (Kircaburun, Demetrovics, & Tosuntaş, 2018). Saat individu dengan

individuals with high narcissism traits assess themselves as no better than other individuals, such individual's self-esteem will feel threatened, resulting in a tendency to compensate for these feelings by cyberbullying (Fan et al., 2016; Kircaburun, Jonason, & Griffiths, 2018; Safaria et al, 2020). On the other hand, on other traits in the Dark Triad personality traits, no mediation of self-esteem on social media misuse is found (Kircaburun, Demetrovics, & Tosuntaş, 2018).

The difference in the level of self-esteem in individuals with the Dark Triad personality traits is an interesting factor to study. To the best of the authors' knowledge, until now there have been no studies in Indonesia that study self-esteem as a mediator in relation to the Dark Triad personality traits and cyberbullying. It is also the reason this study is important to do. Moreover, nowadays in Indonesia, studies on cyberbullying conducted on young adults (19-34 years) are still limited, whereas most of Internet users falls into that age range. This study is also expected to provide implications in giving information on the Dark Triad personality traits and self-esteem factors in relation to cyberbullying, so that later it can contribute to determining appropriate interventions to prevent and overcome cyberbullying behavior.

Based on the literature that has been explained previously, the hypothesis of this study is (also available in Figure 1):

*Hypothesis:* Self-esteem mediates the relationship between Dark Triad personality traits and cyberbullying.

## Method

This study is a prospective study, because it refers to things that have been experienced or felt by the participants and data collection is obtained directly from those participants. The authors have obtained approval from the *Komite Etik* (Ethical Committee) *Fakultas Psikologi Universitas Indonesia* with the number: 349/FPsi.KomiteEtik/PDP.04.00/2018.

## Sample

The sampling technique utilized in this study is convenience sampling. This technique was chosen to obtain

sifat narsisisme tinggi menilai diri sendiri tidak lebih baik dari individu lain, *self-esteem* individu tersebut akan merasa terancam dan muncul kecenderungan mengkompensasi perasaan tersebut dengan melakukan *cyberbullying* (Fan et al., 2016; Kircaburun, Jonason, & Griffiths, 2018; Safaria et al, 2020). Di sisi lain, pada sifat lain dalam kepribadian *Dark Triad*, tidak ditemukan mediasi *self-esteem* pada penyalahgunaan media sosial (Kircaburun, Demetrovics, & Tosuntaş, 2018).

Perbedaan tingkat *self-esteem* pada individu dengan kepribadian *Dark Triad* adalah faktor yang menarik untuk diteliti. Sejauh pengetahuan penulis, hingga saat ini belum ada studi di Indonesia yang meneliti *self-esteem* sebagai mediator dalam hubungannya dengan kepribadian *Dark Triad* dan *cyberbullying*. Hal ini juga menjadi alasan studi ini penting untuk dilakukan. Terlebih lagi, saat ini di Indonesia, studi mengenai *cyberbullying* yang dilakukan pada usia dewasa muda (19-34 tahun) masih terbatas, sedangkan kebanyakan pengguna Internet masuk dalam rentang usia tersebut. Studi ini juga diharapkan dapat memberikan implikasi dalam memberikan informasi mengenai faktor kepribadian *Dark Triad* dan *self-esteem* dalam kaitannya dengan *cyberbullying*, sehingga nantinya dapat berkontribusi dalam menentukan intervensi yang tepat untuk mencegah dan menanggulangi terjadinya perilaku *cyberbullying*.

Berdasarkan literatur yang telah dijabarkan sebelumnya, hipotesis studi ini adalah (juga tersedia dalam Gambar 1):

*Hipotesis:* *Self-esteem* memediasi hubungan antara kepribadian *Dark Triad* dengan perilaku *cyberbullying*.

## Metode

Studi ini merupakan studi prospektif, karena dilakukan mengacu pada hal yang sudah dialami atau dirasakan oleh partisipan dan pengambilan data langsung diperoleh dari partisipan itu. Penulis telah mendapatkan persetujuan dari Komite Etik Fakultas Psikologi Universitas Indonesia dengan nomor: 349/FPsi.KomiteEtik/PDP.04.00/2018.

## Sampel

Teknik pengambilan sampel yang digunakan dalam studi ini bersifat *convenience sampling*. Teknik ini dipilih

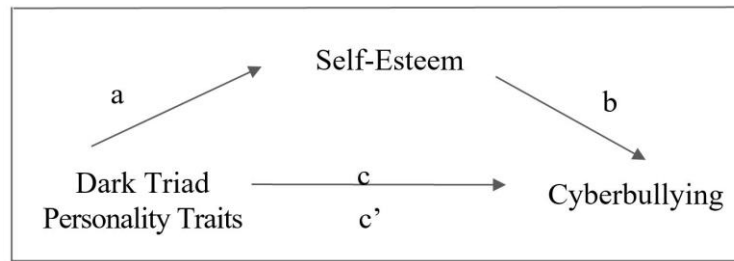
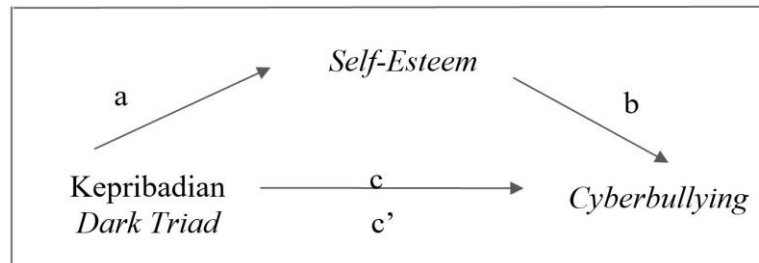


Figure 1. Mediation chart of self-esteem towards Dark Triad personality traits and cyberbullying.



Gambar 1. Diagram mediasi self-esteem terhadap kepribadian *Dark Triad* dan *cyberbullying*.

a population based on ease of access to reach out participants (Kothari, 2004). The online questionnaire was distributed to the general public via WhatsApp by sharing an accessible Google Forms link. The characteristics of participants in this study are general population that is included in the early adulthood category, namely the age range of 20-35 years (Santrock, 1997). The demographic data used by the authors are gender, marital status, age, education, and income of participants.

