

# PERBANDINGAN STATUS KESEHATAN MENTAL EMOSIONAL ANTARA PELAKU DAN KORBAN *CYBERBULLYING* PADA REMAJA DI YOGYAKARTA

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## INTISARI

**Latar Belakang:** *Cyberbullying* memiliki dampak pada kesehatan mental emosional remaja baik sebagai pelaku, korban, maupun sebagai pelaku dan korban *cyberbullying*. Pelaku *cyberbullying* dapat mengalami perasaan bersalah yang berkepanjangan sehingga menimbulkan gejala gangguan mental emosional pada remaja seperti sakit kepala dan psikosomatis lain, sedangkan korban *cyberbullying* dapat mengalami perasaan sakit hati yang menyebabkan korban mengalami gangguan mental emosional dengan salah satu gejala berupa sering mengangis dan merasa gelisah. Masalah *Cyberbullying* di Indonesia sudah diatur dalam Undang-undang Nomor 19 Tahun 2016 tentang Informasi dan Transaksi Elektronik (ITE), namun kasus *cyberbullying* masih banyak terjadi. Adanya kasus *cyberbullying* yang memberikan dampak pada kesehatan mental emosional remaja perlu diperhatikan sebagai salah satu faktor risiko terjadinya gangguan mental emosional pada remaja sehingga perlu dilakukan penelitian terkait perbandingan status kesehatan mental emosional antara pelaku dan korban *cyberbullying* pada remaja.

**Tujuan:** Mengetahui perbandingan status kesehatan mental emosional antara pelaku dan korban *cyberbullying* pada remaja di Yogyakarta.

**Metode:** Desain penelitian menggunakan analitik komparasi dengan sample sejumlah 83 orang yang diambil melalui tehnik *accidental sampling*. Data dikumpulkan melalui kuesioner dalam google formulir. Analisis data menggunakan uji komparasi *Chi Square*.

**Hasil:** Persentase kejadian gangguan mental emosional pada remaja yang berperan sebagai pelaku dan korban *cyberbullying* adalah 31,7%, sebagai pelaku 36,8%, dan sebagai korban 26%. Hasil nilai  $p=0,754$  ( $p>0,05$ ).

**Kesimpulan:** Tidak terdapat perbedaan status kesehatan mental emosional antara pelaku, korban, serta pelaku dan korban *cyberbullying* pada remaja di Yogyakarta ( $r = 0,565$  ;  $p = 0,754$ ).

**Kata Kunci :** *cyberbullying, gangguan mental emosional, remaja*

# THE COMPARISON OF EMOTIONAL MENTAL HEALTH STATUS BETWEEN PERPETRATORS AND VICTIMS OF CYBERBULLYING AMONG ADOLESCENTS IN YOGYAKARTA

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## ABSTRACT

**Background:** Cyberbullying has an impact on the mental-emotional health of adolescents both as perpetrators, victims, as well as perpetrators and victims of cyberbullying. The perpetrator of cyberbullying would experience prolonged feelings of guilt, causing symptoms of mental-emotional disorders in adolescents such as headaches and other psychomatic signs, while cyberbullying victims probably suffered feelings of hurt that cause the victim to go through mental-emotional disorders with one of the symptoms of frequent crying and anxiety. The cyberbullying issues in Indonesia has been regulated in Law Number 19 the Year 2016 concerning Electronic Information and Transactions (ITE), but cyberbullying cases still occur. The existence of cyberbullying cases that have an impact on the mental-emotional health of adolescents needs to be considered as a risk factor for mental-emotional disorders in adolescents, so it is necessary to do research related to the comparison of emotional mental health status between the perpetrator and the victim of cyberbullying in adolescents.

**Objective :** This study determined the comparison of mental-emotional health status between the perpetrator and victim of cyberbullying in adolescents in Yogyakarta.

**Method:** The analytic comparison was used as the research design with a total sample of 83 respondents were selected using an accidental sampling technique. Data were collected by a questionnaire on google form. Chi-square comparison test was used to analyze the data.

**Result:** The percentage of mental-emotional disorders in adolescents who were as both perpetrators and victims of cyberbullying was 31.7%, 36.8% as perpetrators, and 26% as victims. The comparison result showed a p-value of 0.754 ( $p > 0.05$ ).

**Conclusion:** There is no difference in mental-emotional health status between perpetrators, victims, and perpetrators and victims of cyberbullying among adolescents in Yogyakarta ( $r = 0.565$ ;  $p = 0.754$ ).

**Keywords :** *cyberbullying*, emotional mental disorders, adolescents