The Causes of Students Bullying

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Article Info	Abstract
	This research aims to open up the public's view that perpetrators of bullying also need to receive special attention, not just be judged and considered completely wrong. One of the main factors in bullying occurs due to a lack of concern from the surrounding environment. By using a qualitative approach through source triangulation method towards students who bully at MTS Nurul Ummah, and those closest to them. The research results show that internal and external factors are the biggest causes of bullying. This lack of concern extends to perpetrators who want to be seen and be the center of attention. This research recommends handling bullying perpetrators by not judging the perpetrators, providing a form of concern for the perpetrators, and providing a sense of responsibility to the perpetrators so that the perpetrators can learn from healthy experiences.

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1. INTRODUCTION

It is very important to show concern for children. This affects children's development in emotional and social aspects, so that children will be freer to share their complaints. However, on the contrary, children who receive minimal forms of concern more often show things that are the opposite of what they feel, children tend to keep everything to themselves so that without realizing it, this affects their psychological aspects.

According to (UNESCO, 2017), bullying is any form of violence or intimidation carried out repeatedly against individuals or groups who are more vulnerable, whether physically, verbally, socially or in cyberspace (cyberbullying). Therefore, the nature of a child feeling "strong" in order to be seen is one of the reasons for the formation of bullies. This theory is appropriate to the instrument of the perpetrator of the bullying that occurred in 2016 at MTS Nurul Ummah. A less harmonious environment, lack of attention from parents, always being the one to blame in every situation, can actually encourage children to carry out bullying as a form of emotional outlet to seek attention. The perpetrator seems to wear his mask cleverly, acting as if he doesn't care and feels satisfied with his actions without realizing that this actually strengthens the fear within himself.

Bullying among students is a serious problem that must be addressed immediately. One effort to ensure that students no longer bully other students is by providing understanding and concern for individual students who bully them. Behind the bad behavior that the perpetrator committed, he only wanted to be heard, not judged with deep hatred. Most forms of judgment are focused on the perpetrators of bullying and forms of concern dominate towards victims of bullying. If this is allowed to happen, the chain of bullying will never be broken and there will be more and more victims of bullying.

In this incident, it is necessary to understand the root of the problem that causes someone to become a perpetrator of bullying, then implement more effective solutions to prevent and deal with this bullying behavior. Apart from protecting victims, it is also important to provide rehabilitation for perpetrators so that they can change and not repeat acts of bullying. Parental concern is also the main thing that is needed in dealing with perpetrators of bullying. Parents have a big role in shaping children's character, including teaching moral values, empathy, and how to interact with other people. If parents don't care enough, don't provide enough supervision, or even show aggressive behavior in the family, children are at higher risk of becoming bullies. Therefore, parental concern is very important for children.

In cases of bullying, it is often the perpetrator who receives punishment or sanctions, while the victim is considered only as the party who was harmed without looking deeper into the factors that caused the bullying. However, an approach like this can be less fair and less effective in resolving the problem as a whole. Judging the perpetrator without understanding the background or providing a long-term solution is not the best approach. Bullying must be handled in a fairer way, namely by providing support for victims and helping perpetrators to change through education, guidance and rehabilitation. In this way, we can create a healthier environment and prevent the cycle of bullying from recurring.

Based on the description above, researchers see the need to conduct research **"Causes of Individual Students Who Become Perpetrators of Bullying"** where this research focuses on the reasons why the perpetrator can carry out acts of bullying so that it is not only a form of judgment that the perpetrator can receive, but the perpetrator can have friends to talk to, friends to listen to, and solutions that can keep him from drowning. This also needs to be emphasized, if what happened also has a reason as the strongest reason why the perpetrator was able to carry out this act of bullying.

2. RESEARCH METHOD

The type of research chosen is qualitative, where the research method is used to explore and understand the meaning given by perpetrators and informants to incidents of bullying that occur. This research emphasizes a deeper understanding of context, process and meaning rather than measuring variables numerically as in quantitative research. According to Creswell (2014), qualitative research is an approach used to explore and understand the meaning produced by individuals or groups regarding a social phenomenon or human problem. This approach uses data collection methods such as in-depth interviews, observation, and document analysis. Meanwhile, in this bullying research, the subjects studied were Mts Nurul Ummah alumni students who had committed acts of bullying at school and their close friends who were eyewitnesses to the incident. Data collection in this research used observation and interview methods from the perpetrator's source and the perpetrator's close friends. The method used to analyze data is narrative analysis, using stories or narratives as the main source of analysis so that the validity of the information can be found.

3. RESULTS AND DISCUSSION

According to the first subject, bullying during school was due to a lack of concern from those around him, especially in his own environment. The bullying that occurred at that time was carried out consciously by the perpetrator as a form of outlet for pent-up emotions as well as to satisfy his own ego. This was confirmed by the informant who was a close friend, if the bullying incident was carried out by the perpetrator simply because he wanted to appear "strong" and not be easily bullied. The bad views that are always cast at the

perpetrator make the perpetrator feel disgusted and realize this so that the perpetrator gets full attention in the form of views that are not easily oppressed and belittled by those around him, especially in his family environment.

