



THE RELATIONSHIP BETWEEN SELF-ESTEEM AND DEPRESSION IN ADOLESCENT VICTIMS OF CYBERBULLYING: A CROSS-SECTIONAL STUDY

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ABSTRACT

Adolescence is a period of life that begins with biological changes during puberty and ends with the person entering the maturity stage. Along with the development of technology, teenagers have new media for bullying through SMS, cell phones, and the internet or referred to as cyberbullying. This study aims to determine the relationship between self-esteem and depression among adolescent victims of cyberbullying in Bogor. Method: Cross-sectional research method. Respondents were 116 junior high/high school students ranging from 13-18 years old in Bogor. The result shows that there is a relationship between self-esteem and depression in adolescent victims of cyberbullying (p-value = 0.036). The majority of adolescent cyberbullying victims are 12 years old, female, accessing the internet > 4-8 hours per day, mostly online opening social media, and the most frequently used social media is WhatsApp. Self-esteem is related to depression in adolescent victims of cyberbullying.

Keywords: adolescent; cyberbullying; depression; self-esteem

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INTRODUCTION

Adolescence is a period of transition from childhood to adulthood. WHO, 2014 explains that adolescents are residents in the age range of 10-19 years old (WHO, 2014). Adolescence is referred to as a critical period because they experience many conflicts and problems. Adolescents as the majority of internet users in Indonesia tend to be easily influenced by their social environment without first considering the positive or negative effects they will receive when carrying out activities on the internet.

A Survey of the Indonesian Internet Service Providers Association (APJII) in 2021-2022 shows adolescents as the highest internet users compared to other ages, the level of Internet penetration in the age group 13-18 years old reached 99, 2 6%. (APJII, 2022) The results of research done on 113 adolescents (10-17 years) showed that 14.2% of adolescents were at risk of experiencing the following problems 38.1% of adolescents experienced relationship problems with peers, 28.3% experienced pro-social behavior problems, 15% experienced behavioral problems, and 10.6% experienced emotional problems. (Wiguna et al., 2020) Research shows that the main causes of adolescents experiencing conflicts and problems are peer pressure, the adolescent phase (emotional and personality instability), financial instability, environmental factors (family background, parental skills, and environment), and social media. (Riyaka Surong, 2020) . The World Federation for Mental Health (WFMH) in

2018 raised issues that occur in the younger generation are suicide, bullying, cyberbullying, self-esteem, violence, depression, and LGBTI. (Nebhinani & Kuppili, 2018)

Cyberbullying is when someone repeatedly and intentionally harasses, abuses, or makes fun of another person online or while using a cell phone or other electronic device. (Meldrum et al., 2022) Surveys show that around 37% of students ages 12 -17 years old experienced cyberbullying in their lives. Type of cyberbullying experienced are malicious or hurtful comments (24.9%) and rumors spread online (22.2%). (Patchin, J & Hinduja, S, 2016) . Cyberbullying impacts on academic, interpersonal, family, depression, substance abuse, suicidal thoughts, and self-esteem problems. (Peled, 2019)

Low self-esteem in adolescents is due to the psychologically self-concept of adolescents in interacting and socializing is still immature. Low self-esteem can affect adolescents' ability to socialize with peers. (Fatimah et al., 2014) . The results of a research in India show that 54% of people are not influenced by social media and 23% of people have some impact on self-esteem by social media. Other studies have shown the impact of social media use on adolescent self-esteem, namely in the low self-esteem category, 24 subjects or 15.69% have low self-esteem. Then 103 subjects or around 67.32% had moderate self-esteem while the remaining 26 subjects or 16.99% had high self-esteem. (Sa'diyah & Fauziyah, 2021)

Depression is a feeling disorder or mood disorder that interferes with a person's activities to function normally. (The National Institute of Mental Health, 2018) Depression in adolescents are often undetected early and are only discovered after various problems occur. In Indonesia, the prevalence of depressive disorders in the 15-24 years old population reaches 6.2%. The incidence of depression is also higher in women (7.4%) than in men (5.4%). (RI Ministry of Health, 2018) The results of a study conducted by Mojtabai, et al (2016) on 172,495 adolescents aged 12-17 years old in the United States, showed the prevalence of depression in adolescents was from 8.7% in 2005 to 11.3% in 2014. (Mojtabai et al., 2016) Research shows that adolescents (15-24 years old) have a depression percentage of 6.2%. Severe depression will lead to a tendency to self-harm or suicide. 80-90% of suicides are the result of depression and anxiety. (Rachmawati, 2020) (Alfina, 2020). The prevalence of adolescent depression is 73.8% in Jordan, 28.6% in Egypt, 17% in Oman, 29.4% in Iraq, and 71% in Saudi Arabia. (Al Omari et al., 2020) In light of these alarming statistics, the American Academy of Child and Adolescent Psychiatry (AACAP) recommends routine screening of young people for mental illness.

