

## BULLYING IN SCHOOL AND THE IMPACT ON STUDENTS' FUTURE AT SMA S XAVERIUS BUKITTINGGI

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### Abstract

Bullying is the act of using power to harm a person or group of people either verbally, physically, or psychologically so that the victim feels depressed, traumatized, and helpless (Sejiwa, 2008). students who are victims of bullying are more at risk of experiencing various health problems both physically and mentally. The problems that are more likely to be suffered by students who become sleeping dreams may be carried over into adulthood, physical health complaints such as headaches, not feeling safe while in the school environment, and decreased enthusiasm for learning and academic achievement. Bullying is intentional aggressive behavior to inflict physical or psychological harm on others. Bullying occurs in various parts of the world and the general public it can cause various negative effects, both for the victim and the perpetrator. The research aims to conduct a literature review on the factors that influence bullying behavior. According to the results of school research on bullying, the majority is carried out in adolescents with the scope of research at school.

**Keywords:** Bullying, family, school

### 1. Introduction

Human social life consists of several phases and levels. At birth, humans as individuals grow and develop in a family environment. Every day they interact with their family, especially their parents. This is because humans grow and develop from phase to phase without leaving what they have learned from the previous phase. Conversely, if the socialization of values instilled by the family is not absorbed by the child, then it could be that his behavioral and psychological development is hampered. As a result, adolescents begin to show symptoms of pathologies such as delinquency and other risky behaviors, one of which is bullying.

According to Ken Rigby in Astuti (2008, 3 in Ariesto, 2009) is "a desire to hurt, this desire looks into action, causing people to suffer. This action is carried out directly by someone or a group that is stronger, irresponsible, usually repetitive, and done with pleasure." Bullying is a very aggressive behavior that is done intentionally and can harm others and oneself. Bullying in education is a fact that often occurs, theoretically, bullying is a situation in the form of negative and repetitive behavior in which a person has difficulty defending himself from unbalanced power, and the treatment is carried out deliberately and intensely. A person becomes a bully when directing negative behavior to one or more people repeatedly and within a certain time, the definition contains three main points, namely the presence of negative behavior that is done intentionally, the existence of bullying countermeasures against the victim, and the existence of an imbalance of power between the victim and the bullying behavior.

There are many definitions of bullying, especially those that occur in other contexts such as home, workplace, society, and virtual communities. However, in this case, it is limited to the context of school bullying or bullying in schools. Riauskina, Djuwita, and Soesetio (2005) define school bullying as aggressive behavior that is repeatedly carried out by a person or group of students who have power, against other weaker students, to hurt that person.

According to Barbara Coloroso (2007), bullying is a conscious and deliberate hostile act that aims to harm, namely to frighten through threats of aggression and to cause terror. Including planned and spontaneous actions that are real or almost invisible, in front of someone behind friendship, carried out by a child or group of children. Many experts have expressed their opinions about bullying such as Olweus "Bullying can consist of any action that is used to hurt another child repeatedly and without cause". Bullying is behavior that is shown to go through other students continuously and without cause. Meanwhile, according to Rigby, "bullying" is the cause of the desire to hurt this desire is shown in the action of causing someone to suffer, this action is carried out directly by a person or group of stronger people who are not responsible, usually repeated and carried out with feelings.

Bullying (in Indonesian known as "bullying") is any form of oppression or violence that is intentionally carried out by one person or a group of people who are stronger against another person, to hurt and being carried out continuously. There are many definitions of bullying, especially those that occur in other contexts such as at home, work, society, and virtual communities. Bullying cases that often occur in the world of education in Indonesia are increasingly concerning. The results of a study by the National Consortium for Character School Development in 2014 stated that almost every school in Indonesia has cases of bullying, even if it is only verbal and psychological/mental bullying. Cases of seniors bullying juniors continue to emerge. Statistics on child complaint cases in the education sector from January 2011 to August 2014 are as follows: In 2011 there were 61 cases, in 2012 there were 130 cases, in 2013 there were 91 cases, in 2014 there were 87 cases. Bullying can be categorized into 6 categories: Direct physical contact. The act of hitting, pushing, biting, grabbing, kicking, locking someone in a room, pinching, and scratching, also includes blackmailing and damaging other people's property.

