

Hardiness Personality on Subjective Well-Being in Adolescents Exposed to Sexual Harassment at Mts Negeri 2, Gorontalo District

Anik Indarwati ¹, Marsyanda Eka Putri ², Firsta Hanni Enggaring Galih³

{anikindarwati@umgo.ac.id¹, marsyandaekaputri5@gmail.com², firsta24hanni@gmail.com³ }

Faculty of Psychology, Universitas Muhammadiyah Gorontalo, Indonesia^{1,2}
Faculty of Medicine, Universitas Negeri Gorontalo, Indonesia³

Abstract. Cases of sexual harassment among adolescents have shown an alarming increase across various contexts, including families, schools, and digital spaces. Such experiences adversely affect adolescents' subjective well-being, often leading to difficulties in emotional regulation, reduced psychological resilience, and limited coping strategies. This study examines the influence of personality hardiness on subjective well-being among adolescents exposed to sexual harassment at MTs Negeri 2 Gorontalo Regency. Using a quantitative approach, data were collected through hardiness and subjective well-being scales, alongside screening instruments to identify victims of sexual harassment. From 564 students, 60 respondents met the inclusion criteria through purposive sampling. Data were analyzed using simple linear regression. The results revealed a significant positive effect of hardiness on subjective well-being, contributing 45% to its variance. These findings highlight the importance of fostering hardiness to improve adolescents' psychological adaptation, suggesting that interventions should emphasize resilience-building programs for victims of sexual harassment.

Keywords: hardiness, subjective well-being, sexual harassment

1 Introduction

Sexual harassment, a traumatic experience involving unwelcome sexual advances or behavior, is pervasive across various settings, including schools, homes, and public spaces. It can affect individuals regardless of gender; however, societal power imbalances often place females at a greater risk. Adolescents who experience sexual harassment are more likely to exhibit low levels of subjective well-being, as the psychological consequences of such experiences are long-lasting and far-reaching. These individuals struggle with emotional regulation and often experience low psychological resilience, which makes it harder for them to cope with life's challenges. Understanding how sexual harassment affects the subjective well-being of adolescents is crucial for providing adequate support and interventions for these vulnerable individuals [1].

Adolescence is a developmental phase characterized by substantial emotional and psychological changes. During this period, individuals are transitioning from childhood into adulthood and navigating complex social and emotional challenges. Adolescents are often learning to assert their independence, form their own identities, and manage relationships with family, peers, and the broader community. This process is often accompanied by internal conflicts, as they try to

understand who they are, what they value, and how they relate to others. The ability to adapt to social environments, evaluate the appropriateness of others' behaviors, and develop healthy interpersonal relationships plays a significant role in adolescents' emotional and psychological development [2]..

However, not all adolescents are able to navigate these challenges successfully. Some face significant distress due to experiences of sexual harassment, which creates additional layers of trauma that interfere with their emotional development. The experience of sexual harassment exacerbates existing emotional and psychological difficulties and makes it more challenging for adolescents to build self-esteem, develop resilience, and maintain positive relationships with others. These negative experiences can lead to a breakdown in their ability to regulate emotions, creating long-term effects on their mental well-being.

The impact of sexual harassment on adolescents' well-being is profound. Research has shown that the consequences of sexual harassment can lead to a range of psychological disturbances, including emotional instability, persistent negative moods, feelings of shame, withdrawal from social interactions, and fear of further victimization. In some cases, victims may avoid school altogether or withdraw from previously enjoyed activities. The emotional toll of sexual harassment often leads to more severe mental health challenges, such as anxiety, depression, and post-traumatic stress disorder (PTSD). These negative psychological effects can hinder the victim's ability to concentrate, regulate their emotions, and engage in everyday activities.

The effects of sexual harassment on adolescent victims are often underestimated, and the psychological damage caused by such experiences can persist for years. For example, adolescents may develop negative thought patterns, internalize feelings of guilt or shame, or struggle to trust others. These emotional and cognitive disturbances undermine their overall subjective well-being, making it more difficult for them to manage stress, build relationships, or engage meaningfully in their academic or social lives.

