

## Hubungan Verbal Abuse Orang Tua dengan Tingkat Kepercayaan Diri Remaja di SMP Swasta Rakyat Sei Gelugur

### *The Relationship of Verbal Abuse of Parents to the Level of Adolescent Confidence in the Sei Gelugur People's Private Junior High School*

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#### ABSTRAK

**Latar Belakang** Rasa percaya diri adalah fondasi yang harus dimiliki setiap orang atau anak untuk memenuhi berbagai jenis kebutuhan dalam hidup. Kurangnya rasa percaya diri pada remaja akan berdampak seperti cemas, pesimis, malu, takut melakukan kesalahan, dan kurangnya integrasi sosial. Kekerasan verbal dari orang tua bisa memiliki dampak yang sangat besar terhadap tingkat kepercayaan diri remaja. Ketika orang tua sering menggunakan kata-kata kasar, kritik yang berlebihan, atau merendahkan, remaja bisa merasa tidak dihargai dan tidak berharga. **Metode Studi** berikut tujuannya guna mengidentifikasi korelasi Verbal Abuse Orang Tua Dengan Kepercayaan Diri Remaja Di SMP Swasta Rakyat Sei Gelugur Tahun 2024. Menggunakan metode korelasi pada metoda cross-sectional. Populasi sejumlah 181 responden. Skala yg digunakan adalah skala ordinal. Teknik dalam penentuan sampel randome sampling, banyaknya sampel 123 responden. Analisa univariant dalam penelitian ini menjelaskan karakteristik variabel penelitian. **Hasil penelitian** membuktikan bahwasannya kepercayaan diri remaja mayoritas dalam karakteristik rendah sejumlah 54 orang (43,9). Serta kategori Verbal Abuse tinggi sebanyak 56 orang (45,5%). **Kesimpulan** Perolehan uji statistik dan chi-square menunjukkan skor  $p=0,007$  yang bermakna ada hubungan verbal abuse orang tua dengan tingkat kepercayaan diri remaja tahun 2024.

#### ABSTRACT

**Background** Confidence is the foundation that every person or child must have to meet various types of needs in life. Lack of confidence in adolescents will have repercussions such as anxiety, pessimism, shame, fear of making mistakes, and lack of social integration. Verbal abuse from parents can have a huge impact on adolescents' confidence levels. When parents often use harsh words, excessive criticism, or condescending, teens can feel unappreciated and worthless. **Method** The following study method aims to identify the correlation between parental verbal abuse and adolescent confidence in Sei Gelugur Private Junior High School in 2024. Using the correlation method on the cross-sectional method. The population was 181 respondents. The scale used is the ordinal scale. The technique in determining the sample is randome sampling, the number of samples is 123 respondents. **Result** The univariant analysis in this study explains the characteristics of the research variables. The results of the study proved that the majority of adolescents' confidence was in low characteristics of 54 people (43.9). As well as the category of Verbal Abuse was high as many as 56 people (45.5%). **Conclusion** The results of the statistical and chi-square tests showed a score of  $p=0.007$  which means that there is a relationship between parental verbal abuse and adolescent confidence levels in 2024.

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#### Kata Kunci:

**Verbal Abuse; Kepercayaan Diri; Remaja**

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**Verbal Abuse; Self-Confidence; Teenagers**

## INTRODUCTION

According to Subekti, Prasetyanti and Nikmah (2020) when children become adults, physical and mental changes can indicate how a person behaves. Adolescence is a period of mental development and the process of discovering identity. At this time, the younger generation has the opportunity to develop their talents and abilities, which will be used in showing others that they are unique individuals.



Confidence is the foundation that every person or child must have to meet various types of needs in life. Self-confidence means that children will believe in their ability to solve problems (Humaida *et al.*, 2022). Confidence is a belief that allows a person to develop a positive perception of his or her surroundings and the environment or situation he or she is facing (Rais, 2022). Self-confidence is also another attitude that a person must have in his life, therefore believing in one's own personality will help one reach his potential (Saputri *et al.*, 2020).

