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Sexual Harassment and its Impact on Emotions among Adolescents in Sabah, Malaysia: An Exploratory Study

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Abstract:

Sexual harassment has been one of the most pointed and hotly debated issues this decade. Therefore, this study aims to determine adolescents' perception of sexual harassment and its impact on emotions. This study used quantitative methods where the data was obtained through the questionnaire survey, which consisted of the Sexual Experiences Questionnaire and Emotion Regulation Questionnaire, where 400 adolescents participated. The data were analyzed using the Statistical Packages for the Social Sciences (SPSS) application. Pearson correlation was used to explain the relationship between the two variables, adolescents' perceptions towards sexual harassment and its impact on emotions. The results show that 208 adolescents had experienced sexual harassment, and most of them were female respondents. This study found a significant relationship between adolescents' experiences of sexual harassment and their perceptions of sexual harassment. Besides, the relationship between adolescents' experiences of sexual harassment and its impact on emotions also showed significant value. Therefore, this indicates that sexual harassment experiences significantly affected the victims' perceptions and emotions. Sexual harassment is violence and, effective action must be taken to address the sexual harassment issue. Moreover, this study will benefit communities and adolescents about sexual harassment and its effect on their emotions.

Keywords: sexual harassment, emotions, adolescents, perceptions.

性骚扰及其对马来西亚沙巴青少年情绪的影响：一项探索性研究

摘要:

性骚扰一直是这十年来最尖锐和最激烈争论的问题之一。因此，本研究旨在确定青少年对性骚扰的看法及其对情绪的影响。本研究使用定量方法，其中数据是通过问卷调查获得的，问卷调查包括性经历问卷和情绪调节问卷，有400名青少年参与。使用社会科学统计软件包 (SPSS) 应用程序分析数据。皮尔逊相关性被用

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来解释这两个变量之间的关系，即青少年对性骚扰的看法及其对情绪的影响。结果显示，208名青少年经历过性骚扰，其中大部分是女性受访者。这项研究发现青少年的性骚扰经历与他们对性骚扰的看法之间存在显著关系。此外，青少年的性骚扰经历与其对情绪的影响之间的关系也显示出重要的价值。因此，这表明性骚扰经历显著影响了受害者的感知和情绪。性骚扰是暴力行为，必须采取有效行动解决性骚扰问题。此外，这项研究将使社区和青少年受益于性骚扰及其对情绪影响。

关键词：性骚扰、情绪、青少年、观念。

1. Introduction

Sexual harassment can be defined in various forms such as obscene language, obscene jokes, sexually explicit speeches or statements, and sexual invitations or requests either directly or indirectly. The sexual harassment issue has long existed in society. Sexual harassment occurs widespread in crowded public places, public transportation, workplaces, and even educational institutions. It can be in verbal, written, physical and visual form. The victims could be male or female. Some victims do not even realize that they are being sexually harassed. Even if the victims did realize that they were being sexually harassed, they were afraid to speak out. The perpetrators either did it for amusement or did not even realize what they did was considered sexual harassment.

Sexual harassment is a traumatic experience for anyone who has ever experienced it. The concern is whether there is awareness on the sexual harassment issue and the adolescents' viewpoint on it. This issue should be taken seriously by various parties because one of the reasons a person fails in his/her studies or work performance might be the experience of being sexually harassed. Besides, sexual harassment may also cause psychological problems for a victim. Adolescents are classified as those aged between 10 to 25. Unfortunately, many adolescents are increasingly becoming victims of sexual harassment. Therefore, this study was conducted to look at adolescents' perceptions of sexual harassment and its effects on their emotions.

The study participants were male and female from all states in Malaysia. The participants can be divided into two groups by the age range: from 18 to 21 years and 22 to 25 years of age. The participants' race was included in this study as well. However, the Chinese and Indian were the lowest in participating in this study (less than 5%). Hence, the experience of sexual harassment was viewed from the aspects of gender, age, race, and state.

2. Methods

Figure 1 shows the research methodology flowchart. This study used quantitative methods such as questionnaire surveys to collect data. The respondents of this study were adolescents from all over Malaysia. A total of 400 respondents between 18-25 years old answered the questionnaire. The respondents' data were collected using Google Forms. The online questionnaire consists of 3 parts, where Part A was the respondents'

demography, Part B was the Sexual Experience Questionnaire, and Part C was the Emotion Regulation Questionnaire. The Sexual Experiences Questionnaire or SEQ is a behavior-based measure of sexual harassment that aims to identify the frequency of sexual harassment. Participants were asked to indicate whether or not the behavior happened as in any of the items. Each item was evaluated by a Likert Scale that ranged from 0 to 4: 1) never, 2) once, and 3) sometimes, 4) often, and 5) very often.