METHOD

The type of this study is quantitative research with a correlative descriptive using a cross-sectional approach, The measurement process of the independent and dependent variables was only done once, with no follow-up after. The sample of this study was 111 junior and senior high school students in Bogor. The sampling technique used by researchers was simple random sampling. The sample inclusion criteria of this study are students aged 12-17 years old, who has been a victim of cyberbullying based on cyberbullying victimization instrument (Hamburger et al., 2011) either verbally, visually/sexually, and socially with the following scores: verbal (mean ≥ 1.57), visual/sexually (mean ≥ 1.27), and social (mean ≥ 1.21) using communication devices such as smartphones/tablets/computers, has and use social media, present at the location when the research occurs.

Data collection was conducted using three questionnaires, a demographic questionnaire, self esteem questionnaire. (Rosenberg, 2015) and depression questionnaire (Kroenke et al., 2001)

The demographics questionnaire characteristic contains age, gender, duration of accessing the internet per day, and social media users. The self-esteem questionnaire (Rosenberg self-esteem questionnaire) consists of 10 Questionnaire items. The patient Health Questionnaire (PHQ 9) consists of 9 items with a score ranging from 1- 27. The data was processed using a computer programming system. The data were analyzed univariately and bivariate with proportion tests on each research variable, including respondents' characteristics, self-esteem, and depression. A *Chi-square* test with a significance of $p < 0.05$ was used to find out the connection between self-esteem and depression in adolescent victims of cyberbullying.

RESULTS

Table 1.

Demographic characteristics of adolescent victims of cyberbullying according to age, gender, duration of accessing the internet per day, and social media users (n=116)

Variable	Category	f	%
Age	12 years old	29	25
	13 years old	26	23
	14 years old	13	11
	15 years old	20	17
	16 years old	20	17
	17 years old	8	7
Gender	Male	56	48,3
	Female	60	51,7
Internet access duration for social media	2-4 hours per day	48	41,4
	4-8 hours per day	51	44,0
	8 hours per day	17	14,7
The most frequently used social media	Facebook	2	1,7
	Instagram	33	28,4
	Whatsapp	63	54,3
	line	14	12,1
	Other	4	3,4

Table 2.

The self-esteem of adolescent victims of cyberbullying (n=116)

Variable	sub variable	f	%
Self-esteem	1. High	54	46,6
	2. Low	62	53,4

Table 2 shows that the average respondent has low self-esteem 62 people (53.4%) and high self-esteem 54 people (46.6%).

Table 3.

Depressed adolescent victim of cyberbullying (n=116)

Variable	sub variable	n	%
Depression	1. Not depressed	9	7,8
	2. Mild depression	37	31,9
	3. Moderate depression	49	42,2
	4. Moderate-severe	15	13,8
	5. Severe depression	5	4,3

Table 1 shows the average age of respondents is 12 years old (25%) are female 60 people (51.7%), duration of accessing the internet for social media is 4-8 hours per day (44%). The most frequently used social media is WhatsApp 63 (54.3%).

Table 3 shows that the average respondent experienced moderate depression in 49 people (42.2%), mild depression in 37 people (31.9%), moderate-severe depression in 15 people (13.8%), not depressed in 9 people (7.8%), and major depression 5 people (4.3%).

Table 4.
The relationship between self-esteem and depression among adolescent victims of cyberbullying (n=116)

Self-esteem	Depression				P value
	Not Depressed		Depressed		
	f	%	f	%	
High self-esteem	1	1,9	53	98,1	0.036
Low self-esteem	8	12,9	54	87,1	
Amount	9	7,8	107	92,2	

Table 4 shows that there is a relationship between self-esteem and depression among adolescent victims of cyberbullying (p-value = 0.036).

