

Experience as a Victim of Bullying and Body Image Perception in Adolescents

Viny M. Libing¹, M. Dinah Ch. Leri², Indra Y. Kiling³

^{1,2,3}Department of Psychology, Faculty of Public Health, Universitas Nusa Cendana

e-mail: ¹Libingviny@gmail.com, ²mdinah.lerik@yahoo.co.id,

³indra.kiling@staf.undana.ac.id

Abstract. This study aims to determine the relationship between experiences as victims of bullying and the perception of adolescent body image. The hypothesis of this research is that there is a positive relationship between experiences as victims of bullying and the perception of negative body image in adolescents. Participants in this study involved 100 adolescents in Kupang City aged 15-23 years (79 girls and 21 boys) who experienced bullying in the past year. The study used a quantitative approach with a modified Forms of Bullying-Victimization scale and a modified Body Satisfaction scale. Hypothesis testing with the Pearson Product Moment correlation technique shows a correlation coefficient of 0.319* with a significance level of 0.0005 ($p < 0.01$). The results showed that there was a significant positive relationship between experiences as victims of bullying and perception of body image. This study concluded that the higher the level of bullying experienced by the victim, the higher the negative body image perception was.

Keywords: Adolescents, Bullying, Body Image

Abstrak. Penelitian ini bertujuan untuk mengetahui hubungan antara pengalaman sebagai korban bullying dengan persepsi citra tubuh remaja. Hipotesis dalam penelitian ini adalah ada hubungan positif antara pengalaman sebagai korban bullying dengan persepsi citra tubuh negatif pada remaja. Partisipan dalam penelitian ini melibatkan 100 remaja di Kota Kupang usia 15-23 tahun (79 perempuan dan 21 laki-laki) yang mengalami bullying dalam setahun terakhir. Penelitian ini menggunakan pendekatan kuantitatif dengan skala Forms of Bullying-Victimization yang dimodifikasi dan skala Body Satisfaction yang dimodifikasi. Pengujian hipotesis dengan teknik korelasi Pearson Product Moment menunjukkan koefisien korelasi sebesar 0,319 * dengan tingkat signifikansi 0,0005 ($p < 0,01$). Hasil penelitian menunjukkan bahwa ada hubungan positif yang signifikan antara pengalaman sebagai korban bullying dengan persepsi body image. Penelitian ini menyimpulkan bahwa semakin tinggi tingkat perundungan yang dialami oleh korban maka semakin tinggi persepsi citra tubuh yang negatif.

Kata Kunci: Remaja, Bullying, Citra Tubuh

Article history:

Received: 18 November 2020

Received in revised form : 10 February December 2021

Accepted : 10 February 2021

Available online: 1 March 2021

Introduction

Adolescence is a period of transition from childhood to adulthood. At every stage of development, including the adolescent stage, it is always accompanied by developmental problems that affect a person in development. Research conducted by the Pew Research Center (2013) on adolescents in America found that 70% of adolescent aged 13-17 said that mental health was the main problem. Bullying is considered the next problem by 90% of teens. About 29% of adolescents feel pressure to look good in addition to demands for achievement.

Self-development occurs quite rapidly in adolescence, including physical development. Adolescents begin to develop sexual attraction so that more teenagers pay attention to appearance and build body image. Pujawati (2015) revealed that adolescents who have less than ideal bodies sometimes feel ashamed and insecure about being accepted by their social environment. Holubcikova et al. (2015) found that differences in the appearance or behavior of adolescents can be reasons for being chosen as friends or targets of victims of bullying.

Wiyani (2012) states that bullying tends to be underestimated or under-paid attention in everyday life, even though bullying is abnormal behavior and cannot be accepted in society. Research results from the Program for International Students Assessment (PISA) in 2018 show that Indonesia is in the fifth position out of 78 countries as the country with the most students experiencing bullying. Students in Indonesia who have experienced bullying are 41.1%. Arsenault's research (2018) concluded that bullying in childhood causes adjustment problems for children and

adolescents and can cause adverse effects throughout life, including mental, physical, and socio-economic difficulties.

