The Impact of Non-Physical Bullying on Adolescents' Self-Concept: An Observational Study in the Adolescent Community in Sausapor, Tambrauw Regency, West Papua, Indonesia

Josepha Mariana Tamaela[1*], Nurhidayah Amir[2], Mariyo Jane Sanggel[3], Rifki Sakinah Nompo[1]

[1]Nursing Sciences Study Program, STIKES Papua, Sorong, Indonesia

[2]Nursing Sciences Study Program, STIKES Medistra Indonesia, Bekasi, Indonesia

[3]Pharmacy Study Program, STIKES Papua, Sorong, Indonesia

A B S T R A C T

Introduction: Non-physical bullying, often subtle and insidious, poses a significant threat to adolescents' self-concept during a critical developmental period. This study investigates the prevalence and impact of non-physical bullying on adolescents' self-concept within the unique cultural context of Sausapor, Tambrauw Regency, West Papua, Indonesia. **Methods:** A cross-sectional observational study was conducted among adolescents aged 12-17 years in Sausapor. Data were collected using validated questionnaires assessing non-physical bullying experiences and self-concept dimensions (self-esteem, self-efficacy, and body image). Descriptive statistics, chi-square tests, and regression analyses were employed to examine the relationship between non-physical bullying and self-concept. **Results:** The study revealed a significant prevalence of non-physical bullying in the Sausapor adolescent community, with verbal abuse and social exclusion being the most common forms. Non-physical bullying was significantly associated with lower self-esteem, reduced self-efficacy, and negative body image among adolescents. Regression analyses confirmed the detrimental impact of non-physical bullying on self-concept, even after controlling for sociodemographic factors. **Conclusion:** Non-physical bullying is a pervasive issue in Sausapor, with profound negative consequences for adolescents' self-concept. Culturally sensitive interventions are urgently needed to prevent and address non-physical bullying, promote positive self-concept development, and foster a supportive environment for adolescents in this community.

1. Introduction

Adolescence, a period of transition from childhood to adulthood, is a critical developmental stage marked by significant physical, emotional, and social changes. During this phase, adolescents undergo a complex process of identity formation, self-discovery, and the establishment of their place in the world. The development of a healthy self-concept, encompassing self-esteem, self-efficacy, and body image, is crucial for their overall well-being and future success. However, this vulnerable period is also when adolescents are particularly susceptible to the negative impacts of bullying, a pervasive social problem with far-reaching consequences. Bullying is a complex phenomenon

characterized by repeated aggressive behavior intended to harm, intimidate, or humiliate another individual. It can manifest in various forms, including physical, verbal, relational, and cyberbullying. While physical bullying, involving direct physical aggression, has traditionally received significant attention, non-physical bullying, often subtle and insidious, is increasingly recognized as a prevalent and equally harmful form of aggression. Non-physical bullying encompasses a wide range of behaviors, including verbal abuse (name-calling, insults, threats), social exclusion (spreading rumors, ostracism, isolation), and cyberbullying (harassment, humiliation, or threats through digital platforms). These forms of

bullying can be particularly damaging as they often leave no visible scars and can be difficult to detect and address. However, their impact on adolescents' self-concept can be profound and long-lasting.[1-3]

