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# THE RELATIONSHIP BETWEEN SELF CONTROL AND BULLYING BEHAVIOR IN ADOLESCENTS

*by* Lppm Uniba Harwanti Noviandari

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## THE RELATIONSHIP BETWEEN SELF CONTROL AND BULLYING BEHAVIOR IN ADOLESCENTS

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### ABSTRACT

This study aims to examine the relationship between self control and bullying behavior at SMP Negeri 2 Banyuputih. The method used in this research is descriptive quantitative method. The subjects in this study were 79 students who were selected by purposive sampling technique. The results of this study indicate a relationship between Self Control and Bullying Behavior. From the results of the hypothesis test, it can be seen that the calculated F value is 467,256 with a significance level of  $0.00 < 0.05$ , it means that the regression model based on the research is significant. This proves that  $H_a$  is accepted and  $H_0$  is rejected, because there is a relationship between the variable X (Self Control) and bullying behavior.

**Keywords:** *Self Control, Bullying Behavior*

### INTRODUCTION

Adolescence is part of the stages of development to reach maturity that are passed by each individual where adolescence is a fairly short period and will determine how the next development of an individual. Adolescence is a time to find identity because at that time adolescents are in a transition from childhood to maturity, during this transition there are several developmental tasks that must be passed and mastered by adolescents (Nurfarhanah, 2012) .

Early adolescence is between the ages of 12-15 years (Yessy, 2015). On aspect Psychosocially, adolescents begin to search for identity. Adolescent closeness personal with Friend peer more intense than with person old, so that teenagers are more open and often tell problems personal to friends peers than people old. Adolescents more often find their identity in school.

School is a formal educational institution that functions as a forum for developing students' potential and self-actualization. knowledge and life skills needed in the future (Deswita, 2012). As individual adolescents, students experience a process of developmental transition towards maturity. One of the most protective factors as they grow is having some healthy friendships from elementary through high school and into adulthood. At the age of 12-15 years they enter the Junior High School (SMP) category. The problems that occur in the world of education are related to acts of violence which are often known as *bullying cases* ( Salmi, 2018).

Kustanti (2015) describes the phenomenon of *bullying behavior* towards students in the city of Semarang through several behaviors. The first is in the form of unpleasant treatment, such as teasing until angry, making

fun of, kicking, pinching, hitting, yelling, threatening, refusing to talk, snatching things, taking things, refusing to be included in a group, spreading gossip and calling names you don't like. Of the various forms of unpleasant treatment, there are three behaviors that are most often accepted, namely calling by nicknames that are not liked, spreading gossip and teasing to the point of anger. While the form of unpleasant treatment that is rarely received is kicking.

*Bullying* behavior is influenced by several factors, one of which is due to low self-control (Taufik, 2014). This is supported by the opinion of Wiyani (2012) which states that the ability to control oneself can erode the practice of *bullying cases*. The self-control factor is one of the major factors causing *bullying behavior*. Students who have low self-control are less able to direct and manage their behavior positively and do not consider the possible consequences of their behavior so they tend to act aggressively, get angry easily and cannot avoid committing violence or bullying against their friends (Masitah, 2014).

Self-control according to Goldfried and Merbaum is an ability to arrange, guide, regulate, and direct forms of behavior that can lead individuals towards positive consequences. The lower the self-control, the higher the student's *bullying behavior*. Conversely, the higher the self-control, the lower the *bullying behavior* of a student (Masitah, 2014). If the number of students who do *bullying* is large and *bullying* is done by students who are influential or popular in class, then other students are likely to take part in *bullying*, or at least consider *bullying* as normal and even have a positive attitude towards *bullying* (Masitah, 2014).

## RESEARCH METHOD

The method used in this research is descriptive quantitative method. The meaning of descriptive research is research that only describes situations or events (Shauma & A, 2015). Then descriptive quantitative is a type of research that is used to analyze data by describing or describing the data that has been collected as it is. To obtain accurate data, the type of research that the researchers conducted was descriptive qualitative research, research descriptive qualitative that alone is a method research that is used to describe or analyze a research result but not used to make broader conclusions. Study qualitative that alone is research that is descriptive in nature and tends to use analysis and aim for give explanation about something phenomenon as well as find or construct something theory related something phenomenon (Norjanah, 2014) with a historical approach. With interview techniques (committee of the Mass Circumcision Tradition, several village communities and several circumcision guardian) in depth and observation of the research location was also carried out documentation in the form of a book of scientific articles. The data obtained will then be interpreted and analyzed through three stages of data reduction, data presentation and verification after that drawing a conclusion (Mursidi, 2022). The three components above are analyzed so that they are interrelated both before, during and after the implementation of data collection in parallel.

