

ABSTRAK

DWI WULANDIRA. Pengaruh *Verbal Abuse* Terhadap Kepercayaan Diri Siswa Etnis Suku Jawa Dan Batak Toba Di Kelas XI SMA Negeri 1 Sei Rampah. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan 2026.

Fenomena *Verbal Abuse* dalam pola komunikasi keluarga masih sering terjadi dan berpotensi mempengaruhi perkembangan psikologis remaja, termasuk kepercayaan diri. Perbedaan latar belakang etnis juga dapat mempengaruhi gaya komunikasi yang berdampak pada pembentukan kepercayaan diri. Penelitian ini bertujuan untuk menganalisis pengaruh *Verbal Abuse* terhadap kepercayaan diri berdasarkan etnis, serta mendeskripsikan tingkat *Verbal Abuse* dan kepercayaan diri pada siswa etnis Jawa dan Batak Toba. Penelitian ini menggunakan pendekatan kuantitatif dengan desain asosiatif. Populasi terdiri dari 208 siswa kelas XI yang seluruhnya dijadikan sampel menggunakan teknik *total sampling*. Instrumen penelitian berupa skala *Verbal Abuse* dengan reliabilitas 0,876 dan skala kepercayaan diri dengan reliabilitas 0,838. Analisis data meliputi uji normalitas, uji linearitas, regresi linear sederhana, dan regresi linear berganda. Hasil penelitian menunjukkan bahwa data berdistribusi normal dan memiliki hubungan linier. Uji regresi linear sederhana menunjukkan bahwa *Verbal Abuse* berpengaruh signifikan terhadap kepercayaan diri pada etnis Jawa ($p = 0,007$; kontribusi 4,3%) dan Batak Toba ($p = 0,012$; kontribusi 15%). Hasil regresi linear berganda menunjukkan nilai F sebesar 7,894 dengan signifikansi 0,000 ($p < 0,05$), yang berarti model regresi signifikan dan variabel *Verbal Abuse* serta etnis secara simultan berpengaruh terhadap kepercayaan diri. Secara keseluruhan, tingkat *Verbal Abuse* dan kepercayaan diri pada siswa etnis Jawa dan Batak Toba berada pada kategori sedang. Temuan ini menunjukkan bahwa *Verbal Abuse* berpengaruh negatif terhadap kepercayaan diri pada kedua etnis, dengan kecenderungan pengaruh yang lebih besar pada siswa etnis Batak Toba dibandingkan etnis Jawa, sehingga semakin tinggi *Verbal Abuse* yang diterima siswa dari kedua latar etnis tersebut, maka semakin rendah tingkat kepercayaan dirinya.

Kata Kunci : *Verbal Abuse*, Kepercayaan Diri, Etnis Jawa, Etnis Batak Toba

ABSTRACT

DWI WULANDIRA. The Influence of Verbal Abuse on the Self-Confidence of Javanese and Batak Toba Ethnic Students in Grade XI at SMA Negeri 1 Sei Rampah. Skripsi. Medan: Faculty of Education, State University of Medan. 2026.

The phenomenon of *verbal abuse* in family communication remains prevalent and has the potential to influence adolescents' psychological development, particularly self-confidence. Differences in ethnic backgrounds may shape communication styles, which in turn affect the development of self-confidence. This study aims to examine the effect of *verbal abuse* on self-confidence based on ethnicity, as well as to describe the levels of *verbal abuse* and self-confidence among Javanese and Batak Toba students. This study employed a quantitative approach with an associative research design. The population consisted of 208 eleventh-grade students, all of whom were included as the sample using a total sampling technique. The instruments used were a *verbal abuse* scale (Cronbach's $\alpha = 0.876$) and a self-confidence scale (Cronbach's $\alpha = 0.838$). Data were analyzed using normality and linearity tests, as well as simple and multiple linear regression analyses. The results indicated that the data were normally distributed and met the assumption of linearity. Simple linear regression analysis revealed that *verbal abuse* had a significant effect on self-confidence among Javanese students ($p = 0.007$; contribution = 4.3%) and Batak Toba students ($p = 0.012$; contribution = 15%). Furthermore, multiple linear regression analysis yielded an F value of 7.894 with a significance level of 0.000 ($p < 0.05$), indicating that the regression model is statistically significant. This finding suggests that *verbal abuse* and ethnicity simultaneously have a significant effect on students' self-confidence. Overall, the levels of *verbal abuse* and self-confidence among both Javanese and Batak Toba students were categorized as moderate. The findings demonstrate that *verbal abuse* has a negative effect on self-confidence in both ethnic groups, with a relatively stronger influence observed among Batak Toba students compared to Javanese students. This implies that higher levels of *verbal abuse* are associated with lower levels of self-confidence across both ethnic backgrounds..

Keywords: Verbal Abuse, Self Confidence, Javanese Ethnicity, Batak Toba Ethnicity.