

Getting to Know the Feelings of Bullying Victims

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Abstract

Penelitian ini bertujuan untuk mengetahui dampak bullying pada siswa di lingkungan sekolah. Selain itu untuk mengetahui bentuk perilaku bullying sayang terdapat di lingkungan sekolah serta dampaknya. Adapun tujuan lainnya adalah untuk mengetahui tingkatan stres yang dialami oleh siswa di lingkungan sekolah. Pada penelitian ini menggunakan metode penelitian deskriptif dengan metode wawancara dan observasi mendalam kepada siswa di lingkungan sekolah. Selain itu penelitian ini menggunakan kuesioner DASS untuk mengetahui seberapa tingkat stres yang dialami siswa. Penelitian ini dilakukan pada 50 siswa tingkat SMP kelas VII-VIII dari Pondok Pesantren. Hasil analisis deskriptif dapat disimpulkan bahwa sebagian besar pernah mendapat gangguan dari teman. Perlakuan bullying yang sering terjadi pada siswa yaitu siswa yang memanggil nama temannya dengan kasar menjadikan suatu yang lucu atau ejekan dengan presentase sebesar 38% dibandingkan perilaku bullying lainnya.

Abstract

This study aims to determine the impact of bullying on students in the school environment. In addition to knowing the forms of bullying behavior that is dear in the school environment and its impact. The other objective is to determine the level of stress experienced by students in the school environment. In this study using descriptive research methods with interview methods and deep observation of students in the school environment. In addition, this study used the DASS questionnaire to find out the level of stress experienced by students. This research was conducted on 50 grade VII-VIII junior high school students from the boarding school. The results of the descriptive analysis can be interpreted that most have received interference from friends. The treatment of bullying that often occurs in students is students who call their friends' names roughly making something funny or ridicule with a percentage of 38% compared to other bullying behaviors.

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1. INTRODUCTION

Adolescence is a phase of development from children to adults with an age range of 12 years to 21 years. In this age range, teenagers will experience emotional, physical and psychological development as well as social relationships. So it is possible that during adolescence there will be various difficulties ranging from psychological problems related to oneself, to social relationships with other people. Sometimes there are often errors in opinion that arise from personal development, making it difficult to agree with other people. An unstable psychological condition because they have just been involved in a problem and don't yet understand how to get through it, is one of the phases they have to go through.

Adolescence is the most difficult time for those who experience it, at times like that they are usually looking for their identity and their curiosity is very high. They sometimes don't know what they are doing is wrong and results in chaos. In this phase parental support is really needed, for example first, parents should not fight in front of their children because that will set an example for the child second, parents must be closer to their children so that children can always be open to their parents, instead guard against bullying. If the child tells you that he was bullied at school, the mother already knows what to do so that the bullying is resolved quickly so that it doesn't cause the child to be psychologically disturbed.

During this period of adolescence, children's range of behavior causes changes in behavior. Because this behavior can come from the surroundings, for example family, friends and the environment. Bullying is a highly destructive type of violence that exists in schools throughout the world, but there are still many gaps in knowledge regarding the various variables that may influence the phenomenon. Perpetrators of bullying have a heartless nature and victims of bullying will experience intimidation. Usually the perpetrators feel they are stronger than those who are weak.

This research aims to find out what bullying means, the forms of bullying, and the impact of bullying. So that in the end there will be benefits in increasing references and knowledge, as well as awareness that bullying is not necessary.

2. RESEARCH METHOD

The method used in this research uses a descriptive method. Descriptive research is research that aims to describe symptoms, events and times that occur at the present time. With this descriptive research focuses all problems into actual problems. Qualitative research aims to understand social conditions from a point of view. Qualitative research is often used in certain research, which exists in today's life naturally to find out and understand what events happened, why this happened and how this event happened. Data obtained by observation, interviews, documentation, questionnaires, document analysis, field recording, compiled by researchers at the research site, the results are not in the form of numbers. The results of data analysis are presented in the form of a narrative description.

The data collection method that the author uses is as follows:

a. Observation

Nasution (1998) in Sugiyono (2012:64) states that observation is the basis of all science.

