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**Submission date:** 23-Jun-2021 11:55AM (UTC+0700)

**Submission ID:** 1610955803

**File name:** 29.\_Physical\_and\_Psychological\_violence\_in\_dating.pdf (172.27K)

**Word count:** 3791

**Character count:** 21049



## Physical and Psychological Violence in Dating with Physical Activity in Adolescents

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### ARTICLE INFO

#### Article history:

Received January 18, 2021  
Accepted March 30, 2021  
Published April 25, 2021

#### Keyword:

Adolescents  
Dating violence  
Physical activity  
Physical violence  
Psychological violence

### ABSTRACT

Risk behavior that affects adolescent psychosocial is violence among adolescents, dating violence (DV). DV can harm victims by closing themselves off from others, decreasing academic grades, lazy activities, a crisis of trust in others, and low self-confidence. This study aimed to analyze the relationship between physical and psychological violence in dating with physical activity among adolescents in Bantul, Yogyakarta. This study hypothesizes a relationship between physical and psychological violence in dating with physical activity among adolescents in Bantul Regency, Yogyakarta. This study uses logistic regression analysis. The research subjects were 314 high school students in Bantul Regency who were selected by purposive sampling. The results showed that the relationship between age, gender, parental income, physical violence and psychological violence in dating was not statistically significant (p-value: age = 0.708, gender = 0.276, parent's income = 0.100, physical violence = 0.941 and psychological violence = 0.637). The physical violence variable is the most dominant variable that can affect physical activity in adolescents.

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## Kekerasan Fisik dan Psikologi dalam Berkencan dengan Aktifitas Fisik pada Remaja

#### Kata kunci:

Remaja  
Kekerasan dalam pacaran  
Aktivitas fisik  
Kekerasan psikologis

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DOI: <https://doi.org/10.30604/jika.v6i1.432>

### ABSTRAK

Perilaku berisiko yang mempengaruhi psikososial remaja adalah kekerasan di kalangan remaja, kekerasan dalam pacaran (DV). DV dapat merugikan korban dengan menutup diri dari orang lain, menurunkan nilai akademis, aktivitas malas, krisis kepercayaan pada orang lain, dan kepercayaan diri yang rendah. Penelitian ini bertujuan untuk menganalisis hubungan kekerasan fisik dan psikis dalam pacaran dengan aktivitas fisik pada remaja Bantul Yogyakarta. Penelitian ini menghipotesiskan adanya hubungan antara kekerasan fisik dan psikis dalam pacaran dengan aktivitas fisik pada remaja di Kabupaten Bantul Yogyakarta. Penelitian ini menggunakan analisis regresi logistik. Subjek penelitian adalah 314 siswa SMA di Kabupaten Bantul yang dipilih secara purposive sampling. Hasil penelitian menunjukkan bahwa hubungan usia, jenis kelamin, pendapatan orang tua, kekerasan fisik dan kekerasan psikologis dalam pacaran tidak signifikan secara statistik (p-value: umur = 0.708, jenis kelamin = 0.276, pendapatan orang tua = 0.100, kekerasan fisik = 0.941 dan kekerasan psikologis = 0.637). Variabel kekerasan fisik merupakan variabel yang paling dominan mempengaruhi aktivitas fisik pada remaja.

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## INTRODUCTION

Research in the United States, 38% of teenage girls and 60% of boys experience physical violence by their partners (Nahapetyan, 2014). Data on dating violence (DV) cases in Indonesia shows that 42.7% of unmarried women have experienced violence, and as many as 2,090 of the 10,847 perpetrators of violence are boyfriends/friends (Kemenppa, 2018). According to the National Commission on Women (2019), the rate of dating violence in Indonesia has increased by 2,073 cases. In the private/personal sphere, the highest percentage was physical violence 41% (3,951 cases), followed by sexual violence 31% (2,988 cases), psychological violence 17% (1,638 cases) and economic violence 11% (1,060 cases).

In 2018, 980 cases of violence against women were found in the Special Region of Yogyakarta and were ranked sixth in Indonesia (CATAHU, 2019). More specifically, cases of violence against women in the Bantul Regency from 2015 to 2017 have increased. From 90 cases, it increased to 94 cases, and then it became 131 cases of violence (KOMNAS Perempuan, 2019). Other data show an increase in cases of dating violence in Bantul Regency during 2017-2018, from 74 cases to 140 cases of violence (Bappeda, 2019).

Youth is a time of change. In adolescence, there are rapid changes, both physically and psychologically. Several changes occur during adolescence, which is also characteristics of adolescence, namely: Emotional increase, in adolescence there are also rapid changes both physically and psychologically accompanied by sexual maturity. Changes in things that are attractive to him and his relationship with other people, changes in values, and most adolescents are ambivalent in dealing with changes that occur (Jahja, 2011). According to Devy (2017), adolescence is a period of transition from childhood to adulthood. One of the characteristics of adolescents is starting to feel attracted to the opposite sex. This can be seen from the number of adolescents who start to have romantic relationships, which are usually called dating.

