

## SPIRITUAL BEHAVIOR AMONG ADOLESCENTS EXPERIENCING CYBERBULLYING

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### ABSTRAK

**Latar Belakang:** Penanaman spiritualitas dalam keluarga yang kuat dapat mendorong remaja untuk berperilaku positif, hal ini berpengaruh sebaliknya bila spiritualitas rendah akan menyebabkan remaja selalu berpikiran negatif, sehingga remaja dapat berperilaku cyberbullying. **Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh perilaku spiritual terhadap perilaku cyberbullying pada 92 remaja Sekolah Menengah Atas. **Metode:** menggunakan desain penelitian deskriptif korelasi. Teknik pengumpulan data menggunakan kuesioner cyberbullying dan kuesioner perilaku spiritual. Analisis data menggunakan uji korelasi Spearman's Rho. **Hasil:** Penelitian ini menunjukkan bahwa perilaku cyberbullying sebagian besar dalam kategori rendah (91,30%) dan perilaku spiritual sebagian besar dalam kategori baik (89,13%). Penelitian ini mengungkapkan tidak terdapat pengaruh antara perilaku spiritual terhadap perilaku cyberbullying pada remaja. Hasil ini mungkin berbeda dengan banyak penelitian sebelumnya. Meskipun perilaku spiritual pada kelompok ini menunjukkan kategori baik tetapi perilaku cyberbullying mereka perlu diperhatikan mengingat banyaknya stressor yang mungkin dihadapi remaja. **Kesimpulan:** Spiritualitas memiliki dampak yang sangat kecil terhadap cyberbullying pada remaja.

**Kata kunci:** Perilaku spiritual, Perilaku cyberbullying, Remaja

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### ABSTRACT

**Background:** Instilling spirituality in a strong family can encourage adolescents to behave positively, this has the opposite effect if low spirituality will cause adolescents to always think negatively so that adolescents can behave in cyberbullying. **Objective:** This study aims to determine the effect of spiritual behavior on cyberbullying behavior in 92 high school adolescents. **Method:** Using a descriptive correlation research approach, this study attempts to assess the impact of spiritual conduct on cyberbullying behavior in 92 high school adolescents. Questionnaires on cyberbullying and spirituality were used to obtain data. Analysis of the data using the Spearman's Rho correlation test. These results may differ from many previous studies. The results of this study indicate that cyberbullying behavior is mostly in the low category (91.30%) and spiritual behavior is mostly in the good category (89.13%). This research reveals that there is no influence between spiritual behavior on cyberbullying behavior in adolescents. **Results:** These results may differ from many previous studies. Although the spiritual behavior in this group shows a good category, their cyberbullying behavior needs to be considering the many stressors that adolescents may face. **Conclusion:** spirituality has a very small impact on cyberbullying in adolescents.

**Keywords:** Adolescents, Cyberbullying behavior, Spiritual behavior

## Introduction

The development of technology in the modern era requires humans to be more productive in using technology, including the internet. The Internet has many benefits for its users and not a few of the applications of the internet have disadvantages. A survey conducted by the Indonesian Internet Service Providers Association (APJII) in 2018 said most Indonesians use the internet with an age range of 15-19 years (among adolescents) as much as 91% and internet use by opening social media especially Facebook (50.7%) compared to other activities. The further problem is a higher internet use will increase the occurrence of cyberbullying behavior among adolescents (Saputra, 2019). KPAI (KPAI, 2014) explained that violence on social media (cyberbullying) invites unrest for the community and the government to handle the problem (Fitriansyah & Waliyanti, 2018).

Adolescents who commit cyberbullying behavior commonly are pushed by two factors, namely personal/internal factors and situational/external factors. People learn through experience directly or indirectly (modeled) such as what they read, hear, see in the media and also from others and their environment. Based on the experience they gained, adolescents who behaved cyberbullying were more likely to survive and keep repeating. Adolescents are also easily affected by their social environment, both positive and negative influences—which will have an impact on their mental (psychological)

health. Psychologically disturbed makes adolescents always think negatively which leads them to do cyberbullying. This is, evenmore, due to low spiritual behavior in adolescents (Ragasukmasuci & Adiyanti, 2019).

Furthermore, spiritual behavior is one aspect of nursing. Nurses have a role in providing education to adolescents about personal changes to improve health, providing situational support, problem solving, ways of adapting to the environment and coping formation in adolescents (Astutik et al., 2017). Older people tend to have high rates of involvement in spirituality rather than young people. The finding also revealed that there was no correlation between spiritual behavior and stress levels in high school students (Tarniyah & Hidayati, 2021).