Self-concept, a multidimensional construct, refers to an individual's perception of themselves, their abilities, and their worth. It encompasses self-esteem (an individual's overall sense of self-worth), self-efficacy (an individual's belief in their ability to succeed in specific situations), and body image (an individual's perception of their physical appearance). Non-physical bullying can erode self-esteem by undermining an adolescent's sense of self-worth and belonging. It can also diminish self-efficacy by creating a sense of helplessness and powerlessness, leading to a belief that they are incapable of achieving their goals. Furthermore, non-physical bullying can distort body image by promoting unrealistic beauty standards and fostering negative self-perceptions. The negative consequences of non-physical bullying on adolescents' self-concept are well-documented. Research has shown that victims of non-physical bullying are more likely to experience depression, anxiety, low self-esteem, and social isolation. They may also exhibit academic difficulties, behavioral problems, and even suicidal ideation. These adverse outcomes can have a lasting impact on their mental health, social relationships, and overall well-being. The cultural context plays a crucial role in shaping the prevalence and impact of bullying. Different cultures have varying norms, values, and beliefs regarding aggression and social interaction, which can influence the types of bullying that occur and how they are perceived. In some cultures, non-physical bullying may be more prevalent or tolerated than physical bullying, while in others, the opposite may be true. Understanding the cultural context is essential for developing effective prevention and intervention strategies that are tailored to the specific needs of the community. Sausapor, a sub-district in Tambrauw Regency, West Papua, Indonesia, presents a unique cultural context for studying the impact of non-physical bullying on adolescents' self-concept. This remote community is

characterized by its rich cultural traditions, strong communal ties, and limited access to mental health resources. The traditional values and social norms in Sausapor may influence the way bullying is perceived and addressed, making it important to investigate the specific dynamics of non-physical bullying in this context. Furthermore, Sausapor faces socioeconomic challenges, including poverty, limited educational opportunities, and a lack of infrastructure. These factors can contribute to stress and frustration among adolescents, potentially increasing the risk of bullying behavior. Additionally, the limited availability of mental health services in Sausapor may hinder the identification and treatment of adolescents who are struggling with the psychological consequences of bullying.[4-7] This study aims to address the gap in knowledge regarding the prevalence and impact of non-physical bullying on adolescents' self-concept in the unique cultural context of Sausapor. By examining the specific forms of non-physical bullying that occur in this community and their association with self-esteem, self-efficacy, and body image, this study will provide valuable insights into the challenges faced by adolescents in Sausapor.

2. Methods

This research employed a cross-sectional observational design to examine the relationship between non-physical bullying and adolescents' self-concept. The study was conducted in Sausapor, a sub-district within the Tambrauw Regency of West Papua, Indonesia. Sausapor was chosen due to its unique cultural context, characterized by distinct traditions and socioeconomic challenges, including limited access to mental health resources. The data collection phase spanned six months, from January to June 2023. The study population comprised adolescents aged 12-17 years residing in Sausapor. This age range was selected as it represents a critical developmental period when adolescents are particularly susceptible to the effects of bullying on their self-concept. A stratified random sampling technique was employed to ensure representation from diverse backgrounds

within the community. The sample size was determined through a power analysis, considering a significance level of 0.05, a power of 0.80, and an anticipated medium effect size (0.30). This analysis indicated a required sample size of 385 adolescents to detect statistically significant relationships between non-physical bullying and self-concept. Participants were recruited from two secondary schools in Sausapor, which were selected based on their accessibility and representation of the adolescent population in the community. Within each school, students were stratified based on grade level (junior and senior high school) and gender to ensure a balanced sample. Random sampling was then conducted within each stratum to select participants.

To assess the prevalence and types of non-physical bullying experienced by participants, the Indonesian version of the Olweus Bully/Victim Questionnaire (OBVQ) was utilized. The OBVQ is a widely used and validated instrument that measures self-reported bullying and victimization experiences. It includes items that assess verbal abuse, social exclusion, cyberbullying, and other forms of non-physical aggression. Participants were asked to indicate the frequency with which they had experienced each type of bullying in the past three months. To measure adolescents' self-concept, a multidimensional approach was adopted, encompassing three key dimensions: self-esteem, self-efficacy, and body image. Self-esteem was assessed using the Rosenberg Self-Esteem Scale (RSES), a 10-item scale that measures global self-worth. The General Self-Efficacy Scale (GSES) was employed to evaluate self-efficacy, which refers to an individual's belief in their ability to succeed in specific situations or accomplish tasks. Body image was measured using the Body Image Satisfaction Scale (BISS), which assesses satisfaction with various aspects of one's physical appearance. In addition to the bullying and self-concept measures, a sociodemographic questionnaire was administered to collect information on participants' age, gender, ethnicity, socioeconomic status, and family structure. These variables were included to examine potential

confounding or moderating effects on the relationship between non-physical bullying and self-concept.