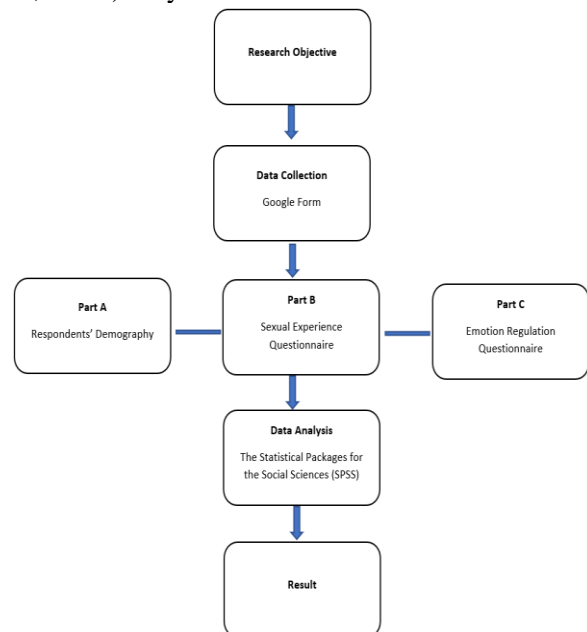


Figure 1. Methodology flowchart

Meanwhile, the Emotion Regulation Questionnaire was to identify individual differences using two emotional regulation strategies, cognitive reappraisal, and expressive suppression. The section also uses a 7-point Likert Scale consisting of 1- strongly disagree, 2- disagree, 3- somewhat disagree, 4- neutral, 5- somewhat agree, 6- agree, and 7- strongly agree. The Statistical Packages for the Social Sciences (SPSS) application were used to analyze the data. The relationship between the two variables, adolescents' perceptions of sexual harassment and its impact on emotions, was explained using Pearson correlation.

3. Findings

3.1. Demographic Profile Features

Table 1 shows that 400 respondents participated in this questionnaire survey, where 89 (22.2%) were male

while 311 (77.8%) were female. The group of respondents aged 18-21 comprised 234 people (58.5%), and the group of respondents aged 22-25 included 166 people (41.5%). While in terms of ethnicity, the highest numbers of respondents were Sabah and Sarawak Bumiputeras, where they were 168 (41.9%) and 118 (29.7%), respectively. Malay respondents recorded 102 (25.5%), the Chinese 10 (2.4%) and finally the Indians 2 (0.5%). In terms of state, respondents from Sabah and Sarawak recorded a large number, 178 (44.5%) and 142 (35.4%), respectively. Selangor recorded 23 (5.7%), followed by Pahang at 11 respondents (2.8%). The Wilayah Persekutuan Kuala Lumpur and Wilayah Persekutuan Labuan recorded the same number, 10 (2.4%), followed by Johor with 8 (1.9%) and Pulau Pinang at 6 (1.4%) respondents. Lastly, Perak, Terengganu and Negeri Sembilan recorded the lowest number of respondents at 4 (0.9%).

Table 1. Demographic data of gender, age, race, and state

Items	Frequency (f)	Percentage (%)
Gender	Male	89 22.2
	Female	311 77.8
Age	18-21	234 58.5
	22-25	166 41.5
Race	Malay	102 25.5
	Chinese	10 2.4
	Indian	2 0.5
	Sabah Bumiputera	168 41.9
	Sarawak Bumiputera	118 29.7
State	Pulau Pinang	6 1.4
	Perak	4 0.9
	Selangor	23 5.7
	Pahang	11 2.8
	Terengganu	4 0.9
	Negeri Sembilan	4 0.9
	Johor	8 1.9
	Sabah	178 44.5
	Sarawak	142 35.4
	W.P. Kuala Lumpur	10 2.4
W.P. Labuan	10 2.4	

Note: Total sampling includes 400 participants

3.2. Adolescents Who Have Experienced Sexual Harassment

According to Table 2, a total of 208 respondents had experienced sexual harassment, while one respondent had never experienced sexual harassment. This indicates that half of the respondents who answered this questionnaire have experienced sexual harassment.

Table 2. Percentage of adolescents who have experienced sexual harassment

Items	n (%)	Mean ± SD
Yes	208 (52.0)	
No	192 (48.0)	
		1.49 ± 0.50

Note: n = 400

3.3. Sexual Harassment Experiences by Age, Gender, Race, and State

The results of sexual harassment experiences by age, gender, race, and state are summarized in Table 3.