Bees (2016) reveals that cases of bullying at high schools in Kupang City are often seen as a common or traditional behavior by teachers and students who are carried away during the orientation period. Handling of bullying cases is only done to students who bully, while victims are not guaranteed to be free from cases of bullying. The author conducted interviews with seven high school students in Kupang City and found that six people claimed to have been teased about their body shape and condition by their school friends. Two people said they were teased as fat, while the other two teenagers were teased by their schoolmates as skinny. Two people claimed to have been ridiculed because of their black skin color and two people were mocked because of the shape of their lips. Two teenagers said that they had been teased as short, and one of them had his bag thrown into the closet by his classmates because of his short stature. Departing from this phenomenon and research on cases of bullying and body image in Kupang City, it is still rare for researchers to be interested in examining experiences of bullying with the perception of body image in adolescents. The hypothesis in this study is that there is a positive relationship between experiences as victims of bullying and the perception of negative body image in adolescents.

Method

Participants in this study involved 100 adolescent participants (79 girls and 21 boys) in Kupang City, aged 15-23 years, who experienced bullying in the past year. The approach used in this research is a quantitative approach using correlation analysis. The type of correlation analysis used is the Pearson Product Moment correlation analysis.

The independent variable in this study experiences as a victim of bullying. Experience as a victim of bullying is someone who experiences acts of aggression such

as being ridiculed, threatened, injured, reported false rumors, damaged or stolen things, and isolated by another person or group of people, on purpose and repeatedly. This variable is measured using a modified scale Forms of Bullying Scale-Victimization (FBS-V) which consists of five aspects, namely verbal, threatening, physical, relational, and social. There are five answer choices in FBS-V, namely never, rarely, sometimes, often, very often. The lowest score on this measuring instrument is 11, and the highest value is 55. The higher the score, the higher the tendency to become victims of bullying.

The dependent variable in this study is the perception of body image. Perception of body image is defined as the process of individuals inferring information about their body in the form of body shape and size as well as appearance as a result of assessments by themselves and others. The measuring instrument used is the Body Satisfaction Scale which has three aspects, affective, cognitive, and behavioral. This scale has five answer choices, namely strongly disagree, disagree, neutral, agree, and strongly agree. The lowest value on this measuring instrument is 17, while the highest value is 85. The higher the value obtained, the negative body image perception will be.

Result

Statistical processing produces the following data.

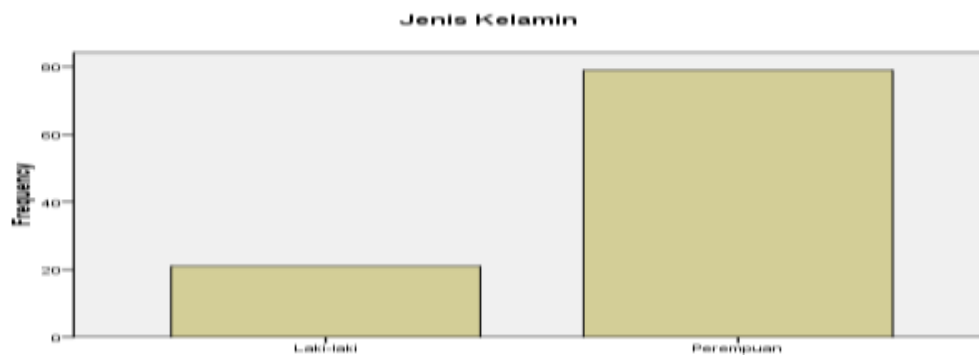


Figure 1. Categorization of data by sex

The picture above shows that 21 male participants and 79 female participants.

