

# The Relationship Between Past Parental Rude Behavior and Individual Low Self-Esteem in Adults

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## ABSTRACT

This study aims to empirically examine the relationship between abusive behavior carried out by parents in the past with low self-esteem of individuals in adulthood. The sample of this study used 144 respondents with criteria for adults aged 20-30 years from various regions, especially in the Greater Jakarta area. The sample was carried out by purposive sampling method. Data collection using 2 scales. The abusive behavior scale was adapted from the CATS measurement tool by Barbara Sanders and Evvie (1995) and the self-esteem scale by Sorensen (2005). Statistical analysis method using correlation. Based on the correlation test, the results obtained with a value of  $r = 0.230$  and  $p = 0.006$  ( $< 0.050$ ). This shows that there is a significant positive relationship between abusive behavior carried out by parents in the past and low self-esteem of individuals in adulthood. So, the higher the abusive behavior carried out by parents in the past, the higher the feelings of low self-esteem that individuals have in their adult years.

**Keywords:** Adult, low self-esteem, parent's rude behavior

## 1. INTRODUCTION

Rude behavior is also known as aggressiveness. Aggressiveness is behavior that aims to hurt others, either physically or verbally (Myres, 2010). [12] While parental aggressiveness is an act of violence committed by parents. Injure both physically, verbally and psychologically which is done to his child. Aggression characterized by using manipulation techniques such as withholding affection, blaming the child, yelling at the child, and hurling insults at the child. (Rogers, Buchanan, & Winchel, 2003, Zottis, Salum, Isolan, Manfro, & Heldt, 2014). [13] In Indonesia, the harsh/harsh behavior of parents has not become a serious concern for the government or the surrounding community. Culture of abusive parental behavior such as teasing, comparing children, yelling at children loudly, threatening, cursing, etc. This is considered a form of parenting so that people often ignore it when it happens. Though it can have a negative impact on the character of children and their future. Even the more severe types of violence are often ignored by the community because they do not want to interfere and seek trouble with other people's families. [1] Rude behavior or verbal violence by parents to children is often found in society in almost every family. Aggressiveness is grouped into active and passive verbal aggressiveness, direct and indirect. Active and passive verbal aggressiveness is distinguished between visible actions and failure to act. Direct aggressive behavior means that the perpetrator

makes direct contact with the victim, while indirect aggression is carried out without direct contact with the victim. Parents who engage in aggressive behavior argue that this is done because of feelings of irritation that make parents feel depressed so they tend to do aggressive behavior to children as an outlet. [2] Gerungan (2000, p.177) says that acts of aggression or rude behavior by parents are no longer based on rational reasons, but are based on individual feelings of personal anger that cannot be channeled properly and then overflows and looks for other people as an outlet. [7] Most children in Indonesia are victims of violent or violent behavior, both physically and emotionally. Unpleasant behavior will affect the child's future if the incident is clearly recorded in the child's memory. The child will experience trauma that causes the child to have low self-esteem, have excessive anxiety and fear that will disturb the child's soul. In the culture in society there is a view that children are owned by their parents so they can be exploited or children must obey their parents which results in justification for all acts of violence committed by parents to children. If the child does not obey, is fussy or even cries, the child will be punished which then acts of physical or psychological violence on the child. In adult individuals who have low self-esteem such as students who are included in the category of early adulthood, they will find it difficult to adjust and have difficulty expressing themselves and adapting to new environments. First year students are a mass for adjustment from adolescence to

early adulthood. The external and internal changes experienced by students require appropriate adjustments. Students who do not successfully adapt to the new environment can experience various problems, including problems building relationships with other people. Individuals with low self-esteem exhibit behaviors that inhibit self-disclosure. They tend to be unable to express themselves and have difficulty showing themselves, feelings, and thoughts due to negative judgments about themselves or others. Negative attitudes towards others cause individuals with low self-esteem and who are also first-year students to have low self-disclosure as well. Then, students who have entered the category of early adulthood and also adults who have low self-esteem will have difficulty in facing career development challenges. Individuals who have low career adaptation will experience career indifference, career indecision, naivete, career inhibition. causes individuals to experience helplessness and pessimism about the future, inability to choose a career, being unrealistic with the challenges of the world of work and inaccurate self-image, not having confidence in facing challenges and overcoming career obstacles.