During data collection, the authors obtained 309 participants, but there were participants who incompletely filled out personal biographical information and questionnaires. Therefore, the authors utilize data from 292 participants who fill it completely.

All participant data were analyzed by the authors, with a summary: (1) gender consisted of male (29.11%) and female (70.89%); (2) education consisted of Graduate (Strata-2) and Post-Graduate (Strata-3; 29.11%), Diploma/Undergraduate (Strata-1; 58.90%), and Senior High School (11.99%); and (3) marital status consisted of not-answered (52.74%), married (18.15%), and unmarried (29.11%). In addition, most of the study participants were aged between 25-27 years.

untuk mendapatkan populasi berdasarkan kemudahan akses untuk menjangkau partisipan (Kothari, 2004). Kuesioner daring disebarikan kepada masyarakat umum melalui *WhatsApp* dengan menyebarkan tautan *Google Forms* yang dapat diakses. Adapun karakteristik partisipan studi ini adalah populasi umum termasuk dalam kategori dewasa awal, yaitu rentang usia 20-35 tahun (Santrock, 1997). Data demografis yang digunakan penulis adalah jenis kelamin, status pernikahan, usia, pendidikan, dan pendapatan partisipan.

Saat pengumpulan data, penulis mendapatkan 309 partisipan, tetapi terdapat partisipan yang mengisi informasi biodata diri dan kuesioner secara tidak lengkap. Maka dari itu, penulis menggunakan data 292 partisipan yang mengisi dengan lengkap.

Semua data partisipan dianalisa oleh penulis, dengan rangkuman: (1) jenis kelamin terdiri dari laki-laki (29,11%) dan perempuan (70,89%); (2) pendidikan terdiri dari jenjang Strata-2 dan Strata-3 (29,11%), Diploma/Strata-1 (58,90%), dan Sekolah Menengah Atas (SMA) (11,99%); dan (3) status pernikahan terdiri dari tidak menjawab (52,74%), menikah (18,15%), dan belum menikah (29,11%). Selain itu, sebagian besar partisipan studi berusia antara 25-27 tahun.

## Instruments

### *Cyberbullying*

The authors measured cyberbullying based on the instrument developed by Sutardjo (2015) by adapting the instrument developed by Kowalski and Limber (2007). This instrument refers to the theory related to cyberbullying proposed by Willard (2005). This developed scale can measure eight types of cyberbullying, namely: (1) flaming; (2) harassment; (3) cyberstalking; (4) denigration; (5) impersonation; (6) outing and trickery; (7) exclusion; and (8) sexting. In testing the reliability of the cyberbullying scale, the results of the Cronbach's alpha coefficient were .835. According to Kaplan and Saccuzo (2018), a scale that has a coefficient ranging from .7 - .8 is considered acceptable for most studies. Therefore, it can be said that this instrument has good reliability in measuring the tendency of cyberbullying behavior.

### *Dark Triad Personality Traits*

The instrument utilized to measure the Dark Triad Personality Traits was the Short Dark Triad Scale (SD3; Jones & Paulhus, 2013). The reliability test result had a Cronbach's alpha score of .66 for the narcissism dimension, .63 for the Machiavellianism dimension, and .66 for the psychopathy dimension. Short Dark Triad Scale (SD3) has been adapted into Bahasa Indonesia by Kaumbur et al. (2017). In a reliability test, Short Dark Triad Scale (SD3) obtained a McDonald's  $\omega$  coefficient of .77, so that it could be said that this Short Dark Triad Scale (SD3) was reliable in measuring the Dark Triad Personality Traits.

### *Self-Esteem*

Self-esteem was measured using the Rosenberg Self-Esteem Scale (RSES) that has been adapted into Bahasa Indonesia by Sarandria (2012). The Rosenberg Self-Esteem Scale (RSES) consisted of 10 items that measured: (1) general self-esteem; (2) self-confidence; (3) social confidence; (4) physical appearance; and (5) popularity. The authors conducted a reliability test and obtained a Cronbach's alpha coefficient of .802, indicating that this scale was good in measuring self-esteem.

## Alat Ukur

### *Cyberbullying*

Penulis mengukur *cyberbullying* berdasarkan alat ukur yang dikembangkan oleh Sutardjo (2015) dengan mengadaptasi alat ukur yang dikembangkan oleh Kowalski dan Limber (2007). Alat ukur ini mengacu pada teori *cyberbullying* yang dikemukakan oleh Willard (2005). Skala yang dikembangkan ini mampu mengukur delapan jenis *cyberbullying*, yaitu: (1) *flaming*; (2) *harassment*; (3) *cyberstalking*; (4) *denigration*; (5) *impersonation*; (6) *outing and trickery*; (7) *exclusion*; dan (8) *sexting*. Pada pengujian reliabilitas alat ukur *cyberbullying*, diperoleh hasil koefisien *Cronbach's alpha* sebesar 0,835. Menurut Kaplan dan Saccuzo (2018), sebuah alat ukur yang memiliki koefisien berkisar antara 0,7 - 0,8 sudah dinilai cukup baik untuk kebanyakan studi. Maka dari itu, dapat dikatakan bahwa alat ukur ini memiliki reliabilitas yang baik dalam mengukur kecenderungan perilaku *cyberbullying*.

### *Kepribadian Dark Triad*

Alat ukur yang digunakan untuk mengukur kepribadian *Dark Triad* adalah *Short Dark Triad Scale* (SD3; Jones & Paulhus, 2013). Hasil uji reliabilitas menghasilkan skor *Cronbach's alpha* sebesar 0,66 untuk dimensi narsisisme, 0,63 untuk dimensi Machiavellianisme, dan 0,66 untuk dimensi psikopati. *Short Dark Triad Scale* (SD3) telah diadaptasi ke dalam Bahasa Indonesia oleh Kaumbur et al. (2017). Pada pengujian reliabilitas, *Short Dark Triad Scale* (SD3) memperoleh koefisien *McDonald's  $\omega$*  sebesar 0,77, sehingga dapat dikatakan bahwa *Short Dark Triad Scale* (SD3) ini reliabel dalam mengukur kepribadian *Dark Triad*.