Data collection took place in a private setting within the selected schools to ensure confidentiality and minimize distractions. Trained research assistants administered the questionnaires to participants in small groups. Prior to completing the questionnaires, participants received a detailed explanation of the study's purpose, procedures, and their rights as participants. They were assured of the confidentiality of their responses and given the opportunity to ask questions. The questionnaires were administered in Bahasa Indonesia, the local language, to ensure comprehension and accurate responses. Research assistants were available to provide clarification or assistance if needed. The administration of the questionnaires took approximately 45 minutes per participant. The collected data were analyzed using SPSS version 26. Descriptive statistics, including frequencies, percentages, means, and standard deviations, were used to summarize the prevalence and types of non-physical bullying, as well as the distribution of self-concept scores.

To examine the association between non-physical bullying and self-concept, chi-square tests were conducted. This statistical test was chosen because it is appropriate for analyzing categorical data, such as the presence or absence of bullying and the categorization of self-concept scores into high and low groups. To further investigate the impact of non-physical bullying on self-concept, multiple regression analyses were performed. This statistical technique allowed for the examination of the unique contribution of non-physical bullying to self-concept while controlling for the potential influence of sociodemographic factors. The regression models included non-physical bullying as the predictor variable and self-esteem, self-efficacy, and body image as the outcome variables. Sociodemographic factors, such as age, gender, ethnicity, socioeconomic status, and family structure, were included as covariates in the models. Ethical considerations were of paramount

importance throughout the study. Informed consent was obtained from all participants and their parents/guardians before their participation in the study. Participants were informed of the voluntary nature of their participation, their right to withdraw at any time without penalty, and the confidentiality of their responses. To ensure anonymity, participants were assigned unique identification codes, and their personal information was not linked to their responses. Data were stored securely and only accessible to authorized research personnel. The study adhered to all relevant ethical guidelines and regulations for research involving human subjects.

3. Results

Table 1 presents the demographic characteristics of the 385 adolescent respondents in the study. The majority of participants were 14 or 15 years old, with a relatively even distribution across the 12-17 age range. The gender distribution was nearly balanced, with slightly more males (51.4%) than females (48.6%). Most respondents identified as Papuan (83.9%), reflecting the dominant ethnicity in the region. Socioeconomic status was diverse, with 40.0% classified as low, 44.9% as middle, and 15.1% as high. The majority of adolescents (74.8%) lived in two-parent households, while 18.4% lived in single-parent households, and 6.8% reported other family structures.

Table 1. Characteristics of respondents.

Characteristic	Frequency (n)	Percentage (%)
Age (years)		
12	48	12.5
13	62	16.1
14	85	22.1
15	93	24.2
16	71	18.4
17	26	6.7
Gender		
Male	198	51.4
Female	187	48.6
Ethnicity		
Papuan	323	83.9
Non-Papuan	62	16.1
Socioeconomic status		
Low	154	40.0
Middle	173	44.9
High	58	15.1
Family structure		
Two-parent	288	74.8
Single-parent	71	18.4
Other	26	6.8

Table 2 illustrates the prevalence of various forms of non-physical bullying among the adolescent participants in Sausapor. Verbal abuse was the most common, affecting 58.2% of the respondents, followed by social exclusion, experienced by 42.9%. Cyberbullying was reported by 25.5% of participants, while 17.4% experienced other forms of non-physical bullying. Notably, 69.4% of the adolescents reported experiencing at least one form of non-physical bullying within the past three months, highlighting the widespread nature of this issue in the community.

Table 2. Prevalence of non-physical bullying.

Type of bullying	Frequency (n)	Percentage (%)
Verbal abuse	224	58.2
Social exclusion	165	42.9
Cyberbullying	98	25.5
Other	67	17.4
Any bullying	267	69.4

*Participants could report experiencing more than one type of bullying.

