

Psychological Well Being of Adolescents Who Experience Catcalling: A Phenomenological Study

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ABSTRAK

Catcalling merupakan salah satu pelecehan seksual yang sering terjadi pada ruang publik. Tindakan catcalling terkadang dipandang biasa saja oleh masyarakat tapi sebenarnya dapat memberikan dampak Psikologis kepada individu apabila mengalami tindakan catcalling. Adapun tujuan dari penelitian ini adalah untuk menggambarkan psychological well being remaja yang mengalami catcalling dan menganalisis faktor yang mempengaruhi psychological well being remaja yang mengalami catcalling. Penelitian ini menggunakan pendekatan kualitatif fenomenologi. Informan adalah remaja dalam rentang usia 13-15 tahun dengan kriteria pernah mengalami tindakan catcalling dan berada pada tahap perkembangan remaja awal. Informan berjumlah 15 orang. Teknik pengumpulan data menggunakan wawancara semi terstruktur. Teknik analisis data pada penelitian ini menggunakan model Colaizi dimana setiap transkrip diidentifikasi, diperiksa keakuratannya dan dianalisis. Hasil Studi menunjukkan bahwa remaja yang mengalami tindakan catcalling merasa terganggu psychological well being dalam dirinya dimana informan merasakan terganggu kebahagiaan didalam dirinya, kurang memiliki kepuasan dalam kehidupannya, cenderung mengalami stress, dan kurang mendapatkan kesejahteraan fisik dan psikis, serta mengalami kesulitan dalam menjaga kualitas hidup dengan baik. Hasil analisis lainnya juga menunjukkan bahwa faktor yang mempengaruhi psychological well being remaja yang mengalami catcalling yaitu terdiri dari usia, jenis kelamin, religiusitas, kepribadian dan stress dan dukungan social.

ABSTRACT

Catcalling is a type of sexual harassment that often occurs in public spaces. The act of catcalling is sometimes seen as usual by society, but it can psychologically impact individuals if they experience catcalling. This research aims to describe the psychological well-being of teenagers who experience catcalling and analyze the factors that influence the psychological well-being of teenagers who experience catcalling. This research uses a qualitative phenomenological approach. The informants are teenagers aged 13-15 years with the criteria of having experienced catcalling and being in the early teenage development stage. There were 15 informants. Data collection techniques used semi-structured interviews. The data analysis technique in this research uses the Colaizi model, where each transcript is identified, checked for accuracy, and analyzed. The results of the study show that teenagers who experience catcalling feel that their psychological well-being is disturbed. In contrast, informants feel that their happiness is disturbed, they have less satisfaction in their lives, tend to experience stress, lack physical and psychological well-being, and experience difficulties maintaining the quality of life with Good. The results of other analyzes also show that the factors that influence the psychological well-being of teenagers who experience catcalling consist of age, gender, religiosity, personality stress, and social support.

1. INTRODUCTION

Catcalling this is a form of verbal harassment that now often occurs in society (Amin & Awaru, 2022; Putri & Putro, 2022). Catcalling refers to a condition where someone is given unwanted attention by whistling or making inappropriate comments in response to sexual interest in the recipient

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of attention (Prasetyo & Dhumillah, 2023; Tauratiya, 2020). Catcalling is sometimes seen as normal by society, but it can actually have an impact on individuals if they experience catcalling (Syukri et al., 2021; Wilantika et al., 2022). Catcalling can be categorized as sexual harassment that occurs in public spaces and currently catcalling has become a global issue (Kartika & Najemi, 2021; Muhaamin, 2022). Excessive acts of catcalling can trigger psychological trauma in the victim, this is because someone who experiences catcalling will feel directly humiliated and insulted in public spaces, thus triggering feelings of shame and helplessness (Asti et al., 2021; Nugraha & Zuhriah, 2023).