Spiritual behavior can be known by looking at signs in the individual such as, an active role in organizations or related to religious institutions, concerned with the needs of others rather than oneself, doing activities to read the Quran and understanding its content, and the support or comfort of the belief in religiosity owned by the individual (Amir & Lesmawati, 2016).

The condition of spiritual behavior among Indonesian adolescents is very concerning with as many as 80% of the Indonesian population being Muslim. The condition of spiritual behavior can be seen from the number of people who are in the surrounding mosque, where the mosque is

more filled with small children, adults and the elderly compared to adolescents. adolescents rarely worship and worship due to several causes, one of which is disobedience in worship so that it has a bad impact on the socialization of adolescents with the environment (Wiguna, 2017).

**Methods**

This study was a quantitative research using correlational descriptive design with cross sectional methods. The sampling was using the total sampling technique to 92 respondents behaved cyberbullying. This study was conducted at one of the high schools in Yogyakarta with criteria for inclusion of adolescents aged 15-18 years and behaving cyberbullying. The variables in the study used two variables: dependent variables (cyberbullying behavior), and independent variables (adolescent spiritual behavior).

This research, furthermore used three questionnaires to be counted on their validity and reliability: demographic data questionnaires (age, gender, and frequency of smartphone use per day), cyberbullying behavior questionnaires, and self-created spiritual behavioral questionnaires.

The cyberbullying questionnaire, which consists of 24 closed questions, was used to assess adolescents' cyberbullying behavior. There were four categories in this questionnaire: not cyberbullying (score of 12), low cyberbullying behavior (13-32), moderate cyberbullying behavior (33-52), and extreme

cyberbullying behavior (score of 53-72). The study's spiritual behavior questionnaire comprised of 15 closed-ended items. There were three categories in this questionnaire: less spiritual conduct (scoring  $\leq 20$ ), sufficient spiritual behavior (21-40), and good spiritual behavior (score  $\geq 41$ ).

The ethics commission of the Faculty of Medicine and Health Sciences, University of Muhammadiyah Yogyakarta, accepted this study with the following number: 0006/EC-KEPK FKIK UMY/I/2020. Before receiving the questionnaire, respondents' parents/guardians and respondents were given informed consent to participate in the study. Following the collection of the desired data, the data is processed using the Spearman Rho test with a value of 0.05.

**Results**

The respondents' characteristics were determined by their age, gender, and the frequency with which they used their smartphones at all hours of the day shown in Table 1.

**Table 1. Respondent Characteristic.**

Variable	Frequency (n)	Percentage (%)
Age		
15	20	21,74
16	44	47,83
17	22	23,91
18	6	6,52
Gender		
Male	63	68,48
Female	29	31,52
Active duration of smartphones' use in hours per day		
< 1 hours	4	4,35
1-2 hours	12	13,04
3-4 hours	28	30,43
5-6 hours	31	33,70

$\geq 7$ hours	17	18,48
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Based on research, showed that the respondents that engaged in the most cyberbullying conduct were under the age of 16, accounting for 44 respondents (47.83 percent), with the majority of respondents being male, 63 respondents (68.48 percent). Respondents used their smartphones for an average of 5-6 hours per day, which totaled 31 respondents (33.70 percent).

Presented the distribution of cyberbullying behavior was mostly in the low category of 84 respondents (91.30%) show on Table 2.

Table 2. Cyberbullying Behavior

Category	Frequency (n)
Low	84
Medium	8
High	0

The distribution of spiritual behavior was mostly in the good category of 84 respondents (91.3%) show on Table 3.

Table 3. Spiritual Behavior

Category	Frequency (n)
Low	0
Medium	8
High	84

The influence of spiritual behavior on cyberbullying behavior received a p value of 0.095, indicating that H0 was accepted, implying that spiritual behavior had no impact on cyberbullying conduct in adolescents show on Table 4

Table 4. Effect of Spiritual Behavior on Cyberbullying Behavior

Variable	Cyberbullying Behavior (f)				P Value
	Low	Medium	High		
Spiritual Behavior	Low	0	0	0	0.095
	Medium	8	0	8	
	High	76	8	84	
Total	84	8	0	92	

## Discussion

### 1. Characteristics of Respondents

#### a. Age of Respondents

The characteristics of respondents based on age were mostly 16 years old as many as 44 respondents (47.83%). The same study conducted by Rachmatan & Ayunizar (2017) that someone who behaves cyberbullying occurs at the age of 16 years by giving a high percentage of 48.35% and at least at the age of 15 years as much as 2.8%. This is because adolescents are interested in trying new things. Adolescence is a time when a child is happy to try something new, such as using a smartphone with activities using social media. The use of social media can have both positive and negative impacts. Negative impacts of social media use include cyberbullying (Maya, 2013).

