

## Implications of Anti-Bullying Learning Through Anti-Bullying Seminars at SDN 02 Patemon

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**Abstract.** *Character is important in the progress of the nation and state. In advancing the Golden Indonesia, a strong character of the next generation is needed. With prevention through anti-bullying, the character of the nation's successors can be directed to a better path. Bullying is a behaviour that can make people around feel pain or pain either verbally, physically, or mentally. This research uses a descriptive research method that displays the results of the analysis of the activities carried out. The implication of improving the nation's character and avoiding bullying characters is the anti-bullying socialization with the theme "bullying is a wound not a joke.*

**Keywords:** *Bullying, Seminar, School.*

### 1. INTRODUCTION

Towards the nation's dream of building a Golden Indonesia is not an easy thing to do, it will be full of challenges and obstacles. One of the important factors in the development of the Golden Indonesia mission is character, character is an important role especially for children who are still under the guidance of teachers and parent. There are many bad characters that must be avoided by the next generation of the nation, one of the important issue is bullying, with this character or activity it will create human who feel their lives are failing and finally the dream of making Indonesia Golden is not realized. Bullying is a behaviour that can harm others physically, verbally, and psychologically/mentally on the basis of power and strength to hurt, terror, and threats. Bullying is often carried out repeatedly by the perpetrator against victims who are considered weak by the perpetrator. Bullying can also be defined as "verbal and physical behaviour intended to bully a weaker person" (Santrock, 2007:213). "Bullying will always involve an imbalance of power, intent to harm, further aggressive threats, and terror" (Barbara, 2007, p. 44). Furthermore, Insani (2008:2) explains "Bullying is a situation in which there is an abuse of power/power by a person or group". Based on this description, it can be concluded that bullying is a behavior that harms others physically, verbally, and psychologically/mentally on the basis power and strength to injure, threaten and terrorize. Bullying is always carried out repeatedly by the perpetrator against weak victims.

Bullying cases have indeed been in the spotlight in Indonesia and have been widely published in the mass media. According to Olweus quoted in Putri and Harahap (2018: 254), it is said that the term bullying refers to aggressive behavior carried out repeatedly by a person

or group of students who have power, against other students or students who are weaker, easily insulted and cannot defend themselves, with the aim of hurting that person. Furthermore, described by Storey, et al in Hertinjung (2013: 451) bullying occurs in several forms, with different variations in severity. Forms of bullying are physical, verbal, and indirect bullying. Physical bullying includes punching, pushing, hitting, kicking, and biting; verbal bullying includes cheering, insinuating, making fun of, insulting, and threatening. Psychological or indirect bullying includes ignoring, excluding, spreading rumors/gossip, and asking others to hurt. Many factors cause children to commit acts of bullying, both internal and external factors. In general, perpetrators commit bullying because they feel depressed, humiliated, vengeful and so on.

Bullying is caused by environmental victims who can form an aggressive personality and lack the ability to control emotions, for example, frequent acts of violence committed around the child's environment such as at home, school, or community. Any aggressive behavior, regardless of its form, must have a negative impact on its victims. Bullying has a negative impact on both the perpetrator and the victim. The impacts experienced by victims of bullying include feeling inferior to depression, not wanting to go to school, anxiety and insomnia and social dysfunction (Sampson, in Hertinjung 2013: 451).

The object of research is at SD Negeri 02 Patemon, Gunung Pati District, Semarang City, which is one of the public elementary schools in Patemon Village. Preventive behavior that can be done in reducing the number of victims of bullying is through the next generation, namely elementary school students who still have to be fostered a lot and more easily in shaping their character. Through this character building, it is hoped that the dream of a Golden Indonesia is not impossible.

## **2. METHODS**

This research uses descriptive research which is centered on solving actual problems as they are at the time the research is carried out. Descriptive research is research that seeks to describe a symptom, event, event that occurs at the present time. (Sujana and Ibrahim, 1989: 65). This research was conducted at State Elementary School 02 Patemon Village, Gunung Pati Subdistrict, Semarang City. This research uses descriptive analysis method, the results and data obtained are what happened during the implementation of research activities at State Elementary School 02 Patemon.