The stereotype that exists in society that children belong to parents and has the right to do anything to children must be changed immediately. Based on what happens in society, parents commit acts of violence because they feel pressured by their own life problems such as the economy, work, home environment, or husband and wife problems which then vent their own disappointment to their children. This parental act of aggression is likely to cause the child to have a low sense of self-esteem at his age as an adult.

Self-esteem is a part of self-concept. Is one aspect of personality that has an important role and influence the attitude or behavior of individuals. According to Rosenberg (1965, in Burns 1993) [2]self-esteem is a person's assessment of how individuals value themselves. The development of a child's self-esteem will determine his success or failure in adulthood. One of the influencing factors is his relationship with other people, especially his parents and siblings who live with him. In the concept of mental health, self-esteem has an important role. Individuals with high self-esteem will view themselves positively. Be aware of your strengths and look at your strengths more than your weaknesses. While individuals with low self-esteem will tend to view themselves negatively, and will focus on their weaknesses rather than their strengths.

Children's self-esteem is formed along with the experiences and developments children get from their interactions with the environment. Every event that occurs in life, will affect the level of self-esteem (Self Esteem) children. Having high self-esteem is one of the developments that children must achieve. When children experience pleasant events, it will increase self-esteem (Self Esteem), but if they get unpleasant events, it will reduce children's self-esteem.

Low self-esteem is a negative assessment of oneself, feeling useless, unloved, and/or incompetent obtained

since childhood through a long learning process based on the results of interactions between family and environmental influences (Sorensen, 2006:6). According to Sorensen (2006:12) one of the fundamental things that characterizes individuals with low self-esteem are individuals who, although they have positive and negative information, are more likely to receive negative feedback in excess. Individuals who have low self-esteem will tend to focus on negative parts such as failures, weaknesses, skills that are not maintained, and their imperfections, while positive things will be discarded and considered as foreign. Individuals who have low self-esteem will ignore compliments, because these individuals tend to distrust praise and often unconsciously the individual will actually perceive comments like that mean the opposite. Individuals who have low self-esteem will also not believe if they are told that the evaluation process is negative and inaccurate.

In people who enter adulthood, they will be faced with a new life where individuals begin to choose what their future goals are, begin to organize their careers and future, how to continue life, then are faced with independent tasks and no longer play around. . Starting to adapt to a new life and need to determine career and future. As time goes by, career challenges are increasingly diverse. This is called the career phenomenon. In addition to the career phenomenon due to the times, the challenges of career development also dominate the career life of individuals. Students who are already in the category of early adulthood are often faced with challenges to determine the future and instability and uncertainty often arise. The challenges of student development as emerging adulthood arise from internal and external factors that influence their decisions in choosing a career. Internal factors that influence career adaptation include gender, age, personality, self-efficacy, and socioeconomic status. While the external factors that influence are parenting patterns and family support, children's closeness to family, previous work experience, experiences during school and so on.

In adult individuals who have low self-esteem such as students who are included in the category of early adulthood, they will find it difficult to adjust and have difficulty expressing themselves and adapting to new environments. First year students are a mass for adjustment from adolescence to early adulthood. The external and internal changes experienced by students require appropriate adjustments. Students who do not successfully adapt to the new environment can experience various problems, including problems building relationships with other people. Individuals with low self-esteem exhibit behaviors that inhibit self-disclosure. They tend to be unable to express themselves and have difficulty showing themselves, feelings, and thoughts due to negative judgments about themselves or others. Negative attitudes towards others cause individuals with low self-esteem and who are also first-year students to have low self-disclosure as well.

Then, students who have entered the category of early adulthood and also adults who have low self-esteem will

have difficulty in facing career development challenges. Individuals who have low career adaptation will experience career indifference, career indecision, naivete, career inhibition. causes individuals to experience helplessness and pessimism about the future, inability to choose a career, being unrealistic with the challenges of the world of work and inaccurate self-image, not having confidence in facing challenges and overcoming career obstacles.

