

The Role of Religious Moderation in Overcoming Bullying and Cyberbullying

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The Role of Religious Moderation in Overcoming Bullying and Cyberbullying

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Abstract. Religious moderation can be interpreted as an approach that emphasizes a balance of tolerance, avoiding extremism in religion. Religious moderation plays an important role in overcoming bullying and cyberbullying behavior among teenagers. The research method used is literature research by collecting all data that is relevant to the research topic. The aim of this research is to look at the role of religious moderation in overcoming bullying and cyberbullying. The results of this research show that there are several strategies that can be implemented as an effort to prevent bullying and cyberbullying behavior, namely: emphasizing education, anti-bullying committees, campaigns for wise use of social media, dialogue between religious communities, and strengthening human values and justice so that creating a safe and harmonious life that is free from all acts of bullying and cyberbullying, especially those caused by differences in beliefs.

Keywords: Bullying and Cyberbullying, Religious Moderation.

1. BACKGROUND

Problems refer to a gap or discrepancy between expectations and the reality received. In the social realm of education, the problems that most often arise are cases of bullying and cyberbullying (Gempita, 2024). In the current digital era, internet use is dominated by teenagers (J.A Pakai, 2021). This is also the background to the rise in cyberbullying cases. Bullying and cyberbullying not only have a negative impact on the victims, but will also damage the social order and morals in society. Bullying incidents usually occur in the school environment, while cyberbullying can occur anywhere and at any time via digital platforms.

It cannot be denied that the development of technology and information makes it easier for humans to carry out all their activities, but behind this positive impact, there is also negative feedback that cannot be avoided (Jasminto, 2022). Cyberbullying is one of the negative impacts of the development of technology and information, especially social media. They cannot yet differentiate between right and wrong. As can be seen on social media, there are many heart-wrenching comments which are dominated by teenagers. The problem of bullying and cyberbullying requires special attention and empathy from all levels of society in the surrounding environment so that it does not become a normalized culture among teenagers.

To overcome this challenge, religious moderation is an effective solution to overcome it. Religious moderation teaches the importance of cultivating moral values of tolerance, respect for differences, and rejection of violence. Through the implementation of the values of religious moderation, it is hoped that individuals who are potential successors of the nation can develop an attitude of mutual respect and avoid actions that could harm other people. The role of religious moderation is the most important part in overcoming bullying and cyberbullying so that it can create a safer and more harmonious environment.

2. RESEARCH METHODS

The research method that will be used in research on "The Role of Religious Moderation in Overcoming Bullying and Cyberbullying" is the literature research method. The literature research research method is a method that searches for literature by collecting data that is relevant to the research topic. The data obtained comes from books, scientific articles, scientific journals, and others which are then studied in a complete and relevant manner.

3. THEORITICAL REVIEW

Definition of Bullying

Bullying in Indonesian is known as bullying or bullying. A form of bullying or oppression is violence carried out intentionally by one person or group of people who is stronger or more powerful towards another person, with the aim of causing harm and is carried out continuously. Bullying is an aggressive behavior with the intention of hurting another person that is carried out repeatedly and continuously in an interpersonal relationship that is characterized by an imbalance of power, even without real provocation. According to Barbara Coloroso (2003:44): "Bullying is a hostile act carried out consciously and deliberately with the aim of hurting, such as frightening through threats of aggression and causing terror. This includes planned and spontaneous actions that are obvious or almost invisible, in front of someone or behind someone's back, easy to identify or hidden behind friendship, carried out by a child or group of children (Harefa et al., 2023).

Human social life consists of several phases and levels. When born, humans as individuals grow and develop in a family environment. Every day, he communicates and communicates with his family, especially his parents. In this phase, babies are instilled with the values held by their parents. Currently, bullying is a term that is familiar to the ears of the Indonesian people. Bullying is the act of using power to hurt a person or group of people verbally, physically or psychologically so that the victim feels depressed, highly stressed and

helpless (Sofyan et al., 2022). Bullying can be grouped as aggressive behavior that is very damaging to a person's future which is carried out intentionally or consciously and repeatedly and aims to harm the victim and can be accompanied by differences or imbalances between the behavior and the victim. Children who are physically larger are one of the characteristics and perpetrators of bullying (Yuli & Ahmad Efendi, 2022).