Table 3 displays the mean scores on various self-concept measures for adolescents who reported experiencing non-physical bullying compared to those who did not. The results indicate a statistically significant difference between the two groups. Adolescents who experienced bullying had notably lower mean scores on the Rosenberg Self-Esteem Scale (RSES), indicating lower self-esteem, as well as lower scores on the General Self-Efficacy Scale (GSES), suggesting reduced self-efficacy. Additionally, they reported lower scores on the Body Image Satisfaction Scale (BISS), reflecting a more negative body image. These findings strongly suggest that non-physical bullying is associated with poorer self-concept across multiple dimensions in the Sausapor adolescent population.

Table 3. Mean self-concept scores by non-physical bullying experience.

Self-concept measure	Bullied (n=267)	Not bullied (n=118)	p-value
Rosenberg self-esteem scale (RSES)	24.35	28.62	<0.001
General self-efficacy scale (GSES)	26.81	31.27	<0.001
Body image satisfaction scale (BISS)	38.76	44.19	<0.001

Table 4 presents the results of a multiple regression analysis examining the impact of non-physical bullying and sociodemographic factors on adolescents' self-concept. The analysis reveals that experiencing non-physical bullying is a significant predictor of lower self-esteem (RSES), reduced self-efficacy (GSES), and negative body image (BISS), even after accounting for other factors. Specifically, adolescents who experienced bullying had self-esteem scores 4.28 points lower, self-efficacy scores 4.46 points lower, and body image scores 5.43 points lower than those who did not experience bullying. Furthermore, the analysis indicates that female adolescents were more likely to experience non-physical bullying and had lower self-esteem and body image scores compared to males. Adolescents from lower socioeconomic backgrounds also reported lower self-esteem and body image scores, suggesting that socioeconomic disadvantage may increase vulnerability to bullying and its negative effects. Additionally, adolescents from single-parent households had lower self-esteem scores than those from two-parent households, highlighting the potential influence of family structure on self-concept and bullying experiences. Overall, these findings underscore the detrimental impact of non-physical bullying on adolescents' self-concept and emphasize the importance of considering sociodemographic factors in understanding and

addressing this issue. The results suggest that interventions aimed at preventing and mitigating the effects of bullying should be tailored to the specific needs of vulnerable groups, such as females and those from disadvantaged backgrounds.

Table 4. Multiple regression analysis predicting self-concept from non-physical bullying and sociodemographic factors.

Predictor	Self-esteem (RSES)	Self-efficacy (GSES)	Body image (BISS)
Non-physical bullying (ref: No Bullying)	-4.28*** (0.85)	-4.46*** (0.92)	-5.43*** (1.01)
Age	-0.12 (0.08)	-0.15 (0.09)	-0.18 (0.11)
Gender (ref: Male)	-1.32* (0.67)	-1.05 (0.71)	-1.58* (0.78)
Socioeconomic status (ref: High)	-2.11** (0.89)	-1.87* (0.96)	-2.35** (1.05)
Family structure (ref: Two-parent)	-1.65* (0.75)	-1.42 (0.81)	-1.98* (0.88)

Values are unstandardized regression coefficients (standard errors in parentheses). $*p < 0.05$, $**p < 0.01$, $***p < 0.001$.

