

The Influence of Self-Concept with Emotional Abuse on Early Dating Adults

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Abstract:

Introduction: in dating relationships, many people experience conflicts due to differences of opinion. In order to maintain relationships, women sometimes experience or commit emotional violence while dating, both consciously and unconsciously. Meanwhile, men can also be emotionally harassed while dating women. **Objective:** the purpose of this study was to confirm the influence of self-concept with emotional abuse on early adults who were dating or had been in a relationship. **Method:** this research was conducted with a quantitative approach. The data collection method in this study used two instruments used in this study, namely the Self concept scale and the Emotional abuse scale which was disseminated using google forms. The data analysis technique used is simple linear regression with non-parametric analysis. **Results and Discussion:** this study there was a negative influence between self-concept and emotional violence in early adults dating in Bekasi, the R^2 value was 0.123 ($p = 0.01$) and there was an influence value of 12.3% indicating that the two variables had a negative influence and had opposite directions. **Conclusion:** These results indicate that the higher a person's self-concept, the lower the level of emotional abuse experienced.

Keywords: Self-Concept; Emotional Abuse; Early Adulthood; Dating;

Introduction

All individuals must go through a process of development in their lives, that is, the process of developing is early adulthood (Agusdwitanti & Tambunan, 2015). According to Hurlock, early adulthood is from the age of 18 years to the age of 40 years, early adulthood is characterized by the search for individuality, in early adulthood individuality is accepted gradually according to the calculation of age starting from the birth of a person to adulthood (Princess, 2019). Early adulthood is the transitional phase from frenetic adolescence, to a time of risk-taking and participation in community life (Pratiwi & Arumhapsari, 2019).

While individual abilities are at their highest, both physical and psychological, and early adult individuals typically feel worried, doubtful, and confused about the direction of their lives, these feelings can affect their developmental commitments and how they respond to and manage demands that are at an internal and external distance.

Early adulthood is the first phase when a person begins to cultivate close relationships with the opposite sex. In dating relationships, many conflicts are present due to differences of opinion. As a result, women sometimes experience dating violence, but it does not happen by women alone, sometimes men also find it, although some findings reveal that women experience dating violence more often than men (Rini, 2022)

Violence in romantic relationships is a phenomenon that works like a cycle. It means not stopping, but continuing in the same pattern and stages, even getting worse all the time, until some of them dare to make the decision to get out of the *abusive* relationship

When someone decides to get out of an abusive relationship, it doesn't mean the fight is over. Usually, victims are individuals who choose to leave and give up romantic relationships, therefore victims face the trauma they experienced in romantic relationships. Rehabilitating a victim is a very difficult process that will require a lot of time and effort.

The person has to struggle to recover his condition, especially psychologically, which is more affected by the separation as well as the violence experienced. Violence in romantic relationships is a form of behavior that includes physical, sexual, and emotional violence that occurs during romantic relationships, as well as matters in public places and daily activities (Rusyidi & Hidayat, 2020)

Starting from patterns of violent behavior in romantic relationships, researchers are interested in studying emotional violence. Because victims of emotional abuse do not leave physical violence marks in the form of cuts or bruises, so they are often unaware of their existence and do not even want to anticipate it (Iskandar & Zubair, 2021)

Based on the fact sheet of Komnas Perempuan's annual records, the number of complaints in 2022 decreased to 457,895 from a total of 459,094 compared to the previous year. Meanwhile, the number of Komnas Perempuan complaints increased from 4,322 cases to 4,371 cases. This means that Komnas Perempuan receives an average of 17 complaints per day. In 2023, CATAHU plans to collect new data sources from the TNI General Judiciary Agency (Badilum) and Legal Development Agency (BABINKUM).

The purpose of both pieces of information is to encourage more government institutions to participate in CATAHU reporting on violence against women, but it cannot be translated due to different information designs. Komnas Perempuan complaint information in 2022 shows that sexual violence is the most dominant form of violence against women (2,228 cases / 38.21%), followed by emotional violence (2,083 cases / 35.72%).

In service provider information, physical violence dominated (6,001 cases/38.8%), followed by sexual violence (4,102 cases/26.52%). If you look at Komnas Perempuan data on community complaints, sexual violence is always the most common (1,127 cases), while in the personal realm the most violence is psychological (1,494) (*KOMNAS PEREMPUAN*, 2023).

Emotional abuse in romantic relationships is a form of pressure, aggression or psychological trauma rather than physical, even when the partner is not in control, there is still a possibility of emotional abuse.

