

Relationship Between Self Esteem and Social Support Towards Resilience in Women Victims of Dating Violence

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ABSTRACT: Dating violence is an issue that can adversely affect the mental health of female victims. Resilience plays a crucial role in helping these victims recover and adapt to their lives in a positive way. This research aims to examine the relationship between self-esteem and social support with resilience among women who have experienced dating violence. The study population consisted of women who were victims of dating violence. Quota Sampling was applied, following the Krejcie table, resulting in a sample size of 350 participants. A quantitative approach was used, and data were collected through validated and reliable scales. The instruments included scales measuring resilience, self-esteem, and social support. Multiple regression analysis was conducted to analyze the data. Findings revealed a significant correlation between self-esteem and social support with resilience in women affected by dating violence. This suggests that women with adequate self-esteem and support from friends tend to demonstrate higher levels of resilience. Additionally, the study found a positive and meaningful relationship between self-esteem and resilience, indicating that women with higher self-esteem generally possess greater resilience. Similarly, there was a positive and significant association between social support and resilience, showing that women who receive strong social support also exhibit higher resilience.

KEYWORDS: Dating Violence, Resilience, Self Esteem, Social Support

I. INTRODUCTION

Dating is a process of forming and building individual relationships in which there is a sense of affection involving the opposite sex (Papalia & Feldman, 2014). Conflict is one of the things that is feared in dating, because conflict can damage a relationship or even end the relationship if not managed properly, on the other hand, conflict can improve the quality of the relationship if handled properly (Winayanti & Wideasavitri 2016). One of the triggers of conflict in dating is a lack of communication so that differences of opinion arise (Anjani & Lestari 2018). Conflict that occurs in dating is a natural thing, but the behavior and responses that arise from the conflict become unnatural if violence occurs in dating (Tisyara & Valentina, 2024).

In general, dating violence occurs in the age range of 19-24 years, which means that this age is entering the early adulthood phase (Rahayu & Qodariah, 2019). Victims of dating violence tend to be women because women are considered weak individuals. This is what makes women victims of dating violence four times more than men (Messing, 2013). Women who are victims of dating violence show fluctuating emotional dynamics in the form of anger, sadness, disappointment, fear, to happiness to accept reality. (Wishesha & Suprapti, 2014).

In Indonesia, cases of violence in advertisements as cases of violence that often occur in women over one year are proven after cases of domestic violence and violence against girls (Komnas Perempuan, 2020). Most cases of violence are violence where the perpetrators are friends (Sianturi, 2024). The number of cases of violence throughout the Department of Women's Protection and Child Protection (Kemppa) Actual time data was recorded from 15,173 to August 11, 2024. According to Kemppa, violence reached 29,883 in 2023, with a maximum of 26,161 among women. This number was recorded in 25,053 cases, up , % compared to 2022.

Dating violence can affect the feelings, behavior, and physical condition of the victims (Fuadi, 2011). Someone who has experienced violence certainly leaves injuries both physically and psychologically (Marita & Rahmasari, 2021). Over time, they can recover if the person has accepted and tried to recover from the bad experience in their life (Hendriani, 2018). Someone who experiences problems in life such as dating violence also needs to develop their abilities to be able to get through and deal with problems effectively (Marita & Rahmasari, 2021). This ability is called resilience, or a person's capacity to face, overcome, learn, or change the difficulties of life they experience (Grotberg, 2003). Resilience is a person's ability to adapt and bounce back from the difficulties, pressures, or challenges of life they experience (Reivich and Shatt , 2000).

Some factors influence resilience from internal and external factors. Based on the latest research, research findings conducted by Missasi & Izzati (2019) found that resilience is influenced by external factors, namely internal factors including social support,

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as well as internal factors such as spirituality, self-efficacy, optimism, and self-esteem. Protective factors for resilience are family, social environment, organization and community relationships and support.

Several findings support the issue of self-esteem and social support with resilience. That is, based on research by Amelia, Taufik, & Rizqi (2018) entitled "The Effect of Self Esteem and Social Support on Resilience in Victims of Dating Violence". This study shows that self-esteem and social support play an important role in shaping resilience in women who are victims of dating violence. Women with higher self-esteem tend to be better able to cope with the trauma of violence, while support from family and friends also helps strengthen an individual's ability to recover.

