

## Relationship Between Self Esteem and Peer Relation in Adolescent with Divorced Parents: Shyness as Moderator

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**ABSTRACT.** This study discusses the related relationship between self-esteem and shyness on peer relations SMP Negeri 3 Kepanjen. Subjects of this study were 34 students. Data were collected by self-esteem scale of Rosenberg, shyness from Cheek and Buss and peer relations of Hana Athia. Analysis of data using multiple linear regression, and then showed a correlation of 0.035, which means that there is a relationship between self-esteem with peer relations in adolescents whose parents broken in SMP Negeri 3 Kepanjen, Malang.

**Keywords:** Self Esteem, Shyness, Peer Relation

### Introduction

As a social creature, we are seldom to find the teenager which has shyness or frustration because of varietal problem which is appeared with the main factor namely parents. As a teenager surely we often hear broken home or the family which is not in harmony. Those towards usually cover their fear. When their parents have different opinion and get miscommunication.

Pre teenage period is a time for adolescents to start building mature relationships with peers and other adults, by beginning to learn to play a social role, produce and then establish social norms as a guide in the form and outlook of life (Zgourides, 2000). Adolescence is a critical period of transition from child to adulthood. In adolescence there are hormonal, physical, psychological and social changes (Coal, 2010). Adolescents who make it through adolescence, able to build social competence (Santrock, 2003). Social competence is one's ability to carry out social adjustment (Iswinarti, 2015).

Teenagers grow and thrive to achieve perfect physical and social psychological

conditions. In this period teenagers learn to understand themselves and others, and understand the environment of society. In this case adolescents are preparing themselves to be part of the community, so that adolescents are able to achieve social roles, attain responsible social behavior, and acquire value devices and ethical systems as guidance to behave in society, in order to complete developmental tasks (Hurlock, 1997). Therefore, adolescents develop their social behavior so that they can be well received in the community and complete the task of adolescent development as well and move on to the next phase in a healthy way.

When we are talking about teenagers, it is always related to developmental tasks in adolescence, one of which is by acquiring value devices and ethical systems as guidance to behave in developing ideology, in which parents play a lot in this development (Hurlock, 1999). There are still other developmental tasks to be met by teenagers where parents also play a role in helping youth to fulfill their developmental tasks. In addition to developmental tasks, self esteem is one of the central concepts in adolescent life (Tambunan, 2001). Self esteem is an evaluation made by the individual about matters relating to themselves expressed through a form of mutual attitudes and indicates the degree to which the individual

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believes his drama as a capable, important and valuable individual. Self esteem is often associated with a variety of typical behavior of adolescents such as brawl, drug abuse, courtship, to sports achievement. The development of self-esteem in a teenager will determine its success or failure in the future (Coopersmith, 1967).

According to experts there are several factors that can affect adolescent's self-esteem, one of which is social interaction (Frey &Carlock, 1987). Self esteem is influenced by the interaction of individuals with peers or with those around them. Most of the self esteem is an individuals reaction to the opinions of others about himself, how others around us see and assess the behavior and all the things that are in us at the time of interaction will form self-esteem. In this case whether self-esteem is high or low depends on the judgment given by the person and also the judgment we give to ourselves.

Shyness according to Carducci & Golant (2009) is a condition of discomfort and the appearance of behavioral barriers if there is presence of another person nearby. Shyness can be shown with silence, feelings of shame, face to red, stutter, and anxiety. According to Dingman & Bloom (2012) shyness can be described as anxiety or awkward when a person is in a new situation or is approached by another unknown person, where a stronger form of shyness is social anxiety or phobia social.

Another opinion from BAŞ (2010) says that shyness is not a social disease like social phobia or social anxiety disorder, because shyness is not included in the Diagnostic and Statistical Manual of Mental Disorder IV (DSM IV). Therefore shyness is not a mental illness, but only the normal phase of personality. Shy people mostly do not try to avoid others but shy people are more into the condition of not looking for others because of difficulty in making a relationship.