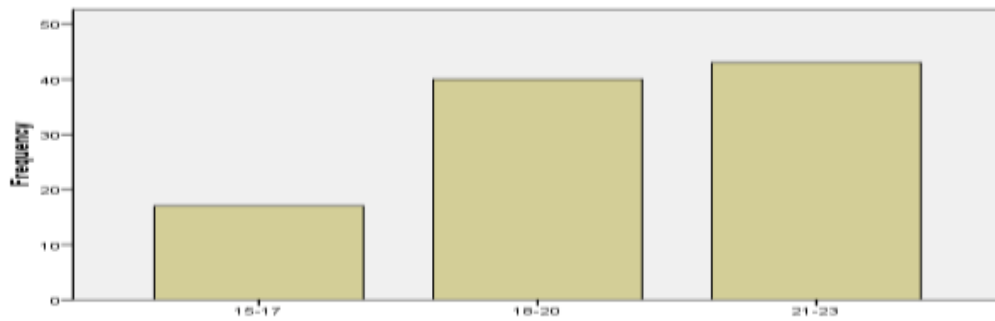


Figure 2. Categorization of data by age

Figure 2 indicates that there are 17 participants aged 15-17. Participants aged 18-20 years were 40 participants, then participants aged 21-23 years were 43 participants.

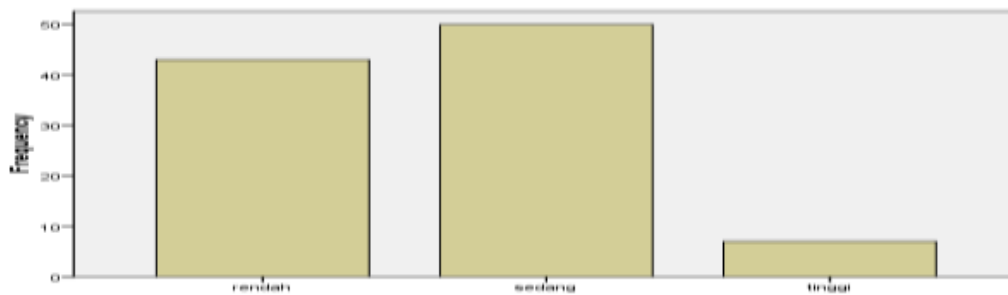


Figure 3. Categorization of Experiences as Victims of Bullying

The figure shows the experience of being a victim of bullying, where out of 100 teenage participants, 43 participants who have experienced as victims of bullying are in the low category. The category of experience as the highest victim of bullying is in the medium category with 50 participants, then 7 participants show high results as victims of bullying.

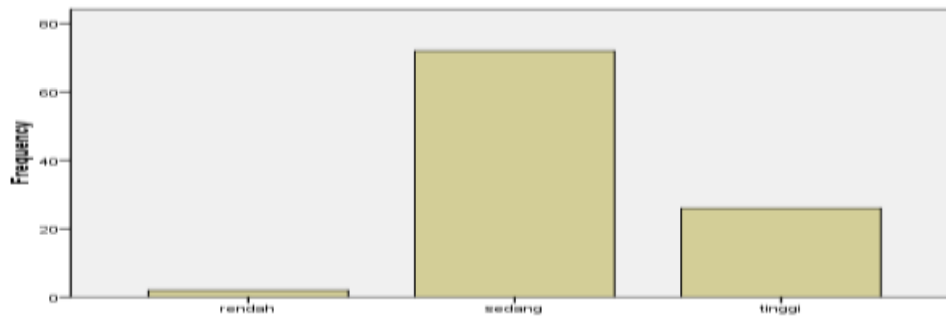


Figure 4. Categorization of Body Image Perception Data

The data obtained shows that participants with negative body image perceptions in the low category are 2 participants, while 72 participants with negative body image perceptions are in the moderate category. A total of 26 participants tended to perceive their body image negatively at a high level.

Table 1.

Normality Test Results

Variable	Z	Asymp. Sig (1-tailed)	A	Information
Experience as a Victim of Bullying	0,879	0,211	0,05	Normal
Perception of Body Image	0,630	0,4115	0,05	Normal

Table 1 shows the distribution of data on the experience variable as victims of bullying and the perception of body image that is normally distributed.

Table 2.

Correlation Test Results

Variable	R	Asymp. Sig (1-tailed)
Experience as a Victim of Bullying	0,319**	0,0005
Perception of Body Image	0,319**	0,0005

Hypothesis testing using the correlation test shows the variable experience as victims of bullying and the variable body image shows a significant relationship because the value is $0.0005 < 0.001$. The correlation coefficient value is 0.319^* which means that the relationship between variables is weak. The relationship is positive,

meaning that the higher the level of experience experienced bullying, the higher the perception of negative body image.