## RESEARCH RESULTS AND DISCUSSION

### Teenager

According to WHO (2014), adolescents (*adolescents*) are themaged between 10-19 years. The adolescent population is the population Which biggest in world that is as much 1,2 billion person or 18% of the world's population. In Indonesia, according to projection data According to the 2014 population, the number of teenagers reached 65 million people or 25% of 255 million people (Ministry of Health RI, 2015). Adolescence is period transition in range life man Whichconnect period child And period mature. In line with the changes that occur in adolescents, theyalso faced with tasks that are different from the task at the time childhood (Santrock, 2012).

According to Hurlock (2003) Adolescence is a transitional period from childhood to adulthood. Adolescence is an important period period of transition, period of change, period search for identity, age that



raises fear, unrealistic times, and threshold of adulthood. Moment At this age, teenagers must start thinking regarding identity and identity think about the future, think to find a solution in solving the problems it faces, starting from compare himself with others, hanging out with peers, hanging out with the opposite sex, and starting to define future career decisions for him themselves (Noviandari and Kawakib, 2016).

The stages of adolescent development according to Mapiarre take place between the ages of 12-22 years, namely age 12-21 years for women and 13-22 years for men. Age range Teenagers are divided into two, namely early youth with a vulnerable age between 12/13 years to 17/18 years and late adolescents aged 17/18 years to 21/22 years (Ali & Asrori, 2012). Period teenager is period transition between period children to adulthood. During this period of development, adolescents reach maturity physique, mental, social And emotional (Ali & Asori, 2012).

#### **Self Control**

According to Tangney, self-control is the ability of individuals to determine their behavior based on certain standards such as morals, values, and rules in society so that they lead to positive behavior (Aroma & Suminar, 2012). Endrianto (2014) also argues that self-control is a person's ability to control or change his inner response to avoid unwanted behavior and direct himself to something he wants to achieve. If the things he does are wrong or not in accordance with social norms, individuals will not do things that are not in accordance with these social norms. Whereas according to Berk (Khairunnisa , 2013), self-control is an individual ability to resist a momentary conflicting desire or impulse with Act in demand Which No in accordance with social norms.

Calhoun and Acocella (Khairunnisa, 2013), define self-control as regulating one's physical, psychological and behavioral processes, in other words self-control is a series of processes that shape oneself. In line with that, Aviyah & Farid (2014) defines self-control as an activity to control behavior. The ability to structure, guide, organize and direct forms of behavior that can lead individuals towards positive consequences. Thomas F. Denson (2012) in his journal entitled " *Self Control and Aggression* " states that most theories and journals related to aggression ignore internal factors from within. When the urge to deviate or to act aggressively is at its peak, self-control can help individuals reduce aggression by taking into account aspects of the rules and social norms that apply.

#### **Bullying Behavior**

Bullying comes from English, namely from the word bull which means a bull that likes to butt here and there. This term was finally taken to describe a destructive action. In contrast to other countries such as Norway, Finland and Denmark which call *Bullying* the term mobbing or mobbing. The original term, yes, comes from English, namely mob which emphasizes that usually mobs are anonymous and large groups of people who are involved in violence. In Indonesian, etymologically the word *bully* means bully, someone who bullies weak people. The term *Bullying* in Indonesian can use coercion (derived from *kaat sakat*) and the *bully* is called a rapist. Binding means disturbing, harassing and hindering others. *Bullying* is negative behavior that causes a person to be uncomfortable/injured and usually occurs repeatedly (Wiyani, 2012).

*Bullying* is violence potential in schools. According to Soul foundation bullying, interpreted, as the act of using force or the power to hurt someone or a group of people so that the victim feels depressed, traumatized and helpless. *bullying* an action or a series of actions negative, often aggressive and manipulative, done by one more person against another person or several people over a certain period of time, charged violence, and involves an imbalance strength. *Bullying* usually occurs from incidents of ridicule and ridicule as simple as it will be accumulates into a physical conflict or at least it will shake the psyche children (Noviandari, 2018).

According to Coloroso, there are four types of *bullying behavior*, namely *Verbal Bullying* ( can take the form of giving nicknames, ridicule, belittling, cruel criticism, personal slander, insulting race , intending/of a sexual nature or harsh speech), *Physical Bullying* ( including slapping, hitting , choking, poking, punching,

kicking, biting, scratching, twisting, spitting, damaging clothing or items from the victim), *Relational Bullying* (the systematic reduction of one's sense of self through neglect, isolation, exclusion, avoidance), and *Cyber Bullying* (done through electronic means, such as computers in the form of the internet, e-mail, websites, *chat rooms*, social networks and via mobile phones that are intimidating, hurtful, and cornering).

