

# The Relationship Between Parental Verbal Abuse, Social Anxiety, and Psychosocial Development in Adolescents in Sumenep

La relación entre el abuso verbal de los padres, la ansiedad social y el desarrollo psicosocial en adolescentes de Sumenep

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## SUMMARY

**Introduction:** *Verbal abuse from parents directed at adolescents can significantly impact their psychosocial development, leading to various mental health issues, including social anxiety. This condition can adversely affect adolescents' social interactions within their immediate environment and the broader community. This research aimed to examine the relationship between parental verbal abuse and social anxiety, as well as its effects on the psychosocial development of adolescents in Sumenep.*

**Methods:** *This study employs a cross-sectional design*

*and simple random sampling, with 292 respondents. The criteria for participant inclusion are as follows: 1) high school students from State Senior High School 1 in Sumenep; 2) students who live in the same household as their parents; and 3) students who can operate a device. This study's exclusion criterion is students who were absent from school during the data collection period. The study employs simple random sampling, ensuring that the sampling method aligns with the research objectives.*

**Results:** *The results of this study state that there is a relationship between parental verbal abuse and adolescent social anxiety ( $p < 0.0001$  and  $r = 0.507$ ) and there is a relationship between parental verbal abuse and adolescent psychosocial development ( $p < 0.0001$  and  $r = -0.403$ ).*

**Conclusion:** *The higher the verbal abuse perpetrated by parents, the higher the adolescent's social anxiety and the more abnormal the psychosocial development of the adolescent.*

**Keywords:** *Adolescents, parents, psychosocial development, social anxiety, verbal abuse.*

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## RESUMEN

**Introducción:** *El abuso verbal de los padres dirigido a los adolescentes puede afectar significativamente su desarrollo psicosocial, lo que conduce a diversos problemas de salud mental, incluida la ansiedad social. Esta condición puede afectar negativamente las interacciones sociales de los adolescentes tanto*

*en su entorno inmediato como en la comunidad en general. El objetivo de esta investigación es examinar la relación entre el abuso verbal parental y la ansiedad social, así como sus efectos sobre el desarrollo psicosocial de los adolescentes en Sumenep.*

**Métodos:** Esta investigación utilizó un enfoque transversal y un método de muestreo probabilístico, el muestreo aleatorio simple, que incluyó a 292 encuestados. Los criterios para la inclusión de los participantes son los siguientes: 1) estudiantes de secundaria de la Escuela Secundaria Superior Estatal 1 en Sumenep; 2) estudiantes que viven en el mismo hogar que sus padres; y 3) estudiantes que pueden operar un dispositivo. El criterio de exclusión de este estudio consiste en que los estudiantes estén ausentes de la escuela durante el período de recolección de datos. El estudio utiliza un muestreo aleatorio simple, lo que garantiza que las técnicas de selección de muestras se alineen con los objetivos de la investigación.

**Resultados:** Los resultados de este estudio indican una relación entre el abuso verbal de los padres y la ansiedad social de los adolescentes ( $p < 0,0001$  y  $r = 0,507$ ), así como entre el abuso verbal de los padres y el desarrollo psicosocial de los adolescentes ( $p < 0,0001$  y  $r = -0,403$ ).

**Conclusión:** Cuanto mayor es el abuso verbal perpetrado por los padres, mayor es la ansiedad social del adolescente y más anormal es su desarrollo psicosocial.

**Palabras clave:** Adolescentes, padres, desarrollo psicosocial, ansiedad social; abuso verbal.

## INTRODUCTION

Verbal abuse by parents towards adolescents is a significant issue that often occurs unrecognized. This type of abuse can stem from communication practices, where the use of imprecise or harsh language can deeply hurt the feelings of adolescents (1,2). According to the Women's Empowerment and Child Protection (PPPA), the increase in reported cases of parental verbal abuse against adolescents is attributed to parents' inability to manage their emotions, leading them to lash out at their children (3). The family serves as the primary environment that influences adolescents' psychosocial development, and the dynamics of the parent-child relationship are crucial in shaping mental health. This is especially important during adolescence, a critical phase of identity exploration and self-concept development (4-6).

Social anxiety is a mental health disorder that is increasingly prevalent, particularly in today's world, where social interaction plays a crucial role in daily life. Adolescents experiencing social anxiety often exhibit social withdrawal, face difficulties in adaptation, and encounter obstacles in reaching their full potential, both academically and interpersonally. If left untreated, social anxiety can evolve into a chronic anxiety disorder, significantly impacting the mental health and psychosocial development of adolescents (7).

An identity crisis during adolescence is a common mental health issue, as puberty plays a crucial role in psychosocial development (8,9). Adolescents facing an identity crisis often experience emotional instability, leading them to feel confused, socially anxious, or depressed due to uncertainty about their identity, beliefs, and life goals (10,11). Those who lack adequate support from family, friends, or their social environment are at a heightened risk for identity confusion. This confusion can negatively affect their ability to form healthy social relationships, engage in school activities, and develop practical communication skills. As a result, adolescents may feel isolated and lonely, which can contribute to decreased academic achievement and overall mental well-being (12,13).