4. Discussion

The findings of this study illuminate the pervasive nature of non-physical bullying and its detrimental impact on adolescents' self-concept within the Sausapor community. The high prevalence of verbal abuse (58.2%) aligns with global trends, where verbal bullying is often the most common form experienced by adolescents. Verbal abuse can be particularly insidious as it leaves no visible scars but can deeply wound an adolescent's sense of self-worth and belonging. The frequent occurrence of social exclusion (42.9%) is also concerning, as it can lead to feelings of isolation and rejection, further eroding self-esteem and self-efficacy. The profound connection between non-physical bullying and diminished self-esteem in adolescents is a critical concern in understanding the broader implications of bullying on mental health. Self-esteem, often described as the cornerstone of psychological well-being, is an individual's overall sense of self-worth and value. It is a multifaceted construct that encompasses beliefs about one's abilities, appearance, and social acceptance. During adolescence, a period marked by significant identity formation and heightened sensitivity to peer evaluation, self-esteem is particularly vulnerable. Non-physical bullying, with its insidious attacks on character, appearance, and social standing, can inflict deep wounds on an adolescent's developing self-esteem. Verbal abuse, a prevalent form of non-physical bullying, can take the form of name-calling, insults, or derogatory remarks. These verbal assaults can chip away at an adolescent's self-worth, leading them to internalize negative messages about themselves. Over time, these internalized messages can solidify into a negative self-image, making it difficult for the adolescent to recognize their own value and potential.[8-10]

Social exclusion, another common form of non-physical bullying, can be equally damaging to self-esteem. Adolescents are inherently social beings, and their sense of belonging and acceptance within their peer group is crucial for their emotional well-being. When adolescents are deliberately excluded, ostracized, or isolated by their peers, it can trigger feelings of rejection, loneliness, and inadequacy. These feelings can erode their self-esteem, leading them to question their social value and desirability. The impact of non-physical bullying on self-esteem can have far-reaching consequences. Adolescents with low self-esteem are more likely to experience anxiety, depression, and other mental health problems. They may also struggle academically, as their lack of confidence can hinder their motivation and performance in school. Furthermore, low self-esteem

can increase the risk of engaging in risky behaviors, such as substance abuse and self-harm, as adolescents seek to cope with their emotional pain. The long-term effects of non-physical bullying on self-esteem can persist into adulthood. Individuals who were bullied as adolescents may continue to struggle with low self-esteem, self-doubt, and difficulty forming healthy relationships. They may also be more susceptible to mental health problems, such as depression and anxiety disorders.[11-13]

The observed reduction in self-efficacy among bullied adolescents is a critical concern that warrants in-depth exploration. Self-efficacy, a concept deeply rooted in social cognitive theory, refers to an individual's belief in their capacity to execute behaviors necessary to produce specific performance attainments. It is not merely a generalized sense of confidence but a context-specific assessment of one's capabilities. This self-belief plays a pivotal role in shaping an individual's choices, efforts, persistence, and resilience in the face of challenges. In the context of adolescence, a period marked by significant developmental transitions and the pursuit of autonomy, self-efficacy is particularly salient. It influences academic pursuits, social interactions, and the development of a coherent self-identity. A strong sense of self-efficacy empowers adolescents to set ambitious goals, persevere through setbacks, and navigate the complexities of social relationships. Conversely, a diminished sense of self-efficacy can lead to a self-fulfilling prophecy of underachievement, social withdrawal, and a pervasive sense of helplessness. The detrimental impact of non-physical bullying on self-efficacy is a multifaceted phenomenon. Verbal abuse, a prevalent form of non-physical bullying, can directly undermine an adolescent's self-perception. Derogatory comments, insults, and name-calling can chip away at an individual's belief in their abilities, planting seeds of doubt and insecurity. Over time, these negative messages can internalize, leading to a distorted self-image and a diminished sense of self-worth. Social exclusion, another common form of non-physical

bullying, can be equally damaging to self-efficacy. Adolescence is a time when peer relationships are paramount, and the need for acceptance and belonging is intense. When adolescents are ostracized, excluded from social groups, or made to feel invisible, their confidence in their social skills and their ability to form meaningful connections can be severely compromised. This can lead to social anxiety, withdrawal, and a reluctance to participate in social activities, further isolating them and perpetuating a cycle of low self-efficacy.[13-15]

