

GAMBARAN SELF-ESTEEM PADA REMAJA AKHIR YANG MENGALAMI KEKERASAN DALAM BERPACARAN

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ABSTRAK

Remaja merupakan usia dimana seseorang mulai berinteraksi dengan lingkungan masyarakat dewasa, saat usia ini anak tidak lagi berada di bawah tingkat orang-orang yang lebih tua darinya namun ada pada tingkatan yang sama. Fase tersebut biasanya terdapat berbagai fenomena yang terjadi di rentang usia remaja, seperti mengalami pubertas dan menjalin hubungan. Hubungan berpacaran terkadang menghadapi permasalahan-permasalahan, yaitu terdapat beberapa kekerasan yaitu, kekerasan fisik, verbal dan seksual. Perempuan lebih banyak menjadi korban dibandingkan laki-laki, kekerasan menyebabkan menurunnya rasa percaya diri, tidak berdaya, cemas, menurunnya produktivitas kerja atau prestasi, dan mengalami sakit fisik. Tujuan dari penelitian ini untuk mengetahui gambaran self-esteem pada remaja akhir yang mengalami kekerasan dalam hubungan berpacaran. Penelitian ini menggunakan metode kualitatif pendekatan studi kasus, menggunakan aspek-aspek Coopersmith (1967) yang terdiri dari kekuatan, keberartian, kebijakan, dan kompetensi. Melibatkan tiga subjek penelitian melalui purposive sampling, teknik pengumpulan data menggunakan wawancara semi terstruktur, observasi non partisipan, dan dokumentasi. Berdasarkan hasil penelitian maka dapat disimpulkan ketiga subjek mengalami perilaku kasar dan tidak dihargai oleh pasangannya, ketiga subjek tidak mampu melawan kekerasan yang dilakukan oleh pasangannya, subjek hanya bisa menangis terdiam, dan gemetar. Subjek satu melanggar norma sosial, sementara subjek dua dan tiga menunjukkan ketaatan dilingkungan masyarakat dan agama. Subjek dua mempertahankan hubungannya karena merasa diperhatikan, sementara subjek satu dan tiga mengakhiri hubungan mereka karena merasa tidak dihargai serta disakiti secara fisik dan mental. ketiga subjek juga mencerminkan tingkat kinerja yang tinggi untuk mencapai prestasi, yang bervariasi. Faktor-faktor yang mempengaruhi self-esteem pada penelitian ini yaitu, faktor jenis kelamin, intelegensi dan lingkungan sosial.

Kata kunci: Kekerasan, Remaja Akhir, Self-esteem

DESCRIPTION OF SELF-ESTEEM IN LATE ADOLESCENTS WHO EXPERIENCED DATING VIOLENCE

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ABSTRAK

Adolescence is when an individual starts engaging with the adult community. Children of this age are no longer considered beneath older individuals but are seen as equals. This stage typically involves a variety of occurrences during the teenage years, such as going through puberty and forming romantic relationships. Dating relationships often encounter issues, such as various forms of violence, including physical, verbal, and sexual violence. Women are more likely to be victims of violence than men, and the consequences include reduced self-confidence, feelings of helplessness, anxiety, decreased productivity or achievement at work, and physical illness. The objective of this study is to establish the characterization of self-esteem in older teenagers who undergo dating violence. This study employs a qualitative case study method and utilizes Coopersmith's (1967) components, including strength, significance, policy, and competence. The study will include three research participants selected through purposive sampling. Data will be collected using semi-structured interviews, non-participant observation, and documentation techniques. Based on the research results, it can be concluded that the three subjects experienced rude behavior and were not appreciated by their partners. The three subjects were unable to resist the violence perpetrated by their partners. The subjects could only cry silently and tremble. Subject one violates social norms, while subjects two and three demonstrate compliance with society and religion. Subject two maintained their relationship because they felt cared for, while subjects one and three ended their relationship because they felt disrespected and hurt physically and mentally. The three subjects also reflect a high level of performance to achieve achievement, which varies. The factors influencing self-esteem in this research are gender, intelligence and social environment.

Keywords: Violence, Late Adolescence, Self-esteem