Dating violence that often occurs includes physical, mental, economic, psychological, and sexual attacks. Dating violence from a physical perspective, for example, hitting, kicking, or pinching, for the mental side usually, excessive jealousy, coercion, and harsh treatment in public. Dating violence from a psychological perspective, for example, when a boyfriend likes to insult, always judges others' strengths without seeing his girlfriend's strengths, excessive jealousy, and so on. Meanwhile, from a sexual perspective, it is a partner who forces his partner to have sexual intercourse, rape and so on (Devi, 2015).

Based on Mayasari's research (2008), acts of violence received by women can have an impact on women such as loss of self-confidence, which ultimately hinders women's participation in community activities, disrupts women's physical and psychological health, and reduces women's positive activities in the fields of education, economy, politics, social and culture and hinders women's activities female physical. So that women are lacking in developing their potential as reliable human resources.

Based on this explanation, it is known that dating violence cases in Bantul Regency are relatively high and have increased since 2015. Researchers are interested in researching whether there is a relationship between physical and psychological violence in dating as a risk factor for adolescents' physical activity.

This research aims to analyse the relationship between physical and psychological violence in dating with physical activity in Bantul Regency adolescents. This research's expected benefit is that the research results are expected to provide adolescents information not to become victims of violence. The school is expected to provide information on the impact of physical violence in dating and hinder victims' physical activity.

## METHOD

This research is included in quantitative research. This study population was all high school students of the same degree in Bantul Regency, totalling 32,815 people. Based on the purposive sampling technique, a sample of 314 students was obtained. The research was conducted in all high schools in Bantul Regency from July to August 2020.

Researchers collaborate with school counselling teachers to distribute questionnaires to students. Data is collected using a google form link distributed through various social media such as Facebook, Instagram, WhatsApp, and Twitter. Students open the link provided, fill out the consent form, personal data form, and statement.

Physical and psychological violence instruments use a questionnaire adopted from Ayu (2019). The physical (12 items) and psychology (20 items) violence questionnaires used a scale ranging from 0 (never) to 3 (very frequent). Physical activity instruments use the Baecke Physical Activity questionnaire (Ono, 2007). This questionnaire has been adapted to the Indonesian context and has been used in Intan's (2008) research with points <7.5 included in the "light activity" category and points > 7.5 in the "Heavy activities" category.

Data analysis of the relationship between physical and psychological violence in dating with physical activity used univariate, bivariate, and logistic regression analysis.

## RESULTS AND DISCUSSION

The respondents' characteristics in this study were gender, student age, student class, and parents' income. This is expected to provide a clear picture of the respondent's condition and its relation to the research being carried out. The frequency distribution of respondents can be seen in Table 1.

Based on Table 1, the majority of respondents are female. The dominant age distribution of respondents in the 15-16 years range was 54.8% and occupied class X (34.1%). More than half of the respondents had their parents' income below IDR 10,000,000 (Regional Minimum Wage). Table 2 summarises the results of the univariate analysis.

The results showed that all respondents experienced physical and psychological violence. Based on Table 2, respondents who experienced physical violence in the mild category were 205 people. Likewise, for psychological violence, 174 respondents experienced violence in the mild category. Meanwhile, the physical activity of respondents was in the heavy category as many as 208 people (Table 2).

**Table1**  
**Distribution of Frequency based on Age, Gender, Class, and Parents' Income (N=314)**

Variable	N	Percentage (%)
Age (Years)		
15-16	172	54.8
17-19	142	45.2
Gender		
Female	241	76.8
Male	73	23.2
Class		
X	107	34.1
XI	106	33.8
XII	101	32.2
Parents' Income (IDR)		
≤1,790,500	183	58.3
>1,790,500	131	41.7

**Table 2**  
**Univariate Analysis of Percentage Distribution of Respondents Based on Physical and Psychological Violence in Dating with Physical Activity (N=314)**

Variable	N	Percentage (%)
Physical Violence		
Heavy	109	34.7
Light	205	65.3
Psychological Violence		
Heavy	140	44.6
Light	174	55.4
Physical Activity		
Light	106	33.8
Heavy	208	66.2

**Table 3**  
**Bivariate Analysis of the Relationship between Age, Gender, Parents' Income, Physical and Psychological Violence in Dating with Physical Activity (N=314)**

