

# The Impact of Bullying on Stunting Adolescents

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## Abstract

**Backgrounds:** Stunting in adolescents is a development problem brought on by genetics, poor nutrition, and poverty. To transform ridicule into a weakness for bullying victims, bullies prey on teens with a less-than-ideal physique (stunting). Teenagers with small stature are one of the targets of bullying victims. This study's research goal was to ascertain how bullying affects stunted young people.

**Methods:** employing a cross-sectional methodology with a quantitative descriptive design. Using the complete sampling methodology, 36 participants represented the study's population. The data was collected using a bullying questionnaire, and the impact of bullying was carried out with a constructed test with a reliability result of the bullying questionnaire at 0.951 and the reliability of the effects of bullying at 0.918.

**Results:** A total of 21 respondents (58.3%) reported experiencing low bullying, and 19 reported feeling the impact of bullying was unaffected (52.8%). It is clarified that these teenagers can adapt to forming positive social connections at school. The engagement in bullying acts decreases as teacher concern for combating bullying increases. A total of 21 respondents (58.3%) experienced low bullying, and an additional 19 said the impact of bullying did not affect them (52.8%). These teenagers can adjust to making wholesome friends at school. Bullying behavior declines as teachers' concern for stopping bullying rises.

**Conclusion:** In addition to choosing people with varied features from this study, it is anticipated that it will be possible to conduct research in this manner. It is also recommended that future researchers include additional variables.

**Keywords:** stunting, bullying, impact of bullying

## Abstrak

**Latar belakang:** Remaja dengan perawakan pendek (stunting) merupakan gangguan pertumbuhan yang disebabkan oleh genetik, masalah gizi kronis, dan kemiskinan. Remaja dengan perawakan pendek menjadi salah satu sasaran korban bullying, para pelaku memanfaatkan remaja yang mempunyai tubuh kurang ideal (stunting) menjadikan bahan ejekan sebagai kelemahan korban bullying. Tujuan penelitian dari penelitian ini adalah untuk mengetahui dampak bullying pada remaja yang mengalami stunting.

**Metode:** menggunakan desain deskriptif kuantitatif dengan pendekatan cros-sectional. Populasi dalam penelitian ini dengan sampel 36 responden dengan menggunakan teknik total sampling. Data dikumpulkan menggunakan instrumen angket bullying dan dampak bullying yang dilakukan uji construct dengan hasil reliabilitas kuesioner bullying sebesar 0,951 dan untuk hasil reliabilitas dampak bullying sebesar 0,918.

**Hasil:** sebagian besar responden mengalami bullying ringan dengan jumlah 21 responden (58,3%) dan sebagian tidak mengalami dampak bullying dengan jumlah 19 responden (52,8%). Hal ini dijelaskan bahwa remaja tersebut dapat menyesuaikan diri dengan memiliki hubungan sosial yang baik di sekolah. Semakin tinggi kepedulian guru untuk mengatasi bullying maka akan semakin rendah keterlibatan remaja dalam melakukan tindakan bullying.

**Kesimpulan:** Diharapkan dapat mengadakan penelitian yang serupa, dan disarankan peneliti selanjutnya untuk menambah variabel-variabel yang lain, selain itu dengan memilih subjek dengan karakteristik yang berbeda dari penelitian ini.

**Kata kunci:** Stunting, Bullying, Dampak bullying

## INTRODUCTION

The World Health Organization still considers teenagers between the ages of 10 and 19 to be at risk. Teenagers are defined as people between the ages of 10 and 18, according to the RI Ministry of Health in 2009. According to the National Population and Family Planning Agency, adolescents are defined as being between the ages of 10 and 24 and who are still single.<sup>1</sup> Teenagers are no longer considered children during the transitional era of adolescence, when bone mass growth reaches its highest point. As a result, this time of life requires more nutrition than other stages. Because parents are frequently too busy with their jobs to pay attention to their children's nutritional needs and growth issues, teens often eat snacks recklessly at school. This can lead to less-than-optimal adolescent growth.<sup>2</sup>