While the emotional and psychological consequences of sexual harassment can be debilitating, certain personality traits can help mitigate these effects. One such trait is hardiness, which is defined as an individual's ability to endure and cope with stressful situations without succumbing to emotional instability or stress. Hardiness plays a significant role in determining how individuals respond to adversity, and it is closely related to subjective well-being. Adolescents who possess high levels of hardiness are better equipped to deal with stress and trauma, which helps them maintain higher levels of subjective well-being, even in the face of challenges such as sexual harassment.

Conversely, adolescents with low levels of hardiness may struggle to cope with the psychological consequences of sexual harassment. These individuals may be more prone to negative thinking, hopelessness, and emotional distress, which can significantly lower their subjective well-being [3]. Low hardiness is associated with difficulty managing stress, poor emotional regulation, and a tendency to ruminate on negative experiences, all of which can exacerbate the emotional impact of sexual harassment. As a result, victims of sexual harassment who exhibit low hardiness may experience greater psychological harm and face more challenges in their recovery [4].

Given the significant impact of sexual harassment on adolescent well-being and the potential buffering effect of hardiness, this study aims to investigate the influence of hardiness on the subjective well-being of adolescents exposed to sexual harassment at MTs Negeri 2 Gorontalo Regency. By examining the relationship between these variables, the study seeks to better understand how psychological resilience can help adolescents cope with the trauma of sexual harassment. The research will explore whether hardiness plays a role in enhancing the subjective well-being of adolescents who have been victimized, thereby offering insights into the potential for interventions aimed at improving their psychological health.

The findings of this study may have important implications for the development of support programs that focus on building resilience in adolescents exposed to sexual harassment. By fostering hardiness, mental health professionals and educators may be able to help these individuals better cope with their experiences and improve their overall well-being. Additionally, this research could provide valuable insights for policymakers and educators, highlighting the need for comprehensive approaches to addressing sexual harassment in schools and other environments, while simultaneously promoting resilience and positive mental health outcomes for affected adolescents.

Adolescents exposed to sexual harassment face significant challenges in maintaining their subjective well-being, which is closely linked to emotional regulation and psychological resilience. The traumatic effects of sexual harassment often lead to emotional instability, cognitive disturbances, and a decline in overall well-being. However, adolescents with high levels of hardiness are better equipped to cope with these challenges, demonstrating greater resilience and maintaining higher levels of subjective well-being. This study aims to explore the relationship between hardiness and subjective well-being among adolescents exposed to sexual harassment, offering insights into how psychological resilience can buffer the negative effects of such trauma. By understanding this relationship, we can better support adolescents who have experienced sexual harassment, providing them with the tools and resources necessary to overcome adversity and improve their mental health.

2 Literature Review

2.1 Hardiness Personality

Hardiness is typically characterized by three main components: control, commitment, and challenge. Individuals with high hardiness feel a sense of control over their circumstances, believe in their ability to overcome obstacles, and view challenges as opportunities for growth rather than threats [4]. These individuals are more likely to manage their emotions effectively, maintain a sense of purpose, and recover from stress more quickly. Adolescents who possess high levels of hardiness are more resilient in the face of adversity, and their subjective well-being is less likely to be negatively affected by external stressors, including trauma such as sexual harassment [5].

2.2 Subjective Well-Being

Subjective well-being (SWB) is a fundamental aspect of an individual's psychological health that encompasses their overall life satisfaction, emotional well-being, and the balance between positive and negative emotions. Adolescents, in particular, are at a stage where their subjective

well-being is highly sensitive to the influences of external and internal factors, including personal experiences, social relationships, and environmental stimuli. The adolescent years are a time of rapid emotional, psychological, and social development, making individuals in this group especially vulnerable to emotional distress and mental health challenges [6]. When adolescents are exposed to traumatic events, such as sexual harassment, their subjective well-being often significantly diminishes. Victims of sexual harassment commonly experience emotional instability, persistent negative moods, cognitive disturbances, and difficulty concentrating, all of which have a profound impact on their emotional and mental health [6].