Self-confidence is an important part of adolescent development. If Adolescents do not have confidence, they will face difficulties (Oktary, Marjohan & Syahnir, 2019). They experience several confidence problems including anxiety, pessimism, embarrassment, fear of making mistakes, and lack of social integration (Sukmawati, 2023). Adolescents lack confidence, lack the courage and abilities of others, lack interaction with the environment, and are ashamed of themselves. They may also have hallucinations, which cause them to always be alone and avoid others (Sovitriana Rilla, 2019). Adolescents who lack confidence easily give up and are unsure of their success, Erwansyah *et al.* (2023).

According to research conducted by Francisca (2021) at Secondary School Anambara State, Nigeria, it is known that 1,233 students (70.06%) have low self-confidence. Adolescent self-confidence at MTs Negeri 2 Boalemo, Gorontalo was low at 37 respondents (44%) (Antu, Zees & Nusi, 2023). The level of confidence of adolescents at SMK Bunda Auni in Bekasi City shows a low level of 53% (Devi Juniawati & Zaly, 2021). The level of adolescent confidence at Eklamsia High School in Medan is low, which is 30.57% (Siregar, 2020). The level of confidence of adolescents in Girsang Village, Simpangan, Bolon, North Sumatra, shows a low of 40.54%. (Kurniawan *et al.*, 2023).

In an initial survey conducted in August at the Sei Gelugur People's Private Junior High School among 10 students in grade VIII-1, it was found that 3 students had high confidence, three students had moderate confidence, and four students had low confidence. The findings were evidenced by the questionnaires distributed, which showed that students did not answer the teacher's questions, faced difficulties in determining their goals, setting goals, and were embarrassed.

Two components that can have an impact on children's confidence are the environment and themselves. Internal factors include self-confidence and self-concept, while external factors include poor role models, relationships that are too spoiled by family, not feeling comfortable at school, and lack of confidence in abilities (Billfadawi, 2023). Lack of confidence in adolescents will hinder socialization, self-understanding, personal potential development and other developmental tasks (Claudiya & Putra, 2024).

Increasing self-confidence can be achieved in a variety of ways, including through personal development, interacting with others, learning from new experiences, coping with challenges and self-development exercises. Actions that can be taken to increase self-confidence, such as knowing how to be a good listener for children, showing mutual respect, it is not easy to forbid children, do not accumulate interest in talents that children have, invite children to solve problems, give them the opportunity to interact with adults and invite them to imagine the future (Humaida *et al.*, 2022).

Verbal abuse from parents can have a huge impact on adolescents' confidence levels. When parents often use harsh words, excessive criticism, or condescending, teens can feel

unappreciated and worthless. This can lead to feelings of inferiority and doubts about their abilities. On the other hand, positive verbal support from parents can build confidence. Teenagers who feel supported and valued tend to be more confident in facing challenges. So, a communication environment at home is very important in the formation of adolescent confidence. Overall, the relationship between verbal abuse and adolescent confidence levels is very close. It is important for parents to be aware of the influence of their words and strive to create a supportive and positive environment.

Most parents are unaware that comparing their children to others and calling them inappropriate names is verbal abuse (Badriyah, Marhayati and Andani, 2023). Often verbal violence occurs without us realizing it. Poor communication and wrong word choice lead to misunderstandings among the people speaking. Verbal abuse arises from the treatment experienced by a person (Mahmud *et al.*, 2021).

Verbal abuse is an unpleasant behavior or expression that is emotionally disturbing. Adolescents who experience verbal violence will experience low self-esteem (Devi Juniawati & Zaly, 2021). Verbal violence carried out by parents on their children is increasing every day. They tend to use verbal violence in teaching their children to be disciplined and obedient (Nurhasanah, Adiwinata and Nadhirah, 2023).

Verbal violence against children includes threats, slander, insults, and exaggerating the child's faults and so on. Factors that can cause children to experience verbal violence are due to parents who have a parental economy and tend to behave negatively that may appear in the child's family or social environment, parents' understanding of children's development and progress, and an environment that supports children's growth (Fadillah, Efastri and Filtri, 2022). Verbal violence also comes from environmental factors such as low levels of education or economic conditions that cause poverty (Mahmud *et al.*, 2021).