## 1. Test the validity and reliability

### 1.1 Validity test

According to Singarimbun (in Sani & Masyhuri, 2010) validity test indicates the extent to which a measuring device measures what is being measured. By using *the product moment*, the question item can be said to be valid if it is greater than 0.30.

The results of the validity test showed that there were 2 variables, namely X (*Self control*) and Y (*Bullying Behavior*) with a total of 58 items and filled by 79 respondents. The results of the validity test above from the 58 item questions are valid, it can be seen from the  $r \text{ count} > r \text{ table value}$ . This study uses the value distribution of  $r \text{ table } 5\% / 0.05$ . The  $r \text{ table formula}$  is  $df = N - 2$  so  $79 - 2 = 77$  so that the  $r \text{ table}$  is from  $0.05 \ 77 = 0.186$ . So if seen from the results of the validity test above,  $r \text{ count} > r \text{ table}$ , then it is declared valid.

### 1.2 Reliability test

According to Masyhuri (2014) Reliability shows the notion that something can be trusted to be used as a data collection tool because the instrument is good. To find out if a measuring instrument is reliable, it can be tested using the *Cronbach's Alpha formula*. If the variable under study has *cronbach's alpha* ( $\alpha$ )  $> 60\%$  (0.60) then the variable is said to be *reliable*, otherwise *cronbach's alpha* ( $\alpha$ )  $< 60\%$  then the variable is said to be *unreliable*.

The results of the reliability test of variable X (*Self Control*). From the results of the reliability test it can be seen that the results of *Cronbach's Alpha* (reliability test results) show a result of 0.948, it can be concluded that  $0.948 > 0.06$ , then the results of the reliability test of variable X (*Self Control*) are declared reliable. While the results of the reliability test for variable Y (*Sexual Harassment*) can be seen that the results of *Cronbach's Alpha* (reliability test results) show a result of 0.972, it can be concluded that  $0.972 > 0.06$ , then the results of the reliability test for variable Y (*Bullying Behavior*) are declared *reliable*.

## 2. Normality test

The normality test aims to test whether the residual or confounding variables in the regression model have a normal distribution. As it is known that the t and F tests assume that the residual value follows a normal distribution or not, namely by analyzing graphs or statistical tests (Ghozali 2017). The basis for decision making is divided into two, namely 1) if the significance value is  $> 0.05$ , then the residual value is normally distributed, while 2) if the significance value is  $< 0.05$ , then the residual value is not normally distributed. The normality test was carried out using the one sample Kolmogorov-Smirnov statistical technique, showing that the significance value was  $0.200 > 0.05$ , it can be concluded that the residual values are normally distributed.

## 3. Linearity test

In general, the linearity test is to find out whether the two variables have a significant linear relationship or not. Good data should have a linear relationship between the predictor variable (X) and the criterion variable (Y). Based on the results of the linearity test, it can be concluded that there is a linear relationship between the two variables. This can be seen in the sig. the linearity for *the self-control* data is  $0.000 < 0.05$  and the sig deviation from linearity data is  $0.000 > 0.05$ . So that the data used can be explained by linear regression quite well, for *self-control* because the sig *linearity value* is less than the 0.05 confidence level and the sig *deviation from linearity value* is greater than 0.05

#### 4. Hypothesis testing

Hypothesis testing using the Simple Regression Coefficient test (p-value), is used to determine whether the independent variable (X) has a significant effect on the dependent variable (Y). Simple linear regression analysis is an analysis to measure the magnitude of the influence between one independent variable and one dependent variable and predict the dependent variable using the independent variables. Two The relationship between variable Y and variable X can be linear or non-linear. Significant means that the effect that occurs can apply to the population. From the results of the hypothesis test, it can be seen that the calculated F value is 467,256 with a significance level of  $0.00 < 0.05$ , which means that the regression model based on the research is significant. This proves that  $H_a$  is accepted and  $H_0$  is rejected, because there is a relationship between variable X ( *Self Control* ) and *bullying* behavior .

#### CONCLUSION

This study aims to examine the relationship of *self control* With *Bullying Behavior*. The higher the level of *self control can suppress bullying behavior* , Control self tall one on individual will give influence Which positive so that No appearance behavior deviate like behavior *bullying*.

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