2.3 Sexual Harassment

Sexual harassment is a form of gender-based violence that can take many forms, from verbal abuse and inappropriate comments to physical harassment and sexual violence. It can occur in various environments, such as schools, workplaces, public transportation, and within families. The psychological and emotional consequences of sexual harassment are severe, and adolescents who are victims of such harassment often experience significant distress. Sexual harassment can take place at any time and in any setting, from schoolyards to the workplace, and can involve a variety of perpetrators, including peers, teachers, or family members [7].

3 Method

3.1 Research design

This study employed a quantitative research design to examine the effect of hardiness personality on subjective well-being among adolescents who have been exposed to sexual harassment at MTs Negeri 2, Gorontalo Regency. The research utilized a correlational approach, aiming to determine the extent to which hardiness contributes to adolescents' subjective well-being.

3.1 Participants

The population of this study consisted of 564 students enrolled at MTs Negeri 2, Gorontalo Regency. Using purposive sampling, 60 students were selected as respondents based on inclusion criteria identifying those who had experienced sexual harassment. These participants were screened using a preliminary questionnaire designed to ensure suitability for the study.

3.2 Instruments

Data were collected using two main psychological scales, namely hardiness scale and subjective well-being scale. Hardiness scale used to measure the level of hardiness personality in adolescents. The scale assessed three core components of hardiness: *commitment*, *control*, and *challenge*. Subjective Well-Being Scale used to assess participants' levels of happiness, life satisfaction, and emotional balance. Both instruments were adapted and validated for use in the adolescent population, ensuring content and construct validity.

3.3 Procedure

The research began with the administration of screening instruments to identify potential participants who had experienced sexual harassment. After obtaining informed consent, eligible respondents completed both the Hardiness and Subjective Well-Being scales under the supervision of the researchers. Data collection was conducted in a confidential and supportive environment to ensure participants' comfort and ethical protection.

3.4 Data Analysis

The collected data were analyzed using simple linear regression analysis to determine the effect of hardiness on subjective well-being. Prior to the main analysis, tests for normality, linearity, and homogeneity were conducted to ensure that the data met the statistical assumptions required

for regression analysis. The results revealed a significant positive influence of hardiness on subjective well-being, with hardiness accounting for approximately 29.4% of the variance in subjective well-being.

4 Result

Respondents in this study were 60 students of MTsN 2, Gorontalo Regency.

Table 1. Hardiness Categorization

		Frequency	Present
Valid	Low	13	21.7%
	Currently	37	61.7%
	Tall	10	16.7%
	Total	60	100.0%

Based on the hardiness categorization table above, the number of respondents was 60 people, resulting in 13 respondents (27.7%) in the low category, 37 respondents (61.7%) in the medium category, and 10 (16.7%) respondents in the high category.

Table 2. Subjective Well- being Categorization

		Frequency	Present
Valid	Low	9	15.0%
	Currently	39	65.0%
	Tall	12	20.0%
	Total	60	100.0%

Based on the hardiness categorization table above, the number of respondents was 60 people, resulting in 9 respondents (15.0%) in the low category, 39 respondents (65.0%) in the medium category, and 12 respondents (20.0%) in the high category.

Table 3. Anova

	<i>Sum of Squares</i>	<i>df</i>	<i>Mean Square</i>	<i>F</i>	<i>Sig.</i>
Between Groups	2409.633	29	83,091	1,474	.148
Within Groups	1690.950	30	83,091		
Total	4100.583	59			

Based on the homogeneity test above, it obtained a significance value of 0.148 with a

significance level of ≥ 0.05 . So it can be concluded that both variables have the same variance.