Female respondents recorded the highest frequency of experiencing sexual harassment with 146 respondents, while male respondents recorded 62. The age group of 18 to 21 has the biggest rate of sexual harassment, with 129 respondents, followed by the age group of 22 to 25 years, which has 73 respondents. Meanwhile, the age group of 26 to 30 years old recorded the lowest frequency of ever experiencing sexual harassment with only seven respondents.

Sabah and Sarawak Bumiputera had the highest frequency of ever experiencing sexual harassment, with 87 and 60 respondents, respectively, followed by the Malay, who had the lowest frequency, with 53 respondents.

Table 3. Frequency of adolescents who have experienced sexual harassment by age, gender, race, and state

Items		Have you ever experienced sexual harassment?		
		Yes	No	Total
Gender	Male	62	27	89
	Female	146	165	311
Age	18-21	129	105	234
	22-25	72	85	157
	26-30	7	2	9
	Malay	53	49	102
Race	Chinese	6	4	10
	Indian	2	0	2
	Sabah Bumiputera	87	81	168
	Sarawak Bumiputera	60	58	118
	Pulau Pinang	6	0	6
	Perak	4	0	4
	Selangor	16	7	23
	Pahang	6	5	11
	Terengganu	3	1	4
	State	Negeri Sembilan	4	0
Johor	6	2	8	
Sabah	53	125	178	
Sarawak	98	44	142	
W.P. Kuala Lumpur	6	4	10	
W.P. Labuan	6	4	10	

Both Chinese and Indians recorded 6 and 2 respondents, respectively, the lowest frequency value. Based on the state, Sabah and Sarawak recorded the highest number of respondents to have experienced sexual harassment, which recorded 53 and 98 respondents respectively, followed by Selangor with 16 respondents. Following that, the state of Pulau Pinang, Pahang, Johor, the Federal Territory of Kuala Lumpur, and Labuan all recorded the same frequency of respondents, which was six. Both Negeri Sembilan and Perak were recorded with four respondents, while Terengganu was recorded with only three respondents.

3.4. Adolescents' Perceptions of Sexual Harassment

Each item in this questionnaire was divided into three subscales. Items 1, 2, 3, 4, 6, 7, and 9 are on the gender disorder subscale, items 5, 8, 10, 13, and 14 are on the unwanted sexual attention subscale, and lastly, items 11, 12, 15, 16, 17, 18 and 19 are on the sexual coercion subscale. Based on Table 4, item SEQ1 had the highest mean value (2.01 ± 1.04), while item SEQ16 had the lowest (0.33 ± 0.79) for the average means score of the items. Next are the highest and lowest mean score values by subscale. Item SEQ1 (do you usually talk about suggestive stories or offensive jokes?) has the highest mean score (2.01 ± 1.04) on the gender disorder subscale. Whereas item SEQ6 (do you exhibit, use or distribute suggestive or sexist material? (e.g., pictures, stories or pornography?)) has the lowest mean score (1.00 ± 1.22). On the other hand, the item SEQ8 (is anybody trying to have a romantic relationship with you even if you refuse?) has the highest mean score value (1.20 ± 1.37) on the unwanted sexual attention subscale. Whereas, the item SEQ14 (has anybody made an unwanted attempt on you (e.g., caressing your legs or neck or others?)) has the lowest mean score (0.74 ± 1.14).

Table 4. Adolescents' perceptions of sexual harassment

Items	Mean \pm SD
SEQ1	2.01 ± 1.04
SEQ2	1.13 ± 1.20
SEQ3	1.18 ± 1.21
SEQ4	1.20 ± 1.25
SEQ5	1.12 ± 1.23
SEQ6	1.00 ± 1.22
SEQ7	1.38 ± 1.36
SEQ8	1.20 ± 1.37
SEQ9	1.24 ± 1.34
SEQ10	1.01 ± 1.30
SEQ11	0.68 ± 1.05
SEQ12	0.62 ± 1.01
SEQ13	1.08 ± 1.23
SEQ14	0.74 ± 1.14
SEQ15	0.44 ± 0.94
SEQ16	0.33 ± 0.79
SEQ17	0.38 ± 0.85
SEQ18	0.48 ± 0.98
SEQ19	0.38 ± 0.94

Finally, item SEQ11 (does it makes you feel like you were subtly bribed with some sort of reward or special treatment for committing sexual behavior?) has recorded the highest mean score value of (0.68 ± 1.05)

on the sexual coercion subscale. Item SEQ16 (were you offered a promotion or better treatment if you agree to have sex?) recorded the lowest mean value score (0.33 ± 0.79).

