

**Original Research**

**Family factors influencing adolescent self-esteem in Jember, Indonesia: A Cross-sectional study**

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**Abstract:**

Developmental tasks in adolescents supported by families and the environment so that adolescents develop increased self-esteem and self-confidence. This research design used quantitative research methods with cross-sectional study. The number of samples in this study totaled 154 students. This research was conducted in January-March 2022. The questionnaire for the verbal violence variable uses the Korean Verbal Abuse Questionnaire, which contains 15 questions, while the self-esteem questionnaire uses the Rosenberg Self-Esteem Scale, which contains ten questions. Data analysis used regression logistic. Family variables that affect self-esteem, it is known that variable parent's economy affects male OR 0.78, CI (0.232, 2.114), and female OR 0.77 CI (0.178, 1.734). Domestic violence against parents affects male OR 0.76 CI (0.128, 1.857), and female OR 0.65 CI (0.218, 1.687). Parental trauma affects male OR 0.56 CI (0.160, 1.724), and female OR 0.41 CI (0.110, 1.784). Parental divorce affects male OR 0.74 CI (0.430, 1.401), and female OR 0.81 CI (0.450, 1.331). Parent's social relations affect male OR 1.13 CI (0.954, 1.263), and female OR 1.13 CI (0.964, 1.263). Parent disability affects male OR 1.46 CI (0.539, 4.262), and female OR 1.22 CI (0.539, 1.322). Verbal violence affects male OR 3.98 CI (0.421, 2.287), and female OR 2.87 CI (0.411, 1.077). The results of the study indicate that age, gender, weight, temperament, social roles, parents' economy, domestic violence, divorce, verbal violence, and disability conditions affect self-esteem. Therefore, it is expected that families do not commit violence. In any case, mainly verbal violence so that families can support adolescents in developing self-esteem.

**Keywords:**

adolescents, family, self-esteem

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**INTRODUCTION**

Adolescents face developmental tasks that include accepting physical changes, achieving emotional independence, developing intellectual abilities, believing in their capabilities, and increasing self-control (Crocetti, 2018). The achievement of developmental tasks in adolescents is supported by families and the environment, enabling them to develop increased self-esteem and self-confidence. Self-esteem is a personality aspect characterized by positive feelings and beliefs about oneself, which can significantly impact one's quality of life. Adolescents who lack confidence

are doubtful, shut down, aggressive, or respond to the treatment they receive. High and low self-esteem owned by adolescents is influenced by several components, namely meaningful feedback from others, beliefs about their values, and awareness of their competencies and how to appreciate them (Ballarotto et al., 2018; Xia et al., 2018).

Adolescent females are more likely to attempt suicide but are 4.34 times more likely than males to die by suicide. Seven out of ten females feel they are not good enough in terms of appearance, achievement, or relationships with friends or family. 75% of adolescents with low self-esteem behave negatively, such as cutting, bullying, smoking, drinking alcohol, or eating irregularly, compared to 25% of females with high self-esteem. About 20% of adolescents will experience depression before adulthood. According to research, 56.7% of the 60 teenage females have high self-esteem. There is a total of 5.2% suicidal thoughts by adolescents, with 5.9% by adolescent females and 4.3% by adolescent males. In East Java, as many as 549 people committed suicide, and 21 people committed suicide in Jember.

Self-esteem is formed through interactions with the environment from birth. Interaction is facilitated by giving or receiving recognition and acceptance of roles, which can foster self-awareness, self-identity, and self-understanding (Aremu et al., 2019; Keizer et al., 2019). How you evaluate yourself can affect your daily behavior. Adolescents with high self-esteem tend to have a more positive self-assessment, which is beneficial for self-actualization. Meanwhile, adolescents with low self-esteem consider themselves incapable and worthless. Parenting patterns of parents and teachers also contribute to the development of self-confidence in adolescents (Fiorilli et al., 2019; Cho & Kim, 2022). Most parents are strict and tend to be harsh when educating their children because they think adolescent attitudes are disturbing, and then parents yell or curse. Verbal violence is a form of violent behavior in adolescents, which is often done without the parents realizing it. Parents often perpetrate verbal violence, including humiliating, embarrassing, refusing, blaming, exaggerating mistakes, threatening, swearing, rebuking, cursing, or comparing. Verbal violence committed by parents, if carried out continuously, will make children experience psychological disorders. Indonesian children were 79.5 million, and around 49.2 million experienced verbal violence from parents. Violence received by adolescents can have a lifetime impact, even on the next generation (Violence Against Children). The effect of violence, namely physical disruption, psychology, and adolescent behavior, such as low self-esteem and drug use (Martinez et al., 2020; Queiroz et al., 2020).