The capital city of Jakarta is a place with transportation is generally the most dangerous because sexual harassment often occurs in it. This then puts Jakarta in fifth place where vehicles are generally the most dangerous out of 15 other big cities. Based on data from the National Commission on Violence Against Women in 2017, 348,446 cases of women experienced sexual harassment (Qila et al., 2021). Sexual harassment that occurred in public spaces was 26% or 3,528 cases (Alkautsar & Zulfebriges, 2022). Apart from that, the National Commission on Violence Against Women saw a 25% increase in cases related to violence against women compared to 2016 (Fauzan et al., 2022). Details of cases of violence that occurred against women were recorded, specifically 699 cases of rape, 343 cases of sexual intercourse, 704 cases of sexual harassment, and 911 cases of sexual abuse (Abdullah, 2019; Widiyaningrum, 2021).

It was further explained that sexual harassment in public places is most often experienced by women compared to men. Women experienced sexual harassment as much as 64% of the 38,755 cases that occurred while men experienced sexual harassment as much as 11% of the 28,403 cases (Aristi et al., 2021; Subaidi & Nugraha, 2022). Based on this case, it can also be seen that the most common form of harassment is verbal compared to non-verbal. Verbal harassment was carried out at 60%, harassment in the form of touch was 24%, and harassment in the form of visual or eye contact was 15% (Hikmalia et al., 2022). From the several cases that have occurred, catcalling should be a serious concern. Catcalling can have a negative impact on victims who experience this action. This is in line with initial study data found in the field, where the results of interviews with guidance and counseling teachers at SMP Negeri 47 Pekanbaru showed that there were several students who experienced catcalling. This action has an impact on psychological disturbances, making the student quieter and less enthusiastic.

The impacts caused by catcalling include feeling intimidated, insulted, humiliated, humiliated and can even create stress so that your psychological condition and inner comfort (well being) is disturbed and will have an impact on your emotional well-being and mental health (Murakaba & Rafi'ie, 2023; Ningtyas et al., 2023). One of the important components of well-being is a good relationship with the social environment which will provide quality in an individual's life (Pribadi & Ambarwati, 2023; Sarinengsih et al., 2023). Psychological well-being or psychological well-being is basically a form of integration of mental health, clinical and lifelong development which becomes one unit in positive functioning (Ildil et al., 2020; Sujatmi & Qodariah, 2022). Individuals with good psychological well-being will be able to accept themselves as a whole, always be open to the process of self-development, be motivated to achieve a goal, be able to build positive relationships with other people, and be able to regulate environmental conditions with good behavior (Hardjo et al., 2020; Nugraheni, 2021). Apart from that, psychological well-being can be characterized by achieving happiness, life satisfaction and the absence of symptoms of depression (Hidayat et al., 2021; Setiawan & Maryanti, 2023).

Several previous studies have revealed that a teenager's psychological well-being is greatly influenced by family conditions (Ildil et al., 2020). The results of other research also reveal that catcalling has an impact on female students' self-objectification in the perceptual component, resulting in feelings of shame, anxiety, loss of motivation, insensitivity, and changes in self-appearance and attributes attached to the objectified victim (Amin & Awaru, 2022). The results of further research revealed that catcalling experienced by students was considered an action that led to sexual harassment, thus causing fear (Putri & Putro, 2022). So based on several research results, it can be said that catcalling can cause fear and anxiety in a person. It's just that in previous research, there have been no studies that specifically discuss the analysis of the psychological well-being of teenagers who experience catcalling. So this research focuses on this study with the aim of describing the psychological well-being of teenagers who experience catcalling and describing the factors that influence the psychological well-being of teenagers who experience catcalling.

2. METHOD

This study uses a qualitative approach with the phenomenological method, which is carried out with the aim of describing the truth of an event according to how individuals assess the event. This method is used to reveal a picture of the phenomenon regarding the psychological well-being of teenagers

who experience catcalling. The main focus in this research uses textual description and structural description. Textural description is about what is experienced by the subject's description and structural description is how the subject gives meaning to the experience being experienced. This research was carried out in April-June 2023. This research was carried out at junior high schools in Pekanbaru, namely SMP Negeri 23 Pekanbaru, SMP Negeri 47 Pekanbaru, and SMP Negeri 10 Pekanbaru.