Cyberbullying, a relatively new form of non-physical bullying, amplifies the reach and impact of verbal abuse and social exclusion. The anonymity and permanence of online interactions can make cyberbullying particularly insidious, as victims may feel constantly under attack and unable to escape the torment. The public nature of cyberbullying can also lead to humiliation and a loss of social standing, further eroding self-efficacy. The consequences of reduced self-efficacy among bullied adolescents extend far beyond the immediate experience of victimization. Academically, low self-efficacy can manifest as a lack of motivation, decreased effort, and a fear of failure. This can lead to underperformance, missed opportunities, and a downward spiral of academic disengagement. Socially, adolescents with low self-efficacy may struggle to form and maintain friendships, participate in extracurricular activities, and develop leadership skills. This can hinder their social development and limit their potential for personal growth. The long-term implications of reduced self-efficacy are equally concerning. Adolescents who lack confidence in their abilities may be less likely to pursue higher education, secure fulfilling employment, and achieve their full potential. They may also be at increased risk for mental health problems, such as depression, anxiety, and substance abuse. The findings of this study underscore the importance of early intervention and prevention efforts to address non-physical bullying and its impact on self-efficacy. Schools, families, and communities must work together to create a safe and supportive

environment where all adolescents feel valued and empowered. This can involve implementing comprehensive bullying prevention programs, providing training for teachers and staff on how to identify and respond to bullying, and offering counseling and support services for victims.[14-16]

The profound negative impact of non-physical bullying on body image is a significant revelation in this study. While physical bullying, with its overt aggression and potential for visible harm, has long been recognized as a contributor to body image issues, this research underscores the equally insidious effects of verbal taunts and social ostracism. These non-physical forms of bullying, often dismissed as less harmful, can insidiously erode an adolescent's self-perception and body image, leaving lasting psychological scars. The power of words to shape and distort body image cannot be underestimated. Verbal taunts, name-calling, and derogatory comments about appearance can deeply affect an adolescent's self-esteem and confidence. Adolescence is a period of heightened self-consciousness and sensitivity to peer opinions, making individuals particularly vulnerable to the negative messages conveyed through verbal bullying. Repeated exposure to such messages can internalize these criticisms, leading to a distorted perception of one's body and a preoccupation with perceived flaws. Social ostracism, another prevalent form of non-physical bullying, can also have a profound impact on body image. The desire for social acceptance and belonging is a fundamental human need, particularly during adolescence. When adolescents are excluded, ignored, or isolated by their peers, it can trigger feelings of inadequacy and a belief that their appearance is the reason for their rejection. This can lead to hyperfocus on physical appearance and a desperate attempt to conform to perceived social norms and beauty standards. The cultural context of Sausapor further amplifies the impact of non-physical bullying on body image. Cultural beauty standards often perpetuated through media, family, and peer groups, can create unrealistic expectations and pressure adolescents to conform to a narrow definition of attractiveness. In Sausapor, as in many other cultures, these standards may prioritize certain physical features or body types, leading to body dissatisfaction and a negative self-image among those who do not fit the mold.[15-17]

The social pressures to conform to these cultural beauty standards can be immense, particularly for adolescents who are already grappling with the challenges of identity formation and self-acceptance. Non-physical bullying, with its emphasis on appearance and social standing, can exacerbate these pressures and create a toxic environment where adolescents feel compelled to alter their bodies to gain acceptance. This can lead to unhealthy behaviors, such as disordered eating, excessive dieting, and even cosmetic surgery, in an attempt to achieve an unattainable ideal. The findings of this study highlight the urgent need for interventions that address the root causes of non-physical bullying and its impact on body image in Sausapor. School-based programs that promote positive body image, challenge unrealistic beauty standards, and teach adolescents to critically evaluate media messages can be effective in fostering self-acceptance and resilience to bullying. These programs should be culturally sensitive and incorporate local values and traditions to ensure their relevance and effectiveness. Community-based initiatives that engage parents, teachers, and community leaders can also play a crucial role in creating a supportive environment for adolescents. By raising awareness of the harmful effects of non-physical bullying and promoting positive body image messages, these initiatives can help to shift societal attitudes and create a culture of acceptance and respect for diversity. Furthermore, access to mental health resources is essential for adolescents who have experienced non-physical bullying and are struggling with body image issues. Counseling and therapy can provide a safe space for individuals to explore their feelings, challenge negative thoughts, and develop healthy coping mechanisms. By addressing the underlying psychological distress caused by bullying, these interventions can help adolescents to heal and

rebuild their self-esteem and body image.[16-18]