Family environment influences self-esteem in adolescents. To prevent a decline in self-esteem among adolescents, it is essential to conduct research to identify the factors that influence self-esteem within the family environment.

## METHOD

### Study design

This research design will employ quantitative research methods, specifically scientific methods, because they are concrete/empirical, objective, measurable, rational, and systematic. The research data will be in the form of numbers and analyzed using statistics. This study employs a

cross-sectional approach, which involves examining the dynamics of the correlation between risk factors and their effects using a method that collects data simultaneously, also known as the point-in-time approach.

### **Sampling procedures**

The population of this study is all junior high school students in Jember. The study's sample consisted of students meeting the inclusion criteria in junior high schools in Jember. The sampling technique employs a random system, specifically simple random sampling. Simple random sampling is a technique that involves selecting samples from a population in a random manner, ensuring that each member has an equal opportunity.

### **Inclusion criteria**

Students in junior high school at Jember, including those who live with their parents, complete or single. Exclusion Criteria: Students who are reluctant to be respondents and students who are absent during their studies. The study included a total of 154 samples.

### **Instrument for collecting data**

This research was conducted from January to March 2022. The data collection tool used is a questionnaire consisting of several questions designed to measure the variables of interest, thereby providing meaningful data for testing research hypotheses. The questionnaire for the verbal violence variable utilizes the Korean Verbal Abuse Questionnaire, which comprises 15 questions, while the self-esteem questionnaire employs the Rosenberg Self-Esteem Scale, consisting of ten questions.

### **Data analysis**

The data in this study were analyzed using logistic regression analysis to determine the Family determinants and the self-esteem of adolescents in Jember. The variables in this study were Parents' Economy, Domestic Violence Against Parents, Parental Trauma, Parental Divorce, Parents' Social Relations, Parent Physical/Psychic/Disabled, Verbal Violence, and Self-Esteem.

### **Ethical considerations**

This research has been reviewed by the Ethics Committee of the Faculty of Nursing, Universitas Jember, with No. 041/UN25.1.14/KEPK/2022.

## **RESULT**

This section presents the results of data analysis regarding the characteristics of respondents and the relationship between family factors and adolescent self-esteem. The findings are divided

into two main parts: (1) respondent characteristics based on gender, covering aspects such as age, body weight comfort, temperament, social roles, and family background, and (2) the logistic regression analysis identifying family variables that influence adolescent self-esteem in both male and female respondents. These results provide an overview of how family dynamics, economic conditions, and verbal violence may affect the development of self-esteem among adolescents in Jember.

**Table 1. Characteristics of Respondents based on the Gender of Adolescents**

Variable	Total (n, %)	Male (n, %)	Female (n, %)
Age			
12	1, 1.0	1, 1.3	0, 0
13	7, 5.0	4, 5.1	3, 4.1
14	116, 76.0	61, 77.2	55, 75.3
15	28, 18.0	13, 16.5	15, 20.5
Weight Comfort			
Yes	104, 68.0	59, 74.7	45, 61.6
No	48, 32.0	20, 25.3	28, 38.4
Temperament			
Yes	104, 68.0	31, 39.2	61, 83.6
No	48, 32.0	48, 60.8	12, 16.4
Social Role			
Yes	92, 61.0	10, 12.7	7, 9.6
No	60, 39.0	69, 87.3	66, 90.4
Parent's Economy			
Above the minimum wage	89, 59.0	40, 50.6	39, 53.4
Under the minimum wage	63, 41.0	39, 49.4	34, 46.6
Domestic Violence Against Parents			
Yes	79, 52.0	16, 20.3	10, 13.7
No	73, 48.0	63, 79.7	63, 86.3
Parent's Trauma			
Yes	26, 17.0	4, 5.1	7, 9.6
No	126, 83.0	75, 94.9	66, 90.4
Parent's Divorce			
Yes	11, 7.0	9, 11.4	8, 11.0
No	141, 93.0	70, 88.6	65, 89.0
Parent's Social Relationship			
Easy	17, 11.0	10, 12.7	7, 9.6
Difficult	135, 89.0	69, 87.3	66, 90.4
Physical / Psychic / Disability in Parents			
Yes	135, 89.0	4, 5.1	2, 2.7
No	17, 11.0	75, 94.9	71, 97.3
Verbal violence			
Do	6, 4.0	76, 96.2	69, 94.5
Do not	146, 96.0	3, 3.8	4, 5.5
Total	152, 100.0	79, 52.0	73, 48.0

