Self-improvement in Victims of Sexual Harassment on Social Media

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Abstract

Introduction: *Sexual harassment is any action carried out with unilateral consent, the impact of which can cause psychological changes to the victims. Sexual harassment is often directed at women. One of the psychological effects for victims of sexual harassment is self-blame (self-blame), and continuous self-blame can hinder an individual's ability to take steps forward and develop oneself to achieve self-improvement (self-improvement).* ***Objective:*** *This study analyzes Self-Improvement in Victims of Sexual Harassment on Social-Media.* ***Method:*** *The Scale of Readiness for Self-improvement (SRSI) is the measuring tool used. The number of research participants was 115 respondents to female victims of sexual harassment on social media. Data analysis was performed using simple correlation and regression analysis.* ***Result and Discussion:*** *The results show that self-improvement for victims of sexual harassment on social media is highly categorized.* ***Conclusion:*** *There is a negative relationship between self-improvement and self-blame*

Keywords: Self-Improvement; Sexual Harassment; Social-Media

Introduction

Sexual harassment is an act that leads to a sexual context carried out with unilateral consent whose impact can cause psychological changes to victims (Madjid et al., 2023). Sexual harassment is any form of unwanted sexual behavior, both verbal and non-verbal that makes someone feel hurt, humiliated and/or intimidated (Dewi, 2019). Non-verbal sexual harassment is an act in the form of touching body parts, touching, or holding any part of another person's body so that the person feels humiliated or threatened (Jovan, 2021). While verbal sexual harassment includes acts that have a sexual element through the use of words or statements related to sexuality towards someone, such as whistling at unknown people, or performing flirtatious acts against individuals in public places. (Nurahlin, 2022).

Verbal sexual harassment does not only occur in places that are considered quiet, but sexual harassment can also occur in public spaces. Cases of verbal sexual harassment often occur in the digital environment through social media (Tomo et al., 2022). Sexual harassment through social media is one example of sexual harassment that occurs verbally as a negative impact of developing information without being supported by sexual education (Jovan, 2021). In 2017, *the Pew Research* Center conducted a study of 4,248 U.S. occupations. As a result, 41 percent of respondents are known to have experienced online harassment, and 66 percent of them have seen harassment activities online (Primastika, 2018). The number of sexual harassment cases on social media continues to increase, this is in line with the increase in the number of social media users. At least 56% of female social media users claim to have experienced sexual harassment (Astuti et al., 2019). Sexual harassment is often directed at women. In society, women are often perceived as weak individuals, lack strength and ability, and are often ignored, which results in them experiencing inappropriate treatment (Putra, 2020).

Women who experience sexual harassment will face unpleasant experiences. These experiences can also influence the formation of their personality patterns based on the surrounding environment (Rahmah et al., 2019). Psychological effects for victims can experience impacts in the form of depression, panic attacks, anxiety, sleep disorders, loss of motivation, difficulty in remembering, feelings of abandonment, desire to commit violence against perpetrators, feelings of abandonment, feelings of helplessness and self-blame (Triwijati, 2015). *Self-blame* or self-blame is a feeling that arises from negative judgments of oneself, generally because of realizing that the actions taken are mistakes, both in the form of words, behaviors, and thought patterns (Salsabila et al., 2023). According to Zahn (2015) *excessive self-blame can also lead to decreased self-esteem*, feelings of helplessness, and bad mood. In addition, according to Ayatilah & Savira (2021), doing *self-blame* continuously can hinder an individual's ability to take a step forward and develop themselves to achieve *self-improvement*.

Self-improvement is an individual's effort to improve his mind, abilities, and personal status through his own actions (Tambunan, 2008). According to Octavia (2016), *self-improvement* is associated with self-improvement actions. *Self-improvement* is an effort to develop skills and improve oneself in various aspects of personal, psychological,

well-being, and others (Rahman, 2016). *Self-improvement* in individuals will certainly affect themselves. *Self-improvement* efforts can play an important role in helping to explore the abilities and potentials possessed by each individual (Talitha, 2022). Based on the description above, this study aims to analyze *self-improvement* in victims of sexual harassment on social media.

Method

This study involved 115 female respondents (excluding children) who were willing to be involved in filling out questionnaires with the characteristics of women who had or were experiencing sexual harassment on social media. The data collection instrument used The *Scale Of Readiness For Self-improvement* (SRSI) developed by Zawadzka, (2014) and *Sexual Victimization Attributions Measure* (SVAM) developed by Breitenbecher (2006). Software used in research data processing is using *Jeffrey's Amazing Statistics Program (JASP) version 0.8.5.1 for windows.* The SRSI scale shows the results of a range of validity values of 0.452 – 0.834 and p-values of <.001 and the SVAM Scale has a range of validity values of 0.447 – 0.829 and p-values of <.001. The collected research data were analyzed using simple correlation and regression techniques.

Result and Discussion
Result

This study obtained several facts related to *self-improvement and self-blame* in the form of demographic data, categorization data, correlation tests, and regression tests. Based on the results of the analysis that has been carried out respondents in this study are women who have or are experiencing sexual harassment on social media. The respondent's profile is as follows.