Given the high prevalence of stunting in Java in Indonesia and Central Java in particular, which are spread out across all districts or cities, it is feared that there will be a "lost generation" in the future. According to PSG data, the prevalence of stunting in Central Java increased in 2017 to 28.5% in children under five. According to him, chronic malnutrition which causes stunting, continues to be a concern in all regencies and cities in Central Java.<sup>3</sup>

Teenagers who are shorter or taller than average are said to be stunted. The height and weightage reveal this condition. Stunted adolescents have ongoing nutritional issues brought on by various circumstances, including social, economic, and sanitary environments, illnesses they suffered as infants, and inadequate nourishment. These issues persist into adolescence. Suppose there is no improvement in good nutrition or the treatment of disease from small. In that case, future stunted toddlers will struggle to experience optimal growth and development, and this stunting will persist when they reach adolescence, according to the data and information center of the RI Ministry of Health (2018).<sup>4</sup>

According to WHO, the prevalence of stunting reaches 20% or more, it is a world public health problem. The number is 36.4 from data from the Indonesian Ministry of Health reporting that in 2020, 8.7% of adolescents aged 13 to 15 years are very thin or very thin. Deficiency of Iodine in childhood will result in various health problems such as stunting, which is a disorder of child growth and development and the intelligence of school-age children to adolescents and causes low productivity in adulthood. The age range of 13 to 15 years is included in the early adolescent category where teenagers are very concerned about their stunted physical form. Teens with social

connections often spend more time with their friends than with their parents.<sup>5</sup>

Teenagers who are socially stunted are more likely to experience mental health issues. Since peers' opinions are valued highly, teens will go to great lengths to fit in with their peer groups and emulate their behavior. If teens are excluded or made fun of by their friends, this will make them feel sad and anxious.<sup>6</sup> Adolescents with different physical conditions tend to get unpleasant treatment, or group acceptance of stunted youth is low. One of the factors that can affect bullying is the physical form where they will get ridiculed, which impacts the diminutive child to experience a decrease in self-confidence, anxiety, and symptoms of depression, and often alone, which can cause someone who is stunted to get bad behavior. Unpleasant and ridicule arise from peers.<sup>7</sup>

*Bullying* is bad behavior or deviant behavior, and this is because the behavior has a severe impact. Bullying that is often found in adolescents, for example, criticizing, belittling, denouncing, giving nicknames, kicking or pushing to ask for money, refuses to make friends.<sup>8</sup> There were 75% of cases of bullying at school, including verbal bullying, such as mocking, insulting, cheering, calling other names and satirizing 35%, 20% looked cynical and isolated 20%, physical bullying was taking people's things without permission and coercion, 10% stepped on and pushed.<sup>9</sup>

Law no. 23, 2002, article 54 concerning child protection states that children in and within the school environment must be protected from acts of violence committed by teachers, school administrators, or their friends in the school concerned or other educational institutions. Based on data from the Indonesian Child Protection Commission from 2018 showed an increase every year; educational institutes in 2018 increased 9.48% to 127 cases.<sup>10</sup> The impact of bullying on the victim will cause embarrassment, like being alone and not wanting to socialize. These disorders include poor social adjustment as well as psychological disorders.<sup>11</sup>

## METHODS

### Study Design

This research uses quantitative research with a cross-sectional approach. In this study, the population is high school youth.

### Sample

The sample used in this study was using a purposive sampling technique with a total sample of 36

respondents by calculating the Slowin formula. The inclusion criteria for adolescent students aged 11-16 years students who are stunted and are willing to become respondents. The type of instrument used by this researcher is 2 questionnaires, namely questionnaire 1 containing demographics and questionnaire 2 containing bullying and the impact of bullying as a research instrument must use validated tools, and reliability, which is used in research is a tool that can guarantee that the research results obtained from the research. The bullying questionnaire consists of 25 parts and 29 parts the impact of bullying is measured using a Likert scale, namely: for a value of 4: very often; 3: often; 2: sometimes; 1: never. Very often favorable answers are given a score of 4, often 3, sometimes 2, never 1, unfavorable answers are very often given a score of 1, often 2, sometimes 3, never 4.