II. METHODS

This research examines the interaction among three variables to explore how self-esteem and social support relate to resilience. In this study, self-esteem and social support serve as the independent variables, while resilience is the dependent variable.

A. Subject

This study uses purposive sampling technique because in this study there are special criteria or requirements, the characteristics of the subjects of this study are subjects have been victims of violence in dating and subjects are domiciled throughout Indonesia, because cases of violence in dating still occur throughout Indonesia, not focusing on one area.

B. Measurement

The data for this study were gathered using scales measuring self-esteem, social support, and resilience. These three scales were specifically developed and adapted by the researcher.

Self-esteem scale statement in the questionnaire must be answered by the respondent. The distribution of the questionnaire to respondents used Google Form. This scale consists of 40 items, of which there are 32 valid items based on the score of the Corrected Item-Total Correlation coefficient which moves from 0.366 to 0.729.

The social support scale statement in the questionnaire must be answered by the respondent. The distribution of the questionnaire to respondents used Google Form. This scale consists of 24 items, of which there are 22 valid items based on the score of the Corrected Item-Total Correlation coefficient which moves from 0.343 to 0.802.

The resilience scale statement in the questionnaire must be answered by the respondent. The distribution of the questionnaire to respondents used Google Form. This scale consists of 40 items, of which there are 25 valid items based on the score of the Corrected Item-Total Correlation coefficient which ranges from 0.323 to 0.773.

III. RESULTS

The data in this study were analyzed using Multiple Linear Regression Analysis. Basis for using this technique is the normality test of a data distribution which is a normal distribution, the linearity test using linear results, the multicollinearity test did not find any indication of multicollinearity and the heteroscedasticity test did not find any indication.

A. Self Esteem and social support correlate with Resilience (H₁)

The initial hypothesis of this research proposes that self-esteem and social support are jointly related to resilience. The hypothesis testing results reveal an F-value of 49.480 with a significance level of 0.000 ($p < 0.01$).

F	p	Result
49,480	0,000	Significant ($p < 0.01$) Hypothesis Accepted

B. Self-esteem is positively correlated with resilience (H₂)

The second hypothesis of this research proposes that self-esteem is positively related to resilience. The hypothesis testing results reveal a correlation coefficient of 9.083 with a significance level of 0.000 ($p < 0.01$).

Model	t	p	Result
<i>Self Esteem with Resilience</i>	9,083	0,000	Significant ($p < 0.01$) Hypothesis Accepted

C. Social Suport is positively correlated with resilience (H₃)

The third hypothesis of this research proposes that Social Support is positively associated with Resilience. The hypothesis testing yielded a correlation coefficient of 1.428 and a significance level of 0.003 ($p < 0.01$).

Model	t	P	Result
<i>Social Support with Resilience</i>	1,428	0,003	Significant ($p < 0.01$) Hypothesis Accepted

IV. DISCUSSION

The first hypothesis in this research indicates that the regression analysis reveals a significance value of 0.000 for the impact of self-esteem and social support on the resilience of women who have experienced dating violence. According to standard data analysis criteria, a variable is deemed to significantly influence another when the significance value is less than 0.01. Thus, it can be concluded that self-esteem and social support collectively have a significant relationship with the resilience of women affected by dating violence.

In this study, the average age of the female participants ranged between 21 and 27 years. Based on developmental stages, most of the women who experienced dating violence were in early adulthood. This life stage is characterized by an individual's ability to adapt to new life patterns and social expectations. According to Hurlock (2003), a person who has completed their developmental growth and is prepared to take on roles within society alongside other adults is considered to have entered adulthood.

Women who become victims of violence in romantic relationships often suffer from physical, emotional, and psychological trauma. In such situations, self-esteem and social support play a crucial role in fostering resilience. Adult women are generally more likely to possess healthy self-esteem and receive strong social support due to their constructive life experiences and emotional maturity. These life experiences help develop self-confidence and a belief in one's ability to handle challenging circumstances. Emotional stability also contributes to one's capacity to cope with stress and adversity without resorting to self-destructive behaviors.

One key indicator of self-esteem is a sense of inner strength—characterized by confidence in one's abilities, self-respect, and self-acceptance. This sense of strength is essential in building resilience among women who have experienced violence in relationships. Women with high self-esteem typically maintain a positive self-image, which helps them manage the emotional and psychological impacts of abuse. They are more capable of overcoming trauma, making sound decisions, rebuilding their lives with confidence, and forming healthier relationships. For instance, women who believe they deserve to be treated well are more likely than those with low self-esteem to seek appropriate social support and remove themselves from harmful relationships. This highlights that strong self-esteem serves as a vital foundation for resilience in the face of intimate partner violence.