### *Self-Esteem*

*Self-esteem* diukur menggunakan alat ukur *Rosenberg Self-Esteem Scale* (RSES) yang telah diadaptasi ke Bahasa Indonesia oleh Sarandria (2012). *Rosenberg Self-Esteem Scale* (RSES) terdiri dari 10 butir yang mengukur: (1) *general self-esteem*; (2) *self-confidence*; (3) *social confidence*; (4) *physical appearance*; and (5) *popularity*. *Rosenberg Self-Esteem Scale* (RSES) telah diadaptasi ke Bahasa Indonesia oleh Sarandria (2012). Penulis melakukan pengujian reliabilitas dan memperoleh koefisien *Cronbach's alpha* sebesar 0,802, mengindikasikan bahwa alat ukur ini baik dalam mengukur *self-esteem*.



## Data Analysis Technique

Before testing the hypothesis, the authors categorized the scores for each variable. The group is divided by the authors into three categories, namely: “High”, “Medium”, and “Low”. The determination of this categorization is based on the standard deviation obtained for each variable. The first step that the authors took in making the categorization was to look at the normal distribution of the scores obtained from the participants. The division of these categories is as follows: “High” ( $SD > 1$ ), “Medium” (between  $SD = 0$  and  $SD = 1$ ), and “Low” ( $SD < 0$ ).

The statistical analysis technique utilized in this study is a simple mediation model of regression-based technique using the PROCESS module on International Business Machines (IBM) Statistical Product and Service Solutions (SPSS) version 21.0. The simple mediation model is a model that contains independent variables (Variabel X), dependent variables (Variabel Y), and variables as mediators (Variabel M) between the two. Variable X affects Variable Y with the mediation of Variable M (Hayes, 2013). In analyzing data, criteria were used to assess the suitability and significance of the hypothesized model, with a criterion value of  $p < .05$ . This analysis is utilized to determine the direct effect, the indirect effect, and the total effect on the mediator (Hayes, 2013). In this study, Variable X is the Dark Triad Personality Traits, Variable Y is cyberbullying, and Variable M is self-esteem.

## Results

### General Description

For each variable, the authors grouped in three categories (“High” [ $SD > 1$ ], “Medium” [between  $SD = 0$  and  $SD = 1$ ], and “Low” [ $SD < 0$ ]), in accordance with calculation of mean and standard deviation.

### Cyberbullying

In the cyberbullying variable ( $M = 26.01$ ;  $SD = 5.665$ ), 66.78% of participants categorized as “Low”, 25% of participants categorized as “Medium”, and 8.22% of participants categorized as “High”.

## Teknik Analisis Data

Sebelum dilakukan pengujian hipotesis, penulis melakukan pengelompokan skor pada tiap variabel. Pembagian kelompok dibagi oleh penulis menjadi tiga kategori, yaitu: “Tinggi”, “Sedang”, dan “Rendah”. Penentuan kategorisasi ini berdasarkan standar deviasi yang diperoleh pada tiap variabel. Langkah pertama yang penulis lakukan dalam membuat kategorisasi adalah melihat distribusi normal skor yang diperoleh dari partisipan. Adapun pembagian kategori ini sebagai berikut: “Tinggi” ( $SD > 1$ ), “Sedang” (antara  $SD = 0$  dan  $SD = 1$ ), dan “Rendah” ( $SD < 0$ ).

Teknik analisa statistik yang digunakan pada studi ini adalah teknik berbasis regresi model mediasi sederhana dengan menggunakan modul PROCESS pada *International Business Machines (IBM) Statistical Product and Service Solutions (SPSS)* versi 21.0. Model mediasi sederhana adalah model yang berisi variabel bebas (Variabel X), variabel terikat (Variabel Y), dan variabel sebagai mediator (Variabel M) di antara keduanya. Variabel X mempengaruhi Variabel Y dengan adanya mediasi dari Variabel M (Hayes, 2013). Dalam menganalisis data, digunakan kriteria untuk menilai kecocokan dan signifikansi model yang dihipotesiskan, yaitu dengan nilai kriteria  $p < 0,05$ . Analisa ini digunakan untuk mengetahui efek hubungan langsung (*direct effect*), efek hubungan tidak langsung (*indirect effect*), dan efek total (*total effect*) pada mediator (Hayes, 2013). Pada studi ini, Variabel X adalah kepribadian *Dark Triad*, Variabel Y adalah *cyberbullying*, dan Variabel M adalah *self-esteem*.

## Hasil

### Gambaran Umum

Untuk tiap variabel, penulis mengelompokkan dalam tiga kategori (“Tinggi” [ $SD > 1$ ], “Sedang” [antara  $SD = 0$  dan  $SD = 1$ ], dan “Rendah” [ $SD < 0$ ]), sesuai dengan perhitungan *mean* dan standar deviasi.

### Cyberbullying

Pada variabel *cyberbullying* ( $M = 26,01$ ;  $SD = 5,665$ ), terdapat 66,78% partisipan masuk dalam kategori “Rendah”, 25% partisipan masuk dalam kategori “Sedang”, dan 8,22% partisipan masuk dalam kategori “Tinggi”.

### ***Dark Triad Personality Traits***

In the Dark Triad personality trait of psychopathy ( $M = 9.67$ ;  $SD = 2.446$ ), 11.30% of participants categorized as “High”, 45.55% of participants categorized as “Medium”, and 43.15% of participants categorized as “Low”.

In the Dark Triad personality trait of narcissism ( $M = 4.81$ ;  $SD = 1.20$ ), 87.33% of participants categorized as “Medium”, 7.53% of participants categorized as “Low”, and 5.14% of participants categorized as “High”.

In the Dark Triad personality trait of Machiavellianism ( $M = 11.39$ ;  $SD = 2.431$ ), 17.47% of participants categorized as “High”, 69.86% of participants categorized as “Medium”, and 12.67% of participants categorized as “Low”.

