



Unveiling Bullying Issues in Schools

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Abstract

Bullying behavior is an issue that is often discussed today. This behavior is often found in environments where it should not be, such as in the family environment and at school. Bullying behavior is an aggressive and manipulative action that can cause conflict for the perpetrator and the victim. The high incidence of bullying, especially among teenagers, has a negative impact, such as a decrease in academic achievement due to problems with concentration on learning and psychological problems on teenagers. This socialization activity to teenagers at school aims to provide education to prevent bullying behavior by character education and involving teachers and parents. The method used in this activity is providing material in the form of sharing, question and answer, discussion, demonstration and mentoring. This activity is carried out with the hope that increasing knowledge about bullying behavior will reduce bullying cases that occur in the environment, and build courage to get a help from friends, teachers and parents so that it can be handled well and minimize bullying cases. The results achieved in this activity are students, teachers and even the community's understanding of the negative impacts of bullying behavior. The result from socialization is that 94% of students were inspired and willing to share their anti-bullying knowledge with their surrounding community.

Keywords: Bullying Behavior, Teenagers, Parental & Teachers Involvement, School

INTRODUCTION

Bullying is a form of aggressive behavior aimed at repeatedly hurting, frightening, or belittling another person. Bullying comprises verbal attacks (e.g. name calling, threats), physical behaviors (e.g. hitting, kicking, damaging victim's property), and relational/social aggression (e.g. social exclusion, rumor spreading) up to the most recent forms of attacks through internet and new technologies (also referred to as cyberbullying). It can manifest physically, verbally, or through social media. It is crucial to raise awareness and promote a safe and supportive environment.

The problem of bullying is indeed not a new problem among society. Bullying behavior in Indonesia is a problem that has

not been resolved well enough. The high incidence of bullying, especially in teenagers, has many negative impacts, such as decreased academic achievement due to impaired concentration on studies, low self-esteem and feelings of depression. The long-term effects of bullying may not be realized by the perpetrator, victim, teachers and parents. Because the impact is more psychological and the invisible emotions and processes very slowly, lasts a long time and does not appear immediately.

Many cases of bullying occur in the school environment. Schools are supposed to be comfortable places for students to study, but many students are bad manner such as doing demeaning and bullying their friends. It should be the case that parents can provide support for children as the bullying victims in the schools, especially



guidance and counseling service programs, can provide guidance to children in preventing bullying behavior. However, not all students can help from friends, teachers or parents because they are afraid of the threat of bullying.

RESEARCH METHOD

The method used in this study was a qualitative observation method by observing directly at the location in the form of counseling or socialization method and conducting interviews to 19 students. The researcher provided socialization material in the form of lectures, questions and answers, discussions and demonstrations as well as mentoring. The results of data collection were described based on the source's perspective while maintaining real conditions in the field. The socialization activity was attended by class students and teachers.

After conducting socialization and discussions, we provided a questionnaire with a number of questions regarding bullying and conduct personal interviews with students. Techniques for collecting data from questionnaire were observations and interviews can be seen from the percentage results.

The material related to bullying was the knowledge of students, parents and teachers about bullying, the knowledge of students, teachers and parents in using social media regarding bullying behavior that usually occurs, the dangers that arise from bullying behavior for perpetrators and victims, as well as ways to prevent bullying behavior through education. Character education in the family environment can be

done through parental involvement and teacher involvement at school.

This socialization activity focused on more discussion about certain problems and how to overcome current problems so that students did not feel afraid to get a help from older people around them. From the results of interviews which conducted to 19 students. The 19 students who had experienced of bullying or seen their friends being bullied, but they got confused about what to do because the students felt that there was a lack of effect from their teachers.