Self-esteem and social support are crucial factors in fostering resilience among victims of dating violence. Self-esteem offers internal strength to cope with trauma, while social support provides external resources that aid in the recovery process. Together, they function synergistically to assist victims in healing from traumatic experiences, overcoming emotional distress, and leading healthier, more positive lives. These findings are consistent with the research of Sonia Alvina and Fransisca Iriana R. Dewi (2016), which highlights the significant influence of self-esteem and social support on the resilience of students who have experienced bullying in higher education settings.

The second hypothesis reveals that the data analysis through regression testing indicates a significant value of 0.000 for the relationship between self-esteem and resilience among women who have experienced dating violence, which is less than 0.01. This finding suggests that self-esteem is significantly and positively associated with resilience. Women who possess higher levels of self-esteem are generally more capable of coping with the stress resulting from dating violence.

Adult women typically exhibit higher self-esteem as a result of psychological maturity, emotional resilience, accumulated life experiences, and the presence of social support. The lessons and experiences gained during their younger years contribute to a deeper ability to understand, accept, and value themselves, which in turn fosters greater self-confidence and healthier self-worth. As adult women develop a clearer sense of self—including their strengths, weaknesses, personal values, and life goals—they tend to become more self-accepting, leading to an improvement in self-esteem. Moreover, self-esteem is often influenced by life experiences that shape personal beliefs. These experiences, whether marked by success or failure, help individuals gain insight and develop the ability to navigate and overcome challenges.

Meaningfulness, as a reflection of self-esteem, is strongly connected to resilience in women who have experienced dating violence. It represents the degree to which individuals perceive their lives as having purpose and significance. When women affected by violence continue to recognize their personal worth—both in social contexts and personal achievements—they are more likely to recover from traumatic events. Women who find meaning in life often maintain the belief that their lives are still worthwhile despite the mistreatment they have endured, enabling them to develop healthier coping mechanisms and emotional recovery strategies. For instance, a woman who acknowledges her abilities as a high-achieving student or a committed professional may feel more empowered to leave an unhealthy relationship and pursue a more fulfilling life. These findings are supported by research from Amelia, Taufik, and Rizqi (2018), which highlights the significant role of self-esteem and social support in fostering resilience among women who are victims of dating violence, ultimately enhancing their capacity to heal.

The third hypothesis indicates that the regression analysis results reveal a significant value of 0.003 for the relationship between social support and the resilience of women who have experienced dating violence, which is less than 0.01. This suggests a significant positive correlation between social support and resilience. Women who receive higher levels of social support are generally more capable of coping with the stress caused by dating violence.

Ladies who are casualties of dating viciousness confront enthusiastic, physical, and mental push that can disturb their by and large well-being. In this setting, social back plays an vital part in expanding flexibility, which is the capacity to recuperate and adjust to troublesome circumstances. One of the pointers of social bolster is passionate back. Enthusiastic bolster plays a vital part in

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building flexibility in ladies who are casualties of dating savagery, counting compassion, consideration, and care from those closest to them, such as family, companions, or counselors, can offer assistance casualties feel esteemed and listened. This allows them to better cope with trauma, develop self-confidence, and find positive meaning in difficult experiences. When victims feel emotionally supported, they tend to have a greater ability to manage stress, overcome fear, and rebuild their lives more adaptively. An illustration of this relationship can be seen in a woman who is a victim of violence who, through intensive emotional support from her best friend, managed to find the courage to leave a detrimental relationship, undergo therapy, and rebuild her life stronger and more hopeful. In women who are victims of violence, social support helps them deal with the negative impacts of violence in various ways. Dating violence often leaves victims feeling isolated and misunderstood. Having social support from family, friends, or community helps victims feel accepted and not alone. The nearness of caring individuals gives a sense of security so that intuitive with strong individuals can offer assistance decrease the level of mental and passionate stretch of casualties. Social bolster features a critical relationship with the flexibility of ladies who are casualties of dating savagery. This bolster gives security, a sense of acknowledgment, and get to to assets that offer assistance casualties recoup from injury. Through quality and reliable social back, casualties are way better able to construct enthusiastic flexibility, make positive choices, and confront life's challenges with more certainty. These comes about are in line with investigate conducted by Hidayah, Septiani Nur Rifayanti, Rina Rasyid, and Miranti (2021) which appears that there's a positive and noteworthy relationship between social back and versatility in early grown-up ladies who are casualties of dating savagery in Samarinda City.

