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## The Relationship Between Parental Verbal Abuse and Self Esteem in Adolescent at Junior High School 4 Jember

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### ABSTRACT

**Introduction:** Verbal abuse was a form of abuse by saying words or sentences that are negative such as insult, humiliate, refuse, yell, or berate has an impact on the development of adolescent self-esteem. Self-esteem was a self-assessment that is influenced by attitude, interaction, award, and form of acceptance of others towards an individual. This study aim was to determine the relationship between parental verbal abuse and self-esteem in adolescents.

**Method:** The research design used quantitative methods with a correlation design and a cross-sectional approach. The sampling technique used simple random sampling to obtain a sample of 152 students from the calculation of the Slovin formula. Data collection used a questionnaire and the statistical test used Chi-square.

**Result:** The result showed that verbal abuse committed by parents was 93%, self-esteem in adolescents obtained high self-esteem results of as much as 89%, and there was no relationship between the variables of parental verbal abuse and self-esteem in adolescents with a p-value of 0,0246.

**Conclusion:** The absence of a relationship between the variable verbal abuse and the variable self-esteem occurs because adolescents in developmental tasks seek identity and improve self-integrity. So that adolescents will spend more time with friends and their relationship with their parents will be stretched.

**Keywords:** Verbal Abuse; Self-Esteem; Adolescents.

## Introduction

Adolescents have developmental tasks including accepting physical conditions, emotional independence, developing intellectual abilities, believing in their abilities, also increasing self-control. The achievement of developmental tasks in adolescents can be supported by the family and the environment so that adolescents develop into full human beings that their self-esteem and self-confidence will continue to grow (Agustriyana, 2017). Self-esteem is an aspect of personality in the form of feelings and beliefs about self-ability that is positive and can accept the quality of self-ability. Adolescents who lack self-esteem have doubtful behavior, close themselves off, become aggressive or respond to the treatment they receive (Fitri et al., 2018). The high and low self-esteem possessed by adolescents is influenced by several components, namely feedback from significant others, beliefs about their values, and awareness of their competencies and how to appreciate them (Febrina et al., 2018).

Reporting to Sky News (2015), 60% of girls and 67% of boys say that they are confident. More than 40% of teenage boys do sports to increase and build muscle mass, 38% use protein supplements, and 6% experiment with steroids (DoSomething.Org, 2014). Adventures to Awesome says 14% of teenage boys don't like themselves. 1 in 100,000 adolescents aged 10-14 years has committed suicide. Adolescent girls are more likely to attempt suicide but are 4.34 times more likely than boys to die by suicide (*Adventures to Awesome*, 2018). 7 out of 10 girls feel that they are not good enough in appearance, achievement, and relationships with friends or family. 75% of adolescent girls who have low self-esteem behave negatively such as cutting, bullying, smoking, drinking alcohol, or eating irregularly compared to 25% of other girls who have high self-esteem. About 20% of adolescents will experience depression before adulthood (*DoSomething.Org*, 2014). According to research, 56.7% of the 60 female adolescent examples have high self-esteem (Riska & Krisnatuti, 2017). There is a total of 5.2% suicidal thoughts by adolescents with 5.9% by adolescent girls and 4.3% by adolescent boys (Ministry of Health of the Republic of Indonesia, 2019). In East Java, as many as 549 people committed suicide and 21 people committed suicide in Jember (BPS Province of East Java, 2018).

Self-esteem is formed by interacting with the environment since birth. Interaction is done by giving or receiving recognition and acceptance of roles that can form self-awareness, self-identity, and self-understanding. How you evaluate yourself can affect your daily behavior.

Adolescents with high self-esteem have a self-assessment that is good self-actualization. Meanwhile, adolescents with low self-esteem consider themselves incapable and worthless (Refnadi, 2018). Verbal abuse is a form of violent behavior in adolescents which is often carried out without parents realizing it by demeaning, humiliating, refusing, blaming, exaggerating mistakes, threatening, swearing, rebuking, cursing, or comparing. Verbal abuse committed by parents if carried out continuously will make children experience psychological disorders (Vega et al., 2019).

How to increase low self-esteem or maintain good self-esteem can do self-talk or internal talks that come from oneself and are intended for oneself to evaluate oneself (Marhani et al., 2018). Another way is to use creative counseling with a solution-focused brief counseling approach. This counseling has the advantage of making concepts more real, increasing adolescent awareness, and performing plays or role plays (Nugroho & Guswanto, 2020). How prevent violence can be done by strengthening the function of the role and function and the role of the family (Wahyuni, 2020). Verbal abuse can be avoided by using effective and polite communication by paying attention to the feelings of the other person (Iqomah et al., 2021). According to Rosenberg, the application of nonviolent communication (NVC) can be done by communicating by discussing intentions, thoughts, and feelings that can influence others to avoid verbal abuse behavior (Prakasa, 2018).

From the explanation that has been described in the background of the problem, low self-esteem in adolescents can occur because of the occurrence of verbal abuse by parents so this study intends to find out the Relationship of Parents' Verbal Abuse to Self-Esteem in Adolescents in Junior High School 4 Jember.

## **Method**

The research design used quantitative methods with a correlational design and a cross-sectional approach. The population is all students of class 8 Junior High School 4 Jember as many as 246 adolescents. The sampling technique used was simple random sampling. A sample of 152 adolescents was obtained from the calculation of the slovin formula. The questionnaire used for the variable verbal abuse uses the Korean Verbal Abuse Questionnaire which contains 15 questions, while the self-esteem questionnaire uses the Rosenberg Self-Esteem Scale which

contains 10 questions. The two variables are two groups that are not paired with a categorical measurement scale so the data analysis technique used is Chi Square non-parametric statistical test (Dahlan, 2008).