Participants in this study involved teenagers aged 13-15 years, at the early adolescent development stage, and at the junior high school level in Pekanbaru. The participant's age category was taken by considering early adolescence, which is a period where experiences gained from the social environment will indirectly influence the teenager himself. Participants in this research were 15 teenagers. The technique for determining participants in research uses purposeful sampling. This technique is used by looking at each individual's experience regarding the catcalling phenomenon so that the individual has the right to become a participant. The characteristics of the informants in this study were teenagers who had experienced catcalling in their daily lives. There were 15 teenagers who became informants, namely 9 women and 6 men. In more detail the characteristics of the informants can be seen in [Table 1](#), and [Table 2](#).

Table 1. Characteristics of Female Informants

Informant	Characteristics			
	Age	Education	Catcalling	The place where it happened
R1	14	Junior High School	Verbal	School
R2	13	Junior High School	Verbal	Near home
R3	13	Junior High School	Verbal	School
R4	14	Junior High School	Verbal	School
R5	15	Junior High School	Verbal	In a vehicle
R6	14	Junior High School	Verbal	School
R7	13	Junior High School	Verbal	Front of School
R8	14	Junior High School	Verbal	Street
R9	13	Junior High School	Verbal	Street

Table 2. Characteristics of Male Informants

Informant	Characteristics			
	Age	Education	Catcalling	The place where it happened
R10	14	Junior High School	Verbal	School
R11	14	Junior High School	Verbal	In front of the school
R12	13	Junior High School	Verbal	Street
R13	14	Junior High School	Verbal	Swimming pool
R14	14	Junior High School	Verbal	In front of the shop
R15	13	Junior High School	Verbal	School

Data in [Table 1](#), and [Table 2](#) shows that the research respondents were of middle school age, namely between 13-15 years or early adolescence. The informants were taken equally, namely 8 women and 7 men. The majority of informants are aged 14 years. This research informant has been asked for approval to provide an opinion about the focus of the research, and has gone through an administrative process with the school (when meeting during school hours). Data collection was carried out using the interview method with an instrument in the form of an interview guide. The interview guide was created using a semi-structured interview type. In this semi-structured interview, the questions used are open questions but remain limited according to the theme being discussed. Open questions aim to give participants the freedom to express incidents they have experienced so that they can describe a phenomenon related to the psychological well-being of teenagers who experience catcalling.

Data analysis techniques using data analysis are preceded by the process of copying the interview results word for word or unchanged. Each transcript was identified, checked for accuracy and analyzed. The data analysis method uses Colaizzi. Data analysis includes 5 stages, namely creating a list of phrases from participant responses, reducing and eliminating participant answers that refer to the questions asked, creating clusters and topics of expressions that are consistent, unchanging and show similarities, validating the expressions, then labeling them. expression and theme, and create an Individual Textural Description (ITD). Describe validated participant answers according to the themes studied, accompanied by verbatim quotations from interviews and/or participant diaries.

3. RESULTS AND DISCUSSION

Result

Psychological well being adolescents who experience catcalling can be described based on 4 themes. The theme is feeling happiness and having satisfaction within oneself, not experiencing stress, getting satisfaction in life, getting physical and psychological well-being, and maintaining a good quality of life. Based on each theme, it can then be detailed and explained as follows: the first theme, namely feeling happiness and having satisfaction within oneself. The happiness referred to in this case as seen by researchers is the fulfillment of physiological (material) needs, for example eating, drinking, clothing, vehicles, houses, sexual life, physical health, and so on, the fulfillment of psychological (emotional) needs, for example, a feeling of serenity, peace, comfortable and safe, and not suffering from inner conflict, depression, anxiety, frustration, and so on, fulfilling social needs, fulfilling spiritual needs. In theme 1 there are 4 sub-themes and 4 categories of happiness that appear. The first theme is Feeling happiness and having satisfaction within himself. From this theme, 4 sub-themes and 4 categories of happiness were formed as follows:

Theme category 1 is the fulfillment of physiological (material) needs. Sub-themes in this category relate to fulfilling needs, for example eating, drinking, clothing, vehicles, houses, sexual life, physical health, and so on. The informants' expressions on this theme can be seen in [Table 3](#).