Preliminary studies in June 2024 at State Senior High School 1 in Sumenep found that 80 % of Class X students reported experiencing verbal abuse from their parents, often due to discipline and academic performance. Many students felt confused about extracurricular activities and inferior to their peers because of perceived lower academic abilities. This study aims to explore the relationship between parental verbal abuse and its effects on social anxiety and psychosocial development in adolescents, emphasizing the importance of understanding these connections.

Based on WHO (World Health Organization) data reports, half of the total adolescent population in the world, with a coverage of around one billion adolescents, experiences violence. Indonesia experiences an increase in cases of violence among adolescents every year. The number of adolescents who experience verbal abuse is 49.2 million. Based on the SIMFONI-PPA (Online Information System for the Protection of Women and Children) data report, cases of psychological

violence have increased significantly from year to year. In 2024, reports of psychological violence were 570 cases in East Java Province; the highest reports of violence occurred at the age of 13-17 years (14). Based on data from SIMFONI-PPA (Online Information System for the Protection of Women and Children) in 2024, cases of violence in East Java Province, there were 34 reports of violence cases in Sumenep City, with the highest number of victims aged 13-17 years.

Parental verbal abuse can have numerous adverse effects on adolescents. For instance, excessive condescension or criticism often leads to a decline in their self-esteem, making them feel worthless and unvalued. Additionally, ongoing mistreatment can result in mental health disorders, such as depression, social anxiety, and chronic stress, ultimately causing significant psychological distress in adolescents (16,17). Intrapersonal relationship disorders, verbal abuse can damage intrapersonal, family, peer, and social relationships because harsh and hurtful words can produce emotional trauma, making it difficult to build healthy relationships (18,19). Adolescents who receive verbal abuse from parents continuously can feel insecure and less cared for. Decreased academic performance due to verbal abuse can interfere with the concentration and motivation of adolescents, so that individuals who often experience verbal abuse tend to have lower achievement (20). Adolescents who experience stress due to a non-conducive home environment (verbal abuse) often show changes in eating patterns, such as loss of appetite or even overeating as a form of escape. This can lead to eating disorders, both in the form of malnutrition and overweight (21,22). Adolescents who are stressed about verbal abuse by parents, as an escape, are using additives such as smoking and others to suppress negative emotions that arise due to verbal abuse (23,24).

Research on adolescents in Senior High School (SMA) has yet to explore the connection between parental verbal abuse and social anxiety or psychosocial development through Bandura's Theory. This study utilizes Bandura's social learning theory, emphasizing the influence of behavior, personal factors, and the environment. It highlights the family's role in shaping adolescents' personalities, with parents serving

as critical role models who affect their children's social interactions and self-efficacy (25). Often, parents may not recognize that verbal and emotional abuse can be more damaging than physical violence (26). To combat violent behaviors, awareness must start with individuals, extend to families, and involve the wider community (27,28). Supporting adolescents facing verbal abuse requires fostering positive parent-child relationships and improving communication. Less engagement with parents increases the likelihood of experiencing such abuse (29,31).

## METHODS

This study used a descriptive analytic research design with a cross-sectional approach (32).

The population was adolescents in Sumenep, East Java, who had experienced verbal abuse by their parents. The sample consisted of students from State Senior High School 1 in Sumenep, with inclusion and exclusion criteria. The inclusion criteria are: 1) Students of classes X, XI, and XII at State Senior High School 1 in Sumenep; 2) Students who live in the same house with their parents; 3) Can operate the device. Exclusion criteria are: 1) Students who do not attend school when collecting data. It used probability sampling, namely simple random sampling and sampling determination techniques, to select samples from the population in accordance with the research objectives. Determination of the sample using the Slovin formula yielded 292 respondents.

### Data Collection

Data were collected at State Senior High School 1 in Sumenep, East Java. Students who met the inclusion criteria were given a questionnaire to assess verbal abuse, social anxiety, and psychosocial development of adolescents. During the study, researchers accompanied students as they completed the questionnaire so that, if students were confused, they could explain the items directly. After completing the questionnaire, the researcher rechecked it.

Demographic questionnaires were used to analyze respondents' characteristics, including age, gender, number of siblings, and parents' income. The modified Verbal Abuse Questionnaire was used to measure verbal abuse in adolescents by parents. This questionnaire was developed by (33). This questionnaire comprises 21 items. All items are presented on a 4-point Likert scale, with the highest score being 84 and the lowest score being 72. The social anxiety questionnaire uses the SAS-A (Social Anxiety Scale for Adolescents) (34). This questionnaire measures fear of negative evaluation, social avoidance, and distress in new situations/relationships with strangers, as well as in general or with familiar people. It consisted of 18 items on a 4-point Likert scale, with a maximum score of 72 and a minimum of 18, and was a psychosocial development questionnaire using the HEEADSSS (35). There are 29 statement items in this questionnaire, divided into 6 aspects: home, education, eating, activity, drug, sexuality, safety, depression, sleep, and harm.