Another form of bullying is cyberbullying, where bullying is carried out via social media. The efficiency and practicality of mobile phones makes cyberbullying more popular among teenagers. There are six types of cyberbullying, namely Harassment (harassment, intimidating speech), Denigration (damaging reputation by slandering, gossiping), Impersonation (creating, using fake accounts), outing (spreading information or pictures/videos to embarrass other people), trickery (looking for other people's secrets to share online), exclusion (removing you from a group), and cyberstalking (snooping on someone's account to steal their information). Another thing that needs to be emphasized in this case is understanding and awareness of the dangers of bullying and cyberbullying behavior. Moreover, currently the use of social media has become a daily necessity using the WA, Facebook, You Tube, Instagram, Twitter and other platforms (Yuli & Ahmad Efendi, 2022)

Characteristics of Bullying

Bullying behavior is grouped into 5 categories, namely:

- a. Physical contact, such as hitting, grabbing, kicking, locking someone in a room, pinching, scratching, also includes extortion and destroying other people's belongings
- b. Verbal contact, such as threatening, embarrassing, degrading, disturbing, giving inappropriate names (name calling), sarcasm, criticizing or ridiculing, intimidating, cursing, spreading bad news.
- c. Direct verbal behavior, giving cynical looks, giving condescending facial expressions, sticking out your tongue. This is usually accompanied by physical or verbal bullying.
- d. Indirect non-verbal behavior, such as silencing someone, manipulating a friendship so that it breaks, deliberately excluding or ignoring, sending anonymous letters, and so on.
- e. Sexual harassment, aggressive behavior (Nurmala Hayati & Fadhilla Yusri, 2023).

Factors That Cause Bullying Behavior

There are several factors that can cause bullying behavior, including:

a. Individual factors

There are two groups of individuals involved in bullying, namely bullies and victims of bullying, these two groups are the main factors that influence bullying behavior.

b. Family factors

Family background plays an important role in bullying behavior, and lack of attention from parents causes children to lack self-confidence. Children who receive poor upbringing can turn children into bullies.

c. Peer factors

Peers play a role that is no less important in the development and confirmation of bullying behavior. The presence of peers is considered a supporter and can help facilitate bullying.

d. Internal factors

Internal factors of bullying in individuals include biological and psychological factors, including biological factors, namely a healthy physical condition, while psychological factors are mental problems, including basic intelligence, will, talent and concentration.

e. External factors

External factors include the family environment, community environment, children's social environment, school environment (Sofyan et al., 2022).

Impact of Bullying

The impact of bullying on perpetrators, Sanders (2003; in Anesty, 2009) National Youth Violence Prevention suggests that in general, these perpetrators have high self-confidence with high self-esteem, tend to be aggressive with pro-violence behavior, typical people have a strong character, easily angry and impulsive, low tolerance for frustration. These bullies have a strong need to dominate others and lack empathy for their targets. What was expressed is in accordance with what was stated by Coloroso (2006: 72) who stated that students will be trapped in the role of bullies, unable to develop healthy relationships, less able to look at other perspectives, have no empathy, and think that they are strong and liked so that it can influence the pattern of social relations in the future.

Religious Moderation

From the basic meaning of wasathiyah in these Arabic dictionaries, it can be concluded that the concept of wasathiyah etymologically has two major meanings, namely: first, as a noun (ism) with a more concrete zharf pattern (hissî), namely as an intermediary or a link (interface/al-bainiyah) between two things or two conditions or between two opposite sides. Second, it is more abstract (theoretical) which means fair, choice, main and best (superiority/al-khiyâr) (ABROR, 2020).