Research at MTs Negeri 2 Boalemo in 2023 found that the level of verbal violence obtained from parents was high, which was 46 participants (56%) (Antu, Zees and Nusi, 2023). The results of the study at SMAN 14 Tangerang showed a high category of 72.2% (Sapitri and Tangerang, 2021). Based on the results conducted at the Sei Gelugur People's Private Junior High School, it was found that out of 10 students, 5 of them received verbal violence from their parents, three students rarely experienced verbal abuse from their parents and two children never experienced verbal violence from their parents.

Factors that can invite verbal violence in children include excessive fear, frequent solitary habits, difficulty adapting to the environment, and inability to find a clear purpose in life. This can make children vulnerable to inappropriate treatment from the surrounding environment. (Putri and Rachmah, 2021). Violence carried out by parents, whether in the form of physical, psychological, social, or economic violence, not only has consequences for the physical but also has an impact on the psychological, that is, it can cause children to feel unsafe or injured, which has an impact on their own social behavior (Ardhani, 2019).

Parents should show affection and concern for their teens by communicating and interacting well. Teens will feel loved, needed, and valued. If parents can communicate well, verbal violence can be avoided (Fadillah, Efastri and Filtri, 2022). To reduce the amount of verbal abuse, parents should teach children how to treat children well without making negative comments. Avoiding acts of verbal violence means giving children a good opportunity to develop well so that their lives can continue to improve (Putu *et al.*, 2024).

Referring to this background, the researcher intends to conduct a study entitled "The Relationship between Verbal Abuse of Parents and the Level of Adolescent Confidence in Private Sei Gelugur in 2024."

## METHODS

This study is a quantitative research with a cross sectional approach. The population in this study is all students of Sei Gelugur Private Junior High School which totals 181 people. Sampling used a *proportional sampling* technique using the Lamerslow formula so that a sample of 123 respondents was obtained in this study. Data collection techniques using questionnaires about SADARI knowledge and actions taken from Mihrawaty's questionnaire, (2023) Data analysis using univariate analysis with frequency and percentage distribution of each category, bivariate analysis using chi square test with a p value of .007 ( $p < 0.005$ ).

In this study, the researcher did not conduct a validity test on its own because it used a questionnaire from the Mihrawaty (2023) study that had been tested for validity. The results of the validity test showed a table r-value between 0.492 to 0.746 for the verbal abuse variable and between 0.461 to 0.765 for the confidence variable, which means that this questionnaire has been proven to be valid.

In this study, the researcher did not conduct a reliability test on its own, but used a questionnaire from the Mihrawaty (2023) study that had been tested for reliability with the Alpha Cronbach value obtained for the verbal abuse questionnaire was 0.753, while for the confidence questionnaire was 0.749, indicating that this instrument is quite reliable.

Using an ordinal scale, this test is used to evaluate the strength of the relationship between two variables, namely independent and dependent variables. The dependent variable is self-confidence, and the independent variable is verbal violence. Self-confidence is considered a dependent variable, and verbal abuse is considered an independent variable. This study uses the chi-square test.

The Chi Square test was carried out for a categorical non-paired 2x2 comparative hypothesis test (Dahlan, 2014). If the data being studied is, this test ordinal is used. In addition, if at least one of the two variables is ordinal-scale, this test is used to evaluate the strength of the relationship between two variables, namely independent and dependent variables. To use the chisquare test, the following requirements must be met: No cell has a real frequency score or also called an Actual Count (F0) of 0 (Zero). This research has received an Ethical Feasibility Statement by the Health Research Ethics Commission of STIKes Santa Elisabeth Medan with letter number No.222/KEPK-SE/PE-DT/XI/2024

## RESULT

### 1. Demographic Data

Table 1 Distribution of Frequency and Percentage of Demographic Data by (Gender, Age, Religion) in Students of Sei Gelugur Private Junior High School in 2024 (N=123)