### ***Self-Esteem***

In the self-esteem variable ( $M = 26.50$ ;  $SD = 4.0333$ ), 13.65% of participants categorized as “High”, 71.33% of participants categorized as “Medium”, and 15.02% of participants categorized as “Low”.

### **Hypothesis Test**

In testing the hypothesis, there are a number steps that the authors will take, according to the simple mediation model of regression analysis process developed by Hayes (2013). First, the authors observe the relationship or effect between the Dark Triad personality traits and cyberbullying (*direct effect*). Second, the authors observe the effect of the Dark Triad personality traits to self-esteem and self-esteem to cyberbullying (*indirect effect*). Third, the authors observe the effect of the Dark Triad personality traits to cyberbullying, mediated by self-esteem (*total effect*). A summary of the hypothesis test results is available in Figure 2.

### ***Psychopathy and Cyberbullying***

First, in relation to testing of the direct effect on the psychopathy trait and cyberbullying, the authors obtain the result that there is a significant relationship between the psychopathy trait and cyberbullying ( $c' = .5329$ ;  $p = .0026$ ). Second, in relation to the indirect effect, a signi-

### ***Kepribadian Dark Triad***

Pada variabel kepribadian *Dark Triad* sifat psikopati ( $M = 9,67$ ;  $SD = 2,446$ ), terdapat 11,30% partisipan masuk dalam kategori “Tinggi”, 45,55% partisipan masuk dalam kategori “Sedang”, dan 43,15% partisipan masuk dalam kategori “Rendah”.

Pada variabel kepribadian *Dark Triad* sifat narsisisme ( $M = 4,81$ ;  $SD = 1,20$ ), terdapat 87,33% partisipan masuk dalam kategori “Sedang”, 7,53% partisipan masuk dalam kategori “Rendah”, dan 5,14% partisipan masuk dalam kategori “Tinggi”.

Pada variabel kepribadian *Dark Triad* sifat Machiavellianisme ( $M = 11,39$ ;  $SD = 2,431$ ), terdapat 17,47% partisipan masuk dalam kategori “Tinggi”, 69,86% partisipan masuk dalam kategori “Sedang”, dan 12,67% partisipan masuk dalam kategori “Rendah”.

### ***Self-Esteem***

Pada variabel *self-esteem* ( $M = 26,50$ ;  $SD = 4,0333$ ), terdapat 13,65% partisipan masuk dalam kategori “Tinggi”, 71,33% partisipan masuk dalam kategori “Sedang”, dan 15,02% partisipan masuk dalam kategori “Rendah”.

### **Pengujian Hipotesis**

Pada pengujian hipotesis, ada beberapa langkah yang akan dilakukan penulis, sesuai dengan proses analisis regresi model mediasi sederhana yang dikembangkan oleh Hayes (2013). Pertama, penulis melihat hubungan atau pengaruh antara kepribadian *Dark Triad* dan *cyberbullying* (*direct effect*). Kedua, penulis melihat pengaruh kepribadian *Dark Triad* dengan *self-esteem* dan *self-esteem* terhadap *cyberbullying* (*indirect effect*). Ketiga, penulis melihat pengaruh kepribadian *Dark Triad* terhadap *cyberbullying* yang dimediasi *self-esteem* (*total effect*). Rangkuman informasi hasil pengujian hipotesis tersedia pada Gambar 2.

### ***Psikopati dan Cyberbullying***

Pertama, adalah dengan menguji *direct effect* pada sifat psikopati dan *cyberbullying*, penulis mendapatkan hasil bahwa terdapat hubungan yang signifikan antara sifat psikopati dengan *cyberbullying* ( $c' = 0,5329$ ;  $p = 0,0026$ ). Kedua, adalah pada hubungan tidak langsung

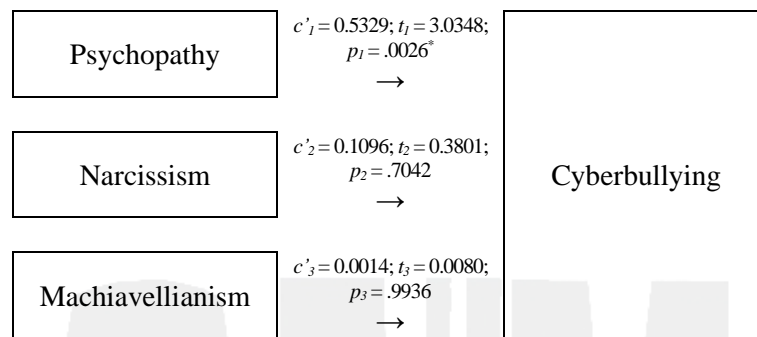
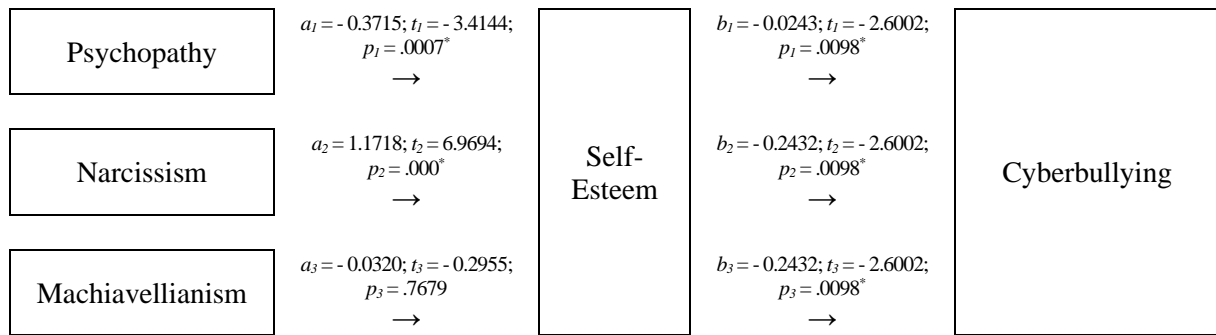
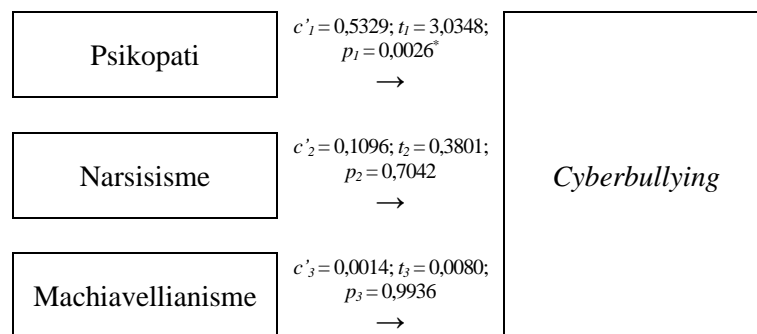
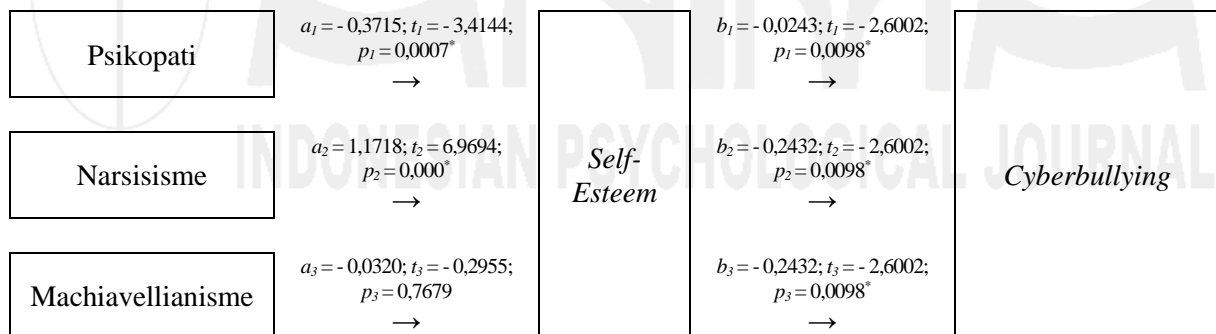