3.5. The Impact on Adolescents' Emotions

Section C: Emotion Regulation Questionnaire items were separated into two subscales: cognitive reassessment (items 1, 3, 5, 7, 8, and 10) and expressive emphasis (item 2, 4, 6, and 9). Table 5 shows the mean scores for all items in the Emotion Regulation Questionnaire, where item ERQ5 recorded the highest mean value (5.43 ± 1.53) while item ERQ4 recorded the lowest mean value (4.58 ± 1.81) for the overall item mean value score. Next are the highest and lowest mean score values by subscale.

Item ERQ5 (when I face a difficult situation, I let myself think about it in a way that lets me remain calmed) recorded the highest mean score (5.43 ± 1.53) on the cognitive reassessment subscale. However, item ERQ1 (I change what I think when I want to feel more positive emotions (such as joy or entertainment)) recorded the lowest mean score value (4.65 ± 1.81).

In terms of the expressive emphasis subscale, item ERQ2 (I hold feelings to myself) recorded the highest mean score value (5.20 ± 1.64). In contrast, item ERQ4 (while I feel positive emotions, I am careful not to express them) has the lowest mean score value (4.58 ± 1.81).

Table 5. The impact on adolescents' emotions

Items	Mean \pm SD
ERQ1	4.65 ± 1.81
ERQ2	5.20 ± 1.64
ERQ3	5.01 ± 1.76
ERQ4	4.58 ± 1.81
ERQ5	5.43 ± 1.53
ERQ6	4.84 ± 1.80
ERQ7	5.29 ± 1.43
ERQ8	5.36 ± 1.43
ERQ9	4.92 ± 1.67
ERQ10	5.10 ± 1.48

3.6. The Relationships between Adolescents Who Have Experienced Sexual Harassment and the Impact on Emotions

Table 6 shows several significant relationships between adolescents who have experienced sexual harassment and the results on the Emotion Regulation Questionnaire.

Table 6. Relationships between adolescents who have experienced sexual harassment and the impact on emotions

	Q1	ERQ1	ERQ2	ERQ3	ERQ4	ERQ5	ERQ6	ERQ7	ERQ8	ERQ9	ERQ10
Q1	1	0.12	0.26**	0.03	0.14*	0.09	0.10	0.08	0.04	0.17*	0.07
ERQ1	0.12	1	0.24**	0.41**	0.39**	0.24**	0.08	0.34**	0.20**	0.13*	0.18**
ERQ2	0.26**	0.24**	1	0.08	0.42**	0.13	0.48**	0.22**	0.17**	0.41**	0.09
ERQ3	0.04	0.41**	0.08	1	0.11	0.49**	0.06	0.42**	0.48**	0.14*	0.50**
ERQ4	0.14*	0.39**	0.42**	0.11	1	0.23**	0.42**	0.29**	0.20**	0.36**	0.04
ERQ5	0.09	0.24**	0.13	0.49**	0.23**	1	0.24**	0.49**	0.63**	0.26**	0.48**
ERQ6	0.10	0.08	0.48**	0.06	0.42**	0.24**	1	0.24**	0.22**	0.63**	0.12

ERQ7	0.08	0.34**	0.22**	0.42**	0.29**	0.49**	0.24**	1	0.67**	0.24**	0.53**
ERQ8	0.04	0.20**	0.17**	0.48**	0.20**	0.63**	0.22**	0.67**	1	0.29**	0.64**
ERQ9	0.17*	0.13*	0.41**	0.14*	0.36**	0.26**	0.63**	0.24**	0.29**	1	0.33**
ERQ10	0.07	0.18**	0.09	0.50**	0.04	0.48**	0.12	0.53**	0.64**	0.33**	1

Notes:

Q1 Have you ever experienced sexual harassment?

** Significant correlation at the 0.01 (2-end) levels.

* Significant correlation at the 0.05 (2-end) levels.

Item ERQ2 (I hold my feelings to myself) showed a significant relationship ($r=0.26$, $P < 0.01$) when associated with sexual harassment experience. On top of that, item ERQ9 (when I feel negative emotions, I make sure not to express them) also had a significant relationship ($r=0.17$, $P < 0.05$) when a person had ever experienced sexual harassment. Besides, item ERQ4 (though I feel positive emotions, I am careful not to express them) also showed a significant relationship ($r = 0.14$, $P < 0.05$).