Table 4. Contribution of hardiness variables to subjective well-being

Variables	R	R Square	Information
Hardiness			Significant
And			
Subjective well-being	0.542	0,294	0,000

Based on the results of the analysis above, the R value is 0.542 and the coefficient of determination (*R Square*) is 0.294. This means that the influence of variable X on variable Y is 29.4%.

5 Discussion

Based on the results obtained from this study, it can be concluded that hardiness personality significantly affects subjective well-being (SWB) in adolescents exposed to sexual harassment at MTsN 2, Gorontalo District. This finding is supported by the hypothesis testing results, which show that H1, assuming an influence between hardiness and subjective well-being in adolescents exposed to sexual harassment, is accepted. The analysis reveals that the higher the level of hardiness, the higher the subjective well-being perceived by the adolescents. Conversely, the lower the level of hardiness, the lower the subjective well-being. This indicates that hardiness functions as a protective factor in dealing with stress and emotional difficulties faced by adolescents who experience sexual harassment.

Based on the analysis of the hardiness variable categories, male respondents showed a fairly even distribution, with 20.8% in the low category, 58.3% in the moderate category, and 20.8% in the high category. This shows that the majority of male respondents have a moderate level of hardiness, allowing them to endure and cope with the pressures they face. Regarding the subjective well-being variable, 66.7% of male respondents were in the moderate category, indicating that the majority of male respondents had a relatively good level of subjective well-being despite being exposed to sexual harassment.

Meanwhile, the results for the female respondents in the hardiness variable category showed that 16.7% were in the low category, 58% in the moderate category, and 25% in the high category. This distribution indicates that, although the majority of female respondents had moderate levels of hardiness, a larger proportion (25%) were in the high category compared to

male respondents. This suggests that there is a potential for female respondents to have stronger psychological resilience, which may play a role in managing the negative impacts of sexual harassment. In the subjective well-being category, 66.7% of female respondents were in the moderate category, indicating a relatively good level of subjective well-being, although some still experienced difficulties in coping with the impacts of sexual harassment.

These findings are consistent with the results obtained by Urrochman [8], which showed that hardiness positively influences subjective well-being. This study explored the relationship between hardiness and subjective well-being in adolescents, demonstrating that individuals with higher levels of hardiness experience better well-being even in stressful conditions such as sexual harassment [9].

Khasanah & Asiyah [10] also support these findings, showing a significant relationship between hardiness and subjective well-being with a correlation value of 0.702, indicating a strong relationship. The study also confirmed that increasing hardiness can contribute to enhancing subjective well-being. This suggests that individuals with higher hardiness tend to have better psychological well-being even when facing stressful situations.

The psychological dynamics of sexual harassment victims are highly complex and influenced by both internal factors (such as self-acceptance and motivation) and external factors (such as social support). These dynamics shape their ability to recover and move forward. This study suggests that comprehensive support systems, including family, social services, and therapeutic environments, are crucial for helping adolescents exposed to sexual harassment cope with their trauma.

Research by Anggraini & Prasetyo [11] also demonstrated a significant positive relationship between hardiness and subjective well-being, with hardiness contributing 57.5% to an individual's subjective well-being. This finding supports the argument that individuals with high hardiness are better equipped to maintain psychological well-being despite the stress caused by sexual harassment. Similarly, research by Irawan & Rahayu [12] revealed a significant relationship between hardiness and optimism with subjective well-being, where optimism serves as a mediator that enhances the positive impact of hardiness on subjective well-being.

Although the level of hardiness among adolescents exposed to sexual harassment at MTsN 2, Gorontalo District, is categorized as moderate, these findings show that they can still endure, adapt, and maintain emotional stability when faced with unpleasant events. Hardiness personality plays a crucial role in providing psychological strength to cope with traumatic experiences, as well as enhancing an individual's ability to respond more positively to stress and challenges. This shows that hardiness can act as a protective factor that reduces the negative impact of sexual harassment on adolescents' psychological well-being.