In the concept of mental health, self-esteem has an important role. Individuals with high self-esteem will view themselves positively. Be aware of their strengths and look at their strengths more than their weaknesses. While individuals with low self-esteem will tend to view themselves negatively, and will focus on their weaknesses rather than their strengths.

Self-esteem is more associated with self-confidence, namely a thorough evaluation of the individual that will form a self-image. Roger and Maslow said that self-esteem (self-esteem) is an important role in the individual's self-personality, where self-esteem is a comprehensive evaluation to form a person's self-image (self-image).

Feelings of low self-esteem are negative evaluations of one's self or abilities that are maintained over a long period of time. Stuart & Sundeen (2015) say that low self-esteem is an individual's personal assessment of the results that have been achieved by self-analyzing how far his behavior meets the ideal target for the individual.

The existence of a problematic mindset in individuals will lead to low self-esteem in individuals. Seen in the inconsistent attitude in the mindset. Then receive punishment for making mistakes, distorting communication, and always complying with regulations.

Low self-esteem is indicated as self-rejection, self-contempt, and negative self-evaluation even according to individuals with low self-esteem feelings that mean "enough" or "deserved" are included in positive self-esteem. Factors that affect self-esteem are environment, intensity of meeting with parents, peers, individual cognitive, religion, and behavior (Mruk, 2006; in Mualfiah 2014)

Self-esteem is influenced by individual experiences in the development of ego functions, where children who adapt to internal and external environments generally have a feeling of security in their surrounding environment, they will show high or positive self-esteem. On the other hand, individuals with low self-esteem tend to perceive their environment negatively and very threateningly.

In people who enter adulthood, they will be faced with a new life where individuals begin to choose what their future goals are, begin to organize their careers and future, how to continue life, then are faced with independent tasks and no longer play around. . Starting to adapt to a new life and need to determine career and future. As time goes by, career challenges are increasingly diverse. This is called the career phenomenon. In addition to the career phenomenon due to the times, the challenges of career development also dominate the career life of individuals. Students who are already in the category of early adulthood are often faced with challenges to determine the

future and instability and uncertainty often arise. The challenges of student development as emerging adulthood arise from internal and external factors that influence their decisions in choosing a career. Internal factors that influence career adaptation include gender, age, personality, self-efficacy, and socioeconomic status. While the external factors that influence are parenting patterns and family support, children's closeness to family, previous work experience, experiences during school, etc. In adult individuals who have low self-esteem such as students who are included in the category of early adulthood, they will find it difficult to adjust and have difficulty expressing themselves and adapting to new environments. First year students are a mass for adjustment from adolescence to early adulthood. The external and internal changes experienced by students require appropriate adjustments. Students who do not successfully adapt to the new environment can experience various problems, including problems building relationships with other people. Individuals with low self-esteem exhibit behaviors that inhibit self-disclosure. They tend to be unable to express themselves and have difficulty showing themselves, feelings, and thoughts due to negative judgments about themselves or others. Negative attitudes towards others cause individuals with low self-esteem and who are also first-year students to have low self-disclosure as well. Then, students who have entered the category of early adulthood and also adults who have low self-esteem will have difficulty in facing career development challenges. Individuals who have low career adaptation will experience career indifference, career indecision, naivete, career inhibition. causes individuals to experience helplessness and pessimism about the future, inability to choose a career, being unrealistic with the challenges of the world of work and inaccurate self-image, not having confidence in facing challenges and overcoming career obstacles. Based on the explanation above, the researcher wants to know whether the abusive behavior of parents in the past is related to the low self-esteem that individuals have at their age when they are adults in determining individuals adapting to new environments

## **2. METHOD**

### **2.1 Design**

This study uses a quantitative approach with a survey method. Where quantitative aims to test the hypothesis that has been set with the results of the study in the form of numbers (scores).