The great scholar Sheikh Yusuf Al-Qardhawi explained that wasathiyah, which is also called at-tawâzun, is an effort to maintain balance between two opposing or contradictory sides/edges/edges, so that one does not dominate and emphasize the other. Be balanced in responding to this, namely by giving a fair and proportional portion to each side/parties without overdoing it, either because it is too much or too little. In the Islamic religion there will be no such thing as extremism and radicalism, because in fact the Islamic religion teaches justice and balance. In its relations and views on other religions, Islam applies the firm, polite principle that your religion is for you, my religion is for me in accordance with the words of Allah SWT in Surah al-Kafirun verse 6.

4. LITERATURE REVIEW

Research on the topic of bullying and cyberbullying has been carried out by several researchers. *The first* literature review is entitled "**Bullying Behavior and its Impact on Teenagers**" written by Nabila Pasha Amelia in 2022. . This research aims to identify bullying behavior and its impact on adolescent victims of bullying. This research uses quantitative research methods. The results of this study show that most bullying acts are carried out verbally. This goes on long enough to have a negative impact on the victim.

The second literature review is entitled "**The Phenomenon of Bullying Behavior in Schools**" written by Hariyanto Wibowo et al in 2020. This research aims to find out the phenomenon of bullying behavior in school students. This research uses qualitative methods. The research results show that self-efficacy, which is a person's level of confidence in their own ability to complete tasks and achieve goals, has been proven to be an effective prevention factor for cases of bullying at school. As a global concern, self-efficacy in victims of bullying can provide confidence that they are able to overcome various psychological problems.

Next, *the third* literature review is entitled "**Preventing Bullying in Educational Institutions: Legal Norm Approach and Behavior Change**" written by Rika Saraswati in 2020. The responsibility of the Indonesian state in preventing bullying has been carried out

through national-scale legislation such as the Child Protection Law. and Minister of Education and Culture Regulation 82 of 2015, however, in its implementation as a form of care it is still very spatial and limited through legal norms and behavioral changes through collaboration between the government and all elements. This research uses a qualitative approach to determine the factors that cause bullying and prevention efforts. Data was obtained through literature and empirical studies related to the experiences of students in middle and high schools regarding bullying and all information related to bullying prevention efforts.

The fourth literature review is a journal written by Fatikhati, Loziena, and Nuraimah in 2023 entitled "*Bullying in an Educational Psychology Perspective*". This research will review bullying through educational psychology studies. Utilizing the literature review method, this research will analyze a collection of documents, books or other journals related to the problem topic; This approach produces the author's own point of view while also providing the basis for previous inspiration for a comprehensive point of view. It is known from the results that bullying is driven by various factors or motivations which tend to be negative and have an impact on several parties. The victim is the party who has the most severe impact due to bullying activities. Physical disability and psychological trauma are some of the most common impacts of this bullying activity.

The fifth literature review is a journal written by Annisya Dianita in 2023 with the title "*The Effect of Bullying on Students at Junior High School Level*". This research was motivated by the increasing number of bullying cases in several schools, especially in junior high schools. This research uses qualitative research methods with a literature study approach. The results of the research show that the factors that influence bullying are due to differences in social, environmental factors and family background. Bullying can influence the physical and mental condition of the victim so that efforts are needed to minimize and overcome bullying. This effort is carried out by the school by providing counseling and guidance. Meanwhile, the role of parents is to provide moral and religious education as well as an open attitude between children and parents.

The sixth literature review is a journal written by Zahro Malinah in 2019 entitled "*Cyberbullying Behavior in Adolescents and its Relation to Self-Control and Parental Communication*". This study aims to analyze the relationship between parent and adolescent characteristics, parent-adolescent communication. and self-control over adolescent cyberbullying behavior. This research uses a cross sectional study design. This research was carried out in one of the junior high schools in Bogor City. The test results of this research show that there is a significant negative relationship between parent-adolescent communication

and adolescent self-control with adolescent cyberbullying behavior. The results of this research indicate that there are family and individual factors that play a role in reducing cyberbullying behavior in junior high school students.

