

**PROGRAM STUDI SI KEPERAWATAN FAKULTAS KEPERAWATAN
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M.Faiz Maulana Kamal

**Analisis Hubungan *Self esteem* dengan Perilaku *Bullying* di Pondok
Pesantren Ummul Quro Pekanbaru
xiv+143 Halaman + 1 Skema + 9 Tabel + 6 Lampiran**

ABSTRAK

Bullying merupakan salah satu permasalahan yang masih terjadi di lingkungan pendidikan, termasuk pondok pesantren, dan dapat berdampak pada kondisi psikologis remaja, salah satunya *Self esteem*. Penelitian ini bertujuan mengetahui hubungan antara *Self esteem* dengan perilaku *Bullying* pada santri di Pondok Pesantren Ummul Quro Pekanbaru. Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross sectional*. Sampel penelitian sebanyak 223 responden yang dipilih menggunakan teknik *stratified random sampling*. Instrumen yang digunakan adalah Rosenberg *Self esteem* Scale (RSES) untuk mengukur *Self esteem* dan Olweus Bully/Victim Questionnaire-Revised (OBVQ-R) untuk mengukur perilaku *Bullying*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Spearman's rho serta Independent Samples t-test (Welch's test). Hasil penelitian menunjukkan sebagian besar responden memiliki *Self esteem* tinggi, sedangkan rata-rata skor *Bullying* sebesar $77,63 \pm 9,63$. Uji Spearman's rho menunjukkan terdapat hubungan signifikan antara *Self esteem* dengan perilaku *Bullying* ($r = 0,201$; $p = 0,002$) dengan kekuatan hubungan lemah. Selain itu, Independent Samples t-test menunjukkan terdapat perbedaan skor *Bullying* yang signifikan antara kelompok *Self esteem* tinggi dan rendah ($p < 0,001$) dengan ukuran efek besar. Disimpulkan bahwa terdapat hubungan bermakna antara *Self esteem* dan perilaku *Bullying* pada santri. Temuan ini menunjukkan pentingnya perhatian terhadap kondisi psikologis santri dalam upaya pencegahan *Bullying*. Pihak pesantren diharapkan dapat meningkatkan *Self esteem* melalui pembinaan psikososial, penguatan karakter, serta penerapan program pencegahan *Bullying* secara berkelanjutan.

Kata Kunci: *self esteem*, *bullying*, remaja, pondok pesantren, santri

**BACHELOR OF NURSING STUDY PROGRAM, FACULTY OF NURSING,
PAYUNG NEGERI INSTITUTE OF HEALTH SCIENCE**

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M. Faiz Maulana Kamal

***Analysis of the Relationship between Self esteem and Bullying Behavior at
Ummul Quro Islamic Boarding School, Pekanbaru***

xiv + 143 Pages + 1 Scheme + 9 Tables + 6 Appendice

ABSTRACT

Bullying remains an issue in educational settings, including Islamic boarding schools (*pesantren*), and can impact the psychological well-being of adolescents, specifically their self-esteem. This study aimed to examine the relationship between self-esteem and bullying behavior among students at the Ummul Quro Islamic Boarding School in Pekanbaru. A quantitative, cross-sectional research design was employed. The sample consisted of 223 respondents selected via stratified random sampling. The instruments used were the Rosenberg Self-Esteem Scale (RSES) to measure self-esteem and the Olweus Bully/Victim Questionnaire-Revised (OBVQ-R) to measure bullying behavior. Data analysis involved univariate and bivariate methods, utilizing Spearman's rho and the Independent Samples t-test (Welch's test). The results indicated that the majority of respondents possessed high self-esteem, while the mean bullying score was 77.63 ± 9.63 . Spearman's rho analysis revealed a significant, albeit weak, relationship between self-esteem and bullying behavior ($r = 0.201$; $p = 0.002$). Furthermore, the Independent Samples t-test showed a significant difference in bullying scores between the high and low self-esteem groups ($p < 0.001$), with a large effect size. It is concluded that there is a significant relationship between self-esteem and bullying behavior among the students. These findings highlight the importance of addressing students' psychological well-being in bullying prevention efforts. The boarding school administration is encouraged to enhance students' self-esteem through psychosocial guidance, character building, and the implementation of sustainable bullying prevention programs.

Keywords: self esteem, bullying, teenagers, Islamic boarding school, santri