Table 3. Respondents' Expressions in the Sub-Theme of Fulfilling Physiological (Material) Needs

No	Respondent	Expression
1	R1, R3, R4	The respondent's needs for food, drink and clothing are met, but he finds it difficult to eat because his mind is disturbed
2	R5, R2	The need for food, drink and clothing is sufficient but sometimes the respondent's appetite is also disturbed
3	R11, R14, R15	Respondents have complete food, drink and clothing every day
4	R13, R12, R6	The respondents' daily needs have been met
5	R7, R9	The respondent became lazy about eating because he always thought about the catcalling that I experienced
6	R10, R8	Respondents had no appetite after receiving catcalling treatment

Based on the data in [Table 3](#), it can be seen that after receiving catcalling treatment, teenagers feel normal and there are also those who feel they have enough or no appetite so that their physiological needs are disturbed. Physiological needs become disturbed after receiving catcalling treatment.

Theme category 2 is the fulfillment of psychological (emotional) needs. The sub-themes in this category relate to fulfilling needs, for example, having feelings of serenity, peace, comfort and security, as well as not suffering from inner conflict, depression, anxiety, frustration, and so on. The informants' expressions on this theme can be seen in [Table 4](#).

Table 4. Respondents' Expressions on the Psychological (Emotional) Needs Sub-Theme

No	Respondent	Expression
1	R3, R11, R4	Respondents felt uncomfortable if someone catcalled them
2	R2, R8, R10	There is a feeling of fear if treated like that
3	R4, R11	The respondent was annoyed because the perpetrator seemed to have no other job
4	R5, R7, R13	Respondents felt angry and did not like being treated like that
5	R14, R11, R6	Respondents felt emotional when someone catcalled them
6	R12, R9, R15	Respondents felt the most dislike and anxiety if someone catcalled them

Suggest the informants' expressions in [Table 4](#), it can be seen that after receiving catcalling treatment, teenagers tend to be in a disturbed psychological condition. This is illustrated when teenagers who experience catcalling are disturbed by their psychological conditions such as feeling uncomfortable, feeling afraid, annoyed, angry and anxious.

Theme category 3 is meeting social needs. This sub-theme relates to harmonious relationships with the people around them, especially family, mutual respect, love and appreciation. The informant's expressions that show this can be seen in [Table 5](#).

Table 5. Respondents' Expressions In The Sub-Theme Of Meeting Social Needs

No	Respondent	Expression
1	R8, R4, R14	When they receive catcalling, respondents tell their parents
2	R3, R1, R2	respondents often confide in friends
3	R15, R7, R5, R10	The environment around the respondent does not care when the respondent experiences catcalling
4	R3, R6, R11, R13	Respondents felt there was no place for stories because their friends thought it was normal
5	R8, R9, R14	The respondent's environment laughed when the respondent was catcalled

Suggested sub-themes and categories that emerged, namely the places where teenagers who experienced catcalling were shared were parents, friends and there were several respondents who chose to only keep the actions they experienced to themselves so they did not want to share them with other people.

Theme category 4 is the fulfillment of spiritual needs. Sub-themes in this category are fulfilling needs, for example being able to see all episodes of life from the perspective of the broader meaning of life, worshiping, and having faith in God. The informant's expressions that show this can be seen in [Table 6](#).