The seventh literature review is a journal written by Endah Ruliyanti and Dwi Ridhowatti in 2020 entitled "***The Impact of Cyberbullying on Student Personality and Handling It in the Covid-19 Pandemic Era***". Cyberbullying is part of student problems, sometimes perpetrators are unaware and act outside the norm towards other people by sending statements or posting pictures/photos that undermine the credibility of other people's self-esteem, making threats, insulting them, and carrying out social media attacks in various forms, by utilizing the internet network or other digital technology as a medium. During online learning, parents/family members are required to monitor their children's use of social media to minimize cyberbullying. The research method uses literature study by analyzing several articles used to answer research questions. The research results show the identification of behavior experienced by perpetrators and victims of cyberbullying.

The eighth literature review is a journal written by Ani Siti, et al in 2024 entitled "***Cyberbullying and How to Overcome an Islamic Perspective***". This research aims to provide a comprehensive view of the problem of bullying in the digital era, mobilize empathy and awareness, as well as inspire positive action and change people's perceptions of unethical online behavior, thereby creating a safer and friendlier online world. This research was researched using library research methods. The results of this research can be understood that Islam teaches compassion, justice and empathy towards others. Cyberbullying goes against these values because it can cause emotional suffering to the victim. Islam encourages its followers to support each other and understand the suffering of others.

The ninth literature review is a journal written by Fuad Hasyim and Junaidi in 2023 entitled "***Strengthening Religious Moderation as an Effort to Prevent Student Radicalism and Intolerance in the Surakarta District***". Indonesia is a diverse, multiethnic and multicultural country. These conditions allow the transmission of radicalism which leads to acts of intolerance and violence. The massive flow of digital information and radical content has proven to have an impact on student segmentation. This research uses the Participatory Action Research (PAR) method. The results show that the Student Religious Moderation Index in Surakarta has a good score. However, the cultural acceptance dimension has the lowest score. In quantitative analysis, the School of Religious Moderation has been proven to have succeeded in increasing the value of the Religious Moderation Index. However, the suggestion in this service is that it is necessary to carry out massive socialization of religious moderation

in reducing the idea of exclusivism. Of course, with the participation of religious leaders, government, academics and the general public. The results show that the Student Religious Moderation Index in Surakarta has a good score. However, the cultural acceptance dimension has the lowest score. In quantitative analysis, the School of Religious Moderation has been proven to have succeeded in increasing the value of the Religious Moderation Index. However, the suggestion in this service is that it is necessary to carry out massive socialization of religious moderation in reducing the idea of exclusivism. Of course, with the participation of religious leaders, government, academics and the general public.

The latest literature review is a journal written by Mo'tasim and Kalam Mollah in 2023 entitled "*Religious Moderation as Guidance and Counseling Material in the Islamic Religious Education Process*". Religious moderation is very important in public discourse about intolerance. This study aims to discuss the penetration of religious moderation in Islamic educational institutions through guidance and counseling institutions as the main material. Using a library research approach, this research produces study findings that the idea of religious moderation should also be the main material in the context of guidance and counseling in Islamic educational institutions, both in madrassas and Islamic boarding schools. religious moderation from an early age. According to the author, religious moderation material as the main material in guidance and counseling within the scope of Islamic education will be an additional strategy in strengthening students' understanding of religious moderation which can be carried out by teachers and also guidance and counseling institutions in educational institutions.

5. RESULT AND DISCUSSION

Religious Moderation Perspective in Viewing Bullying and Cyberbullying

Religious moderation can be interpreted as an approach that emphasizes a balance of tolerance, avoiding extremism in religion. In the context of Aqidah and religious relations, religious moderation is radically believing in the truth of one's own religion and appreciating and respecting adherents of other religions who believe in their religion without having to justify it. There are 4 main principles of religious moderation, including justice, balance, tolerance and respect for differences. In the context of this research, religious moderation does not only mean carrying out religious teachings in a moderate or middle way, but also includes attitudes and behavior that respect humanity and diversity.