Based on the above description, the researcher is interested in doing research to know the relationship between self esteem and shyness towards peer relation teenager whose parents are broken with the title "Self Esteem Relationship and Shyness to Peer Relations Divorced Parents in SMPN 3 Kepanjen Malang".

From the background above, it can be formulated that the first problem formulation in this study is self esteem with peer relation. Then the formulation of the problem is self esteem with shyness. The third formulation problem is shyness with peer relation. The

fourth formulation problem is moderate shyness self esteem and peer relation.

### **Peer Relation**

According to Santrock (2002) he said that peers are children or adolescents who have age or maturity level more or less the same. Friendship is a behavior that results from two or more people who support each other.

Friendship can also be interpreted as the relationship between two or more people who have elements such as the tendency to want what is best for each other, sympathy, empathy, honesty in attitude and mutual understanding (Kawi, 2010). By taking friends, one can feel more secure because indirectly a friend will protect his friend from anything that can harm his friend. In addition, a friendship can be used as a relationship to share in the likes or sorrows, giving each other with sincerity, mutual trust, mutual respect, and mutual respect.

### **Self Esteem**

Self esteem is a feeling of positive self-view, or the extent to which people like or dislike the individual (Rosenberg, 1982, in Karren, 2002). Morris Rosenberg is one of the pioneers who introduced the definition of self esteem in this way which later became the basis of Development of thought and research on self esteem up to modern times.

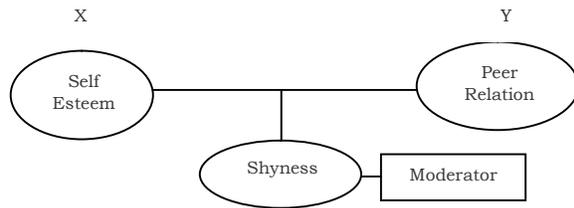
Rosenberg (in Mr.uk, 2006) states that self esteem is a positive or negative attitude of an individual towards a particular object called self (self). It defines self esteem in terms that refers to the attitude or thought that underlies the perception of feelings, the individual's sense of worth (worth) or human value.

### **Shyness**

The definition of shyness according to Carducci & Golant (2009) is the inconvenience and behavioral barriers that occur when there is a presence of others nearby. Shyness can be shown with silence, feelings of shame, face to red, stutter, and anxiety. But the behavior of shyness can also be observed directly with the characteristics of being quieter and avoiding the people and the surrounding environment that provides stimulus.

Carducci and Golant explained more that usually people connect shyness with introverts, but introverts are not always shy. Anxious looks, self-awareness, and a fighting mind that usually occurs in shy people do not appear to be introverts. Shy people desperately want others to notice and accept them, but they do not seem

to have the ability of thoughts, feelings, and attitudes that can help them deal with social interaction.



Picture 1. Framework

According to Dingman & Bloom (2012) shyness occurs when a person does not perform a behavior that is in their own best interest because they are afraid that the result will be negative. Shyness can also be described as anxiety or awkwardness when a person is in a new situation or is approached by an unknown person. A stronger form of shyness is social anxiety or social phobia and may be included in one of Asperger symptoms.

**Hypothesis**

- H1: There is a relationship between self esteem with peer relations
- H2: There is a relationship between shyness and peer relations
- H3: There is a relationship between self-moderated shyness of self esteem and peer relations

**Method**

This research uses quantitative method. The procedure of the selected quantitative research method is correlative design. Correlative design aims to measure the degree of association (or relationship) between two or more variables using statistical methods (creswell, 2012).

This research was conducted at State Junior High School 3 (SMPN 3) Kepanjen, with the number of respondents 34 people. The samples used in this study is simple random sampling, simple random sampling is the taking of sample subjects from randomly conducted populations regardless of the existing strata in the population (Sugiyono, 2013: 93). Characteristics of research subjects can be seen in table.1

Self-esteem is measured by the selfesteem scale developed by Rosenberg. This scale amounts to 10 items with 4 choices of answers (strongly disagree, disagree, agree and strongly disagree). Cronbach's Alpha scale is 0.638.

