



Spirituality Correlates with The Self-Confidence of Teenagers as Bullying Victim

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Abstract. Teenagers still encounter bullying, which affects their self-confidence lacking confidence. It is presumed that an internal factor, spirituality, coincides with the self-confidence of bullied teenagers. This research aims to analyze the relationship between spirituality and bullied teenagers' self-confidence. This is descriptive research using a cross-sectional design. The population is 47 teenagers who are bullied at SMP Islam Al-Irsyad Tawangmangu. Total sampling was used as the sample acquiring technique. The research use questionnaire of the Daily Spiritual Experience Scale and self-confidence. Kendall's Tau was used as a correlational test with a confidence level of 95% (α value = 0,05). The research shows that 31 respondents (66%) have a high spirituality and 26 respondents (53.3%) have an average level of self-confidence. Bullied teenagers have a high spirituality and tend to have an average level of self-confidence, with 26 respondents (55.3%). Statistical test shows Kendall's Tau correlation coefficient (r-value) is 0.373 and p-value = 0.006 (p-value < 0.05). An R-value 0.373 means that the relationship between spirituality and anxiety of bullied teenagers is feeble. There is a correlation between spirituality and the self-confidence of the bullied teenager. The researcher suggested that parents and schools should provide more extracurricular activities to improve teenagers' self-confidence.

Keywords: bullying; self-confidence; spirituality; teenager

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1. Introduction

During adolescence, teenagers face many difficulties and challenges in conforming to people's demands. Changes happen either physically or psychologically to bring them to adulthood. Also, adolescence is a transition period from childhood to adulthood. It begins at 12 or 13 years old and ends during the end of adolescence or in the age of twenties. (Timiyatun, Saifudin, et al., 2021). Based on the Regulation of Indonesia Minister of Health, No. 25, 2014, it defined one as a teenager when he/she is 10-18 years old. According to National Population and Family Planning Board (BKKBN), teenagers are aged 10-24 years old and are not married yet (Saputro, 2017). In terms of population, there are 22,195.9 teenagers aged 10-14 years old and 22,312.6 teenagers aged 15-19 years old, with the total number of teenagers combined being 44.508.5 (Badan Pusat Statistik, 2020).

At first, teenagers believe in themselves, but their self-confidence reduces gradually due to failures that they will do in the future. Moreover, boys and girls have low self-confidence after adolescence period. Many factors cause this issue, such as their physical appearance and community. Also, bullying affects their self-confidence. The result of the research on the self-confidence of bullied teenagers shows that 28 people (36%) have average self-confidence, 21 people (27%) have low self-confidence, and two people (3%) have extreme low self-confidence (Ifdil et al., 2017).

Bullying and its occurrences are happening during adolescence. It is a situation that some teenagers and children encounter. During adolescence, they have excessive egocentrism (Nurdiana et al., 2021). The research on bullying occurrences shows that almost 60% of Indonesia's students are bullying victims, either physically or verbally, at least once a week (Yuliani et al., 2018). Bullying is increasingly happening in the educational sector, becoming more alarming than ever (Nurdiana et al., 2021).

Having a self-confidence issue will affect teenagers psychologically in a harmful way. Lauster said that people with low self-esteem always degenerate themselves, do not believe themselves, and always have negative thoughts (Lauster, 2005). They will become dependent, indecisive, not able to settle their problems, and not able to go out in public or try new things. A psychologist, Tara de Thours, said that having low self-esteem, specifically during the pandemic, will significantly affect one to have negative thoughts. Their minds are easily affected by their surroundings or bad things that happen to them in the past (Saputro, 2017).

There are some factors affecting one's self-esteem. One of the internal factors suspected to affect it is spirituality. In Al-Quran, Ar-Rad surah verse 28 said: "those who believe and whose hearts find comfort in the remembrance of Allah. Surely in the remembrance of Allah do hearts find comfort." A resolute spirituality supports an excellent psychological and sociological of teenagers. It will increase and flourish one's self-esteem. This research aims to know the correlation of spirituality with the self-confidence of bullied victims. It is crucial to conduct this research to know the

correlation between these two things. Thus, some actions will increase the self-confidence of bullied teenagers.

