The relationship between bullying behavior and adolescents’ resilience

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ABSTRACT

Introduction: Adolescence is a vulnerable phase full of changes and challenges. The changes include biological, cognitive, and social aspects. The stages of adolescents’ developmental tasks are based on ego and integrity to establish a stable self-identity and determine roles. However, identity lapses frequently occur in adolescence, such as bullying behavior that can cause psychological and physical problems in victims and perpetrators. Adolescents experiencing bullying behavior require resilience as an adaptive coping mechanism for managing external and internal pressures within the individual. This study aims to identify the relationship between bullying behavior and adolescent resilience.

Methods: This study used a quantitative correlational method with a cross-sectional approach. The variables studied were bullying behavior and resilience.

Results: Demographic characteristics in this study included age, gender, and living partner. The sample of this study was 163 respondents selected with the Accidental Sampling technique. This study showed that respondents who committed bullying were 99 respondents (60.7%), and those who did not were 64 respondents (39.3%). Overall, 61 respondents had a high resilience rate (37.4%). The results showed a relationship (p-value = 0.000 and r of -0.684) with a strong interpretation.

Conclusion: It can be concluded that the higher the bullying behavior is, the lower the level of resilience of adolescents will be. It is expected that adolescents can use resilience as adaptive coping to prevent bullying behavior.

Keywords: Adolescent, Bullying behavior, Resilience.

INTRODUCTION

Adolescence comes from Latin, referring to ‘growing to reach maturity.’¹ According to the Regulation of the Minister of Health of the Republic of Indonesia Number 25 year (2014), the age of adolescents is in the range of 10-18 years old. Adolescence is a phase vulnerable to changes and challenges. The changes include biological, cognitive, and social aspects. They can directly impact an attitude and behavior in a long-term period.²

According to the theory of the stages of psychosocial by Erikson³, adolescence is at the fourth developmental stage of the human being. The stage is the developmental stage of ego identity vs. identity confusion. It refers to the stage based on ego integrity to establish a stable self-identity and decisive role in life. The deviation of identity frequently occurs, such as acts of crime or violence such as bullying, rebellion, and other despicable actions.³

Bullying is an abuse of power systematically by repeatedly doing aggressive or dangerous actions by an individual or a group of adolescents, which can cause psychological problems, low self-confidence, and suicide.³ According to⁴, there are five countries with cases the highest case of bullying, namely the Philippines (64.9%), Brunei Darussalam (50.1%), Republic of Dominican (43.9%), Morocco (43.8%), and Indonesia (41.1%) which occupies the fifth position out of 78 countries that experienced the highest cases of bullying. Furthermore, reports of violence against children occurring in Indonesia showed that approximately 50% of children have ever experienced acts of bullying in schools.⁵

Commission for Protection of Indonesian Children (KPAI)⁶ stated that bullying is divided into 4 types: physical bullying, relational bullying, verbal bullying, and bullying in social media called cyberbullying. Bullying occurs due to low self-confidence, attention-seeking, feelings of revenge, and the negative influence from the media.⁹ In addition, bullying has negative impacts in the short and long-term periods, such as emotional problems, depression, inferiority, anxiety, low self-pride, and alcohol consumption, so that perpetrators and victims of bullying who are unable to adapt to these behaviors can cause psychological symptoms that require resilience in them to understand the nature of bullying.⁶

Individuals who get intimidated or bullied need resilience as an adaptive coping mechanism used to manage external and internal pressure.¹⁰ Resilience is the ability to stand up again after experiencing hardship. It is used to continue living with better hopes.¹¹

Individuals who have a high resilience will be stronger and able to survive the problems they have encountered. On the contrary, individuals with lower resilience will require a longer time to undergo pressure or problems in their life.¹² Furthermore, adolescents with good resilience are used to having support...
from their parents, being well-adapted to various groups of people, having positive thoughts, having self-confidence, being able to make decisions, and believing and holding on to their religion. Thus, it can be said that resilience is a fundamental strength or foundation of positive character in building emotional and psychological strength. Based on the background explained above, bullying still frequently occurs in adolescents that may cause adverse impacts for the perpetrator and the victim. However, bullying requires resilience to stand up from the problems. This study aims to identify the relationship between bullying behavior and adolescents’ resilience.

