

# APPLICATION OF COGNITIVE BEHAVIOR THERAPY (CBT) TO INCREASE HARDINESS IN STUDENTS VICTIMS OF BULLYING IN HIGH SCHOOL: LITERATURE STUDY

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## Abstract

In general, in schools there are still many students who have not achieved optimal development. One thing that attracts attention in the world of education is bullying in schools. The term bullying itself has a broader meaning, using power or coercion to harm others can take many forms. It may involve physical violence, emotional manipulation, or psychological intimidation. Such actions might include bullying, where one person exerts dominance over another through threats or aggression. It can also manifest as abuse of authority, where someone in a position of power uses their status to exploit or mistreat others. Coercion may also involve forcing someone to act against their will through blackmail or threats of harm. These actions exploit the vulnerabilities of others, aiming to control or inflict suffering. Resilience is a disposition that forms a characteristic personality trait. The source of resilience when facing stressful events is therapy that focuses on changing negative thought patterns and behaviors. CBT is a type of therapy that assists with individuals develop coping strategies and change their perspectives on negative thoughts and beliefs associated with stressful situations, including bullying. This approach involves structured sessions with a mental health professional, where individuals learn techniques such as cognitive restructuring and problem-solving to manage and respond to bullying effectively. CBT has been shown to be effective in increasing resilience among bullying victims, particularly in enhancing their ability to bounce back from difficult situations and develop healthier ways of responding to bullying.

**Keywords:** Bullying; Cognitive Behavior Therapy; Counseling Group; Hardiness;

## 1. Introduction

In general, in schools there are still many students who have not achieved optimal development. One thing that attracts attention in the world of education is bullying in schools. The term bullying itself has a broader meaning, covering various forms of using power or coercion to harm other people. Acts of bullying can be carried out by physical contact, words, or making faces such as obscene gestures, and deliberate exclusion from a group. Bullying targets can include both individuals and groups (Ahmed, 2021). Bullying is defined as when a student experiences repeated negative actions from one or more students over an extended period of time. From information gathered by a collaboration between the Indonesian Child Protection Commission (KPAI) and the Federation of Indonesian Teachers' Unions (FSGI) during January – August 2023, bullying cases are still a terror for children in the school environment (Corey, 2013). Of the reports received, 837 cases occurred within the education unit, victims of bullying: 87 cases; Children victims of education policy: 27 cases; Children victims of physical and/or psychological violence: 236 cases; Child victims of sexual violence: 487 cases. It is necessary to implement concrete policies and enforce strict rules so that these negative incidents do not continue to recur (Büller, 2012).

A high level of bullying causes the victim to determine their attitude regarding the difficult situation, so they need to determine active coping strategies in difficult situations.



Hardiness is the trait of "resilience" which includes 3 personality characteristics such as: commitment, control, challenges in developing strategies to overcome difficulties (Butler et al., 2006). These three components have the ability to manage situations adaptively, as in the first component, namely commitment: belief in existence which provides an opportunity to discover something new or valuable and interesting for the individual, meaning that the individual receives joy or pleasure from the activity of something that occurs (Peyambari et al., 2020). Then, the second component is in the form of control: that the individual shows confidence that his activities will aim to obtain results even though there is no total effect from the results received (Klos et al., 2021).

The third component involves challenges that make individuals believe that what happens to them will contribute to the development of their experiences, both positive and negative (Jones, 2020). These three aspects or components will be interconnected to form this resilience to increase so that it will manifest in individual victims of bullying who will have the potential for personal strategies to overcome difficulties, and tend to focus on the possible negative impacts of the situation that occurs. In line with Suzanne C. Kobasa first presented the idea of psychological hardiness as a personality trait or behavior linked to maintaining good health and performance during times of stress (Kaiipbekova, 2021). Kobasa suggests that resilient individuals are able to withstand stressful situations better by using specific emotional, mental, and behavioral techniques. This improvement in overall health is a result of buffering. Kobasa described hardiness as consisting of three components, known as the 3C's: Commitment, Control, and Challenge (Gaffney et al., 2019).

Resilience is a quality that becomes a defining feature of a person's personality. The idea of psychological hardiness, first presented by Suzanne C. Kobasa in 1979, serves as a foundation of resilience in times of stress. Kobasa defined hardiness as consisting of three key elements known as the 3C's: Commitment, Control, and Challenge (Kelly et al., 2020). These components are essential for resilient individuals who involve themselves in activities that foster strength and growth under stress. The hardy approach involves viewing challenges Embracing personal growth and staying dedicated to one's life and aspirations can lead to opportunities for development. and believing in personal control over situations that influence stressful situations and events, causing stress to arise, and view change as something normal due to the individual's stimulus for development (Alharthy et al., 2023).