Table 1. Distribution of the number of Research Subjects

Characteristic	N	Percentage
Gender		
Male	24	70,6%
Female	10	29,4%
Age		
13	1	3%
14	20	58,8%
15	13	38,2%
Total	34	100%

Shyness is measured by the Shyness scale developed by Cheek and Buss. This scale consists of 13 items with 4 choices of answers (strongly disagree, disagree, agree and strongly disagree). Cronbach's Alpha scale is 0.724.

Peers were measured by the Peer Relation Scale developed by Athia. The scale is 21 items with 4 choices of answers (strongly disagree, disagree, agree and strongly disagree). Cronbach's Alpha scale is 0.883.

To test the correlation between independent variable, dependent variable and moderating variable, multiple linear analysis is used, while to test the relationship between variables in the relationship there are factors that weaken or strengthen (moderation variable) test using Moderated Regression Analysis (MRA) that is a special application multiple linear regression wherein the regression equation contains an element of interaction (multiplication of two or more independent variables) (Liana, 2009). Data were analyzed with the help of SPSS 22 for windows. This analysis is used to know there is a relation of independent variable Self esteem and dependent variable of Peer relation which is moderated by Shyness.

Sugiyono (2011) explains that, the moderator variable (Z) is a variable that strengthens or weakens the relationship between independent variables and dependent variables. In this study the moderator variable is Shyness. To test Z whether correctly as a pure moderator, quasi moderator, or not moderator, can be observed in the following criteria:

- A. Pure Moderator, if the effect of Z on Y on the first output and the influence of interaction variables on the second output, one of them is significant.
- B. Quasi Moderator, if the effect of Z on Y on the first output and the influence of the interaction variable on the second output, both are significant.
- C. Not the Moderator, if the effect of Z on Y on the first output and the influence of the interaction variable on the second output, neither of which is significant

## Result

Based on the results of the analysis obtained statistical description for peer relation variable has a value of  $M = 60.82$  with  $SD = 8.494$ . In self esteem variable obtained value  $M = 26,68$  with  $SD = 3,479$  and at variable shyness get value  $M = 33,50$  with  $SD = 5,053$ . Description of research variables can be seen in table 2.

Table 2. Data description

Variable	Mean	Std. Deviation	N
Self Esteem	26,68	3,479	34
Shyness	33,50	5,053	34
Peer Relation	60,82	8,494	34

Table 3. Analysis

R	R Square	F	Sig.	Conclusion
0.363	0.132	4,858	0.035	Significant
0,694	0,482	20,968	0.000	Significant
0,980	0,960	360,759	0.000	Significant

From the results of the analysis above table can be seen that there are three regression equations of three variables, namely Self esteem variable becomes predictor (X), Shyness variable becomes mediator variable (M) and Peer relation variable becomes dependent variable (Y). The first regression equation between Self esteem variable to Peer relation variable shows R value or regression coefficient value equal to 0.363, R Square 0,132 which shows contribution of predictor variable equal to 13,2% and F value 4,858 ( $p = 0,035 < 0,05$ ) which means Self esteem can predict Peer relation significantly.

R value of regression equation of second between variable Shyness to variable of peer relation equal to 0,694, value of R Square 0,482 which mean contribution of predictor variable to dependent variable that is 48,2% with value of F equal to 20,968 ( $p = 0,000 > 0,05$ ) meaning Shyness can predict Peer relation significantly. However, in the third equation when the moderation variable is inserted, the value of R is 0,980, R Square value is 0,960 which means its contribution is 96,0% with F value of 360,759 and significance value ( $p = 0,000 > 0,05$ ). From the results of the third equation can be seen that the moderation equation that occurs is significant because the value  $p > 0.05$  which means the three variables are able to affect the relationship between Self esteem with Peer relations.