Adolescents aged 13 or 14 years - 17 years are a stage of development with changes reaching their peak, including emotional imbalances (Diananda, 2019). Middle adolescents ages 15 to 18 experience improved cognitive ability and awareness to cope effectively or ineffectively with stress and emotional

fluctuations. This results in adolescents prone to depression or inability to control anger, which can further cause problems in adolescents (Wiryada et al., 2017).

The results of this study showed that adolescents as young as 16 years have a greater risk of cyberbullying behavior. Adolescence at the age of 16 is when a child wants to do something new, as well as instability in emotional control.

At this stage, adolescents take advantage of technological developments to look for something new, which adolescents have never experienced. This can encourage adolescents to commit cyberbullying behavior which caused by not being able to control anger to others, especially on social media.

#### b. Gender of Respondents

The characteristics of respondents based on gender were mostly male as many as 63 respondents (68.48%). A study from Pandie & Weismann's (2016) does not align with the results of this study which states that men and women have equal participation in cyberbullying behavior, but each gender has a reason and uses different methods in behaving cyberbullying. Women tend to use passive approaches, such as spreading gossip, which cause damage to one's reputation and relationships. On the contrary, men tend to use threats directly as well as cyber as a means of revenge for adolescent boys.

Adolescence is a phase of physical,

social, and emotional transformation that occurs as a person grows from childhood to maturity. Adolescent boys and girls will go through various emotional transformations, and adolescent boys are more emotionally mature than adolescent girls. It can be inferred that adolescent boys have the ability to control their emotions in order to keep their anger in check when solving difficulties through constructive acts (Ulfa & Syafrizaldi, 2017).

Adolescent boys have strong self-esteem, expressions of excitement, and excessive courage. This leads adolescent boys more likely to be in an atmosphere of commotion and physical argument, while adolescent girls have irritable and irritable expressions even to the point of sulking (Diananda, 2018). The results showed that adolescent boys were less likely to do cyberbullying compared to adolescent girls. Otherwise, adolescent boys are more likely to like the commotion so it's easy to commit criminal acts both through the real world and cyberspace.

#### c. Activeness of Respondents' Smartphone Use

Based on smartphone activity, we found that there were 31 respondents used their smartphones for 5-6 hours per day on average (33.70 percent). Venkataraghavan (2015) found that 70 percent of Indian youths spend more than 5 hours per week on the internet during normal hours. According to Alhady et al., (2018),

adolescents spend more than 5 hours on the internet, as many as 120 adolescents spend more than 5 hours on social media.

Recent research in 2019 by Ragasukmasuci & Adiyanti (2019) said that smartphone use for 3-6 hours as many as 184 people (28.5%) can affect the behavior of someone to cyberbullying. Przybylski's research, the ideal duration to use a smartphone for 257 minutes or about 4 hours 17 minutes in a day. More smartphone's use than that can cause brain performance in adolescents will become impaired (Waty & Fourianalistyawati, 2018).

Smartphone use can have both positive and negative effects on adolescents. One of the negative impact of smartphones is a disruption to health especially on sleep, vision, and psychological needs. Adolescents will easily experience stress and sensitivity levels become high (Waty & Fourianalistyawati, 2018)

By comparing to the findings of this study, the recommended time utilization range is 257 minutes each day, or approximately 4 hours 17 minutes. Excessive usage of the internet/smartphone can have a negative impact on adolescent brain performance and lead to serious health problems.

## 2. Cyberbullying Behavior

According to our findings, the low group dominates cyberbullying behavior,

with 84 percent of respondents falling into this category (91.30). Regarding this, initially, adolescents are affected by technological advancements, one of which is cyberbullying. Because cyberbullying is an increasing problem around the world, including in Indonesia, the government has enacted information and technology legislation in various internet-based initiatives aimed at preventing it by giving knowledge and support. The available resources and educational regulatory framework are supposed to prevent cyberbullying (Wiryada et al., 2017).

According to the findings of this inquiry, the low category had the majority of the respondents in the low group were 84 respondents (91.30 percent). Respondents' cyberbullying behavior frequently leads to characteristics of violent behavior because the conduct aims to harm someone without posing a threat to others. The low rate of cyberbullying can be linked to a bullying prevention approach used in schools that incorporates a poster competition every period. This personalizes the respondent's experience, which helps to reduce bullying and even cyberbullying, which is currently a worldwide hot problem.

