Preventive Socialization Against Bullying Behavior In Sendangkulon SDN Kendal District

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Abstract. The Community of Service Program, is a form of community service from educational institutions to the community as part of the implementation of higher education. One of the work programs of the KKN Posko 128 group is preventive socialization of bullying behavior that often occurs in educational environments. Bullying, whether physical, verbal, relational, or cyber bullying, has a significant negative impact on children's psychological development. Family and social environmental factors play a major role in the formation of children's character, which then has an impact on bullying tendencies. This study aims to analyze the causes and impacts of bullying and offer solutions as preventive measures through family education, social environment, and the active role of schools. By focusing on the role of the family in shaping children's behavior and the importance of the role of schools in preventing and handling bullying cases, it is hoped that it can reduce the incidence of bullying and improve children's psychological well-being.

Keywords: Socialization, Preventive, bullying.

Abstrak. Kuliah Kerja Nyata (KKN) merupakan bentuk pengabdian dari institusi pendidikan kepada masyarakat sebagai bagian dari pelaksanaan pendidikan tinggi. Salah satu program kerja kelompok KKN Posko 128 adalah sosialisasi pencegahan perilaku bullying yang sering terjadi di lingkungan pendidikan. Perundungan, baik secara fisik, verbal, relasional, maupun cyber bullying, memiliki dampak negatif yang signifikan terhadap perkembangan psikologis anak. Faktor keluarga dan lingkungan sosial berperan besar dalam pembentukan karakter anak, yang kemudian berdampak pada kecenderungan melakukan perundungan. Penelitian ini bertujuan untuk menganalisis penyebab dan dampak bullying serta menawarkan solusi sebagai upaya pencegahan melalui pendidikan keluarga, lingkungan sosial, dan peran aktif sekolah. Dengan menitikberatkan pada peran keluarga dalam membentuk perilaku anak dan pentingnya peran sekolah dalam mencegah dan menangani kasus perundungan, diharapkan dapat menurunkan angka kejadian perundungan dan meningkatkan kesejahteraan psikologis anak.

Kata kunci: Sosialisasi, Pencegahan, perundungan.

1. BACKGROUND

Education is necessary for everyone because through education a person will excel and advance in the skills they have. Education as something that continues to flow in life is also a learning process to improve understanding of skills and develop one's character. According to Nur (2023), education is the main pillar in a person's progress, education has a central role in teaching students towards the adult phase.

One of the things that influences learning failure is the problem of deviant attitudes or behavior carried out by students. According to Bucur (2022), schools also have an important role in preventing bullying which has detrimental effects on students' psychological conditions.

Even though education has a good impact, bullying cases often occur in the school environment, bullying can damage the peace and environment of the school, as well as discomfort and trust in the victim, bullying can reduce the development of students' intelligence, reduce students' emotional and psychological attitudes. According to Murphy (2022), bullying becomes a cause of psychological problems at a young age, which then influences academic achievement in the future.

Preventing bullying requires a cross-disciplinary approach involving various levels, namely individuals, families, schools and communities. According to the 2023 National Education System Law, religious education should be able to apply religious values and good morals to students. The education given to students must apply religious values such as tolerance, respect for parents and teachers, and respect for each other. The aim of religious education is not limited to glorifying God Almighty but also to fellow humans. Currently, students who are experiencing the teenage phase have changes both from religious, social and cultural aspects. Changes in adolescents are also caused by environmental factors such as friends, family, society and foreign culture.

