

UNDERSTANDING SELF-CONCEPT ABOUT SEXUAL HARASSMENT IN CLASS VII STUDENTS OF SMPN 1 SEMPU

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Abstract

This study aims to determine the relationship between self-concept and sexual harassment in grade VII students at SMPN 1 Sempu. This research uses a quantitative approach with descriptive research methods. The subjects in this study were 60 students selected by random sampling technique. The results of this study showed a significant relationship between self-concept and sexual harassment. This can be seen from the results of the F test carried out, the F test results show that the significant value obtained is smaller than 0.05, ($<0.01 < 0.05$).

Keywords: understanding self-concept, Sexual

INTRODUCTION

Adolescence is a time when an individual experiences a transition from one stage to the next and experiences changes in both emotions, body, interests, behavior patterns, and also full of problems. The most prominent changes are physical changes, especially in the sexual organs. Teenagers begin to take an interest in the opposite sex and things that smell of sexuality, sometimes followed by various kinds of behavior that lead to sexual behavior. Adolescence is also commonly called the transition period from childhood to adulthood (Fithriyana, 2019).

The adolescent transition period is a stage of adolescent growth and development, this stage consists of several stages with distinctive characteristics in each stage. Adolescent development is divided into the following three stages. Early adolescence (11-13 years / early adolescence), adolescents feel closer to peers and are egocentric and free. Middle adolescence (14-17 years / middle adolescence), physical form is more perfect in middle adolescence. Things that happen, namely looking for self-identity arise the desire to date the opposite sex, and fantasize about sexual activity. Late adolescence (18-21/late adolescence) Late teens are called young adults because they have begun to leave the world of childhood. Kumalasari (2012) explains that the transition in moral values in adolescents begins with leaving the values they adhere to and towards the values held by adults. Adolescents are more selective in finding peers, have a body image of themselves, can manifest a sense of love, and learn to adapt to prevailing norms (Smenta, 2011; Wirenviona & Riris, 2020).

The transition from childhood to adolescence, mentoring and providing knowledge is very important given by the family so that children continue to behave in accordance with the norms that apply in society. A family is an association of two or more individuals who are bound by blood relations, marriage, or adoption, and each family member always interacts with one another (Setyowati (2008; Fithriyana, 2019). Of the several negative

behaviors that occur during adolescence, one that often occurs in the community is sexual harassment. According to Ulfaningrum et al., (2021) sexual harassment is a form of behavior that leads to sexual things that are done unilaterally and behavior that is not expected by the person who is the target and causes negative reactions such as shame, anger, hatred, offence, and so on.

Lack of education about sex can cause teenagers to become wrong associations. The explanation of sex which is still taboo among parents must be removed in order to create teenagers who have a norm-abiding attitude. Sometimes teenagers just want to go along with their friends to do this behavior, if they want to do this they will be considered cool and brave. If a teenager has received lessons about sex and the dangers involved in doing things that are close to sex, sexual harassment for example, he will avoid the act because he knows what the effects will be.

In addition to the lack of education about sex in adolescents, it is important for adolescents to have a self-concept. Self-concept is the image that people have of themselves. This self-concept is a combination of beliefs that individuals have about themselves which includes physical, psychological, social, emotional, aspirations, and achievements. Self-concept is a determinant of individual attitudes in behaving, meaning that if individuals tend to think they will succeed, then this is a force or impetus that will make individuals towards success. On the other hand, if the individual thinks he will fail, then this is tantamount to preparing himself for failure. It can be concluded that this self-concept is a comprehensive perspective on himself, which includes his abilities, feelings he experiences, his physical condition and his immediate environment (Hurlock, 1990:58; Anggraeni, 2019).

Adolescents who have a positive self-concept will act according to the norms that apply in society to maintain their good name in the community and those closest to them. From a preliminary study conducted in the surrounding environment, there are many teenagers who are indifferent to their self-concept. Many of them sexually abuse someone without thinking about the consequences. Sexual harassment that is common in public places is verbal sexual harassment, examples of which are whistling, gossip, jokes that lead to sex and threatening statements. One of the trivial things that teenagers may not know is whistling to the opposite sex. There are so many teenagers who do this to the opposite sex just to tease or joke, even though it is a form of sexual harassment.

RESEARCH METHODS

This study used a quantitative approach with descriptive research methods. Sugiyono (2012; Jayusman & Shavab, 2020) explains that descriptive research is research conducted to determine the value of independent variables, both one variable or more (independent) without making comparisons, or connecting with other variables. Quantitative approach is research that uses data in the form of quantitative figures, to be able to predict population conditions, or future trends. Quantitative research allows generalizations for the results, which are calculated by statistical analysis (Mukhid, 2019).