- a. Direct verbal contact. Threatening, humiliating, degrading, harassing, name-calling, sarcasm, put-downs, denouncing/mock, intimidating, cursing, spreading gossip.
- b. Direct non-verbal behavior. The act of looking sarcastically, sticking out one's tongue, and displaying demeaning, mocking, or threatening facial expressions; usually accompanied by physical or verbal bullying.
- c. Indirect non-verbal behavior. The act of silencing someone, manipulating a friendship so that it becomes fractured, deliberately ostracizing or ignoring, and sending anonymous letters.
- d. Cyber Bullying. The act of hurting others using electronic media (videotaped intimidation, defamation through social media).
- e. Sexual harassment. Sometimes acts of harassment are categorized as physical or verbal aggression.

The risk factors for child victims of bullying are: occurs in students in this school due to ethnic differences, resistance to group pressure, differences in physical condition, entering a new school, sexual orientation, and socio-economic background. There is also an assumption that bullying or violence in schools is caused by Poor school environment, Seniority is never settled, Teachers set a bad example to students, and the character of the child.

The impact of bullying can threaten every party involved, including the children who are bullied, the children who bully, the children who witness bullying, and even the school as a whole. Bullying can adversely affect the physical and mental health of children. In severe cases, bullying can be a trigger for fatal actions, such as suicide and so on. The impacts of bullying are:

- a. The impact on the victim is Depression and anger, low attendance and low academic achievement, Decreased intelligence test scores (IQ), and student analysis skills.
- b. The impact on the perpetrator is that the perpetrator has high self-confidence with high self-esteem, tends to be aggressive with pro-violent behavior, is a typical person with a hard character, is irritable and impulsive, low tolerance for frustration. Have a strong need to dominate others and lack empathy for their targets. By bullying, the perpetrator will assume that they have power over the situation. If allowed to continue without intervention, this bullying behavior can lead to the formation of other behaviors such as child abuse and other criminal behavior
- c. Impact on other students who witness bullying (bystanders), If bullying is left without follow-up, then other students who are bystanders may assume that bullying is socially acceptable behavior. In this condition, some students may join the bully for fear of becoming the next target and some others may just stay silent without doing anything, and worst of all they feel no need to stop it. (Ministry of Education and Culture: 2010)

So researchers can conclude that bullying is a form of child violence committed by peers to a child who is inferior or weaker to gain certain benefits or satisfaction. Violence efforts can be carried out through character education. The success of students in the process of forming a natural personality and forming self-maturity makes them able to face various challenges in their future lives. The Indonesian nation itself has been trying to improve the seriousness and quality of character education through schools. Teachers are parents of students, character education aims to improve the quality of implementation and results of education in schools that lead to the achievement of the formation of character and character of students as a whole, integrated and balanced.

According to the results of research conducted by Peterson and Rigby in Australia bullying which usually occurs at school, begins to increase at the beginning of secondary school and can have negative consequences for both the victim and the perpetrator, both can experience mental and social problems and even suicide. For victims, the negative effects of bullying can change short-term effects such as physical injury, as well as long-term effects such as experiencing anxiety, depression, harmful substance use, opportunities to bully others, and allowing bullying to lead to the emergence of various other behaviors. Bullying can cause problems with social activities, feeling afraid to go to school so that they are often absent, unable to study properly and calmly, and unable to concentrate, all of which can lead to a decrease in student achievement.

The results of observations and interviews occurred in one of the schools here, including a female student who was teased/insulted which led to body shaming by her peers who said harsh words. Not to mention the ridicule of his parents, sometimes even outside his class, he often uttered hurtful words and insults. Based on the background of the problem that has been described and supported by the results of the research, the purpose of this study is to determine the effect of bullying in the school environment, both personal and social.

## 2. Method

This research uses a qualitative descriptive approach to describe the problems and research focus. Qualitative methods are social research steps to obtain descriptive data in the form of words and pictures. This is by what is revealed by Lexy J. Moleong that the data collected in qualitative research are words, pictures, and not numbers. Lexy J. Moleong (2007: 11). A qualitative research approach is an approach that does not use the basis of statistical work but is based on qualitative evidence. In other writings, it is stated that a qualitative approach is an approach based on field reality and what is experienced by respondents is finally sought theoretical references Sujdarwo (2011: 25) Qualitative approach is research that features

assessment procedures that produce descriptive data in the form of written or spoken words from people and observed behavior. In this case, researchers interpret and explain the data obtained by researchers from interviews, observations, and documentation, to get answers to problems in detail and clearly.