The result of self esteem relation test with peer relation shows that there is a positive and significant relationship ( $\beta =$

0.363,  $p = 0.035$ ) means that the first hypothesis is accepted. The result of shyness relation test with peer relation shows a negative relationship with beta value of  $\beta = -0.650$  and significance of  $p = 0,000$ , which means that the second hypothesis is accepted.

From the above table it can be seen that there is a significant relationship between self esteem variables with peer relation with a significance value of 0.035, while the shyness variable does not show significance between self esteem with peer relation, with p value of 1.170 which means that moderator variable is not related significantly No effect on independent and dependent variables. This means that aspects of shyness in teenagers do not contribute in determining the self esteem and looking for friends.

Table 4. Hypothetical Test

Model		Unstandardized	Standardized	Sig.
		Coefficients	Coefficients	
		Std. Error	Beta	
1	(Constant)	10,816		,002
	SelfEsteem	,402	,363	,035
2	(Constant)	14,563		,000
	SelfEsteem	,347	,093	,516
	Shyness	,239	-,650	,000
3	(Constant)	45,153		,002
	SelfEsteem	1,615	-,827	,221
	Shyness	1,411	-1,828	,037
	SExSY	,052	,052	1,170

## Discussion and Conclusion

This study shows a positive relationship between variables X and Y related to self esteem with peer relations in adolescents have a significant relationship with the beta up to value  $\beta = 0.363$  and significant = 0.035  $< 0.005$ . While the moderator variable is a significance value of 1,170 which means that the moderator variable does not affect the Significant to both variables.

The study of self esteem with peer relations conducted by Hidayati (2016) concluded that there is a relationship between self esteem with peer relations. The environment gives a huge impact on adolescents through good relationships between adolescents with parents, peers, and the environment, so as to

foster a sense of security and comfort in social acceptance and self-esteem. Positive self esteem will show positive behaviors, such as accepting oneself, confident, content with self-character and ability. While teenagers who have low self-esteem will have the characteristics of having a low self-confidence, feelings unused, often thinking things that are not good, and often fail in school.

In the research conducted by Nurmalasari (2015) the results of the analysis of research data obtained can be concluded that there is a very significant positive relationship between peer relations with self esteem in adolescents with lupus disease. The higher peer relations will be the higher the self esteem in adolescents with lupus disease, and vice versa.

Self esteem is an individual's judgment of himself being shown to accept or reject self, and the extent to which the individual believes that he is capable, meaningful, successful and valuable. Self esteem is a judgment about oneself expressed through the attitude of individual life (Coopersmith, 1976). Individuals with high self-esteem have a feeling that comes from self-acceptance unconditionally, in spite of mistakes, defeats and failures, still feel as important and valuable (Stuart, 2007). A positive self esteem will inspire self-confidence, self-esteem, a sense of self-worth, a sense of worth and a sense that its presence is needed in this world.

According to Monk et al (2011), teenage social development is characterized by two moves, one separating from the parents, and the other toward peers. old in an attempt to be accepted by peer groups. Attempt to get away from parents with the intention of finding or the process of identity seeking.

According to the previous research analysis, it can be concluded that self esteem mehas a relationship with peer relation, where it builds one relationship or build any communication which must have confidence and no shy appeared. The higher the self esteem the much higher its peer relation, or to seek friends in large social environment. Otherwise, the lower the self esteem the much lower for the teenager to get their friends the higher the shyness the much more teenager to not getting their friends.

The result study shows that there is a relation between self esteem and peer relation which is explained by shyness. The second hypothesis analysis stated shyness do not

show any significance between self esteem and peer relation, with p score reach 1,170 means that moderator variable are not related significantly and do not affect independent variable and the dependent ones. It means that shyness aspect toward teenager do not give any contributions in determining self esteem and seeking friends

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