THE RELATIONSHIP BETWEEN CYBERBULLYING AND DEPRESSION IN ADOLESCENT

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ABSTRACT

*Cyberbullying*with the level of depression in adolescents being defined as acts of bullying committed by someone against others in the online world, bullying can be a threatening stressor for adolescents because acceptance from peers is very important so that exclusion can be interpreted as stress, frustration, and sadness. The purpose of this study was to analyze the relationship between cyberbullying and the level of depression in adolescents in the Sindang Barang Village, Bogor City. Quantitative analytic descriptive research method with a cross sectional research design. Sampling by random sampling, sample size of 75 respondents. In this study, the cyberbullying and CDI questionnaires were used as measuring instruments. Research was conducted in July 2022 with Google Forms. Data analysis technique used Kendall's tau correlation test. Research Results Using Kendall's tau correlation test. It was found that the majority of cyberbullying with depression in adolescents in the Sindang Barang Village, Bogor City showed that out of 75 respondents, 22 respondents experienced cyberbullying in the yes category with a percentage value of 51.2% with a p value of $0.662 \geq 0.05$. Discussion of cyberbullying with the level of depression in adolescents is defined as acts of bullying committed by someone against other people in the online world. It was found that the majority of cyberbullying with depression in adolescents in the Sindang Barang Village, Bogor City showed that out of 75 respondents, there were 22 respondents who experienced cyberbullying in the yes category with a percentage value of 51.2% with a p value of $0.662 \geq 0.05$,

Keywords: Cyberbullying, level of depression, adolescents

INTRODUCTION

*Cyberbullying*interpreted as harassment and humiliation by perpetrators (bully) to victims in cyberspace (social media).[1]The reason that encourages someone to do cyberbullying/bullying is because they consider cyberbullying as a way to express their domination and power.

In West Java province, Imam explained that 160,000 students skip school per day to avoid bullying. 80 percent of students in grades 4 to 11 are victims of bullying at school, and 10 percent of students change schools and 10 percent change schools to avoid bullying. In Bogor itself, many victims of bullying occur in school-age children, said Juna Kurniawan from JCI in an audience with the mayor of Bogor at the city hall plaza, as many as 30-40% of the victims of bullying were still in elementary school, junior high school, high school. . Bullying occurs when a child is deprived either physically or mentally.[3]

One of the causes of bullying according to the National Youth Violence Prevention Resource Center (2002) is a school atmosphere that is not conducive. Lack of adult or teacher supervision

during recess, teacher and student indifference to bullying behavior and the inconsistent application of anti-bullying rules are conditions that foster bullying in schools.

The impact of cyberbullying on adolescents, Samantha B. Saltz, resident physician in child and adolescent psychiatry at the University of Miami Miller School of Medicine and Jackson Memorial Hospital in Florida, adolescents who are victims of cyberbullying are generally more likely to experience moderate to severe depression, emotional , and felt insecure.[1]

As a result, cyberbullying victims will experience insomnia or difficulty sleeping. After that, the victim will isolate himself and avoid the social environment, this is included as a symptom of depression.[5]

The solution to avoiding cyberbullying is to protect personal information because you are not allowed to upload personal information carelessly, to be more selective in choosing friends because this applies to social interactions in cyberspace, not to pay attention to the government through Article 29 of the ITE Law which states that sending electronic messages contains "threats" or attempts to "scare" scare". ethics because of cases where someone is punished due to his upload on social media using harsh words

Based on the results of a preliminary study conducted on April 17 2022 in the Sindang Barang Village, Bogor City, 10 students with a questionnaire found that 60% or 6 students had mild depression and moderate depression, while as many as 40% or 4 students who experience cyberbullying, namely those who are deliberately ridiculed or insulted through social media.

Based on the description above, researchers are interested in knowing whether there is a relationship between cyberbullying and the level of depression in adolescents in the Sindang Barang Village, Bogor City.

RESEARCH METHODS

This type of research uses Cross Sectional research, which is a study to study the dynamics of the correlation between factors and effects, by means of an approach, collecting data at one time, meaning that the research subject is only observed once and measurements are made on the status of the character or subject variables at the time inspection.[23]

The research was carried out at each of their homes using the Google Forms system, from February 2022 to July 2022. The population of this study was adolescents in the Sindang Barang Village, Bogor City. The sample was taken using a random sampling technique by taking a population of class X and XI, totaling 75 respondents.

The data collection tool used in this study was a questionnaire, namely the cyberbullying questionnaire and the CDI questionnaire.

Data analysis consisted of univariate and bivariate analyzes using the Kendall's tau correlation test, where bivariate analysis analyzed the relationship between cyberbullying and depression levels in class X and XI adolescents in the Sindang Barang Village, Bogor City.

RESEARCH RESULT

The research was carried out on July 24 2022 and data was collected on the respondents. In carrying out data collection, the researcher was assisted by the counseling teacher and homeroom teacher to provide an explanation in advance about ways to fill out the questionnaire sheet. Before filling out the questionnaire sheet, each respondent was given an informed consent sheet to be signed by the respondent and explained that the respondent's participation in filling out the questionnaire was free without any coercion, the respondent could accept or refuse to become a respondent without any sanctions. The number of respondents was 75 respondents.

UNIVARIATE ANALYSIS

Based on the results of research conducted on adolescents in the Sindang Barang Village, Bogor City, the results are as follows:

Table 1 Frequency Distribution*Cyberbullying*In Adolescents in Sindang Barang Village, Bogor City.

Based onBased on table 1 the distribution of the frequency of cyberbullying with the level of depression in adolescents in the Sindang Barang Village, Bogor City, it was found that the majority of 57.3%, namely 43 respondents, experienced cyberbullying.