METHODS

This study is a quantitative research using a correlational design with a cross-sectional approach. This research was conducted in March 2021. The sample in this study was taken using an accidental sampling technique of 163 respondents with inclusion criteria, namely, respondents who experienced or committed bullying, were 12-15 years old, and were willing to become research respondents. The instrument in this study included two questionnaires, namely the Adolescent Peer Relation Instrument (APRI) developed by Prada (2000), which was valid and reliable with an alpha value of 0.749 for the bullying variable. The resilience variable used a questionnaire of 25-item Scale Resilience developed by Wagnild and Young, which was valid and reliable with an alpha value of 0.943. The data collection was conducted through respondents answering questions online through a google form. Data analysis was carried out using univariate analysis to identify the distribution of the frequency and percentage of each variable. Meanwhile, bivariate analysis was used to identify the relationship between variables.

RESULTS

Table 1 shows that the characteristics of respondents by age are dominated by 13-year-old adolescents, with 79 respondents (48.5%). Meanwhile, in terms of gender, it is dominated by males, with 86 respondents (52.8%). The respondents mostly lived with their parents, with a total of 159 people (97.5%). Table 2 shows that most of the respondents committed bullying with a total of 60.7%. Table 3 shows that most adolescents have a high level of resilience, with a total of 61 respondents (37.4%).

Table 4 shows that the relationship between bullying behavior and adolescent resilience obtained a significance of p-value of 0.000 (p<0.05) and r-value of -0.684 with strong interpretation. The result revealed that people who did not commit bullying had a high level of resilience. Meanwhile, people who committed bullying had a low level of resilience.

DISCUSSION

Respondent Characteristics

Based on the study results, respondents’ characteristic frequently experiencing bullying is at the age of 13 years. It aligns with the research conducted by Sakdiyah and Betie, revealing that adolescents mostly commit bullying at 13 years old. 12 to 15-year-old adolescents are likely to seek their role and want to be appreciated in the group. The age of 13 years is the early stage of adolescence, beginning to contribute in the present without knowing the impact on the future. Adolescents tend to be more interested in doing experiments they have not known previously. The early stage of adolescence is vulnerable. They are likely to be more difficult to establish communication, physical changes, and hormones that can cause emotional alteration. In addition, it can cause them to have difficulty adapting to their peers. There is no significant difference in children of the male and female sex in conducting violent behavior either as perpetrators or victims; they have the same opportunity in such actions. In terms of gender, this study showed that males are more likely to commit bullying than females. It aligns with the
research conducted by Erika et al., revealing that males frequently commit bullying as they tend to have an aggressive attitude psychologically associated with their physical strength. Furthermore, male adolescents are often exposed to a game that has an element of violence. In contrast, research conducted by Ilham et al. showed that females are likely to commit bullying more frequently as they tend to mock, slander, and gossip each other and then lead them to fight physically.

Furthermore, most of the respondents living with their parents have ever become victims of bullying. Therefore, it can also lead them to become the perpetrator of bullying. In line with the research carried out by Yuliani et al., bullying can be affected by parenting factors such as education, discipline, support, and affection given to their children. However, living with the parents is not necessarily creating self-defense when they encounter bullying.

Bullying

This study showed that most respondents committed bullying, with 99 respondents (60.7%). It is in line with the study conducted by Marliyani et al., revealing that 106 respondents (74.6%) ever committed bullying. It can be caused by several factors such as peers’ factors and environment. In contrast, the research conducted by Fairuz and Rinaldi denoted that 42 respondents (60%) were in the low category of bullying behavior due to their self-control or restrained behaviors and emotions that are likely to lead them to behave negatively.

Bullying can be done in several aspects such as physical, verbal, relational aspects, and cyberbullying. If it is frequently done, it will lead to harmful effects. Symptoms that arise from bullying behavior include excessive anxiety, difficulty in interacting, low self-pride, unstable emotions. Bullying behavior can occur due to emotional changes in the child and lack of interaction between families not to fulfill the effective function of the family. Support from the Family is highly influenced by acts of bullying behavior.