3.7. The Relationship between Adolescents Perceptions of Sexual Harassment and Sexual Harassment Experiences

Table 7 shows the relationships between adolescents who have experienced sexual harassment and the Sexual Experiences Questionnaire (SEQ), a survey form that aims to know the adolescents' views about sexual harassment.

Table 7. Relationship between adolescents perceptions of sexual harassment and sexual harassment experiences

Q1	SEQ1	SEQ2	SEQ3	SEQ4	SEQ5	SEQ6	SEQ7	SEQ8	SEQ9	SEQ10	SEQ11	SEQ12	SEQ13	SEQ14	SEQ15	SEQ16	SEQ17	SEQ18	SEQ19	
Q1	1	0.29**	0.37**	0.39**	0.37**	0.44**	0.32**	0.29**	0.37**	0.42**	0.34**	0.30**	0.25**	0.42**	0.40**	0.30**	0.19**	0.16*	0.24**	0.17*
SEQ1	0.29**	1	0.54**	0.53**	0.44**	0.48**	0.40**	0.25**	0.43**	0.40**	0.37**	0.32**	0.39**	0.30**	0.33**	0.32**	0.27**	0.25**	0.29**	0.23**
SEQ2	0.37**	0.54**	1	0.68**	0.59**	0.64**	0.60**	0.40**	0.57**	0.46**	0.55**	0.47**	0.51**	0.45**	0.56**	0.52**	0.41**	0.50**	0.52**	0.47**
SEQ3	0.39**	0.53**	0.68**	1	0.62**	0.63**	0.55**	0.42**	0.54**	0.47**	0.46**	0.54**	0.53**	0.46**	0.47**	0.45**	0.45**	0.41**	0.44**	0.42**
SEQ4	0.37**	0.44**	0.59**	0.62**	1	0.68**	0.61**	0.53**	0.55**	0.73**	0.49**	0.53**	0.55**	0.47**	0.51**	0.50**	0.44**	0.46**	0.49**	0.43**
SEQ5	0.44**	0.48**	0.64**	0.63**	0.68**	1	0.69**	0.50**	0.72**	0.61**	0.60**	0.58**	0.59**	0.60**	0.63**	0.52**	0.41**	0.41**	0.55**	0.45**
SEQ6	0.32**	0.40**	0.60**	0.55**	0.61**	0.69**	1	0.45**	0.63**	0.49**	0.52**	0.53**	0.53**	0.51**	0.62**	0.55**	0.51**	0.49**	0.62**	0.48**
SEQ7	0.29**	0.25**	0.40**	0.42**	0.53**	0.50**	0.45**	1	0.44**	0.57**	0.30**	0.31**	0.34**	0.39**	0.29**	0.32**	0.23**	0.33**	0.30**	0.26**
SEQ8	0.37**	0.43**	0.57**	0.54**	0.55**	0.72**	0.63**	0.44**	1	0.57**	0.70**	0.61**	0.67**	0.60**	0.58**	0.52**	0.46**	0.48**	0.55**	0.45**
SEQ9	0.42**	0.40**	0.46**	0.47**	0.73**	0.61**	0.49**	0.57**	0.57**	1	0.52**	0.42**	0.58**	0.49**	0.43**	0.46**	0.39**	0.39**	0.45**	0.39**
SEQ10	0.34**	0.37**	0.55**	0.46**	0.49**	0.60**	0.52**	0.30**	0.70**	0.52**	1	0.55**	0.67**	0.57**	0.61**	0.57**	0.43**	0.48**	0.54**	0.51**
SEQ11	0.30**	0.32**	0.478**	0.54**	0.53**	0.58**	0.53**	0.31**	0.61**	0.42**	0.55**	1	0.72**	0.59**	0.58**	0.60**	0.55**	0.57**	0.56**	0.52**
SEQ12	0.25**	0.39**	0.513**	0.53**	0.55**	0.59**	0.53**	0.34**	0.67**	0.58**	0.67**	0.72**	1	0.59**	0.55**	0.69**	0.64**	0.66**	0.67**	0.71**
SEQ13	0.42**	0.30**	0.457**	0.46**	0.47**	0.60**	0.51**	0.39**	0.60**	0.49**	0.57**	0.59**	0.59**	1	0.80**	0.58**	0.44**	0.44**	0.57**	0.52**
SEQ14	0.40**	0.33**	0.563**	0.47**	0.51**	0.63**	0.62**	0.29**	0.58**	0.43**	0.61**	0.58**	0.55**	0.80**	1	0.69**	0.53**	0.51**	0.65**	0.58**
SEQ15	0.30**	0.32**	0.528**	0.45**	0.50**	0.52**	0.55**	0.32**	0.52**	0.46**	0.57**	0.60**	0.69**	0.58**	0.69**	1	0.73**	0.70**	0.80**	0.83**
SEQ16	0.19**	0.27**	0.416**	0.45**	0.44**	0.41**	0.51**	0.23**	0.46**	0.39**	0.43**	0.55**	0.64**	0.44**	0.53**	0.73**	1	0.80**	0.75**	0.76**
SEQ17	0.16*	0.25**	0.506**	0.41**	0.46**	0.41**	0.49**	0.33**	0.48**	0.39**	0.48**	0.57**	0.66**	0.44**	0.51**	0.70**	0.80**	1	0.72**	0.70**
SEQ18	0.24**	0.29**	0.523**	0.44**	0.49**	0.55**	0.62**	0.30**	0.55**	0.45**	0.54**	0.56**	0.67**	0.57**	0.65**	0.80**	0.75**	0.72**	1	0.79**
SEQ19	0.17*	0.23**	0.470**	0.42**	0.43**	0.45**	0.48**	0.26**	0.45**	0.39**	0.51**	0.52**	0.71**	0.52**	0.58**	0.83**	0.76**	0.70**	0.79**	1