Based on information from the Indonesian Child Protection Commission (KPAI), KPAI invites the public to push together to achieve child protection at the educational level. This aims to ensure that there are no cases of children being expelled from school, no children dropping out of school, and no cases of violence at school. Thus, the government regulations regarding education regarding children should not be expelled from school, namely through guidance and teaching, students will change for the better and have good morals and manners. Aris Adi Leksono as a member of KPAI and education cluster administrator revealed that the result of removing children from school is an increase in the list of children dropping out of school and affecting the achievements of Indonesia's development index. Then, Aris Adi Leksono also revealed that there are 11 recommendations in education, namely (1) Central and Regional Governments must ensure that no students are expelled from school under any circumstances and reduce children dropping out of school for any reason, (2) Ministry of Education, Culture , Research and Technology together with the Ministry of Religion provide educational services and also improve protection services at the educational level as mandated by law, (3) The Ministry of Education, Culture, Research and Technology together with the Ministry of Religion are required to form institutions or structures at the Central, Unit level Tasks across Regional Government Organizations at the Provincial and City/Regency levels, up to Special Teams at the Education Unit level, (4) The Ministry of Education, Culture,

Research and Technology together with the Ministry of Religion should assess the curriculum and learning methods with reference to strengthening character, spiritual attitudes and social, strengthening mental health, based on positive discipline that is integrated with the family and community environment based on the child's growth period and family environment, (5) The Ministry of Education, Culture, Research and Technology together with the Ministry of Religion ask the Regional Government to gradually provide health testing services education at the education level for free, (6) the Ministry of Education, Culture, Research and Technology and the Ministry of Religion together with the Regional Government should increase the number of Guidance Counseling (BK) teachers at the education level and provide training to teaching and education staff about the basics of BK an, (7) The Ministry of Education, Culture, Research and Technology and the Ministry of Religion together with the Regional Government are strongly providing training to the Task Force and Team for the Prevention and Handling of Violence in Educational Units (PPKSP) regarding the Convention on Children's Rights, Child-Friendly Educational Units, Positive Discipline , basic competencies in child counseling, mental health, and forming other programs that encourage upgrading human resource skills in preventing and dealing with violence at the educational level, (8) Gradually the Regional Government encourages the PPKSP Task Force and Team to carry out joint monitoring and assessment, after that reporting to provincial leaders, Regency/City leaders, and the central government to take further action to improve, (9) the Ministry of Communication and Information is limiting the viewing of social media or other things that contain acts of violence or other things so as not to have a negative impact on children who are watching , (10) The Ministry of Communication and Information immediately limits social or other media broadcasts that contain elements of violence or other deviant behavior, so that it does not have a negative influence on children who watch it, (11) Central and Regional Governments need to facilitate community forums, both across school committees or others to be actively involved in efforts to prevent and handle violence in educational units.

Based on data from the KPAI Data and Data Center in 2023, it was recorded that there were 3,877 complaints, namely 329 cases of complaints about cases of violence in the educational environment, with the highest complaints being students who were victims of bullying (without a police report), students who were victims of sexual violence, students who were victims of physical violence. /psychics, students who are victims of policies, as well as students who are victims of fulfilling their rights to educational facilities. Furthermore, KPAI as of March 2024 has received 383 cases of complaints of violations of student protection, and 34% of the case data occurred within educational units.

2. IMPLEMENTATION METHOD

The approach used in implementing Real Work Lectures (KKN) is carried out through several stages, namely:

Observation

This observation stage is carried out by observing the school environment, interactions between students, and conditions that allow bullying behavior to emerge. This observation aims to understand the students' background and level of awareness of bullying.

Preparation

After observation, preparations were made in the form of preparing socialization materials, making teaching aids, and adapting the content to the characteristics of elementary school students. The KKN team prepares educational and interesting material so that it is easy for students to understand.

Licensing

Before implementation, the KKN team submits permission to the school to carry out the socialization, this includes notification regarding the time, place and purpose of the socialization activities that will be carried out.

Implementation

Activities are carried out according to the schedule agreed with the school. At this stage, the KKN team visits the school and carries out technical preparations in the field, such as arranging premises and equipment.

Submission of Material

The socialization material is delivered interactively, starting with an introduction to bullying, its types, and its negative impact on victims and the school environment. The delivery is carried out using lecture and simulation methods so that students can more easily understand the concept of bullying and how to prevent it.