2. Research Methods

This research is nonexperimental with a cross-sectional design. The population is 47 teenagers in classes 1, 2, and 3 aged 13-15 years old who are bullying victims. The researcher and the team used The Revised Olweus Bully/Victim Questionnaire to determine which one is the bullied victim or not. The screening was conducted before the research by coordinating with the school. The research took place in SMP Islam Al-Irsyad Tawangmangu. Total sampling is used in which all populations act as the sample. The researcher collected the data by giving the questionnaire directly to the respondents. The questionnaires are the Daily Spiritual Experience Scale (DSES) and the self-confidence questionnaire. DSES questionnaire includes the evaluation of relation, spiritual activity, comfort, peace, support, gratitude, care, guidance, love, awe, and sense of connection with God. The questionnaire has a validity value of 0.47-0.88 (higher than the *r* table value, 0.44). Its reliability value is 0.95. The result of the evaluation was categorized as low: with a score of 15-40, average: 41-65, and high: 66-90. The self-confidence questionnaire includes evaluating believing one's skills, optimism, objective, responsible, rationale, and realism. The questionnaire has a validity value of 0.51-0.83 (higher than the *r* table value, 0.44). Its reliability value is 0.76. The evaluation result was categorized as low: with a score of 18-40, average: 41-60, and high: 61-90. Univariate analysis was conducted by counting the percentage. Kendall Tau test was used as the bivariate analysis with a 5% error rate. Kendall Tau test is a correlational test to prove whether there is a correlation between two suspected variables. If the *p*-value is smaller than 0.5, it is statistically proven that there is a correlation between the two variables (Sunyoto & Setiawan, 2013). Before confirming to participate in the research, the respondents understood the informed consent. The research also has passed the ethical test No. 5.28/KEPK/SSG/I/2022.

3. Research Results

The resulting data is respondents' characteristics, the spirituality level of the bullied teenagers, and their self-confidence. Also, the tendency of both variables is shown in the cross-tabulation. The respondents' characteristics data is shown in below Table 1.

Table 1 Respondent's Characteristics Data

Respondent's Characteristics	Number (n)	Percentage (%)
Age		
13 years old	20	42.6
14 years old	12	25.5
15 years old	15	31.9
Sex		
Boy	39	83.0
Girl	8	17.0
Class		
Class 1	19	40.4
Class 2	8	17.0
Class 3	20	42.6

Respondent's Characteristics	Number (n)	Percentage (%)
Total	47	100

Table 1 shows that the bullying victims mainly were aged 13 years old with 20 respondents (42.6%), male with nine respondents (83%), and sitting in class 3 with 20 respondents (42.6%).

Table 2 below shows the data on the spirituality level of bullied teenagers.

Table 2 Spirituality Data of Bullied teenagers

Category	Number (n)	Percentage (%)
Low	10	21,2
Average	6	12,8
High	31	66,0
Total	47	100

Table 2 shows that 31 respondents (66%) have a high level of spirituality.

Table 3 below shows the data on the self-confidence level of bullied teenagers.

Table 3 The Distribution of Self-confidence Frequency of Bullied Teenagers

Category	Number (n)	Percentage (%)
Low	16	34,0
Average	26	55,3
High	5	10,7
Total	47	100

Table 3 shows that 26 respondents (55,3%) have average self-confidence.

Table 4 below shows the relation tendency between spirituality and self-confidence of bullied teenagers.

Tabel 4 The Correlation of Spirituality and Self-confidence of Bullied Teenagers

Spirituality	Self-confidence						Total	p value	r value	
	Low		Average		High					
	n	%	n	%	n	%				
Low	10	21,2%	0	0,0%	0	0,0%	10	21,2%	0,006	0,373
Average	6	12,8%	0	0,0%	0	0,0%	6	12,8%		
High	0	0,0%	26	55,3%	5	10,7%	31	66,0%		
Total	16	34,0%	26	55,3%	5	10,7%	47	100%		

Table 4 shows that 26 (55.3%) of bullied teenagers with high spirituality levels tend to have average self-confidence. 10 respondents (21.2%) have low spirituality and self-confidence. The correlation result of Kendall Tau test shows p-value = 0.006 (p-value < 0.05). The correlation coefficient is 0.373. It shows that there is a feeble relation between spirituality and self-confidence of bullied teenagers.

4. Research Discussion

This research shows that most respondents have a high level of spirituality. Having high spirituality means that the teenagers believe there is a God who rules over them and the universe. With that belief, they will have stable mental. Most respondents in this research are boys. Fundamentally, both boys and girls have the same spiritual condition. During their growth, they not only look at factual matters. They already can understand abstract matters, including learning life lessons (Budiyati & Oktavianto, 2020). At this stage, their spiritual level develops to be more mature, which happens with their journey of finding themselves simultaneously. This phenomenon aligns with a statement saying that during the adolescence period, one will undergo his/her journey of self-discovery and spiritual identity and manage to perform their belief (Yusuf et al., 2016).

