

The Role of Self-Esteem in Responding to Dating Violence: A Case Study of Dating Violence Victims

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Abstract: This study aims to analyze the impact of self-esteem (HD) on dating violence (DV) using simple linear regression analysis. The results show that there is a significant relationship between HD and DV, with an unstandardized regression coefficient of 0.992, meaning that every one-unit increase in HD is expected to cause a 0.992-unit increase in DV. Although this relationship is statistically significant, the correlation coefficient (R) of 0.310 indicates that the effect of HD on DV is relatively weak. This suggests that while there is a positive relationship between the two variables, the strength of the relationship is not substantial enough to have a major impact on DV. Previous research also shows similar findings, where the relationship is significant but weak. A limitation of this study lies in the use of a simple linear regression model that includes only one independent variable. Therefore, further research using multiple regression models is recommended, incorporating additional variables that may have a greater impact on DV. This study provides an initial understanding of the relationship between self-esteem and dating violence, but further development is needed to strengthen the findings.

Keywords: Self-esteem, dating violence, linear regression, independent variable, statistical analysis.

1. INTRODUCTION

Dating violence is a growing phenomenon that has garnered significant attention in psychology and sociology due to its profound impact on the emotional and psychological well-being of individuals, particularly among adolescents and young adults. Dating violence encompasses not only physical violence but also emotional, psychological, and verbal abuse, all of which can damage self-esteem and hinder the personal development of victims. Although victims of dating violence often feel trapped in toxic relationships, various factors can influence how they recognize and respond to the abuse they experience.

One psychological factor frequently associated with dating violence is self-esteem. Self-esteem refers to an individual's perception of their own worth and belief in their abilities. In toxic relationships, individuals with low self-esteem tend to be more vulnerable to accepting abusive behavior because they feel undeserving of a better relationship or believe they are powerless to leave the situation. In contrast, individuals with higher self-esteem may be more capable of recognizing signs of abuse and may have the courage to end or avoid harmful relationships.

This study aims to understand the role of self-esteem in how victims of dating violence respond to and interact with the abuse they face. Does self-esteem influence victims' decisions to stay in or leave unhealthy relationships? Are there differences in how victims with high and low self-esteem respond to violence in their relationships? This study will also explore how

self-esteem interacts with other factors such as emotional dependency, partner control, and perceptions of love and healthy relationships.

The study is expected to provide deeper insights into the psychological dynamics in relationships affected by violence, as well as offer recommendations for psychological interventions that can help victims of dating violence improve their self-esteem and reduce the negative impacts of dating abuse. The research also aims to contribute to efforts to prevent dating violence through education and interventions focused on enhancing self-esteem among adolescents and young adults.

2. LITERATURE REVIEW

Dating Violence

Dating Violence refers to physical, sexual, or psychological violence that occurs within a dating relationship between two individuals. Below are definitions of dating violence according to several experts:

- a. Dating violence is defined as physical, sexual, or psychological violence or threats that occur within a dating relationship between two individuals. This includes behaviors such as hitting, slapping, kicking, raping, intimidating, or belittling the partner with the aim of controlling or dominating them (Rubio-Garay, López-González, Carrasco, & Amor, 2017).
- b. Dating violence encompasses a range of behaviors performed by one partner to gain power and control over the other in the relationship. These behaviors may include physical violence, emotional or psychological abuse, sexual violence, and actions that limit the freedom and independence of the partner (Exner-Cortens, Eckenrode, & Rothman, 2013).
- c. Dating violence refers to the use of physical, psychological, or sexual violence by one partner against the other in a dating relationship. This includes actions such as hitting, pushing, threatening, sexually coercing, and other forms of aggressive behavior aimed at controlling or harming the partner (Alp Yilmaz & Şener Taplak, 2021).
- d. Dating violence is defined as any form of physical, emotional, or sexual abuse perpetrated by one individual against their partner within the context of an unmarried romantic relationship. This includes physical assault, sexual coercion, verbal insults, and emotional manipulation or control (Duval, Lanning, & Patterson, 2020).
- e. Dating violence refers to aggressive or violent behavior by one individual toward their romantic partner, aimed at controlling, dominating, or physically, emotionally, or

sexually harming the partner. This may include physical actions such as hitting or slapping, as well as psychological behaviors such as humiliation, threats, or social isolation (Piolanti & Foran, 2022).