Notes:

Q1 Have you ever experienced sexual harassment?

** Significant correlation at the 0.01 (2-end) levels.

* Significant correlation at the 0.05 (2-end) levels.

Item SEQ5 (were you given unwanted sexual attention?) had a significant correlation ($r=0.44$, $P < 0.01$) with adolescents with a history of sexual harassment. Furthermore, item SEQ17 (were you required to respond positively to social or sexual invitations to be treated well at work or school?) and SEQ19 (were you treated badly for refusing to have sex?) showed significant correlations ($r=0.16$, $P < 0.05$) and ($r=0.17$, $P < 0.05$) respectively. Eventually, all items on the Sexual Experiences Questionnaire have a

significant relationship with the experiences of adolescents who have experienced sexual harassment.

3.8. The Relationship between Adolescents' Perceptions of Sexual Harassment and Its Impact on Emotions

Table 8 shows the relationship between the Sexual Experiences Questionnaire (SEQ) and the Emotion Regulation Questionnaire (ERQ) was identified using the data that had been collected.

Table 8. The Relationship between adolescents' perceptions of sexual harassment and its impact on emotions

	ERQ1	ERQ2	ERQ3	ERQ4	ERQ5	ERQ6	ERQ7	ERQ8	ERQ9	ERQ10
SEQ1	0.20	0.11	0.04	0.26	0.10	0.04	0.15	0.12	0.01	0.09
SEQ2	0.16	0.20	0.01	0.34	0.00	0.12	0.14	0.08	0.07	0.01
SEQ3	0.19	0.20	0.03	0.19	0.07	0.11	0.12	0.04	0.08	0.05
SEQ4	0.20	0.22	0.05	0.23	0.07	0.12	0.18	0.03	0.14	0.13
SEQ5	0.15	0.16	0.06	0.19	0.04	0.05	0.12	0.03	0.09	0.04
SEQ6	0.13	0.16	0.08	0.16	0.12	0.19	0.17	0.06	0.15	0.10
SEQ7	0.17	0.21	0.04	0.14	0.10	0.03	0.08	0.03	0.03	0.00
SEQ8	0.15	0.13	0.01	0.16	0.00	0.10	0.11	0.01	0.09	0.04
SEQ9	0.17	0.19	0.03	0.26	0.11	0.13	0.08	0.02	0.16	0.03

SEQ10	0.14	0.17	0.02	0.27	0.01	0.14	0.10	0.04	0.10	0.00
SEQ11	0.10	0.10	0.01	0.10	0.07	0.05	0.00	0.16	0.04	0.05
SEQ12	0.10	0.11	0.03	0.18	0.01	0.08	0.02	0.09	0.07	0.00
SEQ13	0.09	0.17	0.04	0.13	0.02	0.075	0.09	0.02	0.10	0.03
SEQ14	0.10	0.22	0.03	0.22	0.08	0.18	0.16	0.13	0.18	0.10
SEQ15	0.11	0.22	0.02	0.22	0.04	0.17	0.13	0.07	0.15	0.05
SEQ16	0.16	0.18	0.11	0.13	0.02	0.11	0.07	0.02	0.07	0.05
SEQ17	0.13	0.15	0.09	0.25	0.01	0.11	0.06	0.03	0.05	0.03
SEQ18	0.10	0.17	0.07	0.20	0.08	0.13	0.11	0.04	0.13	0.09
SEQ19	0.13	0.16	0.05	0.17	0.05	0.13	0.06	0.00	0.12	0.05

Following the data analysis, it was found that there is no significant relationship between the two items found in this study.