Individuals with higher levels of hardiness are better able to adapt to high-pressure and stressful situations, maintaining better subjective well-being. In stressful situations such as sexual harassment, individuals with high hardiness are more likely to feel capable of coping with anxiety, anger, and feelings of pressure, which in turn can improve their overall quality of life. Conversely, adolescents with low hardiness may be more vulnerable to the negative impacts of sexual harassment, such as anxiety, depression, and life dissatisfaction, which can reduce their subjective well-being [12].

This is supported by research from Urrochman [8], which investigated the relationship between hardiness and subjective well-being in adolescents, showing that individuals with higher levels of hardiness experience better well-being even in stressful conditions such as sexual harassment [13].

This study has important implications for the development of intervention programs aimed at increasing hardiness in adolescents exposed to sexual harassment. Programs designed to strengthen psychological resilience can help adolescents enhance their subjective well-being and provide tools and strategies to cope with trauma and negative feelings arising from sexual harassment. Therefore, interventions focusing on the development of hardiness and emotional empowerment in adolescents are crucial for improving their psychological well-being.

6 Conclusion

There is a significant positive influence of hardiness personality on *subjective well-being* of adolescents exposed to sexual harassment at MTs Negeri 2, Gorontalo Regency. This means that the higher the hardiness personality, the higher *the subjective well-being*. vice versa.

Suggestion

1. Theoretically, it is expected that this research will be able to provide a contribution of thought in increasing insight into theories regarding scientific studies in the field of psychology related to the influence of hardiness on *subjective well-being* in adolescents exposed to sexual harassment.
2. For the Subjects, this study is expected to help students, especially adolescents who are exposed to sexual harassment, to be able to understand their personality type, especially the hardiness personality, to respond to various problems they experience related to *subjective well-being*.
3. For researchers, this study can increase knowledge and personal experience in terms of research on hardiness with *subjective well-being* of adolescents exposed to sexual harassment.

Reference

- [1] Aprilda R. The Influence of Counseling on Sexual Harassment on Adolescents & Knowledge at the UPTD Harapan Children & Social Welfare Institution. 2018
- [2] Kuswati D. Adolescent Coping Strategies in Facing Islamic Guidance and Counseling Study Programs. 2020;
- [3] Apriliana, Ismi Achmri, Rahmasari D. Hardiness Picture in Individuals Who Experience Termination of Employment Due to the COVID-19 Pandemic. 2021;
- [4] Hamida, cyntia salma, Izzati U. Relationship Between Hardiness Personality and Psychological Well-Being in Employees. 2022;
- [5] Kusuma. Relationship Between Hardiness Personality and Future Optimism in Final Year Students. 2018;6(1).
- [6] Istiqamah. The Effect of Social Support and Self-Efficacy on Subjective Well-Being in Child Victims of Violence (Child Abuse). 2015;
- [7] Iskandar, W., Azizah, N. & S, S. The Influence of Sexual Harassment on Students & Mental Health at Duta Pelajar Gowa. JBKPI J Islam Educ Guid Couns. 2022;1(2).
- [8] Urrochman R. The Effect of Hardiness on Subjective Well- being in Mothers with Children with Moderate Mental Retardation. 2018;6(1).

- [9] Darmawanti, I., & Gaol T. The Relationship Between Gratitude and Subjective Well- Being in UNESA Psychology Students during the Covid-19 Pandemic. *Character J Psychol Res.* 2022;9(1):180–94.
- [10] Khasanah, Z., & Asiyah S. Hrdiness with Subjective Well-Being in Adolescents in Orphanages. *EMPATHY J Fac Psychol.* 2021;4(1).
- [11] Anggraini, F., & Prasetyo A. Hardiness and Subjective Well-Being in Nurses. *EMPATHY J.* 2015;4(4).
- [12] Irawan, DH, & Rahayu A. Hardiness and Optimism Personality and Its Relationship with Subjective Well-Being of Scavengers of Used Goods in Duren Sawit District East Jakarta. 2019;
- [13] Rubiatin N. Subjective Well-Being in Mentoring Chidren of Champions (Case Study at Rumah Zakat, Kediri City). 2018;3(2).