### **2.2 Participant**

The sample in this study were early adults aged 20-30 years consisting of 144 respondents. Sampling using incidental sampling technique. Data was collected by

distributing questionnaires in the form of a google form containing statements about past parental abusive behavior and low self-esteem.

### **2.3 Instrument**

This study use two measurements. The rude behavior of parents in the past was measured by the rude behavior scale adapted from the CATS measuring instrument by Barbara Sanders and Evvie (1995). This measuring instrument consists of 38 items, where there are items that measure physically abusive behavior and items that measure abusive behavior verbally. The higher the score obtained, the more it shows the abusive behavior carried out by parents in the past. In this measuring instrument, it has Cronbach's alpha of 0.932 ( $> 0.60$ ).

Low self-esteem is measured by self-esteem test by Sorensen (2005). This measuring instrument consists of 50 items that measure poor communication skills, negative self-talk, sensitivity, depression, anxiety, and accepting other people's input. The higher the score obtained from each dimension, it indicates that the higher the feeling of low self-esteem that the individual has in that aspect. In this measuring instrument, it has Cronbach's alpha of 0.906 ( $> 0.60$ ).

### **2.4 Analysis Technique**

In this study, the data obtained using the test and correlation analysis technique with IBM SPSS for windows 26.0 because we want to see whether the abusive behavior of parents in the past is related to low self-esteem of individuals in adulthood.

## **3. RESULT**

From data analysis conducted with SPSS version 26.0, it can be seen that there is a significant positive relationship between abusive behavior by parents in the past and low self-esteem of individuals in adulthood,  $r = 0.230$ ,  $p = 0.006$  ( $< 0.050$ ). Which means that the higher the abusive behavior carried out by parents in the past, the higher the feelings of low self-esteem that individuals have in their adult years

## **4. DISCUSSION**

This study aims to empirically examine the relationship between rude behavior carried out by parents in the past with low self-esteem of individuals in adulthood. Based on the correlation test, the results obtained with a value of  $r = 0.230$  and  $p = 0.006$  ( $< 0.050$ ). This shows that there is a significant positive relationship between rude behavior carried out by parents in the past and low self-esteem of individuals in adulthood. So, the higher the abusive

behavior carried out by parents in the past, the higher the feelings of low self-esteem that individuals have in their adult years. This shows that the alternative hypothesis ( $H_a$ ) is accepted and the null hypothesis ( $H_0$ ) is rejected.

The culture of parental rude behavior such as twisting, pinching, hitting, comparing, yelling at children loudly, threatening, berating and the like is considered a form of parenting so that people often ignore it when it happens. Then verbally abusive behavior that disturbs the psyche causes feelings of discomfort and does not feel safe, lowers the child's self-esteem by throwing harsh words, abuse of trust, humiliates the child in public such as comparing, cursing, insinuating, silencing the child when the child is wrong. without telling what was wrong, etc.

Though it can have a negative impact on the character of children and their future. This behavior is likely to cause children to have a low sense of self-esteem at their age as adults. Children who have been abused by their parents will shape their character to have low self-esteem, such as fear of receiving criticism from others, fear of expressing opinions for fear of rejection like when they were small, fear of being looked at badly by others, afraid of starting something and etc.

## **5. CONCLUSIONS AND SUGGESTIONS**

### **5.1 Conclusions**

There is a relationship, there is a significant positive relationship between rude behavior carried out by parents in the past with low self-esteem of individuals in adulthood with  $r$  of 0.230 and  $p$  of 0.006 ( $< 0.050$ ). Which means that the higher the abusive behavior carried out by parents in the past, the higher the feelings of low self-esteem that individuals have in their adult years. This shows that the alternative hypothesis ( $H_a$ ) is accepted and the null hypothesis ( $H_0$ ) is rejected.

### **5.2 Suggestions for Parents**

For parents or prospective parents, it is hoped that they will educate themselves to further develop knowledge about how to form good parenting for children regardless of customs or ethnicity and culture. Whatever the form of rude behavior is not recommended as a form of parenting because it can have a bad impact on the character of the child and can destroy the child's feelings. It is hoped that parents will learn and deepen the knowledge of good parenting not only based on experience and tradition alone.

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