The regression analysis further strengthens the link between non-physical bullying and self-concept, demonstrating that bullying remains a significant predictor of negative self-concept even after controlling for sociodemographic factors. This suggests that the detrimental effects of bullying are not solely attributable to individual characteristics or family circumstances but are a direct consequence of the bullying experience itself. The finding that female adolescents are more likely to experience non-physical bullying than males is consistent with previous research. This may be due to gendered socialization patterns, where girls are often encouraged to be more passive and less assertive than boys, making them more vulnerable to relational aggression and social exclusion. The higher prevalence of non-physical bullying among girls in Sausapor may also reflect cultural norms that place greater emphasis on female conformity and adherence to traditional gender roles. The association between lower socioeconomic status and increased vulnerability to non-physical bullying is a complex issue with multiple potential explanations. Adolescents from lower socioeconomic backgrounds may face additional stressors, such as financial insecurity and limited access to resources, which can increase their risk of being bullied. They may also attend schools with fewer resources and less support for bullying prevention, further exacerbating their vulnerability.[17-19]

The finding that adolescents from single-parent households are more likely to experience non-physical bullying and have lower self-esteem raises important questions about the role of family structure in shaping adolescents' experiences. Single parents may face greater challenges in providing emotional support and supervision for their children, which could increase their risk of being bullied. Additionally, the absence of a second parent may create a sense of instability or insecurity, contributing to lower self-esteem. The cultural context of Sausapor plays a crucial role in understanding the dynamics of non-physical bullying and its impact on adolescents' self-concept. The community's unique traditions, values, and social norms shape the way bullying is perceived and experienced. For example, certain forms of verbal abuse or social exclusion may be considered more acceptable or less harmful in Sausapor than in other cultures. This highlights the importance of developing culturally sensitive interventions that take into account the specific beliefs and practices of the community. The limited access to mental health resources in Sausapor is another critical factor to consider. Adolescents who experience non-physical bullying may not have access to counseling or other forms of support to help them cope with the emotional and psychological consequences of bullying. This can further exacerbate the negative impact of bullying on their self-concept and overall well-being.[18,19]

The findings of this study have important implications for the development of effective prevention and intervention strategies in Sausapor. School-based programs that promote positive social interactions, conflict resolution skills, and empathy can help to create a supportive environment for adolescents and reduce the incidence of bullying. These programs should be tailored to the specific cultural context of Sausapor and incorporate local values and traditions. Community-based initiatives that raise awareness of the harmful effects of bullying and provide support for victims can also play a crucial role in addressing this issue. These initiatives could include parent education programs, support groups for bullied adolescents, and training for community leaders and service providers on how to identify and respond to bullying. The integration of mental health services into the existing healthcare system in Sausapor is also essential. This could involve training healthcare providers to recognize the signs of bullying and its impact on mental health, as well as providing counseling and other forms of support for victims.

This study provides valuable insights into the prevalence and impact of non-physical bullying on adolescents' self-concept in the Sausapor community. The findings highlight the need for culturally sensitive interventions that address the specific challenges

faced by adolescents in this unique context. By working collaboratively with schools, families, and community leaders, it is possible to create a supportive environment where all adolescents can thrive and reach their full potential.[19,20]

5. Conclusion

Non-physical bullying is a significant problem in the Sausapor adolescent community, with profound negative consequences for adolescents' self-concept. Culturally sensitive interventions are urgently needed to prevent and address non-physical bullying, promote positive self-concept development, and foster a supportive environment for adolescents in this community.

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