**Results**

Table 1. Respondent Criteria at Junior High School, 2022

Respondent Criteria	Sum	Percentage (%)
<b>Age</b>		
12	1	1
13	7	5
14	116	76
15	28	18
<b>Gender</b>		
Male	79	52
Female	73	48
<b>Weight Comfort</b>		
Yes	104	68
No	48	32
<b>Temperament</b>		
Yes	92	61
No	60	39
<b>Social Role</b>		
Yes	89	59
No	63	41
<b>Parent's Economy</b>		
Above the minimum wage	79	52
Under the minimum wage	73	48
<b>Domestic Violence Agains Parents</b>		
Yes	26	17
No	126	83
<b>Parent's Trauma</b>		
Yes	11	7
No	141	93
<b>Parent's Divorce</b>		
Yes	17	11
No	135	89
<b>Parent's Social Relationship</b>		
Easy	135	89
Difficult	17	11
<b>Physical/Psychic/Disability in Parents</b>		
Yes	6	4
No	146	96
Total	152	100

In the table above, the results show that the characteristics of respondents are based on age most (76%) are 14 years old, most gender (52%) are male, and most (68%) are comfortable with their weight, temperament most (61%) have a bad temper, most social roles (59%) have social roles in society. Then the results of the study also showed that most of the parents (58%) had a salary above the regional minimum wage of Jember Regency of Rp. 2,355,662.91, almost entirely (83%) of parents did not experience violence, almost all of the parents (93%) did not experience trauma, almost all of their parents (89%) did not divorce, and social relations almost all parents (89%) have good social relations with the people around them, and parents who are physical/psychically/disabled almost all (96%) do not experience illness.

Table 2. Verbal Abuse By Parents at Junior High School, 2022

Verbal Abuse	Sum	Percentage (%)
Do	142	93
Do not	10	7
Total	152	100

The second table shows that almost all verbal violence (93%) was committed by the respondent's parents.

Table 3. Self Esteem In Teenager at Junior High School, 2022

<i>Self Esteem</i>	Sum	Percentage (%)
High	135	89
Low	17	11
Total	152	100

The third table shows the results that almost all of the respondents (89%) have high self-esteem.

## Discussion

From the research that has been conducted at Junior High School 4 Jember, it was found that verbal abuse that was not perpetrated by parents and adolescents had low self-esteem as many as 0 adolescents (0%), verbal abuse that was not perpetrated by parents and adolescents with self-esteem 10 adolescents (100%), while parents who commit verbal abuse and adolescents have low self-esteem as many as 17 adolescents (12%), then parents who commit verbal abuse and adolescents have high self-esteem as many as 125 adolescents (88% ).

Verbal abuse committed by parents is mostly done by humiliating, humiliating, refusing, blaming, threatening, cursing, regretting, or comparing adolescents. Verbal abuse that is continuously carried out by parents will cause adolescents to become distrustful of themselves and others, close themselves off, and the worst thing will cause depression and suicidal thoughts. Negative feelings in adolescents make adolescents have low self-esteem because of feelings of not being accepted, helpless, and irrational thoughts (Vega et al., 2019). Verbal abuse is one form of violence that has long-term consequences because verbal abuse attacks the psyche of adolescents. The incidence of verbal abuse is almost all parents are angry, and most of the other parents blame and also criticize adolescents. This verbal abuse behavior occurs due to economic factors where almost half of the parents earn below the minimum wage, the occurrence of divorce that occurs in a small number of parents, a small proportion of parents experience domestic violence, and a small proportion of parents are traumatized by receiving violence from parents or siblings. This factor occurs because parents have mental wounds, psychological burdens, and feelings of revenge and are not happy so adolescents become a place for parents to commit the same violence parents feel (Maknun, 2017).

In families with parents who commit verbal abuse, adolescents as victims do not experience disturbances in their self-esteem. Almost half of the respondents stated that they are satisfied with themselves, do many good things like other people, and have a positive attitude and most of the others feel they have good qualities and feel valuable. Most of the respondents are 14 years old, most of them are male and they take part in their social environment. In this phase, adolescents are in the phase of seeking identity and trying to improve their integrity. The age of 14 years is included in the category of early adolescents who have the task of developing themselves and accepting their physical condition and are also expected to be able to choose and sort out influences from the surrounding environment. At this time, adolescents will spend more time with their peers by forming groups. Groups are formed in the form of formal social groups, namely schools, and informal social groups, namely associations made by adolescents only to gather together. The social role of adolescents is in dire need of good personal qualities as well as flexible social skills so that adolescents can gain popularity and be accepted in various social groups. Adolescents who associate with many social groups will form high self-confidence in adolescents. Adolescent egos that are fulfilled by playing and hanging out with peers will make it



easier for adolescents to complete their developmental tasks. Developmental tasks that can be completed well by adolescents will make it easier for adolescents to adapt to further developmental tasks (Picauly et al., 2021).

## Conclusion

The absence of a relationship between the verbal abuse variable and the self-esteem variable occurs because adolescents want to achieve their goals such as being superior, wanting to stand out and be known to many people, wanting to be a leader, feeling like being free with all their ideas and opinions, not liking to be managed, and wanting to make friends and get along. With that goal, adolescents who experience verbal violence will not ignore the incidents of verbal violence they experience. Adolescents need friends more than their parents. So adolescents spend more time hanging out with their friends. This incident is one of the developmental tasks that adolescents must complete. If these tasks are achieved, adolescents will have high self-esteem by accepting their condition and being satisfied with their abilities which will then make it easier to set goals in the future (Karina & Herdiyanto, 2019).

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