

Pelatihan Teknik Asertivitas untuk Meningkatkan *Self-Esteem* Korban *Bullying*

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ABSTRACT

Victims of bullying are generally vulnerable to the problems of self-esteem. Some studies indicate that assertiveness training can improve self-esteem. The purpose of this study is to examine the effect of assertiveness techniques training to improve bullying victims' self-esteem. Training of assertiveness techniques carried out to students in 4th and 5th grade of primary school identified as a victim of bullying. This quasi experiment conducted with untreated control group with pre-test and double post-test design. The data were collected by using adaptation instrument of Peer Interactions in Primary School (PIPS) Questionnaire, assertiveness scale, and self-esteem scale. The subjects were 18 students who are indicated as bullying victims and have self-esteem scores categorized in low to moderate levels (8 students in experimental group and 10 students in control group). The result of the Mann Whitney U test showed that there was no difference in self-esteem scores between the experimental and control group during the pretest ($p > 0.05$). After being treated, the differences in self-esteem scores were significant with $Z = -3.113$; $p = 0.002$ ($p < 0,01$) between the experimental group and control group, in which the mean score of self-esteem in the experimental group was higher than the control group.

Keywords: bullying, bullying victims, assertiveness, self-esteem

ABSTRAK

Korban *bullying* pada umumnya rentan terhadap permasalahan *self-esteem*. Beberapa penelitian menunjukkan bahwa pelatihan asertivitas dapat meningkatkan *self-esteem*. Tujuan penelitian ini adalah untuk menguji pengaruh pelatihan teknik asertivitas dalam meningkatkan *self-esteem* korban *bullying*. Pelatihan teknik asertivitas dilakukan terhadap siswa kelas 4 dan 5 SD yang teridentifikasi sebagai korban *bullying*. Eksperimen kuasi ini dilakukan dengan desain *the untreated control group design with pre-test and double post-test*. Pengumpulan data menggunakan alat ukur adaptasi *Peer Interactions in Primary School (PIPS) Questionnaire*, skala asertif, dan skala *self-esteem*. Subjek penelitian ini adalah 18 siswa yang terindikasi sebagai korban *bullying* dan memiliki skor *self-esteem* yang tergolong dalam kategori rendah hingga sedang (8 siswa kelompok eksperimen dan 10 siswa kelompok kontrol). Hasil uji *Mann Whitney U test* menunjukkan bahwa tidak terdapat perbedaan skor *self-esteem* antara kelompok eksperimen dan kelompok kontrol pada saat *pretest* ($p > 0,05$). Setelah diberi perlakuan, terdapat perbedaan skor *self-esteem* yang signifikan dengan $Z = -3,113$; $p = 0,002$ ($p < 0,01$) antara kelompok eksperimen dan kelompok kontrol, dimana rerata skor *self-esteem* pada kelompok eksperimen lebih tinggi dibandingkan kelompok kontrol.

Kata kunci: *bullying*, korban *bullying*, asertivitas, *self-esteem*