Cognitive Behavior Therapy is a method that links thoughts with emotions and actions. According to Oermajoedi individuals evaluate a situation based on their interpretation of an event, which has a significant impact on the emotional response and subsequent actions that are taken (Teo et al., 2021). The description provided does not accurately reflect the role of believers in CBT, or Therapy that focuses on changing negative patterns of thoughts and behaviors. CBT is a therapeutic method emphasizes the active participation of patients in the therapy process, but it does not require them to control their ideas, feelings, and actions, nor does it involve doubting their spontaneous thoughts. Instead, CBT focuses on helping patients identify and challenge negative thought patterns and behaviors, and engage in cognitive and behavioral activities based on role-playing and guided imagery to develop more adaptive coping mechanisms (Kim et al., 2018)

## 2. Method

The process of writing this literature review starts by choosing a topic and then finding keywords to help locate articles related to the topic. This method is frequently used for literature reviews to make sure that the search is thorough and targeted. The chosen keywords are utilized for searching databases and online platforms, with the outcomes being refined according to relevance and inclusion criteria to guarantee that only the most pertinent and high-quality studies are incorporated in the review for journal searches. Google Scholar, Libgen, Pubmed, and Eric are examples of databases that are available. The journal search was only conducted for the years 2017 to 2022. The keywords utilized were

## 3. Results and Discussion

This literature review examines 30 journal articles from True Experiment, about Cognitive Behavior Therapy to increase resilience in bullying and only uses 8 journals that are included according to keywords.

The results of the literature review study are as follows:

No	Author & Year	Techniques Used	Findings	
1.	(Hamida & Izzati, 2022)	CBT on Hardiness	The main effect of the CBT technique on hardiness is said to be significant. Behavior and 55% of its changes are caused by the effects of CBT techniques. Apart from that, there is no significant influence between the effects of the two behavioral methods.	Effective
2.	(Toosang et., Al 2021)	Cbt on Hardiness	One of the important findings shows that the CBT intervention method in the post-test and follow-up phases experienced significant improvements, such as: <ol style="list-style-type: none"> <li>1. Perception of individual competence</li> <li>2. Believe in person instinctual</li> <li>3. Positive acknowledgment of alter and secure connections</li> <li>4. Control and otherworldly impacts on understudies</li> </ol>	Effective
3.	(Lowe et al., 2021)	CBT On Hardiness (SIT Technique)	These findings show that there is a direct effect of CBT bunch counseling with Stretch Incolation preparing strategies on scholastic trouble resilience, as well as an roundabout impact through toughness as intervention which	Effective

			encompasses a positive relationship with scholarly trouble resistance.	
4.	(Ekawati et al., 2019)	CBT on Hardiness  (SIT technique by performing mind restoration)	These findings prove that the SIT technique for increasing tolerance to stress through hardiness in students has proven to improve resilience to academic stress through toughness.	Effective
5.	(Ehrmann et al., 2022)	CBT on Bullying  (Restructuring techniques)	The results of CBT research using Cognitive restructuring is the most effective effort to reduce bullying behavior.	Effective
6.	(Gökkaya, 2017)	CBT on Bullying  (Restructuring techniques)	The findings indicated that despite the lack of a notable distinction with group x time, scores. Bullying has a significant relationship with time.	Effective
7.	(Erianjoni et al., 2023)	CBT on Bullying  (Restructuration technique)	Statistical results show that there is a significant influence on the effect of applying cognitive restructuring techniques in CBT counseling.	Effective
8.	(Di et al., 2022)	CBT on Bullying  (Restructuring Techniques)	Research findings reveal that cognitive restorative techniques are effective in reducing bullying behavior in middle school students. These findings both show significant differences in the effectiveness of school students' restoration techniques.	Effective

### 3.1. Bullying Intervention

A high level of bullying causes the victim to determine their attitude regarding the difficult situation, so they need to determine active coping strategies in difficult situations. Hardiness is the trait of "resilience" which includes 3 personality characteristics such as: commitment, control, challenge. In developing strategies to overcome difficulties (Hamre et al., 2020). These three components have the ability to manage situations adaptively such as.

- a. The first component is commitment: belief in the existence of something that provides an opportunity to discover something new or valuable and interesting for the individual, meaning that the individual receives joy or pleasure from the activity of something that occurs.
- b. Then, the second component is in the form of control: that the individual shows confidence that his activities will aim to obtain results even though there is no total effect from the results received.
- c. The third component involves challenges that make individuals believe that what happens to them will contribute to the development of their experiences, both positive and negative (Menzies et al., 2009).