In Table 1, the result is obtained that the characteristics of respondents based on the age of most (76%) aged 14 years, most sexes (52%) male, and most (68%) feel comfortable with body weight, the temperament is mostly (61%) Having a bad temperament, most of the social role (59%) has a social role in society. The study's results also showed that most parents (58%) had a salary

above the Regional Minimum Wage in Jember Regency, amounting to Rp. 2,355,662.91, almost all (83%) parents do not experience violence, almost all parents (93%) do not experience trauma, almost all parents (89%) are not divorced, and social relations almost all parents (89 %) Having a good social relationship with the people around him, and parents who are physical/psychological/defective almost all (96%) do not experience pain. Almost all verbal violence (93%) is carried out by respondents' parents.

**Table 2. Logistic Regression Analysis of Factors Related to Self-Esteem among Male and Female Adolescents**

Variable	Male <sup>1</sup>	Female <sup>2</sup>
Parent's Economy	0.78 (0.232, 2.114)	0.77 (0.178, 1.734)
Domestic Violence Against Parents	0.76 (0.128, 1.857)	0.65 (0.218, 1.687)
Parental Trauma	0.56 (0.160, 1.724)	0.41 (0.110, 1.784)
Parental Divorce	0.74 (0.430, 1.401)	0.81 (0.450, 1.331)
Parent's Social Relations	1.13 (0.954, 1.263)	1.13 (0.964, 1.263)
Parent Disability	1.46 (0.539, 4.262)	1.22 (0.539, 1.322)
Verbal Violence	3.98 (0.421, 2.287)	2.87 (0.411, 1.077)

Values are presented as odds ratios (95% confidence interval/ CI).

<sup>1</sup>For male : -2LL $\chi^2$ = 89.501 (p<0.001); Hosmer and Lemeshow test ( $\chi^2$ )= 7.052 (p=0.531); Cox and Snell R<sup>2</sup>= 0.091; Nagelkerke R<sup>2</sup>= 0.128

<sup>2</sup>For female : -2LL $\chi^2$ = 93.487 (p<0.001); Hosmer and Lemeshow test ( $\chi^2$ )= 8.351 (p=0.682); Cox and Snell R<sup>2</sup>= 0.087; Nagelkerke R<sup>2</sup>= 0.196

According to Table 2, after analyzing the family variables that affect self-esteem, it is evident that the variable 'parents' economy' has a significant impact on male adolescents (OR 0.78, CI 0.232, 2.114) and female adolescents (OR 0.77, CI 0.178, 1.734). Domestic violence against parents affects male adolescents OR 0.76 CI (0.128, 1.857), and female adolescents OR 0.65 CI (0.218, 1.687). Parental trauma affects male adolescents OR 0.56 CI (0.160, 1.724), and female adolescents OR 0.41 CI (0.110, 1.784). Parental divorce affects male adolescents OR 0.74 CI (0.430, 1.401), and female adolescents OR 0.81 CI (0.450, 1.331). Parents' social relations affect male adolescents (OR 1.13, CI 0.954, 1.263) and female adolescents (OR 1.13, CI 0.964, 1.263). Parental disability affects male adolescents (OR 1.46, CI 0.539-4.262) and female adolescents (OR 1.22, CI 0.539-1.322). Verbal violence affects male adolescents OR 3.98 CI (0.421, 2.287), and female adolescents OR 2.87 CI (0.411, 1.077).