Question and Answer Discussion

After the material was presented, a discussion and question and answer session was held to provide opportunities for students and teachers to convey questions, opinions, or share experiences related to bullying. This session is expected to increase understanding and provide solutions to problems that may arise at school.

Documentation

Each stage of this socialization is documented as evaluation and report material. The documentation includes photos, videos and important notes regarding the course of activities and responses from students and teachers.

3.   RESULT AND DISCUSSION

Real Work Lectures are an event of service from academic institutions to the community as part of the implementation of education. In this service activity, students are trained and given knowledge of the essence of problems that exist in society. One of the work program activities of the KKN post 128 group is holding preventive outreach against bullying behavior which is rampant in educational institutions. Bearing in mind, bullying behavior has become a habitual character that children have due to environmental influences and has a big influence on character formation.

Technology is a supporting factor in encouraging the influence of character formation, sometimes the encouragement and influence of advanced and highly developed technology supports the rise of bullying behavior. From the results of our observations regarding bullying behavior, the first factor is the influence of family education, where often families who have an innate temperamental character greatly influence the psychological development of a child so that the child will carry over the character formation of his family to the external environment.

Environmental factors are also one of the causes of character formation. Children who grow and develop in a bad environment will also be greatly affected psychologically and mentally, as a result these children tend to be dominant over children of the same age. The character of a child who grows up in a bad environment will be very different from a child who grows up in a harmonious and loving environment. There are quite a few child victims because the influence of this environment will always include negative traits in the child. Apart from that, schools often ignore the existence of bullying. As a result, children as perpetrators of bullying will receive reinforcement for their behavior in bullying other children. Bullying is growing rapidly in the school environment, often providing negative feedback to students, for example in the form of unconstructive punishments that do not develop a sense of appreciation and respect among fellow school members. (Alqis: 2023)

Types of bullying

Bullying also occurs within the school or outside the school and consists of several actions. According to Coloroso (2007), bullying is divided into three types, namely:

1.   Physical Bullying

Physical bullying is the most obvious and easily recognized form of bullying compared to other types of bullying. However, physical bullying only accounts for less than a third of the total bullying incidents reported by students. Forms of physical aggression include actions such as attacking, choking, bending, hitting, kicking, biting, scratching, spitting, and causing the victim to experience painful bodily postures, as well as damaging or destroying their clothing and personal belongings.

2.   Bullying Verbal

Verbal violence is the most common form of bullying, perpetrated by both women and men. This form of violence is easy to carry out and can be conveyed covertly in the presence of adults and peers, often in an undetectable tone. Verbal bullying can occur openly during recreational activities, hidden in crowds, and is often dismissed as trivial and unimportant interactions by supervisors. Examples of verbal bullying include insults, defamation, malicious criticism, ridicule, and expressions of sexual intent or harassment. Additionally, verbal bullying can also involve taking away personal items or financial resources. This form of harassment also includes harassing telephone communications, threatening emails, threatening correspondence, unfounded accusations, and the spreading of malicious rumors.

3.   Relational Bullying

This form of oppression is difficult to recognize from an outside perspective. Relational bullying involves the systematic undermining of the victimized individual's self-esteem through intentional acts of neglect, exclusion, or avoidance. Avoidance, which is a form of exclusion, serves as a highly effective method of oppression. A rejected child may not be aware of the rumors circulating about him, but will definitely feel the impact. Relational bullying can be used to isolate or reject a friend, or even intentionally lead to the breakdown of a friendship. This kind of behavior can include hidden attitudes such as hostile looks, rapid eye blinks, gasps, shaking shoulders, mocking sneers, sarcastic laughter, and rude body language.

4.   Cyber Bullying

This is the latest form of bullying that has emerged due to the rapid development of technology, the internet and social media. The main problem is the constant series of negative communications directed at the victim by the perpetrator, via SMS, online messages and various social media platforms. This form of bullying can include:

a.   Sending malicious messages or derogatory images

b.   Hateful voicemail

c.   Continuous phone calls without talking (silent calls)

d.   Creation of websites that denigrate victims, such as those that ostracize them or exclude them from chat rooms and similar platforms.

e.   Video recordings containing insults or intimidation of the victim, which are then shared widely (happy slapping).