Engel (2002) explained that *Emotional Abuse* is a non-physical behavior with a specific purpose to control, intimidate, subdue, humiliate, punish or isolate individuals who will cause fear, and excessive emotions attitudes or actions displayed indicate verbal and emotional violence.

A study by Winnaiseh (2017) found that the higher the emotional regulation ability of late adolescents who are dating, the lower the impact *emotional abuse* on the victim (Winnaiseh, 2017). Ramba, Daud, Hamid (2022) in their research found that individuals who have experienced emotional abuse in childhood can begin to reflect on previous experiences in relationships to build better relationships.

Khoiriah (2021) in her research revealed that the subject experienced *emotional abuse* such as restraint from daily association and on social media, mentions with harsh words, and *body shaming* so that the subject feels uncomfortable and depressed, but the subject still clings to his partner with a safe, avoidant and anxious attachment style (Khoiriah, 2021).

Emotional abuse in romantic relationships often occurs as a result of emotional control. Individuals who can hold emotions well will bring happiness to them, but not for individuals who have a habit of committing violence while dating usually do not have a good self-concept. Self-concept is an individual's response about himself or the way and attitude of the individual in perceiving himself.

Self-concept is an individual's self-image, as well as how individuals see themselves when emotionally abusive during dating. Individuals who are able to carry out self-concept that is, if they have a directed view of their own person, there are positive self-concept characteristics that believe in their ability to solve problems, feel equal to other individuals, receive praise without shame, recognize that each individual has different feelings, desires and behaviors that are not fully recognized by society, and the ability to improve oneself through the ability to express thoughts. Meanwhile, individuals with negative characteristics are sensitive to criticism, react to compliments, are overly critical, tend to dislike and despair of others.

This study focused on someone who has a positive self-concept generally does not exercise and is not a victim, but other studies say that self-concept is not a determining factor, and that someone who has a high or low self-concept has nothing to do with emotional abuse. In addition, until now researchers who study self-concept and emotional abuse are very rarely researched, so the purpose to be discussed from this study is to validate about "The Effect of Self-Concept with Emotional Violence on Early Dating Adults". Through this study can also determine which factors most contribute to early adulthood dating, self-concept factors or emotional abuse factors.

Method

Research respondents. This study has a population of early adults with an age range of 20 to 25 years, who are dating or have been dating, are experiencing or have experienced emotional violence and live in Bekasi. The sample required for this study was 96 people, but this study involved 105 respondents who were selected based on the results of calculations using the Lemeshow formula (1997). Researchers used Lemeshow's (1997) formula to calculate the sample size assigned to an unknown population in the study.

Research Approach and Design. This study used a quantitative approach and questionnaire design using Likert model scale.

Research Instruments. Self-concept scale that has been adapted from Ria's research (2010). The *self-concept scale* has 4 aspects, namely physiological aspects, psychological aspects, psycho-sociological aspects, psycho-ethical and moral aspects. And consists of 45 items, there are 32 valid items and 13 fall items with a reliability coefficient of 0.8963, using categorization or classification consisting of favorable and unfavorable questions, which are arranged based on the Likert scale, 4 (four) answer choices including SS (Very Appropriate), S (Appropriate), TS (Not Suitable), STS (Very Inappropriate).

While on the *emotional abuse* scale instrument made by Khrisma (2011). The *emotional abuse* scale takes the form of dominance, verbal aggressiveness, criticism and blame, false expectations, emotional blackmail, unexpected responses, a constant desire to create conflict and crisis, character assassination, gaslighting, sexual harassment, intimidation, and isolation. This scale consists of 48 items, where 39 items are valid and 9 items fall with a reliability coefficient of 0.919, using categorization or classification consisting of favorable and unfavorable questions, and arranged based on the Likert scale, 4 alternative answers namely Very Often, Often, Rarely, and Never.

Data Analysis. Data analysis in this study, researchers used a simple method called linear regression analysis. In this study, the hypothesis was tested through linear regression analysis. The study used a simple linear regression analysis with a non-parametric approach to evaluate the influence between the dependent variable and the independent variable. Data analysis begins by testing normality and testing data correlation. After that, linear *regression test analysis techniques* were carried out through the help of Jeffrey's *Amazing Statistics Program* (JASP) software

Results and Discussion

Result

Respondent Profile. In table 1, the results of the processed data are obtained, it can be known that the sex groups, namely men and women, there is no significant difference < 0.01 . And there are various ages who fill out questionnaires starting from the age of 20 to 25 years, at the age of 21 years there is a significant difference > 0.05 , namely with a value (p) 0.435.