Figure 2. The result of effect of the Dark Triad personality traits on cyberbullying through a mediation of self-esteem.

Note. Dependent variable is cyberbullying; Independent variable is Dark Triad personality traits; Mediator variable is self-esteem;  
\*  $p < .05$ ; \*\*  $p < .01$ ; \*\*\*  $p < .001$ .



Gambar 2. Hasil pengaruh kepribadian Dark Triad terhadap cyberbullying melalui mediasi self-esteem.

Catatan. Variabel terikat adalah cyberbullying, variabel bebas adalah kepribadian Dark Triad, variabel mediator adalah self-esteem;  
\*  $p < 0.05$ ; \*\*  $p < 0.01$ ; \*\*\*  $p < 0.001$ .

ficant relationship between the psychopathy trait and self-esteem is obtained ( $ab = .0904$ ;  $p = .0026$ ). In the indirect test of self-esteem towards cyberbullying, a significant relationship is also obtained ( $p = .0098$ ). Third, the total effect test found that there was a positive relationship between the psychopathy trait and cyberbullying mediated by self-esteem ( $c = .6233$ ;  $p = .0004$ ). It can be concluded that cyberbullying is more likely to occur in individuals with high psychopathy trait through their self-esteem.

### ***Narcissism and Cyberbullying***

First, in relation to the testing of direct effect of the narcissism trait, the authors obtain the result that there is no significant relationship between the narcissism trait and cyberbullying ( $c' = .1096$ ;  $p = .7042$ ). Second, in relation to the indirect effect, the narcissism trait has a significant relationship with self-esteem ( $ab = -.2850$ ;  $p = .0000$ ) and self-esteem also has a significant relationship with cyberbullying ( $p = .0098$ ). Third, on the analysis result of the total effect, it was found that there was no significant relationship between the narcissism trait and cyberbullying mediated by self-esteem ( $c = .1754$ ;  $p = .5155$ ). It can be concluded that on individuals with high narcissism trait, there is no relationship with cyberbullying. However, the narcissism trait is correlated with self-esteem and self-esteem is also correlated with cyberbullying. No significant relationship on the narcissism trait towards cyberbullying means that self-esteem does not mediate the relationship among the two variables.

### ***Machiavellianism and Cyberbullying***

First, in relation to the testing of the Machiavellianism trait, there is no significant direct effect between the Machiavellianism trait and cyberbullying ( $c' = .0014$ ;  $p = .9936$ ). Second, in relation to the indirect effect, the Machiavellianism trait does not have a significant relationship towards self-esteem ( $ab = .0078$ ;  $p = .7679$ ), but self-esteem has a relationship with cyberbullying on individuals with high Machiavellianism trait ( $p = .0098$ ). Third, in relation to the analysis result of the total effect, it was found that there was no significant relationship between the Machiavellianism trait and cyberbullying mediated by self-esteem ( $c = .0092$ ;  $p = .9579$ ). It can be concluded that there is no significant relationship between the Machiavellianism trait and cyberbullying

(*indirect effect*), diperoleh hubungan yang signifikan antara sifat psikopati terhadap *self-esteem* ( $ab = 0,0904$ ;  $p = 0,0026$ ). Pada pengujian tidak langsung *self-esteem* terhadap *cyberbullying* juga diperoleh hubungan signifikan ( $p = 0,0098$ ). Ketiga, pada pengujian *total effect* ditemukan bahwa ada hubungan positif antara kepribadian psikopati dan *cyberbullying* yang dimediasi *self-esteem* ( $c = 0,6233$ ;  $p = 0,0004$ ). Dapat disimpulkan bahwa perilaku *cyberbullying* semakin mungkin terjadi pada individu dengan sifat psikopati tinggi melalui *self-esteem* yang dimiliki.