Perpetrators of bullying have an aggressive, dominating, constraining, and powerful character than bullying victims. The characteristics of the victims of bullying tend to be passive and subjected to those who are considered threatening, helpless, and succumbing to the situation.

Adolescent’s Resilience

This study showed that most of the respondents experienced a high level of resilience, with 61 respondents (37.4%). It is in line with the research conducted by Late et al., stating that 20 respondents (55%) had a high resilience. They were those who had the ability to stand up from the problems and make resilience the foundation of all the positive characteristics to build both healthy emotional and psychological resilience.

Furthermore, the research conducted by Sakdiyah and Betie showed that 78 respondents (51.1%) had a high resilience because they got used to interacting with their peers; they adapted to a new environment to avoid rejection. Adolescents are likely to interact with an outside environment such as school. Thus, resilience is highly needed to protect and resist bullying.

A high resilience can protect adolescents from an act of bullying. It can be improved by encouraging adolescents’ social skills such as interacting with their peers, being open to their peers, and tolerance. In addition, sources of resilience come from external factors such as support to develop self-strength, self-confidence, self-esteem and responsibility, interpersonal skills, and problem-solving.

### Table 4. The relationship between bullying behavior and adolescent resilience in junior high school x Yogyakarta.

<table>
<thead>
<tr>
<th>Adolescent Resilience</th>
<th>Low</th>
<th>Moderate</th>
<th>High</th>
<th>Tot al</th>
<th>P-value</th>
<th>R</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bullying</td>
<td>52</td>
<td>37</td>
<td>10</td>
<td>99</td>
<td>0.000</td>
<td>-0.684</td>
</tr>
<tr>
<td>No Bullying</td>
<td>3</td>
<td>10</td>
<td>51</td>
<td>64</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The relationship between bullying and adolescents’ resilience

This study showed that there is a strong relationship between bullying and adolescents’ resilience. It is shown in a p-value of 0.000 (p<0.05) and r at -0.684 with the interpretation that individuals who did not commit bullying tended to have a high resilience. In contrast, individuals who committed bullying had a low level of resilience. It is in line with research conducted by Sakdiyah and Betie, revealing a relationship between adolescents’ resilience and bullying. Individuals with a high level of bullying and a low level of resilience are influenced by their inability to adapt, leading to psychological problems.

Individuals with a low level of resilience are usually caused by a less supportive social condition or living in a toxic environment susceptible to violence. However, resilience can be improved by protective factors. A protective factor is a factor that can push resilience. The factor includes self-reflection, self-efficacy, self-complexity, and self-esteem.

Research conducted by Hinduja and Patchin, stated that individuals with a high level of resilience are unlikely to report being bullied at school or online. They tend not to consider it a form of oppression. They will survive under pressure, cope with the problem, optimistic, and have emotional control.

Factors contributing to resilience include self-control, problem-solving, social skills, social supports, and the quality of family relationships. In line with the research conducted by Irmansyah and Apriliawati, support from parents can prevent adolescents from bullying acts. The support includes emotional, pride, and instrumental supports, information about a group that can help the adolescents in the adaptation process, and a source of resilience.

Moreover, Alvina and Goddess research revealed that, in addition to the support from parents, there were other factors to create resilience in adolescents, such as the effect of self-esteem and social supports. Good self-esteem can help individuals face adversity, accept and appreciate themselves, have more positive values in...
stress management, and feel comfortable with what they do. The second factor is social support, including comfort, pride, and caring feelings given by other people. Social support can be emotional support, esteem support, instrumental support, informational support, and network support. Because the determinants for resilience in adolescents who engage in bullying behavior are unknown in this study, the number of them is limited.

CONCLUSION
Based on the result of this study, it can be concluded that there was a relationship between bullying behavior and adolescents’ resilience. This study indicated that individuals who did not commit bullying had a high level of resilience, while individuals who committed bullying had a low level of resilience.

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CONFLICT OF INTEREST
The authors have declared that there is no conflict of interest regarding this publication.

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ETHICS APPROVAL
This research has obtained ethical approval from the ethics committee FKIK UMY Number 008/EC-KEPK FKIK UMY/1/2021.

AUTHOR CONTRIBUTION
All authors equally contribute to the study from the conceptual framework, data gathering, and data analysis until reporting the study results through publication.

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