



The Relationship Between Social Support and Stress in Adolescents (16-18 Years) Victims of Bullying at Pondok Modern

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ABSTRACT

Bullying is a negative action that is often aggressive and manipulative, carried one person even more for others during the period in which the physical and non-physical. This study aims to determine the relationship of social support with stress levels of victims of bullying. This research is a quantitative-research using cross-sectional descriptive design that held on March 18, 2018 at Pondok Modern Al-rifa'ie1 Ketawang Gondanglegi. Samples taken by random sampling consisted of 63 adolescents who fulfilled inclusion and exclusion criteria. Data was collected using social support questionnaires and stress questionnaires. The result of statistical test using Spearman test got p-value $0,002 < \alpha (0,05)$, hence there is correlation between social support with stress level in adolescent (16-18 year) victim bullying. The results found that 21% of the sample had good category social support, 30% experienced sufficient social support, 49% experienced less social support, and the results found that 33% stress levels were in the mild category, 41% stress level was in moderate category, stress 26% in weight category. Victim of bullying should get social support form giving input, giving motivation, giving attention from friends to reduce stress level on teenager bullying victims like anxiety in him.

KEYWORDS

Social Support, Youth Stress, Bullying Victims

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INTRODUCTION

Bullying among adolescents that is increasingly occurring in schools has shown an alarming level. The incidence of bullying in the world in high school adolescents aged 16-18 years is greater than that of junior high school adolescents aged 13-15 years (Sejiwa, 2010). Bullying is an act of violence that is carried out repeatedly and involves physical force between the victim and the perpetrator. Bullying does not choose the age or gender of the victim. Usually the victims are generally weak, shy, quiet, and special





children (disabled, introverted, clever, beautiful, or have certain body features), which can be the subject of ridicule (Nusantara, 2008). Bullying more often takes the form of individually directed harassment in the form of mild annoyances, harmless comments. But because the harassment is constant and shows no mercy, it becomes an aggressive attack (Wharton, 2009).

Swearer and Doll revealed that the incidence of bullying in the world is around 10% of junior high school students to 27% of high school students reported being victims of bullying. In Indonesia, the results of Sejiwa's research in 2008 on around 1,200 students in Jakarta, Yogyakarta and Surabaya showed that the incidence of bullying aged 16-18 years was 67.9% and 13-15 years was 66.1%. (Sejiwa, 2010). Based on Basic Health Research (Riskesdas) in 2007, the percentage at the age of 15 years or in Indonesia with anxiety and stress disorders experienced by victims of bullying consisted of 11.6% or around 19 million people. Meanwhile, the prevalence of individuals experiencing serious mental disorders consisted of 0.46% or around 1 million people.

(Ramadhani and Retnowati. 2013. The Indonesian Child Protection Commission (KPAI) in 2014 bullying cases were found to be around 87.6% more prone to occur in early adolescence. Bullying that often occurs around 61-73% in the form of violence, blackmail, threatening and taking things (Yani, et al 2016). Based on the background, the researcher conducted a preliminary study at Pondok Modern Al-rifa'ie and conducted interviews with ustadzah with the results that there were 11 victims who experienced bullying such as being teased, yelled at, intimidated, sandals thrown away, spit on, towels cut, pulled off their headscarves so that they caused victims stress such as feeling anxious, afraid to meet the bully, not calm and uncomfortable in the cottage environment so they wanted to move out of the cottage.

Bullying has long-term effects on its victims, the most common short-term impact of bullying experienced by victims is feelings of sadness and can affect all aspects of life (psychological, physical and social) which will continue to affect further development. Victims of bullying admit that there is a sense of fear, threatened, feeling insecure, so this affects the mentality of students while in the environment. The further impact of bullying on students does not want to go to school and decide not to continue school. According to Alexander (Sejiwa, 2008), signs and symptoms of people who are victims of bullying are likely to suffer from stress and depression, excessive anxiety and lack of self-confidence (Tasaufi and Sutarmanto, 2010). Victims of bullying who show high levels of psychological distress should receive social support from parents, teachers, and peers (Casidy, 2009).