Variable	Physical activity				7	p-value	OR CI 95%
	Light		Heavy		Total		
	N	%	N	%	N		
Age (years)							
15-16	56	32.6	116	67.4	172	0.708	0.888 (0.556-1.420)
17-19	50	35.2	92	64.8	142		
Gender							
Female	77	32	164	81.4	241	0.276	0.712 (0.415-1.224)
Male	29	39.7	44	60.3	73		
Parents' Income (IDR)							
≤1,790,500	62	33.9	121	66.1	183	0.100	1.013 (0.630-1.628)
>1,790,500	44	33.6	87	66.4	131		
Physical Violence							
Heavy	36	33	73	67	109	0.941	0.951 (0.581-1.557)
Light	70	34.1	135	65.9	205		
Psychological Violence							
Heavy	43	30.7	97	69.3	140	0.637	0.781 (0.486-1.254)
Light	63	36.3	111	63.8	174		

Based on Table 3, the chi-square test results show that adolescents who do "Heavy" physical activity are in the age range of 15-16 years. Adolescents in this age range can do "Heavy" activities at 0.888 times compared to adolescents aged 17-19 years. At the 95% confidence level, physical activity increased from 0.556 to 1.420 times. However, the

relationship between age and physical activity was not statistically significant (p-value = 0.708).

Respondents who do "Heavy" activities are female. Female respondents had a chance of doing "heavy" activity 0.712 times compared to men. At the 95% confidence level, physical activity will increase from 0.415 to 1.224 times.



However, the relationship between gender and physical activity was not statistically significant ( $p$ -value = 0.276).

Respondents with parental income  $\leq 1,790,500$  have the opportunity to have higher physical activity than respondents who have an income  $> 1,790,500$ . Adolescents whose parents have an income of  $\leq 1,790,500$  have the opportunity to do "Heavy" physical activity by 1.013 times compared to adolescents whose parents' income is  $> 1,790,500$ . At the 95% confidence level, physical activity increased from 0.630 to 1.628 times. However, the relationship between parents' income and physical activity was not statistically significant ( $p$ -value = 0.100).

Adolescents who experience "Heavy" physical violence have the opportunity to do physical activity 0.951 times. At the 95% confidence level, physical activity increased from 0.581 to 1.557 times. However, the relationship between the incidence of physical violence and physical activity was not statistically significant ( $p$ -value 0.941). Adolescents who experience "Heavy" psychological violence have the opportunity to do physical activity 0.781 times. At the 95% confidence level, physical activity increased from 0.486 to 1.254 times. However, the relationship between the incidence of psychological violence and physical activity was not statistically significant ( $p$ -value 0.941).

**Table 4**  
**Multivariate Analysis of Age, Gender, Parents' Income, Physical and Psychological Violence with Physical Activity among Adolescents in Bantul Regency**

Variable	Physical activity			Odds Ratio (95% CI)	
	Light (%)	Heavy (%)	Total (N)	Unadjusted	Adjusted
Age (years)					
15-16	32.6	67.4	172		
17-19	35.6	64.8	142	0.888[0.556-1.420]	0.876 [0.544-1.410]
Gender					
Female	32	68	241		
Male	39.7	60.3	73	0.712[0.415-1.224]	0.716 [0.415-1.236]
Parents' Income (IDR)					
$\leq 1,790,500$	33.9	66.1	183		
$> 1,790,500$	33.6	66.4	131	1.013[0.630-1.628]	0.978 [0.604-1.585]
Physical Violence					
Heavy	33	67	109		
Light	34.1	65.9	205	0.951[0.581-1.557]	0.992 [0.593-1.660]
Psychological Violence					
Heavy	30.7	69.3	140		
Light	36.2	36.8	174	0.781[0.486-1.254]	0.766 [0.464-1.264]

Table 4 shows the relationship between physical activity and various independent variables. After the adjustment was made, the OR value for the age variable decreased from 0.888 to 0.876. Thus, adolescents aged 15-16 years are 0.876 times more likely to do "Heavy" physical activities. However, it was not statistically significant (AOR = 0.876, CI = 0.544-1.410,  $p$ -value = 0.708).

After the adjustment was made, the OR value for the gender variable increased from 0.712 to 0.716. Thus, female adolescents have a 0.716 times greater chance of engaging in "Heavy" physical activity than male.

After the adjustment was made, the OR value of physical activity on the parent's income variable decreased from 1.013 to 0.978. Thus, adolescents whose parents have an income  $\leq 1,790,500$  are likely to be 0.978 times more likely to do "Heavy" physical activities. However, it was not statistically significant (AOR = 0.978, CI = 0.604-1.585,  $p$ -value = 0.100).

After the adjustment was made, the OR value on the physical violence variable was seen to have increased from 0.951 to 0.992. The adolescents who experience physical violence "Light" 0.992 times more likely to do "Heavy" physical activity. However, it was not statistically significant (AOR = 0.992, CI = 0.593-1.660,  $p$ -value = 0.941).

