

Effectiveness of Assertiveness Training to Improve Self Esteem of Bullying
Victims

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Abstract

Students who are victims of bullying tend to have low self-esteem. Self-esteem, talks about how an individual controls and controls the positive and negative things that happen. This study aims to determine empirically how the effect of assertive training on increasing the self-esteem of victims of bullying in 8th grade junior high school students and to determine the effectiveness of assertive training techniques in increasing the self-esteem of victims of bullying in 8th grade junior high school students. The sample used in this study was 20 students. The data analysis techniques used in testing the hypothesis of this study are the Gained Score test and the Wilcoxon test. It is known that the average value of the experimental group is $6.6 > 3.5$ which is the average value of the control group, meaning that students who take assertiveness training, namely the experimental group, have a higher level of self-esteem than students who do not take assertive behavior training, namely the control group. It is known that the value of Sig. (2-tailed) self-esteem variable is $p = 0.011$ ($p < 0.05$), meaning that there is a significant increase in self-esteem scores after the treatment of assertive training.

Keywords: Self-esteem, Assertiveness, Bullying Victims, Junior high school students.