## 3. Spiritual Behavior

There were 84 respondents (91.30 percent) for spiritual behavior in the good category, according to this study. This study, then, supports the findings of Astutik et al., (2017), who found that the majority

of spiritual behavior in adolescents is positive, with an overall proportion of 87.4 percent. Individual spiritual conduct can be determined by examining actions such as participating in a community or religious organization, prioritizing the needs of others, reading the Koran and comprehending its contents, and the presence of support or a sense of comfort with religious views (Amir & Lesmawati, 2016).

The role of parents in a child's Islamic education is critical, as it determines whether or not the child's educational goals are met. The nature of the parents in the family is the educator of the fundamentals of monotheism in a child. Parents of children of obligatory school age are obliged to give basic education to their children," according to Article 7 paragraph 2 of Law Number 20 of 2003. The law concludes that a child's education is a joint obligation shared by the family, the community, and the government (Zulhaini, 2019). Parents' spiritual education prepares a child with a commitment to carry out Islamic teachings, allowing children to sense serenity, tranquillity, and submission to Allah (Aziz, 2017).

According to the findings of this study, the majority of spiritual behavior falls into the positive group, with 84 respondents falling into this category (91.30 percent). Spiritual conduct imparted at an early age by the family and surroundings,

such as character education, religion introduction via familiarizing adolescents with praying, reading the Al-Quran, sholawat, and other religious practices, are all supportive of this. Spiritual activity can equip adolescents with life principles such as serenity and tranquillity, allowing them to avoid harmful behavior such as cyberbullying.

#### 4. The Influence of Spiritual Behavior on Cyberbullying Behavior

The correlation coefficient value is 0.366, with a significance of  $p = 0.095$  ( $p > 0.05$ ). Based on hypothesis testing results, indicating that spiritual conduct has a 36.6 percent influence on cyberbullying behavior, with the remaining 63.4 percent influenced by other factors. While the findings are substantial, there is little evidence that spiritual behavior has a significant impact on cyberbullying behavior in adolescents. Based on the findings, it can be concluded that spiritual conduct has a negligible influence on cyberbullying behavior. As a result,  $H_0$  is accepted, indicating that spiritual behavior has no effect on cyberbullying behavior in adolescents.

The level of spirituality with which adolescents view life is one of the factors that contribute to this. Adolescents learn to show concern for others, learn to ask for aid from others, be appreciative, and become more sensitive and conscious of how they treat others as a result of the spiritual traits

that are used in everyday life for them in the family, school, and social environment. Both others and themselves (Apostolides, 2017).

Parents and the environment provide spiritual education. The environment plays a big part in spiritual behavior, especially when it comes to adolescent social relationships. Peers have a direct influence on spiritual behavior. Therefore, if peers have a positive influence on adolescents, it will have a positive impact on adolescent spiritual behavior. This can encourage young people to participate in social activities and to be involved in a positive environment (Mirghafourvand et al., 2016). Adolescents will seek spirituality according to their wishes without parental support and due to a lack of time spent with parents. This encourages adolescents to engage in cyberbullying due to the freedom granted to the use of technology, particularly smartphones (Dutkova et al., 2017).

The findings of this study show that spiritual behavior has little effect on adolescent cyberbullying behavior. This is because various aspects, such as parenting methods and the influence of adolescent interactions, were not properly investigated. The spiritual education of adolescents is heavily influenced by parental practices. Adolescents will replicate what has been taught if their parents have provided spiritual education during childhood. Adolescents have the same parenting

approaches as their parents. If the adolescent relationship is unpleasant, the teen will be encouraged to engage in negative behaviors like cyberbullying. Parents' role in teaching adolescents to avoid negative relationships is no longer restricted to the internal environment of adolescents; instead, the outside environment becomes the focus of parental attention in guiding adolescents to avoid negative relationships.

## **Conclusion**

Based on our results, the majority of respondents aged 16 years and over were 44 respondents (47.83 percent), while males were 63 respondents (68.48 percent), and the majority of respondents carried out activities using smartphones for 5-6 hours every day, 31 respondents (33.70 percent). Meanwhile, for cyberbullying behavior, there were 84 respondents in the low category (91.30%) and 8 respondents (8.70%) in the medium category. Furthermore, spiritual behavior in the good category as many as 82 respondents (89.13%) and the sufficient category as many as 10 respondents (10.87%) with a p value of 0.095 ( $p > 0.050$ ). spirituality has a very small impact on cyberbullying in adolescents with a correlation coefficient of 0.366.

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