Table 6. Respondents' Expressions in the Sub-Theme of Spiritual Needs

No	Respondent	Expression
1	R6, R15, R5	Respondents considered catcalling to be prohibited by religion
2	R4, R13, R1	Respondents felt their faith was reduced
3	R2, R3	When you are catcalled, sometimes you feel like you want to hurt yourself because there is no place to share
4	R14, R13, R9, R10	Because the respondent does not have a very strong faith, the respondent is often angry with God for being treated like that by his friends.

Based on the informants' answers, it was revealed that the act of catcalling was related to fulfilling spiritual needs. Teenagers who experience catcalling will lead to two positive and negative things. Where the positive thing is that this action is viewed from a religious perspective and will make a positive thing in the experience they receive, however, some teenagers even feel like committing suicide and feel angry because of the treatment they receive.

Second theme, that is, not experiencing stress. Not experiencing stress is what is meant in this case as seen by researchers: a state of well-being in the form of comfort, which is a condition where a person feels prosperous or comfortable, both mentally, physically and socially, physical comfort in the form of a feeling of physical well-being or comfort, environmental comfort is a sense of well-being. or the feeling of comfort felt in or with one's environment. Social comfort is a state of feeling well-being or feeling comfortable with one's social situation. In theme 2 there are 4 sub-themes and 4 categories of not experiencing stress. This theme gives rise to 4 sub-themes and 4 categories, which are explained as follows: category 1, namely the state of prosperity. The sub-theme in this category is comfort, which is a state where someone feels prosperous or comfortable, both mentally, physically and socially. The informant's expressions that show this can be seen in [Table 7](#).

Table 7. Respondents' Expressions in the Sub-Theme State of Well-Being

No	Respondent	Expression
1	R6, R1, R4, R11	When receiving catcalling, respondents felt uncomfortable
2	R3, R2, R12, R13	The respondent's mentality will be disturbed if he experiences this behavior
3	R5, R7, R8	Respondents always thought about being catcalled
4	R9, R10, R11, R14	Respondents felt uncomfortable with catcalling by their friends

Based on the informants' answers, it was revealed that the act of catcalling was related to fulfilling spiritual needs. Teenagers who experience catcalling feel their well-being disturbed where teenagers feel uncomfortable and disturbed. Category 2 is physical comfort. The sub-theme in this category is physical comfort which is a feeling of physical well-being or comfort. The informant's expressions that show this can be seen in [Table 8](#).

Table 8. Respondents' Expressions in the Sub-Theme of Physical Comfort

No	Respondent	Expression
1	R5, R3, R8, R14	Respondents felt inferior if someone teased them and physically insulted them
2	R1, R10, R4	Respondents felt less confident if someone carried out catcalling
3	R2, R7, R12	Respondents felt embarrassed if they were teased on the street, ashamed of themselves and others
4	R15, R14, R9	Respondents felt uncomfortable if their friends always catcalled them

Based on the informants' answers, it was revealed that the act of catcalling disturbed their physical comfort. Adolescents who experienced catcalling felt that their physical comfort was disturbed because the adolescent became insecure, lacked self-confidence, and became embarrassed by the physical conditions often mentioned by the perpetrators of catcalling.

Category 3 is environmental comfort. The sub-theme that appears in this category is a sense of well-being or comfort felt in or with the environment. The informant's expressions that show this can be seen in [Table 9](#).

Table 9. Respondents' Expressions in the Environmental Comfort Sub-Theme

No	Respondent	Expression
1	R4, R7, R10, R13	Respondents felt uncomfortable with the environment because catcalling was experienced in the school environment
2	R1, R3, R11, R15	Respondents experienced catcalling when they were in front of the school, so they felt that their environment was no longer safe
3	R2, R5, R6, R14	Respondents felt they didn't like the environment because they experienced catcalling on the streets when they came home from school
4	R11, R9, R8	Respondents experienced this action while on public transportation, I felt uncomfortable

Based on the answers from the informants, it was revealed that the act of catcalling was related to environmental comfort. Teenagers who experience catcalling feel uncomfortable with their environment, they don't like their environment.