**Data Analysis**

Analysis of the research data using univariate analysis. Univariate shows the characteristics of the respondents in three parts (a) the first part is the characteristics of adolescents (age, sex, weight, height, and duration of illness), (b) the second part is describing bullying, and (c) the third part is describing the impact bullying. This study uses univariate analysis techniques, which are data

analysis techniques for a variable independently, and each variable is analyzed without being associated with other variables. This analysis was carried out on descriptive research, using descriptive statistics, which aim to describe and explain the characteristics of each variable. The univariate analysis in this study is one variable, namely the impact of bullying on stunted adolescents.

**RESULTS**

Table 1 shows that the average age of the respondents is 12 years, with the youngest being 11 years and the oldest being 16 years. The sex of the respondents was predominantly female, with as many as 19 respondents with an average height of 129 cm, and most of them had no illness, namely as many as 23 respondents.

Table 2 shows that research conducted in the Guntur subdistrict, Demak regency, shows that the majority of respondents in the Guntur area, Demak regency, experienced low levels of bullying, with a total of 21 respondents (58.3%).

Table 3 shows that from the research conducted can be seen that the majority of respondents who experienced the effects of bullying were not disturbed by the number of 19 respondents (52.8%),

Table 1. Distribution of The Characteristics of Adolescents Who Experience Stunting

Characteristics of Respondents	Frequency (f)	Percentage (%)	Means	SD	Min	Max
Age			12.88	1.035	11	16
Gender						
Man	17	47.2				
Woman	19	52.8				
Height			129.86	2.587	120	135
Sick Term						
No	23	63.9				
Yes	13	36.1				

Table 2. Distribution of The Frequency of Respondents Based on Bullying in Adolescents (n: 36)

Bullying	Frequency (f)	Percentage (%)
Tall	15	41.7
Low	21	58.3
Total	36	100.0

Table 3. Frequency Distribution of Respondents Based on The Impact of Bullying on Adolescents (n: 36)

Impact of Bullying	Frequency (f)	Percentage (%)
Disturbed	17	47.2
Not disturbed	19	52.8
Total	36	100.0

## DISCUSSION

It is known that the average age of the respondents is 12 years with the youngest being 11 years and the oldest being 16 years. The sex of the respondents was mostly female, namely 19 people (52.8%) with an average height of 129.86 cm (the normal height of adolescents according to the WHO average is 149.1 cm) and most of them did not have long-term illnesses, namely 23 people (63.9%).<sup>12</sup>

In addition, there are differences in bullying behavior between young male and female.<sup>13</sup> Young men tend to agree with bullying behavior, but that does not mean that young women do not agree with bullying. In the group of women, some decided with bullying, and some did not agree with bullying; therefore, men tended to have a positive attitude towards bullying. The group of women who agree with bullying behavior tends to agree with bullying in the form of verbal.<sup>14</sup> In contrast, the group of women whose attitude is against bullying tends to do bullying in the form of physically.

Based on research conducted in the Guntur area, Demak district, it can be seen that the majority of respondents in the Guntur area, Demak district experienced low bullying, with a total of 21 respondents (58.3%). In line with the research conducted<sup>15</sup> which states, the low intensity of bullying in adolescents can be caused by several factors, including age, gender, and socioeconomic status. It is explained that these adolescents are not involved in acts of bullying and can also adjust to having good social relations at school. The higher the teacher's concern in overcoming bullying, the lower the involvement of students in bullying acts.