### 3. RESULTS AND DISCUSSION

According to Barbara Coloroso (2006:47-50), there are four types of bullying, which are as follows:

- a. Verbal bullying; this behavior can take the form of name-calling, slurs, slander, cruel criticism, insults, statements of sexual solicitation or sexual harassment, terror, intimidating letters, untrue accusations vicious and false rumors, gossip and so on. Of the three types of bullying, verbal bullying is one of the easiest types to do and verbal bullying will be the beginning of other bullying behaviors and can be the first step towards further violence.
- b. Physical bullying; this includes beating, kicking, slapping, choking, biting, scratching, spitting, and damaging and destroying the property of the bullied child. While this type of bullying is the most visible and easy to identify, the incidence of physical bullying is not as high as other forms of bullying. Adolescents who regularly engage in physical forms of bullying are often the most troubled and are likely to move on to further criminal behavior.
- c. Relational bullying; is the systematic undermining of the victim's self-esteem through neglect, exclusion or avoidance. This behavior can include hidden attitudes such as aggressive glances, glances, sighs, sneers, mocking laughter and mocking body language. This form of bullying tends to be the most difficult bullying behavior to detect from the outside. Relational bullying reaches its peak of power in early adolescence, as it is a time of physical, mental emotional and sexual change for adolescents. This is a time when adolescents are trying to figure themselves out and fit in with peers.
- d. Electronic bullying; is a form of bullying behavior carried out by the perpetrator through electronic means such as computers, mobile phones, the internet, websites, chat rooms, e-mail, SMS and so on. It is usually intended to terrorize the victim by using writings, animations, pictures and video recordings or films that are intimidating, hurtful or cornered. This type of bullying is usually carried out by groups of teenagers who have a fairly good understanding of the means of information technology and other electronic media.

In general, boys use physical bullying more and girls use relational/emotional bullying more, but both use verbal bullying equally. This difference is more related to the pattern of socialization that occurs between boys and girls (Coloroso, 2006: 51). So to avoid bullying behavior that exists above, the Posko 05 KKN MIT MB UIN WALISONGO SEMARANG Group conducted a seminar on anti-bullying.

The implementation of this *anti-bullying* seminar activity was carried out by two students by presenting the material and ice breaking in turn, one as the speaker and the other as the host. This activity involved students of SDN 02 Patemon by involving 5th grade to 6th grade students totaling around 60 people. This socialization activity focused on students' knowledge and understanding of bullying behavior that often occurs in elementary schools by introducing students to what bullying is, what forms of bullying behavior are, what the impact of bullying behavior is for both victims and perpetrators and how to avoid bullying behavior.

The socialization activities were carried out through several stages, namely the initial stage where the speaker conducted an interview with the principal to find out the real conditions and behavioral problems experienced by students at SDN 02 Patemon. Based on the results of the interview with the Principal, it is known that student problems related to behavior, namely bullying, have recently been rampant in schools, both elementary, secondary and tertiary schools, including SD N 02 Patemon. From the results of the interview, planning was carried out for community service activities in the form of socializing bullying behavior. After an agreement with the principal of SDN 02 Patemon for the implementation of community service activities, the next stage carried out is the implementation stage of community service activities.

The implementation stage of the socialization activities carried out with the theme "bullying is not a joke but a wound". The first thing the speaker does is prepare equipment for the implementation of socialization such as preparing an LCD that will be connected to a laptop and 5th and 6th grade students who will listen to bullying behavior material. After making preparations for the implementation of socialization, the next thing is the opening words by the teaching staff of SDN 02 Patemon. Next is the opening of socialization activities by the Posko 5 UIN WALISONGO Group to the community.

The next step is the presentation of bullying behavior material in elementary schools so that students can understand well related to the definition of bullying behavior, forms of bullying behavior that are often experienced by students in elementary schools and real examples of these forms of behavior, the impact of bullying behavior on both victims and perpetrators, and how to prevent or avoid bullying behavior. During the presentation of the socialization material, the post 05 team used a variety of methods in the form of lectures and question and answer methods, with occasionally the post 05 service team gave students the opportunity to investigate bullying behavior that they had experienced and bullying behavior that had been carried out by students at SDN 02 Patemon. The following is a picture of the material presentation by the post 05 team.

After the presentation of the socialization material, the post 05 team conducted ice breaking activities related to bullying behavior by making it in the form of a marker relay game when the marker stops in the last hand, the one holding the last one must come forward and answer questions about the material and create a song to prevent bullying behavior. The closing activity carried out by the post 05 team was to provide an opportunity for students of SDN 02 Patemon to ask the speaker if there are activities or behavior of people around them that are included in bullying behavior. Next was the closing and thank you by the post 05 team to the principal, teachers, and students participating in the socialization.

#### **4. CONCLUSION**

Bullying is an activity or behavior that can harm or hurt others by verbal, physical, and even psychological/mental means. This behavior is very dangerous for the progress of the nation and future generations. In building the Golden Indonesia, this behavior must be eradicated so that the next generation has emotional intelligence not only the mind. In carrying out the task of service, then reducing the number of bullying, the post group 05 UIN WALISONGO SEMARANG conducted anti-bullying socialization activities with the theme "Bullying is not a joke but a wound. " and held at State Elementary School 02 Patemon, Gunung Pati District, Semarang City.

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