Characteristics	F	%
<b>Gender</b>		
Male	53	43,1
Female	70	56,9
<b>Total</b>	<b>123</b>	<b>100,0</b>
<b>Age</b>		
12	29	23,6
13	35	28,5
14	34	27,6
15	22	17,9
16	2	1,6
17	1	0,8
<b>Total</b>	<b>123</b>	<b>100.0</b>
<b>Religion</b>		
Islam	106	86,2
Kristen	15	12,2
Katolik	2	1.6
<b>Total</b>	<b>123</b>	<b>100.0</b>

Table 2. Distribution of Respondent Frequency Based on *Verbal Abuse* by Parents Against Adolescents at Sei Gelugur Private Junior High School in 2024 (n=123)

Verbal Abuse	f	%
High	56	23,6
Medium	38	30,9
Low	29	23,6
<b>Total</b>	<b>123</b>	<b>100.0</b>

Table 3. Frequency Distribution of Respondents Based on Confidence of Sei Gelugur Private Junior High School Adolescents in 2024 (n=123).

Confidence	f	%
Low	54	43,9
Medium	39	31,7
High	30	24,4
<b>Total</b>	<b>123</b>	<b>100.0</b>

Table 4. Frequency Distribution and Presentation of the Relationship Between *Parental Verbal Abuse* and Self-Confidence in Adolescents at Sei Gelugur Private Junior High School in 2024 (n=123).

	Confidence						Total		P- value
	Low		Medium		High				
Verbal abuse	f	%	f	%	F	%	f	%	
High	34	60,7	12	21,4	10	17,9	56	100,0	0,007
Medium	14	36,8	15	39,5	9	23,7	38	100,0	
Low	6	20,7	12	41,4	11	37,9	29	100,0	

## DISCUSSION

## Verbal Abuse of Parents in Teenagers of Sei Gelugur Private Junior High School

The results of the study showed that *Verbal Abuse* by parents in Adolescents at Sei Gelugur Private Junior High School was in the high category of 56 respondents (45.5%). *Verbal Abuse* is carried out by high parents, which can be seen from several forms of verbal violence such as yelling and cursing. Respondents with high *Verbal Abuse* stated that when parents were angry, they would use abusive words, parents called themselves by names they didn't like, parents told their children stupidly, parents accused children loudly and parents did not hesitate to punish them when children made mistakes. This research is supported by the research of [M. Antu R. Zees \(2023\)](#). The results of the study showed that 46 respondents were included in the *category of high Verbal Abuse* (54%). In this study, it is said that harsh words thrown by parents when angry because parents do not know about the developmental needs of their children. Verbal violence committed by parents on children is related to the lack of parental knowledge about the correct parenting style for their children.

Research conducted by researchers found that there are still teenagers at Sei Gelugur Private Junior High School experiencing *moderate and low verbal abuse* based on questionnaires that have been filled out by respondents that harass children's abilities with a level of verbal violence are stating that my parents don't allow me to argue with their conversation and they underestimate my opinion. Low verbal violence was obtained from the respondents' statements stating that parents do not refuse their presence, parents do not tell children who do not know themselves, parents always listen to children's opinions.

Researchers assume that parents verbally abuse their children such as saying stupid children and using harsh words such as children who do not know themselves, children are rude. This has an impact on the child's psychology, in this case the child's confidence level. There are several factors that cause parents to verbally *abuse* children, namely from parents and children. Factors from parents are: parents who have a lower socioeconomic level, lack of knowledge about adolescent development. From the factors of the child, namely: children who do not want to do homework, children who are often with friends outside, children who like to fight, teenagers who feel that they are adults and, have an aggressive nature.

In line with the results of research from ([Cahyo, 2020](#)) stating that knowledge is one of the factors that affect the occurrence of verbal violence. Many parents do not know or understand information about their child's developmental needs. For example, a child is forced to do something that he is not able to do at his age but due to the limited knowledge of his parents, he responds by yelling and berating the child. ([Mahmud, 2019](#)) states that children who experience verbal violence continuously will experience emotional disturbances, children do not have good self-concept, and can make children more aggressive. Therefore, good cooperation is needed between the family, school, and the community so that children do not experience verbal violence.