4. Discussion

Based on the analysis results, it was found that the majority of the respondents were women. This is most likely because men are less likely to have equally participated in questionnaire surveys. Furthermore, as predicted, women are at a greater risk of sexual harassment. In terms of age, most respondents are between 18 to 25 years old because the questionnaire was more widely distributed among people aged 18 to 21, such as university students, and might not reach the working group between 26 and 30 years. Furthermore, the majority of the respondents were Sabah and Sarawak Bumiputeras. The Chinese and Indians were the two least racial groups who answered the questionnaire.

Furthermore, 208 out of the 400 respondents stated to have been sexually harassed, while 192 respondents claimed to have never been sexually harassed. This indicates that half of the people surveyed have ever been subjected to sexual harassment. Furthermore, many women have become victims of sexual harassment, which is not unusual in today's world and can happen to anybody.

Sabith and Rusimah (2003) found that sexual harassment occurs regardless of age or ethnicity. The age range with the most sexual harassment is 18 to 21 years old and 22 to 25 years old. According to the report by Shah et al. (2004), the most vulnerable victims of sexual harassment were those under the age of 30 (60%) and those who were single (54%). Moreover, Terpstra and Cook (1985) found that 72% of sexual harassment victims were between 20 and 34.

Female respondents were more likely to have experienced sexual harassment than male respondents. Based on previous studies, sexual harassment causes greater emotional stress in women than in men, whether at school (Hill and Kearn, 2011) or work place (Rathakrishnan and Ravideranath, 2014). Hamdan and Rahim (2010) also stressed that victims of sexual harassment are mostly women. Their study also revealed that 37 out of 51 people who had ever experienced sexual harassment were women. The study by Yee et al. (2015) shows that not only the issue of

female students who suffer sexual harassment is widely debated (Birdeau et al., 2005; Rathakrishnan et al., 2012; Small et al., 2007), it also concerns male students. Males are more likely to be harassed by their peers than females (Chaumaroeng and Panza, 2020).

Both male and female students admitted to having received offensive remarks about their bodies, especially their private parts, such as, "Can you show me?" (to the male respondent) and "Your breasts are so huge and beautiful!" (to the female respondent). Other than this, both male and female students are also exposed to sexual requests, such as, "Wow, you look hot today! Can I touch your sexual organs?" (to the male respondent) and "Wow, you are so sexy today! It astounds me to see!", "Are you interested in having sex with me? You will get addicted" (to the female respondent). The findings of this study show that both male and female students have experienced sexual harassment, reinforcing the argument that it remains a problem for college students in Malaysia.

The frequency of respondents that have encountered sexual harassment is the same in Sabah and Sarawak Bumiputeras, and they are the race that has experienced the most sexual harassment. Ho et al. (2012) found that 97% supported at least one gender harassment incidence, 96% supported at least one unwanted sexual attention incidence, and 35% supported at least one incident of sexual coercion. "Staring, caressing, or coaxing you in a way that made you feel uncomfortable" (17%), "touching you in a way that made you feel uncomfortable" (12%), and "make unwanted attempts to hit or tease you" (11%) were selected as the most distressing sexual harassment incidences. Intergroup testing showed that Asian women reported less frequent sexual harassment but slightly worse psychological symptoms than British women. Asian women are significantly more depressed and psychologically distressed compared to British women. In general, sexual harassment has negatively affected the well-being of more than half of sexually harassed employees (European Commission, 1998). Differences in perceived sexual harassment between business school students in the United States and Thailand were identified by Limpaphayom and coauthors (2006). The studies show that culture is a major factor in influencing students' perceptions of sexual harassment. This indicates that adolescents from

different socio-political and religious backgrounds who practice a variety of ancient cultures, values, and religious beliefs tend to view sexual harassment differently.

As for the adolescents' perceptions of sexual harassment, only a few items had high mean score values. This finding indicates that not many respondents have ever experienced the situation mentioned in the questionnaire. However, this shows that the adolescents understand and are aware of the situation mentioned as a form of sexual harassment. Sabitha (2001) found that men are less likely to view sexually performed acts as a form of sexual harassment compared to women. Moreover, according to (Rathakrishnan and Ravideranath, 2013), men and women also have different perceptions of sexual harassment. He stated that women and men have different viewpoints on romantic relationships and sexual harassment. Therefore, women are more likely to view these behaviors as sexual harassment than men (Rathakrishnan et al., 2021a). For instance, women consider sexually explicit letters, phone calls, slaps, or glances a form of sexual harassment but different for some men who think such behavior is normal in social relationships (Rathakrishnan et al., 2022).