## Data Analysis

Quantitative data analysis was performed using univariate analysis to describe the characteristics of respondents, verbal abuse, social anxiety, and psychosocial development of adolescents using frequency values. Bivariate data were analyzed using Spearman's rank correlation test. The collected data were analyzed using Spearman's Rank correlation test at the 0.05 significance level.

## Ethical Consideration

This research prioritizes ethical considerations by upholding human rights, ensuring informed consent, and avoiding coercion. It employs non-interventional questionnaires for data collection, with participants treated fairly and allowed to withdraw at any time. Confidentiality is maintained by using coded data, and participants receive souvenirs as tokens of appreciation. The study was ethically approved by the Health Research Ethics Commission at Universitas Airlangga under approval number 3525-KEPK on December 10, 2024.

## RESULTS

Table 1. Cross Tabulation of the Relationship Between Parental Verbal Abuse and Anxiety in Adolescents in Sumenep.

Variable Verbal Abuse	Social Anxiety						Total
	Low		Medium		High		
	f	%	f	%	f	%	
Low	33	70.2	14	29.8	0	0	47
Medium	37	17.1	170	78.7	9	4.2	216
High	0	0	20	69	9	31	29
Total	70	24	204	69.9	18	6.2	292

Spearman Rank Test Statistic (p =0.0001, r = 0.0507)

Table 1 indicates that 170 respondents (78.7 %) reported experiencing moderate levels of both parental verbal abuse and social anxiety. A Spearman's rho test reveals a significant correlation between these two variables

(p=0.0001), with a strong correlation coefficient of  $r=0.507$ . This result suggests that higher levels of parental verbal abuse are associated with increased social anxiety in adolescents.

## THE RELATIONSHIP BETWEEN PARENTAL VERBAL ABUSE

Table 2. Cross Tabulation of the Relationship between Parental Verbal Abuse and Psychosocial Development in Adolescents in Sumenep.

Variable Verbal Abuse	Social Anxiety				Total
	Not f	Normal %	Normal f	Normal %	
Low	12	25.5	35	74.5	47
Medium	154	71.3	62	28.7	216
High	28	96.9	1	3.4	29
Total	194	66.4	98	33.6	292

Spearman Rank Test Statistic (p=0.0001, r=-0.403)

Table 2 shows that the most respondents have parental verbal abuse at a moderate level and abnormal psychosocial development, as many as 154 respondents (71.3 %). The results of the Spearman's rho test show a significance value of  $p = 0.0001$ , which means that there is a relationship between parental verbal abuse and the level of psychosocial development. The correlation coefficient is  $r = -0.403$ , indicating a fairly strong relationship. The correlation between variables has a negative value, meaning that the higher the verbal abuse of parents, the more abnormal the level of adolescent psychosocial development experienced.

## DISCUSSION

This study found that there is a significant relationship between parental verbal abuse and social anxiety and psychosocial development. According to Albert Bandura's theory (1963) individual behavior, environmental factors, and personal characteristics mutually influence one another. The environment shapes personal traits or personality. In the context of parental verbal abuse, such abusive language serves as an environmental factor that significantly impacts adolescent behavior and psychosocial development. When parents resort to harsh or derogatory language, adolescents not only experience emotional distress but may also

develop social anxiety and difficulties in interacting with others (37,38).

The study found that most adolescents experience moderate levels of parental verbal abuse and social anxiety, with many showing signs of abnormal psychosocial development. In line with Budiawan and Denger (39), verbal violence against adolescents can significantly impact their behavior, as the family plays a crucial role in shaping emotional development. Forms of verbal abuse, such as threats, insults, and intimidation, can harm adolescents' mental health and hinder their social development. For instance, this type of abuse can lead to psychological disorders that adversely affect adolescents' academic performance. Those who experience verbal abuse often struggle to concentrate in class, lose interest in learning, and find it challenging to grasp the course material. Sometimes, these individuals may skip school or withdraw entirely from academic activities (40,41).

Prevention of violent attitudes will not happen unless it starts with oneself, then the family, and, after that, the community (42). The solution that can be given to adolescents who get verbal abuse from their parents is to establish a good relationship with their parents and increase interaction and communication with them. If adolescents rarely interact and communicate with their parents, the risk of verbal abuse from their parents will be higher (43,44).

## CONCLUSION

Parental verbal abuse is associated with social anxiety and the psychosocial development of adolescents in Sumenep. Increased levels of verbal abuse from parents correlate with heightened social anxiety and atypical psychosocial development in adolescents. It is advisable for students experiencing parental verbal abuse and its adverse effects to seek support from school counseling services to receive appropriate guidance in managing these challenging situations. Future researchers may also consider examining the parenting styles employed by parents and any family burdens that may be affecting the dynamics.

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