RESULTS AND DISCUSSION

Adolescence

Adolescence has several terms, including Puberteit, Adolescere, and Youth. The definition of youth in Latin is Adolescere, which means growing towards maturity. From this meaning, maturity is not only in terms of physical, but also social and psychological maturity. Adolescence is also defined as a period of transition, from childhood to adulthood. This period is also a time for an individual who will experience changes in various aspects, such as cognitive (knowledge), emotional (feeling), social (social interaction), and moral (moral) aspects (Kusmiran, 2011; Mayasari et al, 2021).). According to WHO (Marmi, 2013; Mayasari et al., 2021) what is said to be adolescents (adolescence) are those aged

between 10 to 19 years. Understanding adolescents in other terms is what young people say are those aged 15 to 24 years.

From a psychological point of view, adolescence is a period of transition from childhood to adulthood, that is, when you no longer want to be treated as a child, but physically you cannot say that you are an adult. Some people think that teenagers are a group of individuals who experience an ordinary life journey, because they will become normal adults by nature, so there is no need to worry about it, if that period ends it will reach maturity.

However, it is undeniable that some people consider teenagers as a group of individuals who often commit violations, make it difficult for their parents and other people around them (Hayuningtyas, 2018). At every stage of adolescent growth from early adolescence to late adolescence changes. Various changes experienced in adolescence is a natural process. This process will be passed by every normal human being. The start time and length of puberty is different for each child, these differences are influenced by genetic, nutritional, and environmental factors. Various changes that occur during adolescence are caused by the influence of hormones. Hormones are chemical messengers from one cell to another, these messages regulate the body so that it functions as it should. Hormones that play a role in changes during puberty are growth hormone, testosterone, and estradiol (Musmiah et al, 2019).

Self-concept

In general, self-concept is defined as the views and feelings of individuals about themselves. Self-concept is expressed through self-actualization from individual attitudes, humans as creatures who have a desire to develop and will eventually realize their existence. This development then helps the formation of an individual's self-concept. The more a person develops, the more he is able to cope with his environment. This is because when he knows his environment, he also knows who he is so that he will develop an attitude towards himself and his behavior. This knowledge and attitude is called self-concept (Chirzin, 2018).

According to Burns (1993; Anggraeni, 2019) self-concept is a mixed picture of what we think other people think, about us, and what we want ourselves to be. Self-concept is an individual's view of who the individual is, and it can be obtained through information that other people give to the individual. This opinion can be interpreted that the individual's self-concept can be known through information, opinions, judgments or evaluations from others about him. Individuals will know they are beautiful, smart, or friendly if there is information from others about them. On the other hand, the individual does not know how he or she is confronted by others without any information or input from the environment or other people. Individuals in everyday life have indirectly assessed themselves. Self-assessment includes his character, other people can respect him or not, he includes people who look attractive, beautiful or not.

Rogers (Atkinson: 1996; Fitriyani, 2019) explains that self-concept is an awareness of self that includes all ideas, perceptions and values that determine individual characteristics. This self-concept has an important role in determining individual behavior, how the individual views himself, which will appear from the character and all of his behavior. Awareness and views about himself that are internalized will affect a person's perception of life and behavior, whether these perceptions and behaviors are positive or negative depending on the positive or negative self-concept of the individual. Individuals who have a positive self-concept will view the world and their lives in a different way compared to individuals who have a negative self-concept. **Sexual**

harassment, or sexual harassment, can be interpreted as behavior characterized by unwanted and inappropriate sexual comments, or sexually oriented physical approaches that are carried out in the workplace or other work, professional, or social

situations (Rusyidi et al. 2019 ;). In the conception of Gelfand, et al (1995;) sexual harassment is an unwanted sexual connotation act committed by a person or group of people against another person (Gelfand, et al, 1995; Rusyidi, et al, 2019; Suprihatin & Azis, 2020). Cases of sexual harassment can happen anywhere and can be done anywhere. Perpetrators only care about their own sexual desires and imaginations.

Sexual harassment is an act through intentional or repeated physical or non-physical touch, or repeated physical intercourse, or physical intercourse of a non-consensual sexual nature. Sexual harassment refers to an act in which the victim feels unpleasant feelings. The act is intimidating, insulting or disrespecting the victim by making a person an object of sexual outlet. Any act if it has been deemed to have violated decency or decency can be included in obscene acts, thus sexual harassment is an unwillingness or rejection of any form of sexual attention (Ramdhani, 2017; Mutiarani, 2020).