A.   Impact of Bullying

As previously explained, the impact of bullying appears in both the short and long term. Immediately after the incident, victims often feel increased anxiety, fear, excessive worry, decreased self-esteem, and feelings of hopelessness. Over a longer period of time, they may experience various psychological and emotional problems. Usually, these long-term effects are not realized by the victim and are difficult for other people to see.

Additionally, bullying has the potential to cause victims to turn into perpetrators, possibly leading to self-harm or even suicidal tendencies. It is possible that victims who are now perpetrators can inflict the same suffering on others that they once experienced. The negative impacts of bullying are very serious. Therefore, it is important to be careful in making comments or jokes, because people we take for granted may be experiencing a very distressing situation that we do not know about and that we may make worse through bullying behavior.

How to Overcome Bullying

There are various strategies for dealing with bullying issues; This requires cooperation from various parties to eradicate this behavior and provide education about bullying, especially to children. Below are some ways to deal with bullying:

1.   Family

Parents have an important role in educating their children, because the family is the first environment in which children learn. Children tend to imitate behavior modeled by their parents at home. Therefore, it is hoped that parents apply parenting patterns that are in accordance with the psychology of children's development and teach them about what bullying is.

2.   Social Environment

The social environment also has a big influence in preventing and reducing cases of bullying. Youth in the community, through organizations such as youth organizations or youth groups associated with mosques, can organize activities such as seminars or other educational activities aimed at raising awareness about bullying. Participation from the social environment is very helpful in creating a supportive atmosphere.

3.   School

Educational institutions, especially teachers, have an important role in providing education about bullying to their students. Teachers should not ignore incidents of bullying. If there is a bullying incident, it is important to take appropriate steps so that students understand the situation and do not engage in the behavior.

B.   Bullying Prevention

Criticism often arises in children as a result of various factors such as lack of attention, jealousy and selfishness. Many children do not receive enough love from their guardians, so they feel neglected and seek attention from others by engaging in behavior that does not consider its moral impact, which can ultimately lead to bullying. Ineffective or overly strict parenting patterns can exacerbate feelings of depression in children, because they may feel too controlled by their parents, thus encouraging them to take out these feelings on peers or other individuals who are vulnerable to bullying (Lindawati, 2018). Efforts to prevent bullying among children must start with the active role of parents. As explained by the Ministry of Education and Culture (2022), strategies to prevent bullying through parental involvement include:

1.   Improve communication between parents and children

2.   Building a dialogue with children is very important, because good communication supports the development of emotional intelligence and strengthens self-confidence. Parents need to create a supportive environment so that children feel comfortable expressing their experiences.

3.   Be a positive example for children.

4.   Children's behavior is largely shaped in the family environment. Parents must model good behavior, because if they don't, children may have difficulty distinguishing which actions are correct and which are not.

5.   Report cases of bullying to school.

6.   If a child experiences bullying, it is very important for parents to immediately report the incident to the school so that this problem can be handled together effectively. (Niwayan: 2024)

4.   CONCLUSION

Research shows that bullying in educational environments is caused by various factors, such as the influence of family, school, and technology. Family parenting that is unsupportive

or too harsh can create children who are temperamental and vulnerable to being involved in bullying. In stressful social environments, children may develop controlling and violent behavior. Additionally, advances in technology, especially social media, facilitate cyberbullying, which is difficult to control.

Common types of bullying include physical, verbal, social, and cyberbullying. Each type has serious impacts, such as anxiety, fear, depression, and low self-esteem. In the long term, victims who do not receive proper help can become perpetrators of bullying, creating a continuous cycle of violence.

Preventing bullying must involve the active role of the family, school and social environment. Parents need to teach empathy, schools must respond quickly to cases of bullying, and society needs to raise awareness about the dangers. With joint efforts, it is hoped that bullying can be reduced and the educational environment becomes safer.

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