### ***Narsisisme dan Cyberbullying***

Pertama, pada pengujian *direct effect* sifat narsisisme, penulis mendapatkan hasil bahwa tidak terdapat hubungan yang signifikan antara sifat narsisisme dengan *cyberbullying* ( $c' = 0,1096$ ;  $p = 0,7042$ ). Kedua, pada hubungan tidak langsung (*indirect effect*), kepribadian narsisisme memiliki hubungan yang signifikan terhadap *self-esteem* ( $ab = -0,2850$ ;  $p = 0,0000$ ) dan *self-esteem* juga memiliki hubungan signifikan terhadap *cyberbullying* ( $p = 0,0098$ ). Ketiga, pada hasil analisa *total effect* ditemukan bahwa tidak terdapat hubungan yang signifikan antara kepribadian narsisisme dan *cyberbullying* yang dimediasi *self-esteem* ( $c = 0,1754$ ;  $p = 0,5155$ ). Dapat disimpulkan pada individu dengan sifat narsisisme tinggi tidak terdapat hubungan dengan *cyberbullying*. Akan tetapi, sifat narsisisme berkorelasi dengan *self-esteem* dan *self-esteem* juga berkorelasi dengan *cyberbullying*. Tidak adanya hubungan yang signifikan pada sifat narsisisme terhadap *cyberbullying* berarti *self-esteem* tidak memediasi hubungan antara keduanya.

### ***Machiavellianisme dan Cyberbullying***

Pertama, pada pengujian sifat Machiavellianisme, tidak terdapat hubungan langsung (*direct effect*) yang signifikan antara sifat Machiavellianisme dengan *cyberbullying* ( $c' = 0,0014$ ;  $p = 0,9936$ ). Kedua, pada hubungan tidak langsung (*indirect effect*), sifat Machiavellianisme tidak memiliki hubungan yang signifikan terhadap *self-esteem* ( $ab = 0,0078$ ;  $p = 0,7679$ ), tetapi *self-esteem* memiliki hubungan dengan *cyberbullying* pada individu dengan sifat Machiavellianisme tinggi ( $p = 0,0098$ ). Ketiga, pada hasil analisa *total effect* ditemukan bahwa tidak terdapat hubungan yang signifikan antara sifat Machiavellianisme dengan *cyberbullying* yang dimediasi *self-esteem* ( $c = 0,0092$ ;  $p = 0,9579$ ). Dapat disimpulkan bahwa tidak terdapat hubungan yang

mediated by self-esteem.

## Discussion

The result of this study has been proven to be in line with studies which state that self-esteem is a mediator between psychopathic traits and cyberbullying (Baughman et al., 2012; Gibb & Devereux, 2014; Goodboy & Martin, 2015). The characteristics of psychopathic traits are signified by low adherence to norms, high impulsivity, egocentricity, and low empathy (Paulhus & Williams, 2002), resulting in individuals with high psychopathic traits to tend to do anything as they want. Although the self-esteem of individuals with high psychopathic traits is not as high as the self-esteem of individuals with high narcissism traits, in fact, such self-esteem mediates the occurrence of cyberbullying. This behavior is supported by a tendency of traits, namely impulsivity and low empathy. It causes individuals with high psychopathic traits to be unaware and do not feel guilty after harming others (Kircaburun, Jonason, & Griffiths, 2018). The authors assume that when individuals with high psychopathic traits have low self-esteem, they will tend to compensate by engaging in self-satisfying behavior. Such assumption is confirmed by its previous study result finding that a satisfaction obtained after doing such cyberbullying gives contribution to cyberbullying by individuals with high psychopathic traits (Kircaburun, Jonason, & Griffiths, 2018). Therefore, in relation to psychopathic traits, the hypothesis of study is accepted, namely self-esteem mediates a relationship between psychopathic traits and cyberbullying.

In relation to narcissism traits, the hypothesis of study was not proven. Although self-esteem was found to have a positive correlation with narcissism traits and self-esteem has a correlation with cyberbullying, this study did not find any mediation of self-esteem on narcissism traits to cyberbullying. The authors presumed that it was due to the absence of a correlation between narcissism traits and cyberbullying. Individuals with high narcissism traits will probably do other behaviors when they feel low self-esteem, and not cyberbullying. This was in line with the result of study by Bushman and Baumeister (1998) and Baumeister et al. (2003) which stated that there was a relationship between the aggression conducted by

signifikan antara kepribadian Machiavellianisme dengan *cyberbullying* yang dimediasi *self-esteem*.

## Diskusi

Hasil studi ini telah terbukti sejalan dengan studi yang menyatakan bahwa *self-esteem* merupakan mediator antara sifat psikopati dengan *cyberbullying* (Baughman et al., 2012; Gibb & Devereux, 2014; Goodboy & Martin, 2015). Karakteristik sifat psikopati yang ditandai dengan rendahnya ketaatan terhadap norma, impulsivitas yang tinggi, egosentris, dan empati yang rendah (Paulhus & Williams, 2002) membuat individu dengan sifat psikopati tinggi cenderung melakukan segala sesuatu sesuai dengan yang diinginkan. Meskipun *self-esteem* individu dengan sifat psikopati tinggi tidak sebesar *self-esteem* individu dengan sifat narsisisme tinggi, ternyata *self-esteem* tersebut memediasi timbulnya perilaku *cyberbullying*. Perilaku ini didukung dengan kecenderungan sifat yang dimiliki, yaitu impulsif dan rendah empati. Hal ini menyebabkan individu dengan sifat psikopati tinggi tidak menyadari dan tidak merasa bersalah setelah merugikan orang lain (Kircaburun, Jonason, & Griffiths, 2018). Asumsi penulis adalah saat individu dengan sifat psikopati tinggi memiliki *self-esteem* yang rendah, individu ini akan cenderung mengkompensasinya dengan melakukan perilaku yang dapat memberikan kepuasan diri. Asumsi diperkuat dengan hasil studi sebelumnya yang menemukan bahwa kepuasan yang diperoleh setelah melakukan *cyberbullying* memberikan kontribusi terhadap perilaku *cyberbullying* oleh individu dengan sifat psikopati tinggi (Kircaburun, Jonason, & Griffiths, 2018). Maka dari itu, pada sifat psikopati, hipotesis studi diterima, yaitu *self-esteem* memediasi hubungan antara sifat psikopati dan *cyberbullying*.