Theme category 4 is social comfort. The sub-theme that appears in this category is a state of feeling of well-being or feeling comfortable with one's social situation. The informant's expressions that show this can be seen in [Table 10](#).

Table 10. Respondents' Expressions on the Sub-Theme of Social Comfort

No	Respondent	Expression
1	R9, R2, R10, R11	Respondents became uncomfortable with friends who often carried out catcalling
2	R3, R5, R14, R15	The respondent's friends often carry out catcalling and disturb the comfort of their friendship
3	R1, R3, R6	Respondents do not like to build friendships with people who frequently engage in catcalling
4	R7, R8, R12, R13	Respondents often avoid catcalling places because they feel uncomfortable

Based on the informant's answers, it was revealed that catcalling was related to environmental comfort. Teenagers who experience catcalling feel uncomfortable with their environment, they don't like their environment. Third theme namely getting satisfaction in life, this theme refers to the desire to change one's life where one has feelings to make one's life better, satisfaction with one's current life, feeling that the life one is currently living is a good and satisfying life, satisfaction with one's past life where The past feels easy to forget but also as an experience for self-evaluation in the present, satisfaction with life in the future. In theme 3 there are 4 sub-themes and 4 categories of satisfaction explained as follows: Theme category 1 is the desire to change one's life. The sub-theme that appears in this category is a feeling of wanting to make one's life better. The informant's expressions that show this can be seen in [Table 11](#).

Table 11. Respondents' Expressions in the Sub-Theme Desire to Change Their Lives

No	Respondent	Expression
1	R4, R7, R8, R11, R14	Respondents want to improve my life to make it even better
2	R1, R10, R13, R14	When they receive catcalling, respondents will simply improve their behavior in the future
3	R3, R12, R3, R2	Respondents felt that the life they were living was no longer useful because they were afraid of the life they were living now
4	R9, R4, R5	Respondents want to be better in future

Based on information from informants, it was revealed that the act of catcalling was related to the desire to change one's life. Teenagers who experience catcalling feel like they want to improve their lives to make them better, but they also feel afraid of the experience they have received.

Theme category 2 is satisfaction with current life. The sub-theme that appears in this category is the feeling that the life you are currently living is a good and satisfying life. The informant's expressions that show this can be seen in [Table 12](#).

Table 12. Respondents' Expressions in the Sub-Theme Desire to Change Their Lives

No	Respondent	Expression
1	R2, R4, R11, R14, R15	When the respondent received catcalling, he felt humiliated and harassed in public
2	R1, R3, R5, R7, R8	The remarks made on the street seemed to show that the respondent was a dirty and cheap woman
3	R6, R10, R13	Respondents felt worthless after being harassed
4	R9, R12	Respondents felt dissatisfied with their current lives

These expressions show that some informants feel that the life they are currently living is meaningless because when they receive catcalling, the informants feel like they are insulted, dirty and feel worthless. Theme category 3 is life satisfaction in the past. The sub-theme that appears in this category is past actions that have occurred as an experience for self-evaluation in the present. The informant's expressions that show this can be seen in [Table 13](#).

Table 13. Respondents' Expressions in the Sub-Theme of Life Satisfaction in the Past

No	Respondent	Expression
1	R3, R6, R10, R11, R15	The respondent cannot forget the act of catcalling he has experienced and there is a feeling of trauma or fear within him
2	R2, R3, R4, R1, R7, R8, R9	When the respondent experienced catcalling on the street, he felt afraid and did not want to pass there again
3	R5	The feeling of fear within themselves traumatized respondents and they did not dare to take public transportation alone again

Based on the information provided by the informant, the act of catcalling that he had experienced had a huge impact on his life because there was a sense of trauma or fear experienced by the informant. Theme category 4 is the life that will be lived in the future. The sub-themes that appear in this category are the forms of life that will be experienced in the future. The informant's expressions that show this can be seen in [Table 14](#).

