HUBUNGAN KEKERASAN VERBAL DENGAN *SELF-ACCEPTANCE* DAN *SELF-HARM* PADA DEWASA AWAL

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Abstract

Verbal abuse is one of the most common forms of violence, both for children and adults. Unfortunately, verbal abuse is often seen as a joke and is carried out without thinking about the impact on self-acceptance on the victim who experiences it. Verbal abuse that has been continuously experienced will affect emotions and lead to self-harm behavior as a form of coping mechanism. This study aims to determine the relationship between verbal abuse, self-acceptance and self-harm involving 110 early adulthood aged 18-25 years old who has experienced verbal abuse. The data were collected using Berger self-acceptance scale, verbal abuse scale, and self-harm scale. The hypothesis are negative relationship between verbal abuse and self-acceptance and the positive relationship between verbal abuse and self-harm. Participants in this study are men and women aged 18-25 years who have experienced verbal abuse. The data will be collected using three scales, Berger Self-acceptance Scale, Self-harm Scale and the Verbal Abuse Scale. The data were analyzed using correlation product moments. The result of this study indicated there is negative relationship between verbal abuse and self-acceptance (r= -0,545; p<0,05) and positive relationship between verbal abuse and self-harm (r=0,637; p<0,05).
Keywords: verbal abuse, self-acceptance, adults, emotion, self-harm

Abstrak

Kekerasan verbal merupakan salah satu kekerasan yang sering terjadi baik pada anak-anak hingga dewasa. Mirisnya, kekerasan verbal saat ini sering dianggap sebagai guyonan dan dilakukan tanpa memikirkan dampak terhadap *self-acceptance* pada korban yang mengalaminya. Kekerasan verbal yang terus menerus dialami akan mempengaruhi emosi hingga mengakibatkan adanya perilaku *self-harm* sebagai bentuk koping terhadap masalah. Penelitian ini bertujuan untuk mengetahui hubungan kekerasan verbal dengan *self-acceptance* dan *self-harm* pada dewasa awal dengan melibatkan 110 orang yang berusia 18-25 tahun. Data dikumpulkan menggunakan Skala *Berger Self-acceptance*, Skala Kekerasan Verbal, dan Skala *Self-harm*. Hipotesis dalam penelitian ini adalah adanya hubungan negatif antara kekerasan verbal dengan *self-acceptance* dan adanya hubungan positif antara kekerasan verbal dengan *self-harm*. Data yang telah didapatkan dianalisis menggunakan korelasi *Product Moment*. Hasil penelitian ini menunjukkan adanya hubungan negatif antara kekerasan verbal dengan *self-acceptance* (r= -0,545; p<0,05) dan adanya hubungan positif antara kekerasan verbal dengan perilaku *self-harm* (r=0,637; p<0,05).

Kata kunci: *kekerasan verbal, self-acceptance, dewasa, emosi, self-harm*