Symptoms of stress in adolescent victims of bullying are clearly visible such as feeling anxious, panicking easily, and always worrying. It may be difficult for some people to concentrate because they are always anxious about something. Some symptoms that are often caused by stress are chest tightness, feeling difficult to breathe, often experiencing headaches or stomachaches, insomnia, which can be difficult to sleep, or walking around in the middle of the night and not being able to sleep again, always being overwhelmed by negative thoughts, losing appetite, often biting fingernails or other body parts, mood swings, feeling restless and panic, difficulty concentrating (Morgan, 2014). So that these adolescents need social support in the form of emotional support, encouraging the expression of feelings, providing advice or information, because from this situation individuals will know that other people pay





attention, appreciate, and love them. (Roberts & Gilbert, 2009) Social support is in the form of support for someone in dealing with problems such as advice, affection, attention, instructions, and can also be in the form of goods or services provided by parents, family and friends. The more people provide social support, the healthier a person's life will be (Marni and Yuniawati, 2015).

Adolescents need support from their environment such as social support received by adolescents, both in the form of encouragement (support), attention, appreciation, assistance and affection which makes adolescents respond that they feel loved, cared for, and valued by others (Kumalasari, 2012). According to Jackie Robinson (Papalia, 2008) reveals that the existence of peers is very important for the lives of adolescents, for that adolescents must get good acceptance and support from their peers. Good acceptance and support from peers is something that can help form a positive adolescent self-identity. If the teenager has social support from their peers, resilience and selfadjustment during and after being a victim of bullying will be able to face problems and difficulties that arise and even be able to show their potential so that it helps them to find happiness in life. The adjustment of adolescent victims of bullying can be seen from the subject's evaluation process about himself and the bullying events he experienced (Tasaufi and Sutarmanto, 2010).

MATERIALS AND METHODS

The research design used in this study is Cross-Sectional. This research has been conducted at Pondok Modern Al-Rifa'ie 1 Ketawang Gondanglegi on March 18, 2018. The population in this study were 75 adolescents aged 16-18 years. The sample in this study amounted to 63 adolescents aged (16-18 years) with a sampling technique that is Purposive Sampling. The instrument in this study used a questionnaire sheet consisting of the Perceived Social Support From Friends (PSS-Fr) questionnaire and the Perceived Stress Scale (PSS) questionnaire. The statistical test used is Wilcoxon.

RESULTS

Table 1. Frequency distribution of respondent characteristics based on age at Pondok Modern Alrifa'ie Ketawang Gondanglegi Malang Regency, 2018.

| No. | Age | Frequency | Percentage |
|--------------|--------------|-----------|------------|
| 1 | 16 years old | 31 | 49% |
| 2 | 17 years old | 19 | 30% |
| 3 | 18 years old | 13 | 21% |
| Total | | 63 | 100% |

Table 1 shows that the most age of adolescents who were respondents at Pondok Modern Al-rifaie Ketawang Gondanglegi Malang Regency, 2018 was 16 years old, namely 31 respondents (49%).

Table 2. Frequency distribution of respondent characteristics based on Madrasah Diniyah at Pondok Modern Al-rifaie Ketawang Gondanglegi Malang Regency 2018.

| No. | Grade | Frequency | Percentage |
|-----|---------|-----------|------------|
| 1 | Grade 4 | 31 | 49% |





| | | | |
|--------------|---------|----|------|
| 2 | Grade 5 | 19 | 30% |
| 3 | Grade 6 | 13 | 21% |
| Total | | 63 | 100% |

Table 4.2 shows that most adolescents who are respondents at Pondok Modern Al-rifaie Ketawang Gondanglegi Malang Regency, 2018 class 4, namely 31 respondents (49%).

Table 3. The results of the normality test of respondents based on age and MDA class at Pondok Modern Al-rifa'ie Ketawang Gondanglegi.

| NO | Variabel | (p-value) |
|----|----------------|-----------|
| 1. | Social Support | 0,000 |
| 2. | Stress | 0,000 |

This research was conducted by distributing questionnaires at Pondok Modern Al-rifaie Ketawang Gondanglegi Malang Regency. In this particular data is presented regarding the frequency of social support with stress levels in adolescents (16-18 years) victims of bullying.

Table 4. Frequency distribution of social support by distributing questionnaires at Pondok Modern Al-rifaie Ketawang Gondanglegi.

| No. | Social Support | Frequency | Percentage |
|--------------|----------------|-----------|------------|
| 1 | Good | 13 | 21% |
| 2 | Average | 19 | 30% |
| 3 | Low | 31 | 49% |
| Total | | 63 | 100% |

Based on table 4 above, it is found that of the 63 respondents that most of the respondents, 31 respondents were low (49%), 19 respondents were average (30%), and 13 respondents were good (21%).