Based on the results of research conducted by ([Susanti and Nujanah, 2019](#)), it is argued that the phenomenon that has recently occurred and has become a culture in the community where it is considered that rude speech, scolding, yelling, scolding, and threatening children is normal. However, parents should be able to set a good example for their children by using good and correct language or words. This condition can occur where parents do not really



understand and do not know that the verbal ability possessed by parents in communicating with children will be immediately absorbed by the child and form a sustainable behavior.

Based on the results of research that has been conducted by (Fadilah *et al.*, 2024) it can be concluded that this verbal communication violence usually appears when parents feel the need to discipline their children. One of the main reasons is that regular or gentle communication is considered less effective in instilling discipline. They assume that if they speak in a tone that is too soft, the child is less likely to listen or obey commands. In addition, mistakes made by children are also often the main trigger for verbal violence. When children do something that is considered wrong, their parents' emotions are often provoked to the point that they use harsh and negative language. In situations like this, parents' verbal reactions are more aimed at an outpouring of emotions than an educational effort.

### Confidence of Sei Gelugur Private Junior High School Teenagers

The results of the research conducted on adolescents at the Sei Gelugur Private Junior High School were obtained from the level of confidence of adolescents in the low category of 54 people (43.9). Adolescents with low self-confidence can be proven by respondents who give up easily. When failing, choosing to remain silent because they are afraid to answer questions, respondents find it difficult to determine their goals, have changing life goals, do not dare to express their opinions in front of the class, physical conditions (such as children looking thin as if they are not taken care of and their eyes are swollen). This research is supported by researchers (Asiva Noor Rachmayani, 2022) who stated that adolescents who have low self-confidence are not brave/nervous to appear/speak in public, express opinions, start friendships, invite new acquaintances, are less familiar with other children, are insecure and passive in learning, are unsure of their abilities, are hesitant in making decisions, achieve goals and ideals and are ashamed of their physical appearance which is less interesting.

Researchers assume that adolescents with low self-confidence are characterized by doubting their abilities, feeling reluctant to take risks, and being afraid to express their opinions. Authoritarian parenting will make teenagers afraid to make their own decisions, excessive criticism and lack of appreciation from family in addition to the surrounding environment can also affect adolescent confidence.

Children lack of confidence can be caused by family factors that do not pay attention, parental parenting that often prohibits and limits children's activities, parents who always scold children's mistakes, but never reward when children do positive things, lack of affection. Environmental influence, often underestimated by such as being bullied. From teenagers themselves caused by less attractive physical conditions.

The research conducted by the researcher also found that adolescents at Sei Gelugur Private Junior High School still have confidence in the medium category of 39 people (31.7%). Based on the results of the study, respondents with the category of moderate confidence stated that respondents are still easily influenced by their friends, dare to ask questions if they do not understand, as students study diligently, respondents feel unconcerned when given a reprimand for the mistakes they have made. Meanwhile, adolescents who have a high level of confidence are 30 people (24.4%). Respondents with high confidence stated that respondents felt proud and grateful for what they had, accepted the shortcomings that existed in them, respondents admitted that if they made mistakes, they were not easily influenced by others, respondents were calm when facing problems.

Adolescents who have high self-confidence will easily interact with their friends, are able to express opinions without any doubt and respect the opinions of others, are able to act and think positively in decision-making. Interaction in the family with confidence is good support received from the family environment such as family members who interact well with each other will give a high sense of comfort and confidence. This confidence is influenced by the support provided by the social environment. One of the social supports that help adolescents' self-confidence is family interaction (Gita *et al.*, 2022). Adolescents with high self-confidence can be seen from adolescents who believe in their own abilities, act independently in making decisions, have a positive sense of self, dare to express opinions

This study is in line with a study (Devi Juniawati and Zaly, 2021) on 66 respondents found that 35 people were included in the low self-confidence category (53%). This is because respondents will have negative feelings about themselves, have weak confidence in their abilities, children like to close themselves off, lack courage and are always haunted by fear, therefore confidence is seen as one of the important aspects in personality formation. Another research conducted by (Rais, 2022) Self Confidence or self-confidence is a positive attitude of an individual that enables him to develop positive judgments, both towards himself and towards the environment or situation he is facing.