Discussion

The test results in the study showed that the correlation between the experience of being bullied and the perception of body image had a significant relationship, even though the level of the relationship was weak. The results of this study are in line with the results of research by Hidayat, Malfasari, and Herniyanti (2019) that the experiences experienced by individuals when their body shape is viewed negatively by others have a relationship with negative body image. Research conducted by Duarte, Gouveia, and Stubbs (2017) also found that adolescents who have experienced as victims of bullying have an effect on negative body image through irregular eating patterns.

In accordance with Muliaty's (2012) research that the more frequent bullying the victim receives, the lower the level of satisfaction with the body. Fax and Farrow (2009) also suggest that individuals who are overweight or obese are very susceptible to low self-esteem and are at risk of becoming victims of peer bullying. The risk of becoming a victim of bullying will increase dissatisfaction with the body and worsen mental health.

The research variable of experience as victims of bullying and body image perception with the highest score is in the medium category. Duarte et al. (2017) explained that although cases of bullying decrease over time, at the peak of these experiences, the level of perception of body image is negative. During adolescence, the perception of body image becomes important because adolescents experience puberty. Adolescents begin to develop sexual attraction so that appearance is important compared to other aspects (Papalia, 2011). Nuban's research (2018) on adolescents in

Kupang found that the dominant factors that shape self-image are the community environment and family upbringing, in addition to economic factors.

Apart from the gap in the number of male and female participants, this study shows that the perception of body image is negative for both male and female participants at a moderate level. This is in accordance with the research of Margareta and Rozali (2018) that there is no difference between men's and women's body image perceptions. In the experience variable as victims of bullying, female participants were in a low category, while male participants who were victims of bullying with the greatest frequency were in the moderate category. This result is supported by Holubcikova et al. (2015) state that male adolescents are more likely to be involved in bullying, both as perpetrators and victims of bullying. Research by Shaheen et al. (2017) also found that teenage boys are more at risk of experiencing bullying because men are more open and accepting of the use of power. This result differs from the findings of Hidayat et al. (2019), in which women experience more verbal abuse than men. In this study, the measuring tool for the experience of victims of bullying includes all forms, including verbal, physical, threatening, relational, and social, so that it is found that the risk of male adolescents becoming victims of bullying is higher than that of women.

Conclusion

The results of the study concluded that there was a positive and significant relationship between experiences as victims of bullying and the perception of negative body image in adolescents. The results of the analysis show that the correlation coefficient is 0.319 * with a significance of 0.0005. Although the research data shows a weak relationship, the results of previous studies support this research.

Developments in adolescence make teens focus more on physical appearance as they begin to develop a sexual attraction. Holubcikova et al. (2015) revealed that

differences in the behavior or appearance of adolescents can be a reason to be selected as friends or targets of victims of bullying. Hidayat et al. (2019) argued that experiences experienced by individuals when their body shape is viewed negatively by others have a relationship with negative body image.

Advice that can be given from this research for adolescents in Kupang City is to develop a positive body image perception by developing themselves such as participating in various online training to minimize the vulnerability of becoming victims of bullying. Parents can provide positive encouragement for adolescents to be able to participate in positive youth activities for self-development and be more reactive to cases of bullying that occur around children.

Suggestions for the Kupang City government to be able to provide education to adolescents and parents regarding the negative impacts on victims of bullying so as to minimize bullying among teenagers. For further researchers, they can find deeper forms of bullying that are more frequently experienced, the factors forming negative body image perceptions from adolescence and experiences as victims of bullying, and the perception of body image that are associated with economic factors. This research can also be followed up by examining the victims of bullying in male adolescents and training interventions to increase self-confidence for victims of bullying.

Reference

Arseneault, L. (2018). Annual Research Review: The Persistent And Pervasive Impact Of Being Bullied In Childhood And Adolescence: Implication For Policy And Practice. *Journal of Child Psychology and Psychiatry*, 59(4), 405-421. doi: 10.1111/jcpp.12841

Azwar, S. (2016). *Konstruksi Tes Kemampuan Kognitif*. Yogyakarta: Pustaka Pelajar.