DISCUSSION

The results of the study on adolescent victims of cyberbullying found that the majority of adolescent victims of cyberbullying were 12 years old. Adolescence is a period of transition from childhood to adulthood, it can be said that this period is a period where emotional fluctuations occur more frequently. This is probably influenced by hormonal changes, but the environment also has a significant influence. (Wiryada et al., 2017) This study, it's also showed that the majority of adolescent victims of cyberbullying were female (51.7%). This is following the study on 149 students in Israel which also found that the number of females who were victims of cyberbullying was higher than that of males. On the other hand, for perpetrators, the number of a male was greater. (Heiman & Olenik-Shemesh, 2015) However, other research states that cyberbullying based on male and female gender has an average value for becoming a cyberbullying practice among adolescents, both as perpetrators and victims. (Wiryada et al., 2017)

Adolescent girls have lower self-esteem compared to boys because girls have higher emotions and lower self-satisfaction than boys. Differences in self-esteem between men and women were based on the ten domains of self-esteem. The results show that self-esteem regarding physical appearance, athleticism, personality, and self-satisfaction in males is greater than in females. (Gentile et al., 2009) Adolescents experience many physical and psychosocial changes which cause many problems. Adolescent physical problems are divided into physical changes, health problems, sexual health-unplanned pregnancy, aggression, and violence. Meanwhile, adolescent psychosocial problems are divided into emotional changes and problems, behavior changes, psychological problems, low self-esteem problems, and social problems.

Adolescent victims of cyberbullying in this study access the internet for social media 4-8 hours per day. Other research shows the average teenager accesses the internet for more than 6 hours per day. (Utami & Nurhayati, 2019) . The ideal duration for doing online activities in a day is 257 minutes or about 4 hours and 17 minutes. Above 4 hours 17 minutes, then the

gadget is considered capable of interfering with brain performance. (Orben & Przybylski, 2019) Efforts that can be made to maintain a little use of social media time are by doing positive things instead of being engrossed in playing social media. For example by reading books, having fun with family, doing hobbies you like, looking for new experiences, and doing social activities.

Adolescents never stop accessing the internet because of their desire to constantly want to use the internet. Adolescents feel that half of their needs can be fulfilled via the internet and with the presence of the internet, they feel less lonely. (Nurina Hakim & Alyu Raj, 2017) The use of social media is a person's involvement in the activity of using social media such as the frequency and amount of time used to access social media. One of the factors that influence the use of social media is the need that comes from within the individual itself, such as searching for one's identity. In addition, there are social factors such as a sense of belonging and needing information from other people, and emotional factors (Pratama, 2019). The longer teenagers use social media, this indicates they are addicted to using social media. The use of social media has negative and positive impacts. The negative impacts of the use of social media are cyberbullying, feelings of discomfort, and decreased self-esteem.

WhatsApp is the most frequently used social media for adolescent victims of cyberbullying. This is in line with a study conducted by Statia (2018) which showed WhatsApp to be the most popular chatting application. The application is noted to have a penetration rate of up to 83% of users. (Diva Angelia, 2022) . This penetration rate represents the percentage of the number of chatting application users and the total active social media users in Indonesia. Adolescents access social media such as *Instagram*, *Line*, *Whatsapp*, etc. They only want to open it continuously, as if they had opened it on social media, then opened another, and another one then closed it again and opened it again, so it keeps on going. (Nurina Hakim & Alyu Raj, 2017) That way they feel happy, calm, and cheerful, and adolescents feel they can discover the outside world and get a lot of information quickly. Using the internet can help adolescents to reduce their feelings of anger, emotional, and sadness.

Social media makes it easy for everyone to be able to communicate, participate, share and form a network online, so they can distribute their content and then share, participate and create. Where if the user has no restrictions in sending content that is distributed it can cause IT violations. The positive impact of adolescents having a lot of social media is to make more friends or relations, get lots of information, and increase knowledge. Meanwhile, the negative impact of adolescents having a lot of social media is that they are at risk of experiencing a decrease in self-esteem and increasing pressure because they often compare themselves with others and feel that other people are better than themselves. In addition, adolescents care more about their image because they think feedback on social media is important and it makes them feel cool to have lots of "*likes*" and comments.

Adolescent victims of cyberbullying in this study were adolescents who experienced cyberbullying verbally, visually/sexually, and socially (20%). This is in line with research by the Center for Disease Control (2014), which was carried out longitudinally for one year in adolescents in the United States, which shows that 20% of high school students in America Unions reported being victims of bullying and 15% reported being victims of cyberbullying. (Gladden et al., 2014) Meanwhile, in Indonesia, the number of victims of cyberbullying among early adolescents is almost half of the respondents, which is 49%. That means, almost one in two respondents had been a victim of cyberbullying (Sartana & Afriyeni, 2017).