In this study, researchers used unstructured observation, because the focus of the research was not yet clear. The research focus will develop as the observation activity progresses.

b. Interview

Interviews are used as a data collection technique if the researcher wants to conduct a preliminary study to find problems that must be researched, but if the researcher also wants to know things from the respondents in more depth. According to Sugiyono (2012: 72) states that an interview is a meeting of two people to exchange information and ideas through questions and answers so that food can be constructed on a particular topic.

c. DASS Questionnaire

This research also uses the DASS questionnaire as a component to collect student data. DASS (Depression Anxiety Stress Scale) is a set of subjective scales designed to measure the negative emotional states of depression, anxiety and stress. The DASS scale is designed not only for routine measurement of emotional states, but also for further processing of understanding, comprehension and measurement of any applicable emotional state (often described as stress). The DASS scale is available for group or individual use. What can be measured are levels of depression, anxiety, and stress, and stress levels are normal, mild, moderate, severe, and very severe. This research also uses the DASS questionnaire as a component to collect student data. DASS (Depression Anxiety Stress Scale) is a set of subjective scales designed to measure the negative emotional states of depression, anxiety and stress. The DASS scale is designed not only for routine measurement of emotional states, but also for further processing of understanding, comprehension and measurement of any applicable emotional state (often described as stress). The DASS scale is available for group or individual use. What can be measured are levels of depression, anxiety, and stress, and instrument levels are normal, mild, moderate, severe, and very severe.

The subjects in this research were school students, teenagers (Junior High School grades 7 and 8) with an age range of 13-15 years. The location taken in this research was Islamic boarding school.

3. RESEARCH RESULTS AND DISCUSSION (12 Pt)

3.1. Research result

Bullying is a pattern of behavior that does not occur randomly. Children who bully usually have a higher social status or position of power, for example B. Children who are older, more powerful or more popular can abuse their position. Children most at risk of being bullied are often children from marginalized communities, children from poor families, children with different looks or heights, children with disabilities, or migrant and refugee children. Bullying can occur both in person and online. Cyberbullying often occurs via social media, SMS or instant messaging, email or online platforms where children interact. Parents may not always monitor what their children do on these platforms, making it difficult to know when a child is being affected.

The bullying behavior that is often carried out is as follows.

- a. Direct physical contact. Hitting, pushing, biting, grabbing, kicking, locking rooms, pinching, scratching, also includes extortion and destruction of other people's property.
- b. Direct verbal contact. threaten, embarrass, belittle, bully, harass, insinuate, belittle, judge/mockery, threaten, harass, gossip.
- c. Direct nonverbal behavior. Appearing sarcastic, sticking out your tongue, using condescending, mocking, or threatening expressions; usually accompanied by physical or verbal intimidation.
- d. Indirect non-verbal behavior. Silencing someone, manipulating a friendship to settle it, isolating or ignoring them on purpose, sending anonymous letters.
- e. Cyberbullying harms other people through electronic media (video recordings of bullying, defamation through social media)
- f. Sexual harassment. Sometimes bullying is classified as physical or verbal aggressive behavior.

Some of the behaviors above greatly influence the psychology of victims affected by bullying behavior. The impacts of bullying behavior that usually occur are as follows. First, adults who experienced bullying as children may have mental health problems. They can suffer from depression, anxiety disorders, antisocial personality disorders, and even the most serious is suicide. Apart from adults, children or teenagers who are victims of bullying can experience it. Second, reduced self-esteem Loss of interest in certain activities self-harm or even suicide Eating disorders Nightmares Reluctance to go to school Difficulty concentrating while studying Skipping classes Decreased academic performance Dropping out of school.

Bullying behavior greatly influences the psychology of the victim, therefore, as a victim who experiences bullying, you can do the following things.

- a. Find help: Help is needed when bullying leads to physical violence or harassment
- b. Composure: The bully deliberately provokes the victim's emotions. So be calm when being bullied so that the bully doesn't get stronger
- c. Avoid: If safe to do so, immediately leave the scene of bullying or bullying
- d. Collect Clues: If you experience cyberbullying, use screenshots as evidence of threats or harassment when reporting.

Researchers found that victims of bullying were more often told to do something they didn't want to do with presentations of 20% or as many as 10 people out of a total of 50 respondents. And for the results of bullying victims with teasing, comments about their race, 36% or 18 people out of a total of 50 respondents were present.

Next, what the researchers found was that victims who were hit were kicked and pushed or locked in a room, namely 4% or 2 people out of a total of 50 respondents. Meanwhile, bullying behavior involves calling a friend's name with harsh words and making it into something funny or ridiculing, with presentations of 32% or 16 people out of a total of 50 respondents.

The results we examined from the Depression Anxiety Stress Scale (DASS) questionnaire from 50 students showed moderate levels of stress. A moderate level in this test means you

have an anxiety disorder. So from the average results obtained by the researchers, they know better what they feel about their mental state in the Islamic boarding school:

- a. Students feel anxious and panicked
- b. embarrassed, trembling
- c. Watch for dry mouth, difficulty breathing, racing heart, and sweaty palms
- d. Worried about appearance, can lose control

Some of the examples presented are the characteristics of people who experience anxiety. This is very closely related to bullying, namely cause and effect, as victims of bullying will definitely feel the impact, one of which is anxiety or excessive anxiety, which is the average result of Islamic boarding school students.