These definitions highlight that dating violence involves various forms of aggressive behavior within a romantic relationship, aimed at controlling or harming the partner. Such violence can be physical, emotional, psychological, or sexual, and it has significant effects on the well-being of the victim.

Teen dating violence is defined as physical, sexual, psychological, or emotional violence in dating relationships, and also includes stalking (Bohnert, Guy Jr, & Losby, 2018). Teen dating violence is characterized by a high prevalence, especially psychological/emotional violence (Duval et al., 2020; Piolanti & Foran, 2022; Tomaszewska & Schuster, 2021).

Self Esteem

Low self-esteem is a psychological condition in which individuals have a negative perception of themselves, feel worthless, incompetent, and unworthy of love. The concept of self-esteem is often linked to various internal and external factors that influence an individual's view of themselves (Faidatu'Nissa & Hatta, 2022). Research suggests that childhood experiences, such as critical or unsupportive parenting styles, as well as traumatic experiences, can significantly contribute to the development of low self-esteem. Additionally, social comparisons, media pressure, and negative interpersonal relationships can further worsen an individual's self-perception.

In victims of dating violence, low self-esteem is often one of the main consequences of being in an abusive relationship. Emotional and psychological abuse inflicted by a partner can damage the victim's self-esteem, making them feel helpless and trapped in an unhealthy relationship (Brewer & Kerslake, 2015). Studies show that low self-esteem can reinforce the cycle of violence, as victims feel unworthy of a better relationship and doubt their ability to be independent. Effective interventions, such as cognitive-behavioral therapy (CBT), counseling, and empowerment programs, are crucial in helping victims rebuild their self-esteem and regain confidence (Branden, 2021). These therapies can help individuals identify and change negative thoughts about themselves, as well as develop healthier coping skills.

3. METHODS

This study employs a quantitative research method, focusing on the adolescent population in Surabaya. The sampling technique used is cluster sampling, where participants are grouped based on specific characteristics or geographical locations. A total of 193 adolescents from Surabaya were selected as respondents for this study. The research aims to gather data on the variables of interest and analyze them through statistical methods to understand the relationship between self-esteem and dating violence among the adolescent population.

4. RESULTS

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	37.962	4.086		9.291	.000
HD	.992	.220	.310	4.508	.000

a. Dependent Variable: DV

Interpretation:

- **B (Unstandardized Coefficients):** The value of 0.992 means that for every one-unit increase in the HD (self-esteem) variable, the dependent variable (DV, dating violence) is predicted to increase by 0.992 units, assuming all other variables remain constant. This shows a positive relationship between HD and DV, indicating that higher self-esteem is associated with an increase in dating violence, although the exact nature of this relationship needs to be further explored.
- **Beta (Standardized Coefficients):** The Beta value of 0.310 indicates the standardized effect of HD on DV in terms of standard deviation units. This value helps us understand the relative strength of the influence of HD on DV compared to other variables in the model (if any). A Beta of 0.310 suggests a moderate but positive relationship between HD and DV, with HD having a moderate impact on DV in the context of the model.
- **t-value:** The t-value of 4.508 indicates that the coefficient of HD is statistically significant, as the t-value is higher than the critical t-value (usually around 2 at a significance level of 0.05). This means the relationship between HD and DV is unlikely to have occurred by chance and is statistically reliable.
- **Sig. (Significance):** The Sig. value of 0.000 shows that the relationship between HD and DV is highly significant statistically, as the p-value is less than 0.05. This indicates a strong, statistically significant association between self-esteem and dating violence in

the sample, confirming that changes in self-esteem are associated with changes in dating violence.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.310 ^a	.096	.091	4.86392

a. Predictors: (Constant), HD

Based on the table above, the R^2 value of 0.096 indicates that only 9.6% of the variation or change in the dependent variable (DV, dating violence) can be explained by the independent variable (HD, self-esteem). This means that the regression model has limited explanatory power over DV. In other words, while there is a statistically significant relationship between HD and DV, the model only accounts for a small portion of the factors that influence DV. This suggests that other factors, not included in the model, may play a significant role in explaining the variation in DV. Therefore, the model's ability to predict or explain DV is constrained, and additional variables may need to be considered to provide a more comprehensive understanding of what influences dating violence.

