

Mental Health of Students Who Experience Bullying at University X

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Abstract. Mental health is very important for students because it affects their overall quality of life and impacts their future lives. It turns out that bullying does not only happen to elementary, middle and high school students, but also occurs in universities. This research wants to look at the mental health of students who experience bullying at university. Respondents totaled 60 people with a sample of 78.8% women and 21.2% men. Data processing uses SPSS 26 and the OBVQ validity test results are 0.316 and SRQ-20 are 0.136. From the test results, a significance value <0.05 was obtained, which means that bullying has an effect on students' mental health. Meanwhile, 15.2% of students experienced high levels of bullying and 35.8% of those with low mental health. And the bullying that occurred was 11% physical bullying, 58% verbal bullying, and 31% relational bullying.

Keywords: Bullying, Mental Health, Students.

1 Introduction

When people's mental health is good, they are able to do things like live up to their full potential, deal with daily challenges, be effective at work, and give back to their communities [1]. According to the World Health Organization, 25% of the global population will have a neurological mental disease over their lifetime. Mental diseases are among the top causes of illness and disability globally, impacting an estimated 450 million people at present. In Indonesia, the prevalence of depression in the population aged > 15 years is 6.1 percent [2]. Apart from that, the prevalence of homes that have household members experiencing schizophrenia/psychosis is 6.7 percent. Based on Riskesdas data, from 2013-2018 the prevalence GME (Emotional Mental Disorders) in the 15–24-year age group experienced the most significant increase compared to other age groups. The age range of students falls into the 15–24-year age group [3].

Erikson postulated that students in their twenties and thirties represent a transitional period between childhood (the adolescent years) and maturity (the early adult years) [4]. Mood swings, disagreements, and other emotional ups and downs characterize the student body's transition from late adolescence into early adulthood [5]. A person's physical and mental health might take a hit if they are unable to manage the challenges they face at this time [6]. According to the World Health Organization's World Mental Health International College Student project, which surveyed students at nineteen different universities across eight different countries, 35% of students had a mental disorder (anxiety, mood, or substance) at some point in their lives, and

31.4% had one within the past year [7]. On the topic of mental health, Vidiawati investigated the challenges faced by first-year students at a Jakarta institution. Disruptions to mental health have far-reaching effects on people's lives; his study found that 12.69 percent of pupils had suffered mental problems [8]. Serious health complications might arise from moderate to severe depression that lasts for an extended period of time [9]. The afflicted individual may experience immense distress and struggle to carry out their responsibilities at home, in the classroom, and at work. Suicide is one of the worst outcomes that may result from depression. Annually, about 800,000 individuals take their own lives. Among those in the 15–29 age bracket [10].

Mental health problems are a problem that has rarely received serious attention and treatment from the past until now [11]. Because many people don't know the dangers of mental health disorders, sufferers are afraid to express what they are experiencing [12]. Basic Health Research at the Ministry of Health (Riskesdas) in 2018 recorded that there were more than 19 million Indonesians, especially in Bandung, aged 15 years and over who experienced mental disorders. Mental health disorders do not look at a person's condition and still often occur in work and educational environments [13]. There have been many cases of disturbed mental health, in the article Imam according to him, violence in educational institutions, whether physical, verbal or psychological, is still very high, this occurs because educational institutions have not been able to adapt welfare values for students. The 2,130 reports of violence that were made public by KPAI in 2022 provide credence to this. After that, in 2023, it will reach 3,547. Which impacts pupils' mental health. University students and relational bullying, including manipulation of friendship ties, were the subjects of a preliminary data survey administered by researchers using questionnaire [14].

2 Method

Analyzing the independent and dependent variables is the focus of this quantitative study, which employs a kind of causality research. A deductive method is used in this study. The Olweus Bully/Victim Questionnaire (OBVQ), created by Goncalves [15]. Was used to quantify bullying, while the Self Rating Questionnaire (SRQ) was used to measure mental health. (SRQ-20) developed by WHO [16]. The sampling technique used was purposive sampling, as many as 60 respondents participated in this research [17]. Apart from that, the respondent requirement is a student who has experienced bullying at university x. The questionnaire was distributed to collect data sources that have been declared valid and reliable, and have passed the classic assumption test which will then be tested for hypotheses through a simple regression test using SPSS 26 tools.

Table 1 : Respondent Demographic Data

Participant Characteristics	Frequency	Percentage
Gender		
Male	47	78.8%
Female	13	21.2%
Age		
18	28	47%
19	6	10%
20	16	27%
21	4	6%
22	5	8%

23	5	8%
Heteroscedasticity Test The Effect of Bullying on Mental Health	(Sig) > .05	(Sig) = .144

3 Results and Discussion

Sixty students from University X who have been bullied participated in this research. Of the total, women made up 78.8% and men 21.2%. Additionally, the age range is 18–25 years. The Olweus Bullying Victim Questionnaire (OBVQ): Findings from Validity Tests All items are legitimate, and the validity range for bullying is 0.594-0.829. The SRQ-20 Self-Rating Questionnaire Validity Test Findings All items on the SRQ-20 are valid, and its validity range is 0.708 to 0.949.

Tabel 2. Reliability Test Results from the Olweus Bullying Victim Questionnaire (OBVQ).

Cronbach's Alpha	N of Items
0.954	20

Tabel 3. Reliability Test Results from the Self Rating Questionnaire (SRQ-20)

Cronbach's Alpha	N of Items
0.981	20

The table above shows the validity results which are stated to be all valid, where the value of $r_{count} > r_{table}$, namely 0.316. Then the results of reliability testing for the two variables were all declared reliable and acceptable because Cronbach's alpha was > 0.68 , which included the variables bullying (X) 0.954 and mental health (Y) 0.932.