Socialization activities and interviews with students provided understanding about negative actions in bullying behavior. The material related to the behavior which often happened recently. The preparation of material with various considerations was presented in an innovative manner, so as to improve participants' motivation and response in participating in this activity. In the presentation of the main material, it was stated that there were several types of bullying that were often experienced by students, namely: physical, verbal and cyber bullying. As parents and teachers at school, it is our task to understand the definitions of these various types of bullying and provide attention and assistance to minimize it happened again. This aimed to understand the child's condition if he became a victim, and handled it immediately, and prevented this behavior from happening again

FINDING(S) AND DISCUSSION

Bullying acts that were often found in the school environment were verbal and social



bullying. Bullying seems to have become an interrelated part of children's lives today. The problem of bullying was continue to be happened if it was not handled appropriately and continuously from the root of the problem. It is necessary to think about the risks faced by children, and then a solution be found to break the chain of violence. Joint commitment and concrete steps are needed to prevent bullying at school and in the surrounding environment.

36% of these 19 students had seen their friends being bullied, and 15% of these 19 students had experienced verbal bullying. However, 15% of these 19 students are still afraid to find a help from adults around their school because some students feel that telling these adults were not effective and some adults around the school actually acted unfairly in helping these students.

This bullying phenomenon must be solved. Teachers, students, parents must be involved in preventing bullying. The teacher's guidance and counseling was also needed in this case to provide counseling services. Teachers could give motivating, sanctions for bad behavior, collaboration with parents. The role of teachers in the school environment was one thing that had a very important influence.

DATA ANALYSIS

Ways to Prevent Bullying

As an adult who works or stays in the schooling environment, it was more than important to assure kids that you were in a safe place. They could easily tell to the other when they got bullying experience, without the fear that you might be a

bystander or even treat them unfairly. There was a lot of insult coming from adults towards kids who seek help against bullying, claim that they are not able to solve their problem. The teacher should be power figure to resolve the students' problem.

The results of our interviews and forms show that there were victims of bullying and perpetrators in SMA 4 Pekalongan. From the results, it shows that there was physical abuse of the victim because he is autistic/disabled, verbal making fun of the victim by using his father's name; saying someone has body odor and some bad things, and economic class. Because of that reasons, they got a bullying from others.

Tabel. Result of Interview

No	Role of bullying	percentage
1	Physical	15 %
2	Verbal	75 %
3	Social	10%

Based on the results of the research conducted on 16 students of SMA Negeri 4 Pekalongan, it can be seen that there were about 15% of bullying in the form of physical, 75% in the form of verbal, and 10% in the form of social. It can be indicated that verbal bullying in SMA Negeri 4 Pekalongan has the highest percentage level among other types of bullying.

CONCLUSION(S)

From our research findings, it showed that bullying was still happened in school environment. It usually happened such a violence from the higher/ powerful class to the lower one. However, following our



socialization efforts, the results show a significant improvement in advocating against bullying.

Bullying is a condition when someone abuses their power or the power they have. Bullying can occur in all circles, especially teenagers. Bullying behavior most often occurs in the school environment, the most common bullying behavior is verbal bullying behavior by mocking, ridiculing and giving nicknames.

Bullying behavior that directly attacks physically is found to be fights between teenagers such as beatings carried out by one group against the victim for the reason of solving problems with the victim.

Based on the research conducted above, it can be concluded that the results of this research are that teachers play a very important role in schools. Regarding bullying behavior, teachers certainly have a role in overcoming it. Because based on data, bullying behavior is worrying and needs to be addressed immediately. There are many ways to deal with bullying, depending on each teacher. The way teachers deal with bullying behavior is by guiding, advising, directing, developing and providing examples of good attitudes at school, both verbal and non-verbal bullying.

To prevent bullying from occurring in the school environment, prevent it, namely by holding educational programs to increase awareness about the bad impacts of bullying, developing a school culture that respects and supports each other, involving interested parties in preventing bullying, implementing strict sanctions for perpetrators of bullying. and its application must be consistent, and finally integrate anti-bullying lessons into the curriculum to increase student understanding. Apart from that, bullies should be able to understand

the negative impact of their behavior on their victims and try to develop empathy. Perpetrators of bullying can also go to psychology to seek help in overcoming their problems.

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