Table 1
Respond Profile

	Profile	N	Percentage
Age	20	20	19,0%
	21	57	54,2%
	22	17	16,1%
	23	6	5,7%
	24	3	3%
	25	2	2%
	Total	105	100%
Gender	Man	29	28%
	Woman	76	72%
	Total	105	100%
Status	Ever Dated	61	58,1%
	Dating	44	41,9%
	Total	105	100%

Source: JASP

Normality Test Results.Based on the results of the assumption test, normality test results obtained data with *Shapiro-Wilk* values of 0.960 and significance (p) of 0.003 on the self-concept scale and *emotional abuse scale*. This shows $p < 0.05$ then it can be concluded that the data of the variables self-concept and emotional abuse are not normally distributed or the variables are abnormal.

Table 2
Normality Test Results (*Assumption Checks*)

	Shapiro-Wilk	p
Self Concept	0.960	0.003
Emotional Abuse	0.960	0.003

Source: JASP

Results of Linear Regression.It can be seen in Tables 3 and 4, based on the results of regression carried out using linear regression it can be seen that the significance value is $.001 < 0.05$ and also shows that there is an R square² of 0.123 with an influence value of 12.3%. This can be interpreted that there is a significant influence with a negative direction between self-concept variables on emotional abuse. That is, there are 87.7% of factors other than self-concept that are thought to influence emotional abuse and have not been studied.

Table 3
Linear Regression Result

<i>Model</i>	<i>R</i>	<i>R²</i>	<i>F</i>	<i>p</i>
1	0.350	0.123	14.390	< .001

Source: JASP

Table 4
Linear Regression (Coefficient) Result

Model	Unstandardized	p
(Intercept)	109.886	< .001
Self Concept	-0.486	< .001
(Intercept)	64.848	< .001

Dependen Variable: Emotional Abuse, Sumber: JASP

Discussion

The characteristics of respondents in this study are early adulthood, are experiencing *emotional abuse* or have experienced *emotional abuse*, are dating or have been in a relationship, ages 20 to 25. In table 1, the results show that individuals with the age of 21 years have difficulty managing emotions to resolve conflicts in relationships that can hurt their partners. According to Supeno (2009) explained that emotions can affect the imbalance of the mind, when emotions overwhelm us, the ability to think healthily tends to decrease or even disappear, lose a healthy way of thinking, people behave outside the limits of uncontrolled consciousness (Melinda, 2017).

This study aims to validate the influence of self-concept with emotional violence on early adults dating in the Bekasi area. In table 2 there is a researcher normality test using the *shapiro-wilk* assumption test. The result is declared normal if the p score > 0.05. Based on these data, it shows that self-concept variables and emotional violence variables with respondents as many as 105 people, stated abnormally distributed. In the linear test between emotional abuse and self-concept in early adulthood dating obtained a value of $F = 14,390$ ($p < .001$). It showed that it had a significant negative influence on the variables of emotional abuse and self-concept in early dating adults.

It can be known the validity of this study, namely items that have the power of different items < 0.300 are declared void. On the self-concept scale, an invalid item is at number 38, then the item is void, so that the self-concept scale item is 31 items because it has a coefficient value of > 0.300. Then on the *emotional abuse* scale, invalid items are at number 34, then the items are void, so that the items declared valid are 38 items.

Based on the results of the linear regression test in Table 4 shows that there is a significant negative influence between self-concept variables and emotional violence variables. This shows that the higher the self-concept, the lower the emotional violence that occurs, and vice versa, the lower the self-concept, the higher the emotional violence in early dating adults. This is because self-concept is very dependent on how the environment accepts its presence, if the environment accepts the individual well, a positive self-concept develops and his self-esteem is very meaningful, otherwise if the

environment rejects it will form a negative self-concept and judge itself as not needed (Awal & Nugraheni, 2022)

Conclusion

Based on research findings and hypothesis testing on the influence of self-concept with emotional violence in early adults who are dating and living in the Bekasi area, it can be interpreted that there is a significant negative influence between emotional violence and self-concept. Based on the categorization test, most early adults in the Bekasi area have a high *self-concept* and a low level of emotional abuse. Based on the hypothesis test, it can be concluded that H_a is accepted, namely there is an influence between self-concept and emotional violence in dating in early adulthood in the Bekasi area. And H_0 was rejected, that is, there was no influence between self-concept and emotional violence in dating in early adulthood in the Bekasi area.

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