Table 1
Research Respondent Profile

	Profile	N	Percentage
Media Abuse	Facebook	17	15%
	Instagram	31	27%
	TikTok	16	14%
	Twitter	18	16%
	WhatsApp	33	29%
Gender	Woman	115	100%
	Total	**115**	**100%**

Based on the data in table 1 presented, the results of data analysis found that victims of sexual harassment on social media showed that as many as 29% of respondents received harassment through WhatsApp media, then as many as 27% of respondents received harassment through Instagram media, 16% of respondents received harassment through Twitter media , 15% of respondents received harassment through Facebook, and as many as 14% of respondents get harassed through TikTok. The characteristics of victims who experienced sexual harassment had their profiles analyzed using descriptive methods. Profiles are depicted through the means of media used which can be seen as follows.

Table 2
Demographic Profile Differences

	Skala *Self-Improvement*			Skala *Self-Blame*		
	Mean	**Median**	**Sign.**	**Mean**	**Median**	**Sign.**
Facebook	3.5	3.6	<.001	1.4	1.5	<.001
Instagram	3.3	3.5	<.001	1.5	1.5	<.001
Tiktok	3.4	3.5	<.001	1.5	1.4	<.001
Twitter	3.5	3.5	<.001	1.4	1.4	<.001
WhatsApp	3.2	3.5	<.001	1.6	1.4	<.001

Based on the table above, analysis has been carried out using the t-test or ANOVA. The results of the analysis show that there are significant differences in the social media facilities used.

Based on the calculation results, it was found that there were several levels that presented the *self-improvement* category. The first level is the low category, the second level is the medium category, and the top level is the high category.

Table 3
Category *Self-improvement*

Category	Value Limit	Respondent	Percentage
Rendah	$\leq 22,6$	7	6,08%
Sedang	22,6 – 28,3	1	0,86%
Tinggi	$\geq 28,3$	107	93,04%
Total		**115**	**100%**

The calculation results found that as many as 93.04% of respondents had *self-improvement* in the high category, 0.86% of respondents were in the medium category, and 6.08% of respondents in the low category. The results showed that the majority of respondents had *self-improvement* in the high category.

Then researchers conducted further analysis to determine the relationship *of self-improvement* with other variables. For example, a variable that is very relevant to the phenomenon of victims of sexual harassment on social media, namely *Self-blame*.

Then this study also conducted an additional analysis of the level of *self-blame* obtained in female victims of sexual harassment. The first tier is the low category, the second tier is the sedan category, and the top tier is the high category.

Table 4

Correlation Test

Kendall's Tau Correlations

Variable		*Self-blame*	*Self-Improvement*
Self-blame	Kendall's Tau B	—	
	p-value	—	
Self-improvement	Kendall's Tau B	-0.782***	—
	p-value	< .001	—

The results of data analysis showed a coefficient value of -0.782*** with a significant level (p) of <.001, this shows that the result of significance (p) <0.05 which means there is a significant relationship *between self-blame and self-improvement, then a negative relationship was found between* self-blame *and self-improvement*. This means that if the higher the *self-blame, the lower the self-improvement, and vice versa, if the self-improvement is high,* the *self-blame will be lower.*

Table 5

Self-blame *categorization*

Category	Value Limit	Respondent	Percentage
Rendah	$\leq 27,6$	107	93,04%
Sedang	$27,6 - 33,35$	2	1,74%
Tinggi	$\geq 33,35$	6	5,21%
Total		**115**	**100%**

The results of the category analysis showed that *respondents who experienced self-blame in the high category were 5.21%*, respondents who experienced self-blame in the medium category as much as 1.74%, and as many as 93.04% of respondents who experienced self-blame in the low category. These results found that the majority of respondents who experienced self-blame fell into the low category

Table 6

Regression Test Results

Model	R	R²	Adjusted R²	RMSE
H_0	0.000	0.000	0.000	5.096
H_1	0.992	0.984	0.984	0.645

The results of the regression test above can be concluded that the R^2 value is 0.984, this shows that every level *of self-blame has an influence on* self-improvement *of 98.4%.*

Discussion

This study managed to find that there is a relationship between self-blame *and* self-improvement *in women victims of sexual harassment on social media who have been/are victims of sexual harassment*. In this case it is obtained that the relationship that occurs between these two variables is a negative relationship. A relationship is said to be negative if the correlation between two correlated variables goes in opposite, contradictory, or opposite directions. In a negative relationship, as the value of one variable increases, the value of the other variable decreases (Periantalo, 2016).

Furthermore, in the categorization test that has been carried out when referring to the empirical mean results, the self-blame variable is in the low category, then the *self-improvement* variable is in the high category. In the *self-blame* variable, it was found that 93.04% with a total of 107 respondents could be said to be in the low categorization, 1.74% with the number of 2 respondents said to be in the medium categorization, then 5.21% with 6 respondents could be said to be in the high categorization. Then in the *self-improvement* variable of 6.08% with the number of 7 respondents can be said to be in the low categorization, 0.86% with the number of 1 respondent said to be in the medium categorization, then obtained 93.04% with 107 respondents can be said to be included in the high categorization.

Connclusion

There is a negative relationship between *self-improvement and* self-blame. This indicates that victims of sexual harassment with a high level of self-improvement *will reduce the level* of self-blame and vice versa, therefore victims of sexual harassment on social media are expected to increase *good* self-improvement efforts.

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