It is very natural for students who are affected by bullying to experience such extraordinary impacts if they receive inhumane treatment. Actually, this is very unfair if seen from a human perspective, those in power, those who enjoy the misery of the victims, but get a high place in the environment only with the capital of being angry, ordering, ridiculing, oppressing are the things that are most feared by children. who is weaker than them. And the unfortunate fate lies with the victims, not only does it have an impact on the bodies of those imprisoned by the perpetrators but it also has an impact on their mental state. Thus, it is very important to prevent bullying activities from continuing in the community, especially in the school environment. So this act of bullying must be eliminated, by instilling character education in these students.

3.2. Discussion

Based on the results of the questionnaire for victims of bullying with teasing, comments about their race were presented by 36% or 18 people out of a total of 50 respondents. People who carry out this type of bullying can be said today to be racist. Racism is an ideology that justifies the domination of one particular racial group over others. Racism can also be explained as a disproportionate sense of superiority over a particular group. This understanding judges a person not from his qualities, but from physical or anatomical factors and "blood" or heredity. Racism causes people to be judged and valued based on their race. The view of other races as inferior or inferior while their own race is higher or superior allows for racism. In general, the reasons why someone is racist:

In general, the reasons why someone commits racism:

1. The existence of minorities genetically and culturally inferior to the dominant race;
2. The existence of teachings or precepts in the family and even in certain community groups;
3. There is an understanding that people have always held stereotypes and prejudices about certain races or classes and that these stereotypes and prejudices still exist today
4. Loss of tolerance and mutual respect between humans
5. Having policies or rules that only benefit certain groups.

The impact felt by the victim is very big because it can make someone's identity disappear. If someone has lost their identity, they will be easily influenced by other people because they don't know themselves and listen more to people with negative words that they give. What's even worse is that it can make mentally ill people become more afraid of speaking out in public or in front of their friends, which in the end will result in the victims losing their self-confidence, but if someone from the start has a strong mentality and has a sense of love for themselves the big impacts may not even enter their minds. So from as early as possible it is very important to love yourself. To change the mind of a racist, you can do things like the following:

1. Develop personal and social insight and competence
2. Growing social awareness and sensitivity
3. Accept differences

Based on the results of the questionnaire, there were 20% or 10 people from the total of 50 respondents who were forced to do something they didn't want to do. These results indicate that in this Islamic boarding school there are several bullying groups where they force people

to do things that their victims do not want. This could be doing the perpetrator's errands, buying food, or it could also be replacing the perpetrator's picket day. If the victim feels this continuously, it can make him feel uncomfortable at school because he feels repeated threats and orders. That's not the only impact the victims get:

1. Their mentality will be disturbed, thinking too much can make someone stressed, what's more, if they are forced to do things they don't want, coupled with threats, it will be difficult for them to think because their mentality has been consumed by the perpetrators.
2. After that, the victim will feel excessive worry or anxiety because they are afraid of the threats given by the perpetrator, the victim will think "what will I do tomorrow?" "How can I be strong?" "how to face them tomorrow" and various other worrying thoughts that will hinder their daily life and disrupt their sleep patterns with anxiety.
3. And that will definitely disrupt their learning in class, from changing their activities in class to appearing quiet to affecting their grades.

Of the various kinds of impacts that may be affected by victims of this type of bullying, it is very heartbreaking, therefore it is better for us to prevent it by training to become mentally stronger in the following way:

1. Positive thinking
Always apply positive thinking that every life challenge or trial always has a good purpose for each of us. Thinking negatively will quickly make your body tired and tired. Therefore, only by thinking positively can we become stronger and braver to face challenges.
2. Don't care too much about other people's opinions
Caring too much about what other people think about you will actually make you stressed and depressed. Because when that thought arises, the assumption that has always been there is negative. If you worry all the time, you won't have the courage to do anything. So don't worry about this all the time. Live independently and focus on yourself so that your spirit is strong.
3. High self-confidence
Self-confidence is the main capital for having a strong and brave mentality. With confidence, you can face and think about all situations more maturely, instead of avoiding problems. Confidence also supports execution and strong determination.
4. Dare to take risks
Each adventure will make you experience new challenges and hone your thinking and problem-solving skills.

Based on the results of the questionnaire, students who experienced bullying by being hit, kicked, pushed, or locked in the room, namely 4% or 2 people out of a total of 50 respondents. This form of bullying cannot be allowed to go unpunished because it has already done physical harm to the victim. If such bullying continues and gets worse, it is better to report it to the authorities or those concerned.