Prabowo (2014; Idayati, 2020) states that there are three points of sexual harassment including: verbal, non-verbal, and physical. 1. Verbal sexual harassment, such as teasing, whistling, telling about someone's sexual life without that person's consent, making sexual comments (person's body shape, dress, or style). 2. Non-verbal sexual harassment, such as showing

pornographic images via social media, magazines or pornographic picture books to people who do not like them. 3. Physical sexual harassment, such as moving your hands or body in an inappropriate manner towards someone. Touching, pinching and patting unintentionally. Disturbing physical or sexual assault or worse, rape.

1. Validity and reliability test

1.1 Validity test

Arikunto (2006; Sugiono, et al, 2020) states that validity is a measure that shows the level of validity and validity of an instrument. The definition of validity shows the accuracy and suitability of the measuring instrument used to measure the variables.

The results of the validity test showed that there were 2 variables, namely X (Self-Concept) and Y (Sexual Harassment) with a total of 30 items and filled in by 60 respondents. The results of the validity test above from the 30 item questions are valid, it can be seen from the calculated r value $>$ the r table value. This study uses the distribution of r table values of 5% / 0.05. The formula for r table is $df = N-2$ so $60-2 = 68$ so that r table from 0.05 to 59 = 0.254. So when viewed from the results of the validity test above, r count $>$ r table, then it is declared valid.

1.2 Reliability test

Reliability comes from the word reliability which means the extent to which the results of a measurement can be trusted. A measurement result can be trusted if in several times the measurement of the same group of subjects, relatively the same measurement results are obtained, as long as the aspects measured in the subject have not changed (Farida & Musyarofah, 2021). Before doing reliability testing, there must be a basis for making a decision, namely an alpha of 0.60. Therefore, if the reliability test results $>$ 0.06 then it is declared reliable, on the contrary if the reliability test results $>$ 0.06 then it is declared unreliable.

The results of the reliability test of the variable X (Self-Concept). From the reliability test results, it can be seen that the results of Cronbach's Alpha (reliability test results) show 0.908 results, it can be concluded that $0.908 > 0.06$, then the reliability test results of variable X (Self-Concept) are declared reliable. While the results of the reliability test of the Y variable (Sexual Harassment) can be seen that the results of Cronbach's Alpha (reliability test results) show the results of 0.869, it can be concluded that $0.869 > 0.06$, then the reliability test results of the Y variable (Sexual Harassment) are declared reliable.

2. Normality

test Normality test is a test conducted with the aim of assessing the distribution of data in a group or variable. The normality test is useful for determining the data that has been collected is normally distributed or taken from a normal population (Fahmeyzan, 2018). The basis for decision making is divided into two, namely 1) if the significance value is > 0.05 , then the residual value is normally distributed, while 2) if the significance value is < 0.05 , then the residual value is not normally distributed. The normality test which was carried out using the Kolmogorov-Smirnov one sample statistical technique, showed that the significance value was $0.080 > 0.05$, so it can be concluded that the residual value is normally distributed.

3. Linearity test

Linearity test aims to determine whether two variables have a linear relationship or not significantly. Linearity test is usually used as a prerequisite in correlation analysis or linear regression. Two variables are said to have a linear relationship if the significance (Linearity) is less than 0.05 (Sayekti, 2019). Based on the results of the linearity test, it can be concluded that there is a linear relationship between the two variables. This can be seen in the value of sig. Deviation from Linearity is $0.133 > 0.05$, which means that the variable X (Self-Concept) and Y (Sexual Harassment) has a linear relationship.

4. Hypothesis

testing Hypothesis testing aims to establish a basis so that it can collect evidence in the form of data in determining the decision whether to accept or reject the statement. Hypothesis testing decisions are almost always made based on testing the null hypothesis. This is a test to answer questions to assume the null hypothesis is true (Darwin, et al, 2021). Hypothesis testing in this study uses the hypothesis test F. From the results of hypothesis testing, it can be concluded that the results of hypothesis testing between variables X (Self-Concept) and Y (Sexual Harassment) have a significance value of 0.05 or < 0.05 . This proves that H2 is accepted and H0 is rejected, because there is a relationship between variable X (Self-Concept) and variable Y (Sexual Harassment).

CONCLUSION

This article tries to prove that self-concept affects the way of thinking in adolescents. If adolescents have a positive self-concept, it will change the way they think about adolescent relationships. Adolescents with a positive self-concept will try to find information about adolescents, it can involve information on adolescent growth, the dangers of promiscuity, and so on. Teenagers who learn this will avoid negative actions, one of which is sexual harassment. Adolescents who have a positive self-concept will not commit acts of sexual harassment because it is impolite and detrimental behavior, then adolescents who may find harassment treatment will immediately report to their elders so that they can get protection immediately. Thus self-concept is important for the social sustainability of adolescent society.

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