

ABSTRACT

THE CORRELATION BETWEEN CYBERBULLYING VICTIMIZATION AND THE MENTAL HEALTH OF MIDDLE ADOLESCENT IN HANG TUAH 4 HIGH SCHOOL SURABAYA

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Cyberbullying victimization, intentionally and persistently perpetrated by perpetrators, aims to threaten victims in various ways, including verbally, physically, and by disrupting their mental health. Some teenagers at SMA Hang Tuah 4 Surabaya have reported experiencing cyberbullying victimization leading to mental health issues. This study aims to analyze the relationship between cyberbullying victimization and the mental health of mid-adolescents at SMA Hang Tuah 4 Surabaya. The research employed a correlational study with a cross-sectional approach. The respondents, totaling 124 students, were selected using simple random sampling. The research instruments included the CYBVICS (Cyberbullying Victimization Scale) for cyberbullying victimization and the MHI-38 (Mental Health Inventory-38) for mental health assessment. The findings revealed that more than 50% (54%) of respondents experienced high levels of cyberbullying victimization, and over 50% (61%) had low mental health scores. The Spearman rank correlation test showed a significant result with $p = 0.000$ and $r = (-) 0.633$, indicating a strong negative relationship. This implies that higher levels of cyberbullying victimization are associated with lower mental health among mid-adolescents at SMA Hang Tuah 4 Surabaya. To enhance the effectiveness of counseling, school administrators can play a proactive role by scheduling regular counseling sessions to prevent cyberbullying victimization. This proactive approach can contribute significantly to mitigating the negative impact on students' mental well-being.

Keywords: Cyberbullying Victimization, Mental Health, Adolescents

ABSTRAK

HUBUNGAN *CYBERBULLYING VICTIMIZATION* TERHADAP KESEHATAN MENTAL REMAJA PERTENGAHAN DI SMA HANG TUAH 4 SURABAYA

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Cyberbullying victimization ditimbulkan secara sengaja dan terus menerus oleh para pelaku, yang bermaksud mengancam korban dengan bermacam rupa, baik secara verbal, fisik, hingga mengganggu kesehatan mental. Sebagian remaja di SMA Hang Tuah 4 Surabaya mengatakan bahwa mereka pernah menjadi *cyberbullying victimization* hingga mengalami gangguan kesehatan mental. Tujuan penelitian ini menganalisis hubungan *cyberbullying victimization* terhadap kesehatan mental remaja pertengahan di SMA Hang Tuah 4 Surabaya. Desain penelitian ini menggunakan studi korelasi dengan pendekatan *cross sectional*. Responden dalam penelitian ini berjumlah 124 siswa dengan menggunakan teknik *simple random sampling*. Instrumen penelitian *cyberbullying victimization* adalah kuesioner CYBVICS (*Cyberbullying Victimization Scale*) dan instrumen penelitian kesehatan mental adalah MHI-38 (*Mental Health Inventory-38*). Hasil penelitian menunjukkan lebih dari 50% (54%) responden termasuk *cyberbullying victimization* tinggi dan lebih dari 50% (61%) responden memiliki kesehatan mental rendah dengan hasil uji *rank spearman* $p = 0,000$ dan $r = (-) 0,633$ sehingga ada hubungan kuat dengan arah negatif yang artinya semakin tinggi *cyberbullying victimization* maka semakin rendah kesehatan mental remaja pertengahan di SMA Hang Tuah 4 Surabaya. Sebagai masukan untuk meningkatkan efektivitas bimbingan konseling, kepala sekolah dapat meningkatkan kembali tugasnya dengan aktif membuat jadwal konseling tiap bulannya untuk mencegah adanya *cyberbullying victimization*.

Kata Kunci: *Cyberbullying Victimization*, Kesehatan Mental, Remaja