Passionate control alludes to the method by which people react, control, and alter in order for people to attain their person objectives and meet natural necessities (Thompson, 1994). Enthusiastic direction can be alluded to as a person's capacity to recognize, get it, and oversee feelings. Enthusiastic control plays a imperative part within the arrangement of person versatility, which is the capacity of people to recuperate, adjust, and flourish, indeed when confronted with stretch, challenges, or difficulty. The near relationship between passionate direction and versatility proposes that creating this capacity may be key to adapting with life's challenges in a more viable and adjusted way.

Self-efficacy alludes to an individual's conviction in their capacity to attain objectives, overcome challenges, and explore circumstances. This self-confidence incorporates a major affect on strength, the capacity to recoup and survive given difficulty. Self-confidence is an imperative establishment for flexibility. In the event that a individual is certain in overseeing challenges, he or she is more likely to outlive, recoup from difficulty, and flourish through troublesome encounters. Creating self-confidence permits a individual to extend their mental and enthusiastic strength to bargain with different life circumstances.

Self-control is an individual's capacity to direct feelings, contemplations, and behaviors to adjust with long-term objectives, in spite of allurements or weight. This capacity is closely related to strength, which is the capacity to recuperate and adjust after confronting difficulty. Self-control is an vital component in building flexibility since it makes a difference a individual oversee their reaction to troublesome circumstances, make shrewd choices, and keep up center on long-term objectives. With self-control, a individual can stay calm, adjust to alter, and hold on in spite of confronting extraordinary weight or challenges.

CONCLUSIONS

The findings of this research indicate that both self-esteem and social support play crucial roles in enhancing the resilience of women who have experienced dating violence. Women possessing higher levels of self-esteem are generally more capable of coping with the trauma resulting from such experiences. A strong sense of self-worth enables survivors to better understand their identity and maintain a positive self-image, which helps shield them from the damaging psychological effects of the violence they endured.

Moreover, social support emerges as a key element in fostering resilience among these women. Those who are surrounded by supportive social networks—particularly close friendships—tend to demonstrate stronger resilience. This support system offers emotional safety and reassurance, which are vital for processing and recovering from the trauma. These findings emphasize that social support is not merely supplementary, but is a central component in the psychological and emotional healing process for survivors.

Additionally, the study highlights that self-esteem and social support significantly impact the resilience of women affected by dating violence. Other psychological factors—such as emotion regulation, emotional intelligence, self-efficacy, and self-control—also contribute to their ability to recover and adapt, though perhaps to a lesser extent.

SUGGESTION

Women victims of dating violence should be able to increase their understanding of the importance of self-esteem, seek social support as part the recovery process. Develop self-confidence through various positive activities, such as skills training or psychological counseling. In addition, establishing relationships with supportive people, both family and friends, will provide a sense of security and increase the ability to get out of unhealthy relationships. It is additionally vital for ladies casualties of dating viciousness not to waver to look for proficient offer assistance, such as psychologists or counselors, who can help them overcome trauma and rebuild a better life. Support from communities or organizations that care about dating violence issues can also be used as a space to share experiences and learn from others.

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Constructive parental support, such as giving appreciation for children's achievements and validating their feelings, can help increase self-esteem. Parents can also act as role models by showing self-confidence and the ability to deal with problems positively, so that children feel stronger in dealing with emotional pressure, including in romantic relationships. Parents can guide their children to build positive social networks, such as by introducing them to communities that care about dating violence issues. Parents can help children develop resilience by teaching them how to deal with stress and challenges in life. For example, by providing training on stress management, communication skills, and problem solving.

Further researchers are expected to be able to involve variables from external factors such as locus of control, self-confidence, emotional regulation and so on that may affect the strength of ladies who are casualties of dating savagery. In addition, researchers are advised to utilize a blended strategies approach that combines quantitative and subjective investigation. Researchers can also examine coping strategies or interventions that can help women who are victims of dating violence increase their resilience more effectively by testing various programs or activities that are designed.

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