No	*Cyberbullying*in teenagers	Frequency	Percentage (%)
1	Yes	43	57.3 %
2	No	32	42.7 %
	Total	75	100 %

Table 2. Frequency DistributionDepression in Adolescents in Sindang Barang Village, Bogor City.

No	Depression in teenagers	Frequency	Percentage (%)
1	Yes	40	53.3 %
2	No	35	46.7 %
Total		75	100 %

Based on table 4.8 the distribution of the frequency of cyberbullying with the level of depression in adolescents in 2022, it was found that the majority was 53.3%, namely 40 respondents experienced cyberbullying.

RESULTS OF BIVARIATE ANALYSIS

Aims to determine whether there is a relationship between cyberbullying and the level of depression in adolescents in the Sindang Barang Village, Bogor City. With the following results:

cyber bullying on teenager	Depression in teenagers				Total		Kendall's knows	
	Yes		No					
	n	%	n	%	N	n	P Value	OR
Yes	22	51.2%	21	48.8%	43	100%		
No	18	56.3%	14	43.8%	32	100%	0.662	0.662
	40	100 %	35	100%	75	100%		

Based on table 3, the results of the analysis of cyberbullying in adolescents in the Sindang Barang sub-district, Bogor City, show that out of 75 respondents who experienced cyberbullying in the Yes category, there were 22 respondents with a percentage value of 51.2%. Whereas for the category not as many as 14 respondents with a percentage value of 43.8%. Statistical test results obtained Value = 0.662, which means Value ≥ 0.05 then Ha is rejected and Ho is accepted. $\rho\rho$

DISCUSSION
A. Univariate
1. *Cyberbullying* In Adolescents

    Based on table 1, the distribution of the frequency of cyberbullying among adolescents in the Sindang Barang Sub-District, Bogor City, shows that out of 75 respondents the results showed that the majority of respondents could be seen that respondents with cyberbullying in adolescents were in the Yes category, 43 (57.3%) respondents.

    Based on the statement above, it can be concluded that the higher the conformity of individuals, the higher the cyberbullying behavior carried out by adolescents in the Sindang Brang Village, Bogor City. So in this study 57.3% of adolescents still experience cyberbullying and it can be said that cyberbullying in the Sindang Barang Village, Bogor City is still very high.

    Factors that influence cyberbullying can be seen both psychologically and physically. There are even victims who commit suicide due to cyberbullying. Teenagers with vulnerable souls can become perpetrators or victims of cyberbullying. Those who do not understand good ethics online usually find it difficult to control behavior in the online world.

2. Depression In Adolescents

    Based on table 2 the distribution of the frequency of depression in adolescents in the Sindang Barang Village, Bogor City, shows that out of 75 respondents, 40 (53.3%) respondents.

    Based on the statement above that the type of bullying, both physically, verbally and rationally has a relationship with depression. So in this study 53.3% of adolescents in the

Sindang Barang Village, Bogor City, experienced depression due to cyberbullying in the Sindang Barang Village, Bogor City, which was still very high.

Depression in adolescents is characterized by changes in the level of functioning accompanied by feelings of depression or loss.

Bullying can be a threatening stressor for adolescents because acceptance from peers is very important so that exclusion can be interpreted as stress, frustration, and sadness. Teenagers rely on peers to provide support that was previously provided by the family, rejection will result in the emergence of psychological problems such as anxiety, depression, grief, difficulty in interacting with other people and loneliness.

3. **The Relationship between Cyberbullying and Depression Levels in Adolescents**

Based on the data above, the researcher analyzed the relationship of the data using the Kendall's tau test, obtained a p value of 0.662 ≥ 0.05, then Ha was rejected and Ho was accepted, meaning that there is no relationship between cyberbullying and the level of depression in adolescents in the Sindang Barang Village, Bogor City.

*Cyberbullying*with the level of depression in adolescents defined as acts of bullying committed by someone against other people in the online world.

*bullying*can be a stressor that threatens adolescents because acceptance from peers is very important so that exclusion can be interpreted as stress, frustration, and sadness. Adolescents rely on peers to provide support previously provided by the family, rejection will result in psychological problems such as anxiety, depression, sadness, difficulty relating to others and loneliness.

CONCLUSION

Based on the results of the research and discussion that have been put forward in the previous chapter regarding the relationship between cyberbullying and the level of depression in adolescents in the Sindang Barang sub-district, Bogor City, the conclusions obtained in this study are:

1. Know the frequency distribution*Cyberbullying*With the level of depression in adolescents in the Sindang Barang Village, Bogor City, from 75 respondents, the result was that most were 57.3%, as many as 43 respondents.

2. It is known that the distribution of the frequency of depression in adolescents in the Sindang Barang Village, Bogor City, from 75 respondents, showed that the majority were 53.3%, as many as 40 respondents.

3. He knowsThe results of the analysis of cyberbullying with the level of depression in adolescents in the Sindang Barang sub-district, Bogor city, showed that out of 75 respondents, 40 respondents experienced cyberbullying in the yes category and 35 respondents experienced depression in adolescents in the no category. The results of statistical data tests using the Kendall's tau test obtained a value of 0.662 ≥ 0.05, so Ha was rejected and Ho was accepted, meaning that there was no relationship between cyberbullying and the level of depression in adolescents in the Sindang Barang sub-district, Bogor City.ρ

SUGGESTION

1. For Health Workers

   With this can do direct counseling or through social media.

2. For Research Sites

   To more often supervise students with regular counseling guidance.

3. For STIKes Wijaya Husada

   Hopefully, this research can be useful for STIKes Wijaya Husada Bogor students and can be used to add to the next research journal as a reading reference.

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