Azwar, S. (2013). *Penyusunan Skala Psikologi*. Yogyakarta: Pustaka Pelajar.

- Bees, E. (2016). Hubungan Kelekatan Ibu dan Anak dengan Perilaku Bullying Anak Remaja di SMA Negeri 3 Kota Kupang. *Jurnal Psikologi Perseptual*. 1(1)
- Duarte, C., Gouveia, J.P., Stubbs, R.J. (2017). The Prospective Associations Between Bullying Experiences, Body Image Shame and Disordered Eating in A Sample of Adolescent Girl. *Personality and Individual Differences*, 116, 319-325.
- Fox, C.L & Farrow, C.V. (2009). Global And Physical Self-Esteem And Body Dissatisfaction As Mediators Of The Relationship Between Weight Status And Being A Victim of Bullying. *Journal of Adolescence*. 32, 1287-1331. doi: 10.1016/j.adolescence.2008.12.006.
- Hidayat, R., Malfasari, E. & Herniyanti, R. (2019). Hubungan Perlakuan Body Shaming Dengan Citra Diri Mahasiswa. *Jurnal Keperawatan Jiwa*. 7(1), 79-86.
- Holubcikova, J., Kolarcik, P., Geckova, A.M., Dijk, J.P.V., Reijneveld, S.A. (2015). Is Subjective Perception of Negative Body Image Among Adolescents Associated With Bullying?. *Eur J Pediatr*. 174(8). doi: 10.1007/s00431-015-2507-7.
- Jayani, D.H. (2019, Desember). PISA: Murid Korban 'Bully' di Indonesia Tertinggi Kelima di Dunia. Databoks. Retrieved 10 September 2020 from <https://databoks.katadata.co.id/>.
- Maharrani, A. (2019, Februari). Depresi, masalah terbesar remaja masa kini. Beritagar.id. Retrieved 25 Juni 2019 <https://beritagar.id/artikel-amp/>
- Margaretta, A. & Rozali (2018). *Perbedaan Body Image Ditinjau Dari Jenis Kelamin Pada Anggota Clark Hatch Fitness Center*. (Unpublished Thesis) Fakultas Psikologi Universitas Esa Unggul, Jakarta.
- Muliaty, D. (2012). *Hubungan Antara Bullying Dengan Body Satisfaction Pada Remaja Putra Korban Bullying Terhadap Tampilan Fisik*. (Unpublished Thesis). Fakultas Psikologi Universitas Indonesia, Depok.
- Nuban, I.P. (2018). *Pengaruh Kesejahteraan Keluarga Terhadap Citra Diri remaja Tengah (14-17 Tahun) Di GKII Beno'honis Oelbima Kupang Nusa Tenggara Timur*. (Unpublished Thesis). Sekolah Tinggi Theologia Jaffray, Makassar.
- Papalia, D.E., Olds S.E.,& Feldman R.D. (2011). *Human Development (Psikologi Perkembangan)* (ed. 9). Jakarta: Kencana.

- Shaheen, A.M., Hammad, S., Haourani, E.M. & Nassar, O.S. (2017) Factors Affecting Jordanian School Adolescents' Experience of Being Bullied. *Journal of Pediatric Nursing*. 2018 Jan-Feb;38:e66-e71. doi: 10.1016/j.pedn.2017.09.003
- Shaw, T., Dooley, J.J., Donna, C., Zubrick, S.R. & Waters, S. (2013). The Forms of Bullying Bullying Scale (FBS): Validity and Reliability Estimates for a Measure of Bullying Victimization and Perpetration in Adolescence. *American Psychological Association*, 25(4), 1045-1057. doi: 10.1037/a0032955.
- Sujarweni, V.W (2015). *SPSS Untuk Penelitian*. Yogyakarta: Pustaka Baru Press.
- Wiyani, N.A. (2012). *Save our children from school bullying*. Yogyakarta: AR-RUZZ Media.