Table 14. Respondents' Expressions on the Sub-Theme of Life that They Will Go Through in the Future

No	Respondent	Expression
1	R4, R6, R7, R10, R11, R15	After experiencing an act of catcalling, there is concern within oneself about this act of catcalling which might happen again in the future
2	R1, R2, R8, R9	There is a feeling of fear that this act of catcalling will happen again in the future
3	R12, R13, R14, R3	Respondents felt there was interference with their future lives

Based on information provided by informants, when they experience catcalling, teenagers feel afraid that catcalling will happen again in the future.

Fourth theme namely gaining physical and psychological well-being. This fourth theme contains aspects of being able to accept oneself completely, having good personal relationships with other people, being able to make decisions. In theme 3 there are 3 sub-themes and 4 categories of satisfaction. This theme gives rise to 3 sub-themes and 3 categories, explained as follows: Theme category 1 is being able to accept oneself completely. The sub-theme that appears in this category is feeling happy about oneself in any condition. The informant's expressions that show this can be seen in [Table 15](#).

Table 15. Respondents' Expressions in the Sub-Theme Were Able to Accept Themselves Completely

No	Respondent	Expression
1	R1, R3, R10, R11, R6	When they receive catcalling, respondents sometimes blame themselves for not being like other people
2	R2, R4, R6, R7	Respondents felt inferior and ashamed of themselves
3	R5, R8, R9, R12, R13, R14, R15	The respondent felt that he was too stupid because he could not fight the person who did this

Based on information provided by informants, when they experience catcalling, teenagers have difficulty accepting themselves completely.

Theme 2 category is having good personal relationships with other people. The sub-theme that emerged in this category was having a comfortable relationship and being able to relate well to other people. The informant's expressions that show this can be seen in [Table 16](#).

Table 16. Respondents' Expressions in Sub-Themes Good Personal Relationships with Others

No	Respondent	Expression
1	R1, R4, R5, R7, R9, R10, R11, R12	When a respondent receives catcalling, the respondent becomes quiet and finds it difficult to communicate with other people
2	R2, R3, R6, R8	Respondents stay away from friends who often catcall
3	R13, R14, R15	Respondents became more angry when they received catcalling

The informant's expressions above were interpreted as meaning that when catcalling tends to change his personality, he becomes more quiet, angry and has difficulty socializing with his surroundings. Theme category 3 is being able to make decisions. The sub-theme that emerged in this category is being able to meet the demands of life regarding decisions for the next life. The informant's expressions that show this can be seen in [Table 17](#).

Table 17. Respondents' Expressions in Sub-Themes Able to Make Decisions

No	Respondent	Expression
1	R1, R4, R5, R7, R8	When the respondent received catcalling, he did not know what to do because he had no friends to share it with
2	R6, R9, R10, R11, R12, R13, R14, R15	The respondent's decision when treated like that will be to move away from an environment where this action is often carried out
3	R2, R3	The respondent almost made the decision to hurt himself because I felt stressed and there was no place to share it

The informant's statements above are interpreted as when they receive catcalling, teenagers have difficulty making the best decisions for themselves and their environment. Furthermore, the results of the psychological well-being analysis experienced by students who experience catcalling are influenced by internal and external factors. Internal factors that influence the psychological well-being of teenagers who experience catcalling consist of age, gender, religiosity, personality and stress. Meanwhile, external factors that influence it are culture and social support.