The selection of a qualitative research approach is carried out based on the specifications of the research subject and to obtain in-depth information and cover social reality. According to Nasution, qualitative research is a research procedure that produces descriptive data in the form of written or spoken words, from people and observed behavior. In this study, it is attempted to collect as much descriptive data as possible which will be poured in the form of reports and descriptions Nasution (1996: 9).

Suharsimi Arikunto also explained that the type of descriptive research is if the researcher wants to know the status of something and so on, then the research is descriptive, namely explaining events and something Suharsimi Arikunto (1992: 25) With a qualitative descriptive approach, the analysis of the data obtained (in the form of words, pictures or behavior), and not poured in the form of numbers or statistical figures, but by providing exposure or description of the situation or condition under study in the form of narrative descriptions S. Margono (2003: 39) The explanation must be done objectively so that subjectivity in making interpretations can be avoided.

The descriptive-qualitative research method focuses on problems based on facts carried out using observation, interviews, and study documents. This method was chosen as one of the writing methods to obtain a picture of the field of bullying in schools and its impact on the future of SMA S Xaverius Bukittinggi students.

In descriptive research, researchers will try to see the events that are the center of attention, and then illustrate them as they are. About this, Nana Sudjana and Ibrahim (2011: 73) revealed that descriptive research is research that seeks to describe something, event, or event that is happening at present Moh. Nazir (2003: 54) In other words, descriptive research takes problems or focuses on actual problems as they are at the time the research is carried out. Given its nature, descriptive research in education serves more to solve practical educational problems.

### **3. Results and Discussion**

Based on the results of interviews and observations conducted by researchers on Tuesday, 17 May 2023 conducted with the guidance and counseling teacher of SMA Xaverius. The author found that there were five girls (3 grade 10 students, and 2 grade 11 students) who were victims of bullying at school, resulting in the five students being traumatized. The bullying began with a student (a classmate of the three 10th-grade bullying victims) who did not like seeing their closeness with other friends. So the perpetrator carried out bullying actions against the three students. The bullying action began with verbal bullying such as mocking and saying harsh words, so the three students complained to two of their friends who were in grade 11. The perpetrator, who knew they were complaining to seniors, carried out physical bullying actions such as grabbing the victim's headscarf, and the perpetrator also mocked the two people from grade 11.

So that the victim of bullying feels that he is not worthy and does not deserve to be accepted in the school environment because the perpetrator often bullies the victim continuously and almost often korab every day and even every time there is bullying material for the victim. And the perpetrator always creates a circle or group of people to bully the victim. Everything the victim does is always the subject of ridicule and even the perpetrator and his bully circle have

taken harsh action against the victim, namely when in class the perpetrator and his circle threw an eraser board onto the victim's table, which the perpetrator intended by throwing the eraser board so that it could hit the victim's head but fortunately it did not hit the victim's head. In this way, the perpetrator indirectly shows that the perpetrator is a powerful person in the class who can influence all classmates to bully anyone he considers weak. But the victim is always patient and holds back her emotions because the victim thinks that if the victim retaliates against bullying is stupid behavior and thinks it will be the same as the perpetrator - equally stupid. And the victim does not have strong protection and a place to tell about the problems she is experiencing. Because if he tells the teacher at school or even the counseling teacher, the victim must have strong evidence for alleged acts of bullying that are verbal or non-verbal.

In the end, after we had counseling with the victim and the victim had told all the problems and had expressed all her feelings the victim felt relieved and the victim was willing to accept and listen to our solutions. So that until now the victim always sends news to us as an expression of gratitude and thanks for the advice and solutions we provide which have an impact on the victim's life at school lately can be calm and safe from bullying, and the bully has started to bully the victim a little less because he is tired and has never been ignored by the victim.

#### 4. Conclusion

So the researchers can conclude that bullying is a form of child violence committed by peers to a child who is inferior or weaker to gain certain benefits or satisfaction. Violence efforts can be carried out through character education. The success of students in the process of forming a natural personality and forming self-maturity makes them able to face various challenges in their future lives. The Indonesian nation itself has tried to improve the seriousness and quality of character education through schools. Teachers are the parents of students, character education aims to improve the quality of implementation and results of education in schools that lead to the achievement of the formation of character and character of students as a whole, integrated and balanced.

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