According to the results of research conducted by (Asiva Noor Rachmayani, 2022) states that adolescents who have low self-confidence are not brave or nervous to speak in public, express opinions, start friendships, invite new acquaintances, are not familiar with other friends, are insecure and passive in learning, are not confident in their abilities, are hesitant in making decisions, achieve goals and ideals and be ashamed of their unattractive physical appearance

According to the results of the study (Ghaffar *et al.*, 2022) economic and social factors that make the way of thinking of other teenagers who are outside the category of good middle and social economics will have difficulties and are not confident in their potential and talents, so that they feel excluded, prefer to be alone and quiet and from this is what creates self-distrust.

### **The Relationship of Verbal Abuse of Parents to the Level of Adolescent Confidence at Sei Gelugur Private Junior High School in 2024**

Based on the research carried out, the researcher showed that the results of the statistical test using *the Chi-square test* obtained a *p-value of 0.007* ( $p < 0.05$ ). This shows that there is a relationship between parental verbal abuse and the level of adolescent confidence at Sei Gelugur Private Junior High School in 2024.

The researcher assumes that *parental verbal abuse* and adolescent confidence in Sei Gelugur Private Junior High School adolescents are interrelated because parents who commit verbal violence to children have a direct impact on self-confidence and also affect adolescents in managing their emotions. When teenagers often receive harsh words or insults or excessive criticism. The negative messages conveyed by parents slowly damage adolescents' confidence so that adolescent mindsets are formed that are not worthy of being expected or accepted.

The lack of approach between parents and children can cause the relationship between parents and children to be strained so that children are increasingly distant from parents and



choose to express their feelings to others and even children will have a grudge against parents which can have an impact on children's confidence.

Verbal abuse is harmful behavior or conversation that disturbs the victim emotionally. Here are some of the impacts of verbal abuse on early childhood, including mental health disorders, loss of confidence, behavioral problems and decreased academic achievement. This research is in line with the research Results (H.T Rahmadani 2024) that *verbal abuse* of parents can have an impact on adolescent confidence, this is because verbal violence is a harbinger and delivery of abusive words in the form of harassment, insults and labeling someone in a communication pattern that can cause adverse emotional impacts. The impact of verbal violence is low self-esteem which causes a decrease in self-confidence.

Based on research conducted by (Rahmah, Elmanora and Hasanah, 2024) on 241 research subjects, it was found that parental verbal violence showed that most adolescents were in the low category and moderate adolescent confidence. The results of the study showed that parental verbal violence had a negative effect on adolescent self-confidence, which means that the higher the verbal violence of parents, the lower the confidence of adolescents. To increase confidence, parents are expected to avoid words that hurt the child's heart.

This is supported by research (Zadriana, Mulyatina and Desreza, 2021) that respondents experienced high-category verbal violence, namely 38 respondents (55.9%), against 68 subjects had low self-confidence, most of whom had experienced high-category verbal violence. Therefore, it can be concluded that the hypothesis that there is a relationship between verbal violence and self-confidence of verbal violence that occurs in the family is not not It occurs without a clear reason where the basic reason of parents is to discipline their child's delinquency. Verbal violence that occurs in the family that makes the child an object will affect the development of the child's personality. One of them affects the child's confidence level. Affects children's confidence in interacting in the family environment, school, and with the community in general.

## CONCLUSIONS AND SUGGESTIONS

### A. Conclusions

Verbal abuse committed by parents in adolescents at Sei Gelugur Private Junior High School was 56 people (45.5%), while adolescent confidence in students of Sei Gelugur Private Junior High School was included in the low category as many as 54 people (43.9%). There is a relationship between Verbal Abuse of Parents and the Level of Adolescent Self-Confidence at Sei Gekugur Private Junior High School in 2024.

### B. Suggestion

It is recommended for future researchers to be able to conduct further research on the factors that influence parents to commit verbal abuse and ways to increase confidence in adolescents.

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