In this act, the perpetrator usually uses violence in various ways, such as hitting, kicking or deliberately injuring the victim with objects around him. Like other forms of bullying, physical bullying causes long-term trauma for victims. In fact, it not only hurts physically but also mentally. Such conditions are dangerous if teachers and parents are not immediately aware of them. Apart from that, victims are usually very afraid of being threatened if they say it. For example, if a child has an unusual injury that is helped by changes in the child's behavior, immediate attention is needed. The impact of bullying is usually felt very hard by the victim. Such as triggering depression, stress, mental health disorders, waste triggering anger; has an impact on reducing children's intelligence levels and analytical abilities; teenagers and children who experience bullying behavior will decline academically and choose to isolate themselves; to the very fatal impact of bullying cases is suicide.

Bullying affects mental health, especially in children and adolescents. Bullies can have a negative impact on the victim's physical and mental health. Bullying can be overcome by

preventing it from an early age, such as when you are a child, family, school and community. Here are some ways to deal with bullying:

1. Childhood
 - a. Providing information and ways to fight bullying
 - b. Give examples of ways such as adult support, mediation and reporting to help victims of bullying
2. Family
 - a. Instilling love and religious values in children
 - b. Give children attention and interaction to give them courage and strength
 - c. Help children develop social skills, self-confidence and self-esteem
 - d. Teaches compassion and ethics for others
 - e. Join the kids on social media or on TV
3. Overcoming Bullying at School
 - a. Educators create anti-bullying prevention programs and punishments for offenders who commit these acts
 - b. Build discussions and lectures about overcoming bullying
 - c. Offer help and support to victims of bullying

Based on the results of the questionnaire regarding bullying by calling a friend's name with harsh words and making it something funny or ridiculing, 32% or 16 people out of a total of 50 respondents were presented. Bullying is any form of oppression or violence that is deliberately carried out by a stronger person or group. The most common form of bullying among teenagers is verbal violence, which can take the form of teasing, teasing or making fun of someone. Verbal harassment at first, but if not followed up well, can trigger more dangerous treatment such as physical violence. The characteristics of children who experience violence or are victims of bullying are as follows.

1. Physical, damaged clothing and possessions, loss of money, physical illness, sleep problems, loss of appetite and others.
2. Socially involved in fights they seem unable to fight back, are often bullied, isolated (appear withdrawn) during school holidays, try to be close to adults, have very little contact with friends.
3. Appearing emotionally restless, weak, unhappy and sad but unable to explain why, mood and behavior changes, angry outbursts, low self-esteem, anxiety about going to school and others.
4. Academic, sudden difficulty asking or answering questions in class, decreased activity and concentration, reluctance to participate in class activities and frequent absences from class (truancy).

The causes of bullying are as follows:

1. They want to enjoy power
2. The effect of lack of attention or affection on parents
3. This actor was once a victim of bullying
4. Influence is always fighting
5. The effect imitates domestic or foreign film violence.

From these results there could be several factors experienced by the child, for example the following

1. Influence of mass media

Imitates scenes from the movies they watch, usually imitating their movements and words. Bullying can happen anywhere, especially in places that are not supervised by teachers or other adults. The perpetrator uses a quiet place to demonstrate his "power" over other children to achieve his goals. School toilets, school grounds, public transport waiting areas. This form of physical intimidation is a serious and dangerous problem not only for the victim but also for the perpetrator and witnesses.

2. Family relationship

Because parents at home like to curse, compare or use physical violence. Children also consider violent language to be correct, so they learn that bullying is acceptable behavior to build relationships or get what they want.

3. Friends of the same age

Judging from accompanying factors and the social environment, there are several reasons why bullies carry out bullying, namely:

- a. Fear and feelings of inferiority on the part of the perpetrator.
- b. Unrealistic competition.
- c. Because of hostility or because the bully has become a victim of bullying, bitter feelings arise.
- d. Inability to process emotions positively.

4. CONCLUSION

Based on the results of the questionnaire for victims of bullying with teasing, comments about their race were presented by 36% or 18 people out of a total of 50 respondents. Based on the results of the questionnaire, there were 20% or 10 people from the total of 50 respondents who were forced to do something they didn't want to do. Based on the results of the questionnaire, students who experienced bullying by being hit, kicked, pushed, or locked in the room, namely 4% or 2 people out of a total of 50 respondents. Based on the results of the questionnaire regarding bullying by calling a friend's name with harsh words and making it something funny or ridiculing, 32% or 16 people out of a total of 50 respondents were presented. Bullying is. The results we examined from the Depression Anxiety Stress Scale (DASS) questionnaire from 50 students showed moderate levels of stress.

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