After adjusting the psychological violence variable, the OR value decreased from 0.781 to 0.766. Thus, adolescents who experienced psychological violence "Light" 0.766 times more likely to do physical activity "Heavy" and not statistically significant (AOR = 0.766, CI = 0.464-1.264,  $p$ -value = 0.637).

#### *The relationship between age and physical activity*

Based on the respondent characteristics analysis, as much as 54.8% of adolescents aged 15-16 years. The bivariable analysis results showed that the relationship between age and physical activity was not statistically significant. Dewi & Wuryaningsih (2019) suggests that age affects a person's intensity for physical activity. This can be due to the increasing age, the muscle strength and respiratory pathways will decrease, besides that, the mention of age and walking time in minutes shows a weak relationship with a value of  $r = 0.053$  and has a positive pattern so that the older a person is, the longer the walking activity is the person's feet. The older a person is, the body's organs' function does not function appropriately like adolescence.

#### *The relationship between gender and physical activity*

Based on the analysis of the characteristics of the respondents, most (76.8%) were female. The bivariable results showed that gender did not have a statistically significant relationship. This is not in line with Faradika's (2019) study, which states a relationship between physical activity and gender ( $p$ -value = 0.01). This is because respondents with female gender tend to do passive physical activity and have more activity than male.

#### *The relationship between parental income and physical activity*

Based on the analysis of respondents' characteristics, as many as 58.3% of adolescents who have parental income  $\leq$ 1,790,000. The bivariable results showed that parents' income did not have a statistically significant relationship. This finding is in line with the findings of which states that there is no relationship between economic status and physical activity ( $p$ -value = 0.062) because physical activity is not influenced by income but is influenced by habits that parents usually teach to their children.

#### *The relationship between physical violence and physical activity*

Based on the analysis of respondent characteristics, as many as 65.3% of adolescents experienced mild physical violence. The bivariable results showed a statistically insignificant relationship between physical violence and physical activity. Based on Setyawati (2010) research, it is explained that physical violence can harm victims, namely feeling afraid of men, being more closed off and not wanting to have any contact with the outside world, stress, laziness in activities, decreased concentration. Indeed, violence in dating can have both physical and psychological impacts. In Syafira's research (2017), there are victims who feel that they are not victims of physical violence because their boyfriends do not often commit violence. Dating violence can have impacts such as bruises and bruises on specific body parts, with the presence of a wound that makes the victim cover the wound and makes the victim does not have many outside activities, besides that the victim feels limited, feels afraid, traumatised, disappointed, hurt, not free, have no relationships, difficulty concentrating, significant weight loss and not having many friends (Syafira & Kustanti, 2017)

#### *The relationship between psychological violence and physical activity*

Based on the analysis of the characteristics of the respondents, most of the youth (55.4%) experienced mild psychological violence. The bivariable results showed that psychological violence was not statistically significant. This research is in line with research by Devi (2013) and Dian (2008). The impact of psychological violence can lead to maladaptive behaviour (a person's inability to adapt to the social environment), depression, anxiety, lack of self-confidence, inhibiting victims' positive activity, sleep disturbances, and drug abuse. The impact of violence in dating can also be experienced by perpetrators such as depression, self-blame, fear, shame, shame in activities, lack of confidence and guilt.

### CONCLUSION AND SUGGESTIONS

The multivariate analysis results show that the most dominant trigger factor for physical activity in adolescents is physical violence. Ages 15–16 years were 0.876 times more likely to do "Heavy" activities. However, it was not statistically significant. Female sex was 0.716 times more likely to do "Heavy" physical activity than male adolescents, and it was not statistically significant. Adolescents with parental income  $\leq$ 1,790,500 have a greater chance of 0.978 doing "Heavy" physical activity than adolescents with parental income  $>$ 1,790,500, and it is not statistically

significant. Teenagers who were victims of "Light" physical violence were 0.992 times more likely to do "Heavy" physical activity compared to respondents who were victims of "Heavy" physical violence and teenagers who were victims of "Light" psychological violence had a 0.766 times greater chance of doing "Heavy" physical activity compared to respondents who were victims of "Heavy" psychological violence.

These findings make a significant contribution in providing information regarding the relationship between physical and psychological violence in dating and physical activity in adolescents during the Covid-19 pandemic. The findings can be used as material for evaluation and policymaking by policymakers. However, this research is still limited to quantitative analysis due to pandemic conditions. The researcher suggests that further research should be focused on qualitative analysis through interviews to explore more comprehensive information.

### Declaration of Conflicting Interests

The authors declared that no potential conflicts of interests with respect to the authorship and publication of this article.

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