Pada sifat narsisisme, hipotesis studi ternyata tidak terbukti. Meskipun *self-esteem* ditemukan berkorelasi positif dengan sifat narsisisme dan *self-esteem* berkorelasi dengan *cyberbullying*, pada studi ini tidak ditemukan mediasi *self-esteem* pada sifat narsisisme terhadap *cyberbullying*. Penulis menduga hal ini disebabkan karena tidak ditemukannya korelasi antara sifat narsisisme dan *cyberbullying*. Individu dengan sifat narsisisme tinggi kemungkinan akan melakukan perilaku lain saat merasa *self-esteem* rendah, dan bukan melakukan *cyberbullying*. Hal ini sejalan dengan hasil studi oleh Bushman dan Baumeister (1998) dan Baumeister et al. (2003) yang mengemukakan bahwa terdapat hubungan antara agresivitas yang dilakukan

individuals with high narcissism traits due to threatened self-esteem, but such aggressive behavior was not by cyberbullying, but physical intimidation. Therefore, in this study, it can be concluded that the hypothesis of study is not accepted, upon the result stating that self-esteem does not mediate cyberbullying on individuals with high narcissism traits.

Meanwhile, in relation to Machiavellianism traits, the most prominent character in this trait is manipulative and low empathy. High self-esteem is not a prominent trait, so that by a description of self-esteem which is not high, self-esteem is proven not having effect on Machiavellianism traits in cyberbullying. It is confirmed by a result of study finding that there is no mediation of self-esteem on Machiavellianism traits to cyberbullying. A prominent trait of manipulative on individuals with high Machiavellianism traits and a strong desire for getting profit, make these individuals choose to use interpersonal strategies by manipulating other individuals rather than cyberbullying (Safaria et al., 2020). One of the behaviors that this individual may engage in is fraud. Therefore, it can be concluded that self-esteem does not mediate cyberbullying on individuals with high Machiavellianism traits, so the study hypothesis is not accepted.

The findings of this study can provide input in relation to designing intervention in preventing and handling cyberbullying behavior. One of the possible interventions, in relation to the result of study, among others is by increasing self-esteem. Efforts to increase self-esteem can be done by exploring positive aspects of one's self and instilling confidence in individuals on positive self-assessment. If individuals have good self-assessment, they will have good self-esteem. In addition, another form of intervention is empathy training which teaches individuals to see and feel the viewpoint cyberbullying victims, as a preventive effort (Brewer & Kerlake, 2015).

Another intervention that can be conducted is by applying the belief that cyberbullying is not a justifiable behavior to do, especially in the form of emotional expression such as when one feel low self-esteem or want to obtain pleasure. This intervention is

oleh individu dengan sifat narsisisme tinggi yang disebabkan oleh *self-esteem* yang terancam, tetapi perilaku agresi tersebut tidak dengan melakukan *cyberbullying*, melainkan dengan mengintimidasi secara fisik. Maka dari itu, pada studi ini dapat disimpulkan bahwa hipotesis studi tidak diterima, dengan hasil yang menyatakan bahwa *self-esteem* tidak memediasi *cyberbullying* pada individu dengan sifat narsisisme tinggi.

Sementara itu, pada sifat Machiavellianisme, karakter yang paling menonjol dalam sifat ini adalah manipulatif dan empati yang rendah. *Self-esteem* tinggi bukanlah sifat yang menonjol. Sehingga dengan gambaran *self-esteem* yang tidak tinggi, *self-esteem* terbukti tidak memiliki pengaruh terhadap sifat Machiavellianisme dalam melakukan *cyberbullying*. Hal ini diperkuat dengan hasil studi yang menemukan bahwa tidak adanya mediasi *self-esteem* pada sifat Machiavellianisme terhadap *cyberbullying*. Sifat manipulatif yang menonjol pada individu dengan sifat Machiavellianisme tinggi dan keinginan yang kuat untuk mendapatkan keuntungan, membentuk individu ini untuk memilih menggunakan strategi interpersonal dengan memanipulasi individu lain, dibandingkan melakukan *cyberbullying* (Safaria et al., 2020). Salah satu perilaku yang mungkin akan dilakukan oleh individu ini adalah melakukan penipuan. Maka dari itu, dapat disimpulkan bahwa *self-esteem* tidak memediasi *cyberbullying* pada individu dengan sifat Machiavellianisme tinggi, sehingga hipotesis studi tidak diterima.

Temuan studi ini bisa memberi masukan sehubungan dengan perancangan intervensi dalam mencegah dan mengatasi perilaku *cyberbullying*. Salah satu intervensi yang dapat dilakukan, berkaitan dengan hasil studi, antara lain dengan meningkatkan *self-esteem*. Upaya untuk meningkatkan *self-esteem* dapat dilakukan dengan menggali aspek positif pada diri serta menanamkan keyakinan pada individu mengenai penilaian positif mengenai diri sendiri. Jika individu memiliki penilaian diri yang baik, maka akan memiliki harga diri yang baik. Selain itu, bentuk intervensi lainnya adalah dengan pelatihan empati yang mengajarkan individu untuk melihat dan merasakan sudut pandang korban *cyberbullying*, sebagai upaya pencegahan (Brewer & Kerlake, 2015).

Intervensi lainnya yaitu dapat dilakukan dengan cara menerapkan keyakinan bahwa *cyberbullying* bukanlah perilaku yang dibenarkan untuk dilakukan, terutama dalam bentuk pelampiasan emosional seperti saat merasakan *self-esteem* rendah atau ingin memperoleh

excellent to do with reinforcement from study findings which state that normative belief about aggression instilled by parents and teachers can change children's mindset in determining aggressive behavior (Ang et al., 2017). Finally, learning and applying the rules for social media usage is also very important to be carried out and socialized, both by the closest environment (such as family) and the government, so that social media users know the limit of behavior in using social media.

## Study Limitations

This study has several limitations, namely in relation to: (1) unequal distribution of scores; (2) the imperfect selection of variables; and (3) the update of study instruments.

First, in this study, only a few participants have high scores on cyberbullying. This unequal spreading or distribution of scores affect the testing of the study hypothesis (Kaplan & Saccuzo, 2018). It is also related to the limitation of the non-random sampling technique utilized. The authors hope that future studies will be able to use random sampling techniques, so that they can reach a wider range of participants, with greater numbers and a more diverse age range.