In terms of characters, boys and girls have different traits of characters, but spiritually, there is not much difference between them. Boys tend to think logically, so they constructively cope when facing problems (Timiyatun, Darmawan, et al., 2021). Girls are softer than boys, but they can spiritually outweigh boys' spiritual thoughts. That is why there is not much difference between boys and girls in terms of spirituality (Novitasari et al., 2017). This research is supported by Taridi's research showing that most youngsters have a high level of spirituality. They already have a fundamental belief in religious teaching. Since they were born, what they hear, see, smell, and touch are recorded in their minds. These things will be rapidly developed, especially during the adolescence period. During this period, they will have a mature mindset in terms of the concept of God and spirituality, and bad and good deeds (Taridi et al., 2020).

Teenagers' surroundings and the people around them affect their spiritual values. Mangestuti & Aziz said teenagers' surroundings affected their spirituality, especially their schools and parents. Parents who conduct a spiritual routine will become an example to their children. The same thing also happens in a school where teenagers spend most of their time being there. A school focusing on spirituality will establish students' spirituality (Mangestuti & Aziz, 2017). It means that the psychological support and teenager's surroundings take a crucial role in establishing their spirituality.

In this research, most respondents have an average level of self-confidence. Some of them have a low level of it. Some research about bullying affects teenagers' self-confidence shows the same thing that most respondents have an average level of self-confidence. It is because teenagers have begun to think about themselves positively. In other words, they have constructive coping even though they face an unpleasant situation (Cahyono, 2020).

Talking about self-confidence, it is affected by one's surroundings. In this case, teenagers can learn to develop themselves by learning from their surroundings. A harmonious family, a good school life, and a positive community will provide a comfortable situation where teenagers can develop their self-confidence. Also, higher-education teenagers will be independent and not rely on others.

Moreover, suitable living conditions will also affect their attitude. They will incorporate what they see, hear, and feel to develop themselves (Wijaya & Tirta, 2018).

Furthermore, self-confidence will affect them to develop their self-identity. A teenager who believes his/her capability will take control of himself/herself and have real hope. Having self-confidence will build a healthy mind and positive behavior. Thus, teenagers can face every obstacle in their life (Keliat, 2011).

The above statement aligns with the theory of self-confidence by Sukarman. He said that self-confidence is an embodiment of positive attitudes based on a merry way of thinking in facing their daily life. Believing one's capability will eliminate worries, anxiety, indecision, and responsibility for their actions. (Wulansari et al., 2019). In addition, the ability to self-controlling develops as one age. This ability develops rapidly during the adolescence period. They can consider every possibility to solve their problems (Oktavianto et al., 2021b).

From this research, it can be seen that there is a correlation between spirituality and the self-confidence of bullied teenagers. Bullied teenagers with a high level of spirituality tend to have average self-confidence. In comparison, bullied teenagers with average or low spirituality levels tend to have low self-confidence. Timiyatun's research also shows the same result showing that teenagers with good spirituality tend not to have anxiety. Spiritual values affect their peace, acceptance, and optimism in living their life (Timiyatun, Darmawan, et al., 2021).

Yasmin's research also backs up the research's result. Her research showed that a healthy spirituality rapidly develops the students' self-confidence. Having a good school life and family will build teenagers to have a good understanding of the spiritual activity that will improve their selves (Yasmin, 2017). Spirituality is fundamental to a healthy mind, peaceful soul, a healthy and harmonious life, affection, and good morale (Novitasari et al., 2017). The statement also aligns with Taridi's research. The research analyzed the spiritual activity with self-confidence. The result showed that most respondents have a high level of spirituality. In other words, teenagers comprehend the meaning and religious activities they have been doing all the time (Taridi et al., 2020).

The adolescence period is when an individual tries his/her best to boost self-confidence and be independent in living his/her life. Self-confidence is a belief in trusting one's capability, aware of its positive effect, and utilizing it properly (Taridi et al., 2020). A low level of spirituality causes one to lack self-confidence and be perplexed. Spirituality is crucial to support the healing process, overcoming problems, stress, and loss. A good spirituality will help an individual be more patient, calm, gentle, sincere, and confident in solving every problem (Sari, 2017).

It is crucial to develop teenagers' self-confidence, specifically bullied teenagers, to maintain their self-confidence. It is a fundamental thing to develop their self. Confidence will create a healthy

mind, optimism, and positive behavior. Thus, parents and teachers should pay attention to the spirituality and self-confidence of their students.

5. Conclusion and Future Research

There is a significant correlation between spirituality and self-confidence in bullied teenagers (p -value < 0.05). The researcher suggests that the school and parents should always pay attention to and support their teenagers in self-confidence, especially bullied teenagers. One of the activities to improve their spirituality is to arrange religious activities either in school or at the house.

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