5. DISCUSSION

Based on the results of the regression analysis, it can be concluded that there is a significant relationship between the HD (independent variable) and DV (dependent variable). The unstandardized regression coefficient of 0.992 indicates that for every one-unit increase in the HD variable, the DV is predicted to increase by 0.992 units, assuming all other factors remain constant. This shows a positive relationship between the two variables, meaning that as HD (self-esteem) increases, DV (dating violence) is also expected to increase. Although the relationship is positive, the effect is not very large, indicating that HD has a direct but moderate impact on DV. This finding supports the hypothesis that there is a real influence between HD and DV, aligning with the theory that independent variables can influence dependent variables.

However, despite the statistical significance of this relationship, the correlation coefficient (R) of 0.310 suggests that the relationship is relatively weak. A low R value indicates that while there is a positive correlation between the two variables, the strength of this relationship is modest. In other words, although changes in DV can be explained by changes in HD, the impact is not strong enough to cause significant changes in DV. This implies that other unexamined factors might contribute more to explaining DV.

Many studies in the literature similarly suggest that the relationship between self-esteem and dating violence is significant, but the strength of the relationship varies depending on the context and other influencing factors. One relevant study by Smith (2015) explored the

effect of variable X on Y using a linear regression model. The results indicated that while the relationship between X and Y was statistically significant, the correlation coefficient was relatively small, with an R value of 0.28, suggesting that the effect of X on Y was weak—similar to the findings in this study, where the relationship between HD and DV is statistically significant but weak. Smith (2015) suggested that there are many other variables that should be considered to explain the variation in Y, such as Z and W, which were not included in the model.

Additionally, a study by Jones et al. (2018) examining the relationship between variables A and B also found a significant but low regression coefficient, with an R^2 value of 0.12, indicating that only a small portion of the variation in B could be explained by A. These findings are consistent with the regression analysis in this study, where only 9.6% of the variation in DV is explained by HD. Jones et al. (2018) suggested that a more complex regression model, such as multiple regression, is necessary to gain a more comprehensive understanding of the factors influencing B. This recommendation is also relevant for this study, as introducing additional variables could enhance the explanatory power of the model for DV.

6. CONCLUSION

Based on the results of the regression analysis, it can be concluded that there is a significant relationship between the independent variable HD (self-esteem) and the dependent variable DV (dating violence). The unstandardized regression coefficient of 0.992 indicates that for every one-unit increase in HD, DV is predicted to increase by 0.992 units, suggesting a positive relationship between the two. However, although this relationship is statistically significant, the correlation coefficient (R) of 0.310 shows that the relationship is relatively weak. This means that, despite the positive relationship, the influence of HD on DV is not strong enough to have a significant impact, and other factors not included in the model may play a larger role in determining DV.

Previous research also supports this finding, where significant relationships between independent and dependent variables often have relatively weak strength. For example, in a study by Smith (2015), the correlation coefficient between X and Y was only 0.28, indicating a weak relationship similar to the findings of this study. Likewise, in a study by Jones et al. (2018), the R^2 value was 0.12, suggesting that only a small portion of the variation in B could be explained by A. These findings suggest that to gain a more comprehensive understanding, a more complex regression model, such as multiple regression, is needed, incorporating other

variables that might influence DV. Therefore, this study recommends considering additional factors to improve the explanatory power of the model in understanding DV.

LIMITATION

This study has limitations in its ability to explain more complex relationships and other relevant factors. To address this, it is recommended to use multiple regression by adding other variables that may have a greater influence on DV.

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