Second, due to only psychopathic traits having a significant relationship with cyberbullying mediated by self-esteem, the authors have the opinion that the Dark Triad personality traits and self-esteem factors may not be the variables that contribute the most to cyberbullying. The authors recommend that future studies utilize other factors that may be more appropriate, such as empathy (Brewer & Kerlake, 2015), age, gender, frequency of Internet use (Balakrishnan, 2015), or social media misuse (Kircaburun, Demetrovics & Tosuntaş, 2018).

Third, the study of Dark Triad personality traits is still novel in Indonesia, so that the Dark Triad personality traits measurement instruments (including the *Short Dark Triad Scale [SD3]* utilized in this study) have not been widely used. On the *Short Dark Triad Scale (SD3)*, there are a number of items that are not good enough in measuring traits in the Dark Triad personality traits, so the possibility of no significance can also affect the study result. Therefore, the authors

kesenangan. Intervensi ini sangat baik untuk dilakukan dengan penguatan dari temuan studi yang menyatakan bahwa keyakinan normatif tentang agresi yang ditanamkan oleh orang tua dan guru dapat mengubah pola pikir anak dalam menentukan perilaku agresi (Ang et al., 2017). Terakhir, pembelajaran dan penerapan aturan penggunaan media sosial juga sangat penting untuk dilakukan dan disosialisasikan, baik oleh lingkungan terdekat (seperti keluarga) maupun pemerintah, sehingga pengguna media sosial mengetahui batas perilaku dalam menggunakan media sosial.

## Keterbatasan Studi

Studi ini memiliki sejumlah keterbatasan, yaitu sehubungan dengan: (1) distribusi skor yang tidakimbang; (2) kurang tepatnya pemilihan variabel; dan (3) keterbaruan alat ukur studi.

Pertama, pada studi hanya sedikit partisipan yang memiliki skor tinggi pada *cyberbullying*. Persebaran atau distribusi skor yang tidak seimbang ini berpengaruh terhadap pengujian hipotesis studi (Kaplan & Saccuzo, 2018). Hal ini sekaligus merupakan keterbatasan dari teknik *non-random sampling* yang digunakan. Penulis berharap studi selanjutnya mampu menggunakan teknik *random sampling*, sehingga dapat menjangkau partisipan lebih luas, dengan jumlah lebih banyak, dan usia yang lebih beragam.

Kedua, karena hanya sifat psikopati yang memiliki hubungan yang signifikan terhadap *cyberbullying* yang dimediasi *self-esteem*, penulis berpendapat faktor kepribadian *Dark Triad* dan *self-esteem* mungkin bukanlah variabel yang paling besar memberikan kontribusi terhadap terjadinya *cyberbullying*. Penulis menganjurkan studi selanjutnya dapat menggunakan faktor lain yang mungkin lebih tepat, seperti empati (Brewer & Kerlake, 2015), usia, jenis kelamin, frekuensi pemakaian Internet (Balakrishnan, 2015), ataupun penyalahgunaan media sosial (Kircaburun, Demetrovics & Tosuntaş, 2018).

Ketiga, studi mengenai kepribadian *Dark Triad* masih sangat baru di Indonesia, sehingga alat ukur kepribadian *Dark Triad* (termasuk *Short Dark Triad Scale [SD3]* yang digunakan dalam studi ini) belum banyak digunakan. Pada *Short Dark Triad Scale (SD3)* terdapat sejumlah butir yang tidak cukup baik dalam mengukur sifat dalam kepribadian *Dark Triad*, sehingga kemungkinan tidak adanya signifikansi juga dapat berpengaruh terhadap hasil studi. Maka dari itu,

hope that future studies can research the internal and external validities of the Dark Triad personality traits instruments translated into Bahasa Indonesia, in order to ensure that it is indeed fully feasible and ready for use.

## Conclusion

This study aims to further understand the role of self-esteem in mediating a relationship between the Dark Triad personality traits and cyberbullying. Not only by observing the relationship of mediation, but the authors also observe a more detailed relationship among the three variables. In regards to psychopathic traits, self-esteem has a relationship with psychopathic traits and psychopathic traits have a relationship with cyberbullying. Self-esteem of individuals with high psychopathic traits has a role in the occurrence of cyberbullying. When individuals with high psychopathic traits feel low self-esteem, such individuals tend to compensate by conducting cyberbullying to obtain satisfaction and to feel better than other individuals. On the other hand, in regards to the narcissism traits and Machiavellianism traits, there is no direct correlation with cyberbullying. This most likely results in the absence of mediation between self-esteem and cyberbullying on narcissism and Machiavellianism traits.

penulis berharap studi selanjutnya dapat meneliti validitas internal maupun validitas eksternal alat ukur kepribadian *Dark Triad* yang diterjemahkan ke dalam Bahasa Indonesia, untuk memastikan bahwa memang sudah sepenuhnya layak untuk digunakan.

## Simpulan

Studi ini bertujuan untuk mengetahui bagaimana peran *self-esteem* dalam memediasi hubungan antara kepribadian *Dark Triad* dan *cyberbullying*. Selain melihat hubungan mediasi, penulis juga melihat lebih rinci hubungan antara tiga variabel. Pada sifat psikopati, *self-esteem* berhubungan dengan sifat psikopati dan sifat psikopati berkaitan dengan perilaku *cyberbullying*. *Self-esteem* yang dimiliki oleh individu dengan sifat psikopati tinggi memiliki peran dalam timbulnya perilaku *cyberbullying*. Saat individu dengan sifat psikopati tinggi merasa *self-esteem* rendah, individu tersebut akan cenderung mengkompensasikan perasaan tersebut dengan melakukan *cyberbullying* untuk mendapatkan kepuasan dan merasa lebih baik dari individu lain. Di sisi lain, pada sifat narsisisme dan sifat Machiavellianisme tidak ada korelasi langsung dengan *cyberbullying*. Hal ini kemungkinan besar memberikan pengaruh tidak adanya mediasi antara *self-esteem* dan *cyberbullying* terhadap sifat narsisisme dan sifat Machiavellianisme.

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