Discussion

Based on the results of the analysis that has been carried out, 2 findings were obtained in this research, including: the first finding is related to the description psychological well being teenagers who experience catcalling. The research findings show that the informants in this study felt that their psychological well-being was disturbed, where the informants felt that their happiness was disturbed, they had less satisfaction in their lives, tended to experience stress, and lacked physical and psychological well-being, and experienced difficulties in maintaining the quality of life with Good. These things arose

because of the catcalling he experienced. Catcalling experienced by teenagers will certainly have an influence on the teenager. One of them is feeling happiness and having satisfaction within himself (Syukri et al., 2021; Wilantika et al., 2022). This is a condition for teenagers if they have good psychological well-being within themselves. However, when experiencing catcalling, teenagers experience a condition where the teenager feels that his happiness is disturbed and does not have satisfaction in himself which is related to his psychological condition (Amin & Awaru, 2022; Putri & Putro, 2022). So this catcalling phenomenon disturbs the psychological well-being of the teenager.

Catcalling as the use of harsh language, verbal and non-verbal expressions that occur in public places, such as roads, sidewalks or bus stops, is very detrimental to victims (especially women) both physically and mentally and perpetuates a culture that demeans, dehumanizes and degrades women (Asti et al., 2021; Nugraha & Zuhriah, 2023). Women experience uncomfortable physical reactions such as muscle tension, difficulty breathing, numbness, shaking, dizziness, and nausea in response to abuse. Street harassment also impacts victims mentally and emotionally, often with far-reaching consequences (Kartika & Najemi, 2021; Muhaamin, 2022). Victims tend to experience a variety of negative emotions in response to abuse, such as anger, fear, disgust, body shame, degradation, invasion, shame, helplessness, and helplessness (Prasetyo & Dhumillah, 2023; Tauratiya, 2020). These negative experiences place mental stress on the victim, potentially triggering psychological trauma, anxiety, or depression.

Second finding related to factors that influence the psychological well-being of teenagers who experience catcalling. Research findings reveal that the factors that influence the psychological well-being of teenagers who experience catcalling consist of age, gender, religiosity, personality, stress, social support. High or low psychological well-being in an individual is influenced by several factors, one of which is gender (Hardjo et al., 2020; Nugraheni, 2021). High psychological well-being conditions can also be caused by age, life experience and social support. In terms of age, adolescence is a transition period from children to adults, so this period is important due to the long term period which experiences many changes such as physical and mental which affect the psychological condition of adolescents (Ifdil et al., 2020; Sujatmi & Qodariah, 2022). Psychological well-being generally includes an individual's overall happiness, life satisfaction, and mental and emotional health (Hardjo et al., 2020; Nugraheni, 2021). These are components such as positive emotions, autonomy, positive relationships, low levels of negative emotions, life purpose, life satisfaction, and personal growth. Psychological well-being is important in adolescence because it can be used as an indicator of psychological health in old age (Murakaba & Rafi'ie, 2023; Ningtyas et al., 2023). Apart from age, social environmental factors can influence an individual's psychological well-being. Having attention from extended family and closest friends can help teenagers feel less alone and neglected.

The results obtained in this study are in line with the results of previous research, which also revealed that psychological well-being a teenager is greatly influenced by family conditions (Ifdil et al., 2020). The results of other research also reveal that catcalling has an impact on female students' self-objectification in the perceptual component, resulting in feelings of shame, anxiety, loss of motivation, insensitivity, and changes in self-appearance and attributes attached to the objectified victim (Amin & Awaru, 2022). The results of further research revealed that catcalling experienced by students was considered an action that led to sexual harassment, thus causing fear (Putri & Putro, 2022). So based on several research results, it can be said that catcalling can cause fear and anxiety in a person.

4. CONCLUSION

Based on the results of data analysis and discussion, it can be concluded that teenager yThose who experience catcalling feel that their psychological well-being is disturbed, where the informant feels that his inner happiness is disturbed, has less satisfaction in his life, tends to experience stress, and lacks physical and psychological well-being, and experiences difficulty in maintaining a good quality of life. The factors that influence the psychological well-being of teenagers who experience catcalling consist of age, gender, religiosity, personality and stress and social support. This research can have implications for guidance and counseling as an effort to understand and prevent catcalling.

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