Table 5. Frequency distribution of stress levels by distributing questionnaires at Pondok Modern Al-rifaie Ketawang Gondanglegi.

| No. | Stress Level | Frequency | Percentage |
|--------------|--------------|-----------|------------|
| 1 | Mild | 21 | 33% |
| 2 | Medium | 26 | 41% |
| 3 | Heavy | 16 | 26% |
| Total | | 63 | 100% |

Based on table 5 above, it is found that of the 63 respondents, most of the 16 respondents were heavy (26%), 26 respondents were moderate (41%).

Table 6. Spearman test results of the relationship between social support and stress levels in adolescents (16-18 years) at Pondok Modern Al-rifaie Ketawang Gondanglegi Malang Regency.





| | | Stress Level Score |
|----------------|---|--------------------|
| Social Support | r | 0,390 |
| | p | 0,002 |
| | n | 63 |

From the statistical test results in table 4.6 using the Spearman test, the p-value is $0.002 < \alpha (0.05)$, so H_0 is rejected and H_1 is accepted so that there is a relationship between social support and stress levels in adolescents (16-18 years) victims of bullying. Spearman's correlation value of 0.390 shows a correlation with weak strength.

Result should be presented continuously start from main result until supporting results. Unit of measurement used should follow the prevailing international system. It also allowed to present diagram, table, picture, and graphic followed by narration of them.

DISCUSSION

In this section, a discussion of the results of research on the relationship between social support and stress levels in adolescents (16-18 years) victims of bullying at Pondok Modern Al-rifaie Ketawang Gondanglegi Malang Regency will be described.

Social support for adolescents (16-18 years) victims of bullying at Pondok Modern Al-rifa'ie 1

The results in this study found that the social support of 63 respondents was mostly 13 respondents 31 respondents (49%) who stated that they had less social support, this was due to the lack of communication between peers and tended to be closed (introvet), not sharing or telling if he got into trouble this can be seen from the research results in appendix 14 of the social support questionnaire that when bullied, victims do not tell their problems to their peers so that these adolescents get less support, and adolescents aged 16-18 years should need support from their environment such as social support in the form of encouragement (support), attention, appreciation, assistance and affection (Kumalasari, 2012).

According to Jackie Robinson (Papalia, 2008), the existence of peers is very important for the lives of adolescents, so adolescents must get good acceptance and support from their peers. Good acceptance and support from peers is something that can help form a positive adolescent selfidentity. If the teenager has social support from their peers, resilience and self-adjustment during and after being a victim of bullying will be able to face problems and difficulties that arise and even be able to show their potential so that it helps them to find happiness in life. The adjustment of adolescent victims of bullying can be seen from the subject's evaluation process about himself and the bullying events he experienced (Tasaufi and Sutarmanto, 2010).

So basically social support is a relationship that is helpful when individuals are experiencing problems or difficulties, both in the form of information and real help, thus making individuals feel cared for, valued, and loved. Social support can be provided in ways such as giving advice, affection, attention, or motivation.





Stress in adolescents (16-18) victims of bullying at Pondok Modern Al-rifa'ie 1

Based on the results of this study obtained data on the stress level of victims of bullying at Pondok Modern Al-rifa'ie 1 Ketawang Gondanglegi, that most respondents experienced a level of stress in the Moderate category 41% (26 Respondents) this can be seen from tabulating the stress questionnaire about the frequent victims of bullying feeling restless and depressed and the presence of emotional pressure in him caused by adolescents being victims of bullying aged 16-18 years who are generally weak, shy, quiet, and special children (disabled, closed, clever, beautiful or have certain body characteristics) which can be ridiculed (Nusantara, 2008).

Bullying is an act of violence that is carried out repeatedly and involves physical force between the victim and the perpetrator (Yani, et al, 2016) However, because the harassment is constant and shows no mercy, it becomes an aggressive attack (Wharton, 2009). According to Alexander (Sejiwa, 2008), people who are victims of bullying are likely to suffer from stress and depression, excessive anxiety, feel restless, panic easily, and always worry and lack self-confidence. It may be difficult for some people to concentrate because they are always fretting about something. (Tasaufi and Sutarmanto, 2010).