According to (Sani Utami, 2020), suboptimal family functioning, such as poor communication between parents and children, contributes to the high level of bullying behavior among students. Lack of attention and supervision from parents makes children tend to seek attention through negative actions such as *bullying*. This is in line with research into the causes of individual students becoming perpetrators of bullying, where the main cause is a lack of concern for children. The results of interviews in the field show several general characteristics of bullies that have been observed:

1. Perpetrator Profile:

    The perpetrator is still in his teens and is still categorized as an unstable teenager, where the perpetrator still tends to be vulnerable to controlling his own emotions. This is in line with studies which found that bullying behavior most often occurs in adolescents aged 12-14 years. In this age range, teenagers are in a transition phase and searching for identity, which makes them vulnerable to negative influences and aggressive behavior such as bullying. (Erina Agisyaputri, 2023).

2. Factors Causing Bullying:

    At this stage there are two factors that cause the perpetrator to commit acts of bullying. Internal factors and external factors. In terms of internal factors, the perpetrator does not receive any form of attention from his parents, this is the initial cause of the perpetrator seeking attention from the actions he carries out so that the perpetrator forms a group and makes himself the most dominant in that group. This is in line with studies which state that perpetrators of bullying often come from families that are not harmonious and lack attention from their parents. (Lestari, 2017). Meanwhile, in external factors, the perpetrator has the desire to be seen and be the center of attention, the perpetrator also gets good support from his friends to oppress weak groups and irritate himself so that the perpetrator becomes the center of attention and no one looks down on him anymore. This is in line with research put forward by (Hasmiani, 2024), regarding some students bullying with the aim of becoming the center of attention. They hope that this behavior will be a source of laughter and increase their popularity among their peers.

3. Impact on Perpetrators:

    Carrying out acts of bullying will certainly result in regret for the perpetrator. The perpetrator may feel "powerful" when bullying, which can create a dependency on this feeling of superiority. Apart from that, the perpetrator also loses positive social relationships, and often suffers from other people's bad stigma about him, so there comes a point where the perpetrator feels fed up with everything and ends up venting his emotions in the wrong way. According to the informant who is a close friend, the perpetrator often feels guilty after carrying out an act of bullying, however, this seems to be covered by actions that are inversely proportional to the perpetrator and of course repeated incidents will affect the perpetrator's emotional control. This is in line with a study put forward by (Mona Yuniar Tambunan, 2024), that after carrying out bullying, the perpetrator often feels regret and pity for the victim. This feeling appears after the act of bullying has been completed and has a significant influence on the emotional condition of the perpetrator.

Handling and Prevention Efforts

Efforts that can be taken include:

1. Not Judging the Perpetrator:

   Bullies also need listeners, not just judgment. The perpetrator also has his own perspective on why he did what he did. Do not justify what the perpetrator did but also do not have to judge the perpetrator. Individual counseling is one solution as an effort to handle and prevent bullying. Individual counseling without judgment on the perpetrator can help understand the impact of his actions and manage the perpetrator's emotions in a healthy way. This is in line with the research "Implementation of the Adipangastuti School Anti-Bullying Policy" which highlights the importance of socialization and a persuasive approach in dealing with bullies. In this research, it was stated that non-judgmental approaches, such as socialization and persuasive approaches, are effective in dealing with bullies. This involves providing perpetrators with an understanding of the negative impacts of their actions and encouraging behavioral change through awareness, not punishment alone. (Rizqi Widyaningtyas, 2023)

2. Providing a form of care for children:

   The role of parents is really needed when a child's emotional control is unstable. In this era, providing healthy forms of care for children is really prioritized so that children do not feel neglected and children feel that they have a place to go home to share their complaints. Children still need to be directed by their parents so that they don't take the wrong steps in what they do, because parents have definitely gone through those phases. This is also in line with research entitled "The Role of Parents in Preventing Bullying in Children" which highlights that the role of parents is very important in preventing bullying in children, because the family is the first place for children to learn and develop. Parents are expected to give full attention and educate their children well to prevent bullying. (Salamah, 2023)

3. Provides a Sense of Responsibility:

   A deep feeling of regret sometimes leaves a deep impression on the perpetrator's mind, this makes the perpetrator feel uneasy. One solution as a handling effort is to involve the perpetrator in the process of restoring relations with the victim so that the perpetrator also understands a sense of moral responsibility. With this, the perpetrator will find a learning point from experience and calm himself. This is in line with research entitled "The Role and Efforts of School Principals in Handling Bullying in Schools" which emphasizes the role of school principals in dealing with bullying, including efforts to provide perpetrators with an understanding of the impact of their actions and encourage them to take responsibility for their actions. (Safitri, 2023)

4. CONCLUSION

The conclusion resulting from this research is that what influences the emotions of bullies is that the lack of family and social concern is the main factor in students carrying out bullying. Through this presentation, it is hoped that awareness will grow among parents and teachers regarding the seriousness of this bullying problem. For this reason, it is important for parents to give special attention and more affection to their children, thereby preventing children from bullying to seek attention from other people. Guidance and counseling teachers must also participate in paying special attention to students who bully, not only providing judgment but also being able to listen and foster a sense of responsibility towards victims so that bullying victims do not increase. Counseling teachers can carry out follow-up actions such as individual or group counseling with relaxation methods to manage the emotions of students who bully students.

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