

Peran Pengungkapan terhadap Posttraumatic Growth pada Dewasa Muda Korban Perundungan Siber = The Role of Disclosure on Posttraumatic Growth Among Young Adult of Cyberbullying Victimization

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Abstrak

Perundungan siber termasuk kejadian traumatis yang masih banyak ditemukan saat ini. Dampak yang ditimbulkan cukup serius, seperti gangguan kesejahteraan mental dan kesehatan fisik. Pengungkapan merupakan salah satu metode penanganan yang bisa membantu korban perundungan siber pulih hingga mengalami posttraumatic growth. Penelitian ini dilakukan untuk menguji peran pengungkapan terhadap posttraumatic growth. Penelitian ini melibatkan 77 dewasa muda berusia 18 – 29 tahun yang pernah mengalami perundungan siber. Metode yang digunakan analisis regresi linear. Penelitian ini menemukan adanya peran pengungkapan terhadap posttraumatic growth ($F(1,76) = 4,228, p < .05, R^2 = 0,053$).

.....Cyberbullying is one of the most common traumatic incidents to be found today. The impacts are quite serious, such as disruption to mental and physical health. Disclosure is a method of treatment that can help victims of cyberbullying recover until they experience posttraumatic growth. This study was conducted to examine the role of disclosure on posttraumatic growth. This research involved 77 young adults aged 18-29 who had experienced cyberbullying. The method used is linear regression analysis. This study found that disclosure had a role in posttraumatic growth ($F(1.76) = 4.228, p < .05, R^2 = 0.053$).