Stunts are a condition in adolescents with less average body length or height than their age. This condition is seen from the size and weight according to age. Stunted adolescents include chronic nutritional problems caused by many factors such as social, economic, and sanitation conditions, illness experienced when they were babies, and lack of nutritional intake when they were babies, which will affect them until they are teenagers. The Republic of Indonesia Ministry of Data and Information Center (2018) reveals that future stunted toddlers will have difficulty experiencing optimal growth and development. This stunting incident will continue when they are teenagers if there is no improvement in good nutrition or treatment of disease from childhood.<sup>4</sup>

Adolescents with different physical conditions tend to get unpleasant treatment, and group acceptance

of stunted youth is low.<sup>16</sup> One of the factors that can affect bullying is the physical form where they will get ridiculed which has the impact of making stunted youth experience a decrease in self-confidence, anxiety, depressive symptoms, and often alone, and this can cause someone who is stunted to get lousy behavior—fun and ridicule from peers.<sup>7</sup> Bullying is part of aggressive behavior in children and adolescents repeatedly towards their friends, which will cause victims. This behavior is usually done individually or in groups. Some students consider bullying a problem that is not serious, while some unpleasant experience behavior, such as words that are inappropriate to say or hurt. The consequences of misery and sufferers will cause physical and psychological disturbances.<sup>1</sup>

Research result<sup>17</sup> about the phenomenon of bullying behavior in adolescents in Yogyakarta. The study results showed several types of bullying by teenagers in Yogyakarta, including verbal bullying, such as ridiculing and giving bad names to friends. Physical bullying, such as hitting, pinching, and grabbing, then there are also types of rational bullying, such as ostracizing. Embarrassing friends at school and bullying behavior in adolescents are influenced by several factors, such as solicitation of friends, environmental conditions around adolescents, history of bullying, the influence of electronic media, and the character of the target and perpetrator of bullying. The impact of bullying on adolescents who experience stunting. I have experienced the effects of bullying without being disturbed by the number of 19 respondents (52.8%). Based on the results of the research, it can be seen that the most frequent answers to the statement I feel unenthusiastic about going to school because I am often ridiculed (72%), I tell my parents when I am bullied by other nicknames (67%), I am relaxed when teased by my peers (58%). I always smile when someone mistreats me (56%). More extreme cases of bullying can result in victims being reckless, even killing or committing suicide.<sup>18</sup>

The negative impact victims of bullying, such as teenagers receiving ridicule from peers, will feel depressed. This feeling of pressure will lead to negative emotions, such as anger, resentment, annoyance, depression, shame, sadness, discomfort, and threat, but not powerless to deal with it.<sup>19</sup> In the long run, these emotions will affect him and can lead to feelings of inferiority and even worthlessness. Bullying has a psychological impact on the victim. Victims of bullying will experience depression, low self-esteem, and eventually withdraw from social interaction.<sup>20</sup> It is revealed that violence against victims of bullying has effects on physical and mental health, such as anxiety, depression, increased risk of

self-harm, attempts to commit suicide, and causes long-term health effects in early adulthood and even into late adulthood.

The impact of bullying on the victim's behavior can cause the victim to be afraid and withdraw from the social environment, keep quiet, and make bullying a driving force to be better than before. Also, students who are victims fight back by bullying students who drive them.<sup>21</sup> The impact on the perpetrator can cause feelings of guilt and regret on the perpetrator. Most of the respondents said their perception of bullying was an act of making fun of, insulting, and hitting to hurt. This is consistent with what says that bullying is a desire to hurt others.

## CONCLUSION

Based on the results of research on stunted youth (short stature), it was found that the average age of the respondents was 12 years, with the youngest being 11 years old and the oldest being 16 years old. The sex of the respondents was mostly female, namely 19 people (52.8%) with an average height of 129.86 cm (the normal height of adolescents according to the WHO average is 149.1 cm) and most of them did not have long-term illnesses, namely 23 people (63.9%). It is explained that these adolescents can adjust to having good social relations at school. The higher the teacher's concern for overcoming bullying, the lower the involvement in bullying acts. It is hoped that the research results should maintain positive behavior by carrying out activities that benefit themselves and others and always try to avoid negative behaviors such as bullying. It is hoped that this research can be used as a reference for further researchers. It is suggested that additional researchers add other variables in addition to selecting subjects with different characteristics from this study.

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