## DISCUSSION

Self-esteem is influenced by several factors, including age, gender, weight, temperament, and social roles. During adolescence, the development of self-esteem requires recognition from parents, friends, and teachers. Adolescent males will maintain their quality to compete because they do not want to lose to other individuals. Adolescent females, on the other hand, will maintain their appearance (Pérez-Fuentes et al., 2019; Pérez-Gramaje et al., 2020). Adolescents experience physical changes due to hormonal fluctuations, which can result in weight gain or loss. Emotions in adolescents who are less stable can lead to negative behavior, so there needs to be self-regulation to control thoughts, feelings, and self-behavior, thereby maintaining a healthy ego. Adolescents play a social role by forming formal social groups at school and informal social groups outside of school.

The background of parents, such as parents with trauma/injury, will have unstable and irrational emotions, so it will be challenging to act. There will be violence between partners, and children will become victims. The incidence of domestic violence will increase in divorce, so the responsibilities of single parents become heavier (Bang et al., 2020; Martínez et al., 2021). Low economic conditions will lead parents to neglect their children in order to fulfill family needs. Family conflict. The physical/psychological condition of parents can make it easy to become angry due to limited stamina. Parents who have a poor way of communicating can hinder the process of socializing with their environment (Guo et al., 2018; Poudel et al., 2020).

Adolescence is a transition period in which they learn to accept their condition and seek an identity supported by their environment. Each adolescent's high and low self-esteem is influenced by their perspective on seeing and assessing their environment (Fuentes et al., 2020). Family parenting plays a vital role in adolescent growth and development, enabling adolescents to complete their developmental tasks, form self-assessments in accordance with applicable norms, and achieve their ideal self. The background of parents who have trauma, divorce, and violence will increase the incidence of verbal violence, especially in low economic conditions and difficulty in social relations. Parents tend to release emotions to their adolescents (Wang et al., 2021). Individuals begin to develop and search for their identity during adolescence, allowing them to follow the social flow of their surrounding environment. However, if the family functions and instills good fundamental values, these values will play a role in shaping the youth.

Verbal violence is one form of violence that has a long-term impact because verbal violence attacks the psyche of adolescents. The incidence of verbal violence among almost all parents, most of whom blamed and were also angry with adolescents. This violent verbal behavior occurs because of economic factors, where almost half of the parents are below the minimum; divorce occurs in a small number of parents experiencing domestic violence, and a small portion of trauma because other parents are violent to their parents or siblings. This factor occurs because parents have mental wounds, psychological burdens, and feelings of revenge and are unhappy, so they become a place to carry out the same violence parents feel (Du et al., 2022; Riquelme et al., 2018). In families with parents who commit verbal violence, adolescents as victims do not experience disturbances in their self-esteem. Almost half of the respondents stated that they are satisfied with themselves, do many good things like other people, and feel positive. Most of the others feel they have good qualities and feel worthy. Most of the respondents are 14 years old, and they are predominantly male, participating in their social environment. During the adolescent phase, individuals are in the process of finding their identity and developing integrity. The age of 14 years is included in the category of early adolescents who have the task of developing themselves and accepting their physical condition and are also expected to be able to choose and sort out influences from the surrounding environment (Cruz-Sáez et al., 2020; Moon, 2020; Shi et al., 2022). At this time, adolescents will spend more time with their peers by forming groups. Groups are formed in formal social groups, such as schools, and informal social groups, including associations created by adolescents solely for the purpose of gathering. The social role of adolescents requires good personal qualities and flexible social skills, enabling them to gain popularity and be accepted in various social groups.



## CONCLUSION

The results of the study indicate that age, gender, weight, temperament, social roles, parents' economy, domestic violence, divorce, verbal violence, and physical/psychic/disability conditions affect the variable self-esteem. Therefore, it is expected that families do not commit violence. In any case, mainly verbal violence, so that families can support adolescents in developing self-esteem.

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## CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

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