Cyberbullying is a situation where someone intentionally harasses, make fun of, or abuse other people on social media sites, text messages, or in other ways online (Patchin & Hinduja, 2013) Cyberbullying is the act of sending a message to cause pressure on the victim turns out to be divided into several forms. Willard (2007), divided the forms of Cyberbullying as follows: 1) *Flaming* sending a text message which contains words full of anger and frontal. The term “flame” refers to the fiery words in the message. 2) *Harassment* Continuous messages containing disturbance sent through e-mail, SMS, or text messages on social networks. 3) *Denigration* The process of spreading someone's ugliness on the internet to damage that person's reputation and good name. 4) *Impersonation* pretending to be someone else by sending or posting unkind messages. 5) *Outing* spreading someone's secret or embarrassing information such as photos or videos online. 6) *Trickery* talking to someone to dig private and shameful information to spread online. 7) *Exclusion* intentionally hurting someone by excluding or isolating a member from an online group (eg; Whatsapp group chat, kakao talk, Line, BBM).

The low self-esteem of adolescent victims of cyberbullying in this study was experienced by (53.4%). Low self-esteem is a prolonged negative self-evaluation/feeling about oneself or one's abilities (Carpenito, 2012). Low self-esteem in adolescent victims of cyberbullying occurs because they try to resolve the crisis but do not finish it so the thoughts that they are unable or feel that they have failed to carry out their functions and roles arise.

Depression experienced by adolescents in this study was moderate depression (42.2%). Depression in adolescent victims of cyberbullying occurs due to loss of feelings of worth, loss of interest in the surrounding environment, feelings of worry or tension, rejection of anger, and difficulty controlling thought processes. This study is in line with a study conducted in Ghana, showing results that subjects who experienced bullying in the past month felt lonely, and anxious to the point where it affected sleep patterns, reported symptoms of depression, and had thoughts about suicide that were greater than subjects who have not experienced bullying. (Owusu et al., 2011)

Self-esteem and depression in adolescent victims of cyberbullying are related in this research. An adolescent with low self-esteem will experience depression. This is in line with research which states that 26.7% of adolescents have low self-esteem after being bullied, such as withdrawing from the surrounding environment to gain a sense of security. (Solang et al., 2015) Low self-esteem in adolescent victims of cyberbullying is associated with poor interpersonal relationships because of a negative assessment of self because of loss of self-confidence, stress due to bad thoughts about oneself, unclear goals in life, and a more pessimistic future. Low self-esteem could develop into depression if it's not taken care of immediately because it can affect the work of hormones in general, which can also have an impact on the balance of neurotransmitters in the brain, for example, decreased serotonin levels can cause an adolescent to experience depression and the tendency for chronic low self-esteem is even greater because they are controlled by negative and helpless thoughts and if left untreated it can lead to persistent depression and suicidal thoughts to attempted suicide due to feelings of shame (low self-esteem).

Attempts to increase self-esteem and reduce depression in adolescent victims of cyberbullying can be done by providing continuous support from families, peers, and teachers. Give understanding to parents that every child is unique and cannot impose that children must be capable of everything. So that parents can accept and not only focus on the

problems that arise but also on the potential that children have. Peer support is very influential in depression and self-esteem of the adolescent because the bigger the peer support the higher the self-esteem will rise because they feel themselves to be valuable and not alone. Engagement in various positive activities is important to do like extracurricular activities, youth organizations, and positive clubs that can develop adolescents' potential.

Implications of Research Results

Some of the implications of the results of this study for psychiatric nursing services, science, nursing education, and further studies can be explained as follows: In the area of psychiatric health services, especially adolescent mental health, Preventive and promotive interventions are needed to improve adolescents' mental health such as improving their coping mechanism to overcome various problems that often occur in adolescents today, such as bullying and cyberbullying. The results of this study can also add to the scientific repertoire of psychiatric health nursing, especially as basic data on mental health problems in adolescents. It is important to conduct various interventions and research to resolve cyberbullying.

CONCLUSION

Most adolescent victims of cyberbullying are 12 years old, female, and access the internet > 4-8 hours per day, when they are online they open social media the most, and the most frequently used social media is Whatsapp. Self-esteem is related to depression in adolescent victims of cyberbullying.

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