Tabel 4. Classic Assumption Test

Classic type of assumption	Acceptance criteria	Test result	Interpretation
Normality Test (Kolmogrov-Smirnov)	$p > .05$	$p = .163$	<i>Data is normaly distributed</i>
Linearty Test The Effect of Bullying on Mental Health	<i>Deviation from Linearity</i> $> .05$	<i>Deviation from Linearity</i> = .08	<i>There is a significant linear relationship between bullying variabels and mental health variabels</i>

The outcomes of the classical assumption test that was conducted to meet the criteria for conducting a basic regression analysis are shown in Table 3. With a Sig value of $0.163 > 0.05$, the test results were deemed to have a normally distributed distribution. There is a significant linear relationship between bullying variables and mental health variables with $df 2.08 > 0.05$.

Table 5. Coefficient of Determination (R2)

Model 1	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.251	0.50	0.30	14,767

Table 6. Simple Regression Analysis

Model	Unstandardized coefficients		Standardized coefficients	t	Sig.
	B	Std error	Beta		
Constants	8.17	5.03		1.62	.110
Bullying	.800	.11	.661	6.70	.000

Table 6 shows the results of the simple regression equation as follows:

$$Y = 8.169 + 0.800X$$

Based on the equation above, it can be seen that the constant value is 8.169, indicating that if all variables have a value of zero then mental health is worth 8.169 units. Therefore, bullying has a negative effect on mental health which can be seen from the coefficient (β) value of 0.800 with a tcount > ttable value of 6.701 > 1.67155 and a sig value of 0.000 < 0.05.

This research hypothesis rejects H0 and supports H1, proven by testing H1. This shows that bullying has a negative and significant influence on mental health. This means that what students experience, how they feel about being victims of bullying in the campus environment, can actually make their psychological condition problematic. Where they feel psychological discomfort, feel depressed by existing conditions, feel worthless and feel less comfortable being able to interact in the campus environment. This is of course a bad condition for students, because this can affect how they show their best achievements on campus, how they can actualize all their potential to become successful and useful individuals in the future. The condition of bullying is not something that is expected, how they perceive the condition of bullying, how the bullying they receive has a long-lasting impact on their lives, which of course is very detrimental to the individual. Mental health is achieved when an individual feels able to display his productive side, is able to make his best contribution to the environment and is able to handle problems or have effective coping strategies. When they receive unpleasant treatment, of course this will reduce their ability to be productive, make contributions and their ability to carry out coping strategies. The results of this research are in line with research by Abhipraya which found a positive relationship between bullying and students' mental health [18].

Table 6. Bullying experienced at University

Forms of Bullying	Frequency	Percentage
Physical Bullying	7	11%
Verbal Bullying	34	58%
Verbal Bullying	19	31%

Based on table 6 research results, it turns out that the people who receive the most bullying or become victims of bullying are women, this is because female students are often seen as weak individuals, do not have the courage and do not try to fight back when they are bullied. Although

it turns out that there are men who also experience bullying from the environment. Then, of the 60 students, 15.2% felt that the bullying they experienced was very high or really bothered them and made a big impression on them. Most of the others felt that the bullying they experienced was not too serious, but it turned out that whatever the situation, the bullying they experienced was still felt and made the students' psychological condition uncomfortable. There are 35.8% who have an unhealthy mental health condition, meaning that the bullying experience experienced by students actually has a bad impact on a person's mental health, where they feel unable to be productive, less able to contribute to the environment and also have difficulty implementing strategies. Effective coping. and the bullying that occurred was 11% physical bullying, 58% verbal bullying, and 31% relational bullying. From the explanation above, it can be concluded that the 60 students who experienced bullying became victims due to certain factors, such as differences in physical appearance, social status, sexual orientation, or even differences in personality which were considered „different“ from the majority group. In the student context, factors such as academic pressure, an introverted personality, or a socio-economic background that is not comparable to that of classmates can increase a person's risk of becoming a target for bullying.

Bullying can affect students' mental health because emotional, physical, or social violence experienced in bullying can cause lasting psychological stress. When someone experiences constant humiliation, threats, or exclusion, this can lower self-confidence, worsen anxiety, and lead to depression [19]. In the long term, victims of bullying can experience other mental disorders, such as social anxiety disorder or PTSD (Post-Traumatic Stress Disorder) [20]. Stigma and feelings of being unappreciated can hinder a person's ability to socialize, learn, or develop healthily in an academic environment [21]. It is hoped that the results of this research can be useful for universities and academics in the future who will develop this research.

4 Conclusions

Research findings reveal that bullying has an influence on students' mental health. The following conclusions are drawn from the data and discussion presented in the previous section. Based on the results of research on 60 students who had experienced bullying, it was found that 15.2% experienced high levels of bullying and 35.8% had low mental health and the bullying that occurred was 11% physical bullying, 58% verbal bullying and 31% relational bullying. From the explanation above, it can be concluded that the 60 students who experienced bullying became victims due to several factors, such as differences in physical appearance, social status, sexual orientation, or even differences in personality which were considered “different” from the majority group. In a student context, factors such as academic pressure, an introverted personality, or a socio-economic background that is not comparable to that of classmates can increase a person's risk of becoming a target for bullying. Bullying can affect students' mental health because emotional, physical or social violence experienced in bullying can cause prolonged psychological stress. When someone constantly experiences humiliation, threats, or exclusion, this can lower self-confidence, worsen anxiety, and lead to depression. In the long term, victims of bullying may experience other mental disorders, such as social anxiety disorder or PTSD (Post-Traumatic Stress Disorder). Stigma and feelings of being unappreciated can hinder a person's ability to socialize, learn, or develop healthily in an academic environment. It

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