Stress in adolescent victims of bullying is clearly visible such as feeling restless, panicking easily, and always worrying. It may be difficult for some people to concentrate because they are always anxious about something. Some symptoms that are often caused by stress are chest tightness, feeling difficult to breathe, often experiencing headaches or stomachaches, insomnia, which can be difficult to fall asleep, or walking around in the middle of the night and not being able to sleep again, always being overwhelmed by negative thoughts, losing appetite, often biting fingernails or other body parts, mood swings, feeling restless and panic, difficulty concentrating. Differences in stress can also occur because adolescent victims of bullying (16-18 years) have different characteristics such as age and class can be factors that affect stress in adolescent victims of bullying (Morgan, 2014).

The results of this study indicate that adolescent victims of bullying at Pondok Modern Al-rifa'ie 1 Ketawang Gondanglegi experience moderate levels of stress. The results of this study are in line with the theory that bullying is more often in the form of interference aimed at individuals in the form of mild disturbances, harmless comments. This is because teenagers become victims of bullying aged 16-18 years who are generally weak, shy, quiet, and special children (disabled, closed, smart, beautiful, or have certain body features), which can be the subject of ridicule. Victims of bullying claim that there is a sense of fear, threatened, feeling insecure, so that this affects the mentality of students while in that environment. The further impact of bullying on adolescents is that they feel anxious, restless and have a burden of thoughts and feel fear so that they do not want to go to school and decide not to continue school.

The relationship between social support and stress in adolescents (16-18 years) victims of bullying at Pondok Modern Al-rifa'ie 1

Data analysis was carried out using the spearman test with the help of spss. The technique is used to determine the relationship of 2 variables with ordinal and ordinal data scales. Data analysis was carried out using the spearman rank test with the help of SPSS. This technique is used to determine the





relationship of 2 variables with ordinal and ordinal data scales. From the analysis of the statistical test results using the Spearman test shows a probability value of 0.390 with a p-value of

$0.002 < \alpha (0.05)$ which indicates that there is a significant relationship between social support and stress in adolescents (16-18 years) victims of bullying. This is because stress in adolescent victims of bullying feels restless, panic easily, and always worried so that adolescent victims of bullying need social support by telling their problems to their peers so that they get social support in the form of encouragement (support), attention, appreciation, help and affection (Morgan, 2014).

In research at Pondok Modern Al-rifa'ie 1 Ketawang Gondanglegi, it was found that the social support received by adolescents was that most adolescents of 13 people received social support (21%), namely in the good category, 19 people received social support (30%), namely in the sufficient category, 31 people received social support (49%), namely in the poor category. While what is obtained in the level of adolescent stress is that most of the 21 people (33%) are in the mild category, 26 people (41%) are in the moderate category, 16 people (26%) are in the severe category.

The results of this study support Rook's theory in Smet (1994) Social support shows interpersonal relationships that protect individuals against the negative consequences of stress threats from bullying. Social support received can make individuals feel calm, cared for, loved, self-confidence and competent (Kumalasari, 2012). Blumer (Rhoton et al, 2010) states that social interaction in the form of motivation in adolescent victims of bullying and provides one of the social support relationships where in reducing stress levels requires support and motivation from peers (Martin & Dowson, 2009).

According to Jackie Robinson (Papalia, 2008) reveals that the existence of peers is very important for the lives of adolescents, for that adolescent victims of bullying must get good acceptance and support from their peers. According to Chaplin (in Handono and Bashori, 2013) If the teenager lacks support from their peers, it results in increased anxiety, a depressed state both physically and psychologically so that the adolescent's soul is unbalanced and results in stress in adolescent victims of bullying. Factors that can cause stress can be divided into internal factors and external factors. Internal factors come from within the individual teenagers themselves, such as physical conditions, motivation, and the type of personality of the teenagers themselves. While external factors come from outside the individual such as family problems, work, facilities, environment and others (Sujiato, 2015).

The lack of encouragement (support), attention, appreciation, help and affection from fellow friends for adolescent victims of bullying can increase the level of stress in adolescent victims of bullying. So that adolescent victims of bullying feel uncomfortable, restless and anxious, always worried about their own environment. Teenage victims of bullying should not harbor their own problems and can tell their close friends, friends they trust and ask for solutions to make it easier or ask for input to solve their problems.

CONCLUSIONS

Based on the results of research and discussion that has been done, it can be concluded that there is a relationship between social support and stress in adolescents (16-18 years) victims of bullying at Pondok Modern Al-rifae Ketawang Gondanglegi Malang Regency.





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Conflict of Interest

The authors declare that they have no known financial or interpersonal conflicts that might have looked to have influenced the research presented in this study.

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