These three aspects or components will be interconnected to form this resilience to increase so that it will manifest in individual victims of bullying who will have the potential for personal strategies to overcome difficulties, and tend to focus on the possible negative impacts of the situation that occurs. In line with Kobasa suggested that hardiness is a combination of personality traits that act as a means of strength when facing difficult circumstances. Resilience is a quality that shapes someone's personality and serves as a source of strength during challenging circumstances (Ishak et al., 2020). Resilient individuals involve themselves in activities that influence stressful situations and events, causing stress to arise, and view change as something normal due to the individual's stimulus for development. If an individual has low resilience, it will be possible that the individual will not be able to overcome difficulties, or will tend to assume negative consequences that have not yet occurred (Ferraz De Camargo et al., 2023).

Nevertheless, the resilience displayed in the three key indicators will help victims of bullying cope with challenging situations and manage them effectively, reducing intrapersonal stress. As reported in a study conducted by Recknes and colleagues. In 2018, individuals who are resilient are less likely to feel more anxious when faced with bullying, demonstrating resilience as a protective factor in this relationship. behavior. However, a lack of resilience can actually serve to improve a situation. In this group, the link between bullying and anxiety is reinforced. Based on the research carried out, the results indicate strong psychological resilience (Fraser et al., 2009).

Researchers have found that intervention studies utilizing Cognitive Behavior Therapy are an effective way to boost the resilience and decrease the impact of bullying on victims. According to Ugwuanyi and colleagues, Cognitive Behavior Therapy is a method that links thoughts with emotions and actions. According to Oermajoedi (2003), individuals evaluate a situation based on their interpretation of an event, leading to emotional reactions that influence the actions they choose to take (Gaete et al., 2021). Those who believe in Cognitive Behavioral Therapy (CBT) are actively involved in the therapy process and must work towards controlling their thoughts, emotions, and behaviors. They are encouraged to question their automatic thoughts and engage in regular practice exercises.

### **3.2. Cognitive Behavior Therapy Intervention**

Furthermore, *Cognitive Behavior Therapy intervention* is an approach that has been widely tested and developed to address the problem of hardiness in adolescents. This is confirmed by the results of research conducted by Research conducted by (Rimonda et al., 2018). The results of the research show that the main effect of behavioral therapy is significant ( $P, 0.001$ ). Behavior and 55% of its changes are due to the effects of behavioral activation interventions. Furthermore, there was no notable distinction among the two. influence of the two behavioral methodology methods on resilience ( $P, 0.248$ ) and both treatments had the same influence on psychological

resilience. It can be concluded that cognitive behavioral group therapy and behavioral activation are effective in increasing the resilience of depressed people. As for research (Molla Jafar et al., 2015), the results of this research and Previous research findings support the idea that managing stress in students can lead to a reduction in anxiety, as well as an increase in their psychological resilience and academic performance (Maullasari et al., 2021). It can be inferred that cognitive behavior therapy has the capacity to enhance resilience in teenagers. Next, Cognitive Behavior Therapy was extensively researched and refined as an intervention for individuals who have been bullied in order to tackle five specific issues related to bullying. According to a study by, teachers continue to infrequently implement cognitive behavioral interventions, despite their effectiveness in addressing bullying and behavioral issues. Regarding the research carried out by (Kelly et al.,)

Furthermore, for the technique used in this research, *Cognitive Restructuring* is an appropriate way to reduce acts of *verbal violence/bullying behavior*. According to (2016) The Cognitive Restructuring technique is designed to assist clients in establishing relationship between their perceptions and cognitions with their emotions and behavior, and to identify perceptions or cognitions that are wrong and self-destructive, thereby replacing these perceptions/cognitions. with further self-improvement (Boulton, 2014). This type of Gestalt has been adapted to cognitive models, particularly for changing dysfunctional beliefs, and is used more frequently with clients with personality disorders than with clients with acute disorders, although not exclusively so (Cully et al., 2020).

According to (Gökkaya & Sütçü, 2018) argue that cognitive restructuring techniques are taught to understand what the concept of mind is This refers to understanding the interplay between thoughts, emotions, and behavior, identifying thoughts associated with bullying, the connection between thoughts and emotions when engaging in bullying behavior, and the practice of replacing negative thoughts with more positive ones (Dong, 2023). This technique of bullying through manipulation can be applied later in therapy when clients have already started to adjust their unhealthy beliefs. This is also supported by research from (2021) who believes that providing assistance for the blind with group counseling using *cognitive restructuring* and *self-talk techniques* is considered effective in helping the blind to survive . After participating in group counseling on *restructuring techniques* and *self-talk techniques*, the blind experienced an increase in *hardiness* (Putri et al., n.d.).

#### 4. Conclusion

A high level of resilience helps shield individuals from feeling more anxious when they encounter bullying, as those who are mentally tough do not typically become more anxious in such situations. However, low resilience levels served as a contributing factor, meaning. In this group, the connection between bullying and anxiety became stronger. Despite what was expected, being hardy did not protect individuals from the negative effects of bullying on depression. The Cognitive Behavior Therapy intervention is highlighted as a well-tested approach that has proven to be effective in addressing the issue of resilience in teenagers.

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