As for the impact on adolescents' emotions, all items had a high mean score value. This finding indicates that most respondents have stable emotions and can control them. Moreover, the analysis results have found that there is a significant relationship between the adolescents who have experienced sexual harassment and the impact on emotions. This suggests that sexual harassment affects those who have been the victims of it. Previous studies supported these findings where sexual harassment was associated with increased anxiety, depression, eating disorders among female college students, negative emotions (frustration, fear, embarrassment, and guilt). Physical complaints include headaches, sleep issues, decreased appetite, and weight gain (Huerta et al., 2006; Van Roosmalen and McDaniel, 1998). Furthermore, sexual harassment is known to harm emotional health (Bucchianeri et al., 2014).

According to the study's findings, there is a significant relationship between sexual harassment experiences and adolescents' perceptions of sexual harassment. This proves that respondents who have been exposed to sexual harassment are aware and recognize the attitudes and acts that are interpreted as or lead to sexual harassment. Additionally, it is also conceivable that this is since women are more likely to be victims of sexual harassment and other forms of sexual violence (O'Sullivan et al., 1998) and because they could be exposed to more severe harassment, for instance, in the workplace or educational institution (Lee et al., 1996). Their personal experiences may raise awareness of the potential risk and seriousness of

unwanted sexual attention in the workplace or educational institutions. Although a history of sexual harassment was not always included in studies, the experience of sexual harassment was found to impact their perceptions of sexual harassment directly. According to (Blakely et al., 1998), having a history of sexual harassment may be a greater cause than gender as a determinant of perceptions of sexual harassment.

However, according to some studies, there are still victims of sexual harassment who are unaware that the behavior they are experiencing is a form of sexual harassment. In the study by Lee et al. (2011) when nursing students were asked whether they had ever experienced sexual harassment during a clinical practicum, 17.9% (97 students) of all respondents stated that they had ever experienced sexual harassment, 75.5% (409 students) stated they had never experienced sexual harassment, and 6.6% (36 students) said they were not sure whether it was sexual harassment or not. However, when they were asked whether they experienced sexual harassment through the sexual harassment checklist, 52% (282 students) of nursing students reported that they had experienced at least 1 item among the 18 items on the checklist. The result may be due to a lack of understanding of sexual harassment and gender awareness (Lee et al., 2011). This indicates that students still do not know exactly what actions are defined as sexual harassment due to a lack of gender awareness (Rathakrishnan et al., 2012). Those with low perception were more likely to be sexually harassed, much as students who are involved in high-risk activity were more likely to be sexually harassed (Santre and Pumpaibool, 2015). For the relationship between adolescents' perceptions of sexual harassment and its impact on emotions, the study results showed no correlation between the Sexual Experiences Questionnaire (SEQ) and the Emotion Regulation Questionnaire (ERQ). This may imply that no significant value exists to demonstrate a connection between the two variables.

The research results showed that half of the 208 respondents had experienced sexual harassment. Sexual harassment can happen to anyone regardless of age, gender, and race. Female respondents made up the majority of respondents who had experienced sexual harassment. In addition, the results revealed that there is a significant relationship between sexual harassment experiences and adolescents' perception of sexual harassment (Rathakrishnan et al., 2021b).

Furthermore, the relationship between having experienced sexual harassment and its impact on emotions also showed significant value. This indicates that being the victim of sexual harassment has a huge effect on his or her perceptions and emotions. However, the relationship between adolescents' perceptions of sexual harassment and its effect on emotions did not show significant value (Rathakrishnan et al., 2021c).

Nevertheless, disclosure and information on sexual harassment and its impact on a person's mental wellbeing should be provided to employees and students to address the sexual harassment issues (Rathakrishnan et al., 2017).

5. Conclusion

In conclusion, the null hypothesis that there is no relationship between adolescents' perceptions of sexual harassment and its effect on emotions is accepted. Although everyone has different views on sexual harassment, it should be considered a serious problem and should not be taken lightly by any party. The findings of the studies would be able to assist the community, adolescents, and other organizations about sexual harassment and its impact on a person's emotions and perceptions of sexual harassment. This study could trigger ideas for other researchers to study sexual harassment.

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