

Abstrak

Bullying verbal merupakan salah satu bentuk perundungan yang paling banyak dialami siswa di lingkungan sekolah, namun kerap dianggap sebagai candaan biasa sehingga dampak psikologisnya sering luput dari perhatian. Studi awal terhadap 65 siswa SMP X Serang Baru menunjukkan bahwa 93% di antaranya pernah mengalami bullying verbal dengan respons yang cenderung pasif, yang mengindikasikan rendahnya resiliensi pada korban. Penelitian ini bertujuan untuk mengetahui pengaruh *perceived social support* dan *self-esteem* terhadap *resiliensi* korban bullying verbal pada siswa SMP X Serang Baru, baik secara parsial maupun simultan. Penelitian menggunakan metode kuantitatif dengan pendekatan kausal. Sampel penelitian berjumlah 233 siswa yang dipilih melalui teknik purposive sampling. Instrumen yang digunakan adalah CD-RISC 25, MSPSS, dan RSES, yang dianalisis menggunakan regresi linear berganda. Hasil penelitian menunjukkan bahwa *perceived social support* berpengaruh positif dan signifikan terhadap *resiliensi* ($\beta = 0,441$; $p < 0,001$), *self-esteem* berpengaruh positif dan signifikan terhadap *resiliensi* ($\beta = 0,458$; $p < 0,001$), serta kedua variabel secara simultan berpengaruh signifikan terhadap *resiliensi* ($R^2 = 0,657$; $p < 0,001$). Hal ini dapat disimpulkan bahwa peningkatan persepsi dukungan sosial dan penghargaan diri berperan penting dalam memperkuat resiliensi korban bullying verbal.

Kata Kunci : *perceived social support, self-esteem, resiliensi, bullying verbal*

Abstract

Verbal bullying is one of the most common forms of bullying experienced by students in the school environment, yet it is often regarded as mere teasing, so its psychological impact frequently goes unnoticed. A preliminary study of 65 students at SMP X Serang Baru found that 93% had experienced verbal bullying with predominantly passive responses, indicating low resilience among victims. This study aims to determine the effect of perceived social support and self-esteem on the resilience of verbal bullying victims among students at SMP X Serang Baru, both partially and simultaneously. This study employed a quantitative method with a causal approach. The research sample consisted of 233 students selected through purposive sampling. The instruments used were the CD-RISC 25, MSPSS, and RSES, analyzed using multiple linear regression. The results showed that perceived social support had a significant positive effect on resilience ($\beta = 0.441$; $p < 0.001$), self-esteem had a significant positive effect on resilience ($\beta = 0.458$; $p < 0.001$), and both variables simultaneously had a significant effect on resilience ($R^2 = 0.657$; $p < 0.001$). It can be concluded that enhancing perceived social support and self-esteem plays an important role in strengthening the resilience of verbal bullying victims.

Keywords: *perceived social support, self-esteem, resilience, verbal bullying*