Meanwhile, in educational environments such as schools, these four indicators of religious moderation can be contaminated by bullying behavior that often occurs. Generation Z students are prone to becoming victims, even perpetrators of bullying. Bullying is a form of crime which is currently a complex issue because the number of victims continues to occur, especially in schools. Bullying is carried out not only by physical violence but also by acts of bullying which are carried out verbally. The phenomenon of bullying and cyberbullying, especially now that we are in the digital era, is quite worrying. Because currently bullying also occurs in cyberspace. The impact of bullying and cyberbullying is very serious, including depression, anxiety, low self-esteem, and even attempted suicide. Teenagers who are victims of bullying often experience prolonged social isolation and mental health problems.

Seeing this phenomenon, there needs to be a way to overcome the continuing rise of bullying and cyberbullying phenomena. One way is to instill an attitude of religious moderation. The reason is, one of the factors causing bullying and cyberbullying is because of religious differences. The attitude of feeling that the religion adhered to is the most correct and the existence of religious extremism is a reason for carrying out acts of inter-religious bullying. This religious moderation is here to provide an understanding that in religion there is no need for extremists and must foster a sense of tolerance between religious communities so that acts of religious bullying and cyberbullying do not occur. Apart from that, moderation in play also includes attitudes and behavior that respect humanity and diversity, meaning that if every human being adheres to the values of this attitude, bullying and cyberbullying behavior will not occur because they understand each other's feelings of victims who are bullied.

There are several perspectives of religious moderation in viewing the phenomenon of bullying and cyberbullying, including *First*, Justice and Humanity. The concept of religious moderation emphasizes the importance of justice and respect for human dignity. In the context of bullying and cyberbullying, religious moderation teaches that these actions are actions that are contrary to the principles of justice and humanity and are contrary to the basic principles of religion which teach and emphasize human benefit. All religions certainly teach to do good and justice to fellow humans regardless of existing differences.

Second, tolerance and respect. The concept of religious moderation also emphasizes the importance of tolerance and mutual respect for differences. Acts of bullying and cyberbullying often arise from an inability to accept differences or from a desire to dominate others. A moderate attitude in religion teaches you to respect differences and not impose your will on other people. All religions prioritize compassion, empathy and tolerance towards others. Bullying and cyberbullying go against these values because they promote violence and

intimidation. Therefore, acts of bullying and cyberbullying are contrary to religious moderation.

Third, anti-violence. One of the main values in the principle of religious moderation is non-violence. These acts of bullying and cyberbullying are contrary to this principle. All religions do not condone acts of violence between humans. Religion teaches to resolve conflicts in a peaceful way and avoid actions that harm other people. Bullying definitely uses physical violence. Even though bullying is carried out verbally, it also harms other people, namely the victim. Religious moderation considers bullying and cyberbullying to be violent acts, both physical violence and verbal violence.

Fourth, the role of education and community. This also includes the role of religious education in preventing bullying. Religious moderation also emphasizes the importance of education and the role of the community in preventing and dealing with bullying and cyberbullying. Moderate religious education can help teenagers understand the importance of human values, tolerance and non-violence. In addition, religious communities can play an active role in providing support to victims of bullying and cyberbullying to create a safe and inclusive environment. Religious education can be a means of instilling strong moral and ethical values, encouraging positive behavior, and avoiding detrimental actions such as bullying. Education is one way that is still effective to prevent bullying and cyberbullying from continuing to occur. Because there are still many teenagers who still need to be given knowledge about which behaviors constitute bullying and cyberbullying.

Religious moderation teaches a strong perspective in viewing and dealing with bullying and cyberbullying. Emphasizing the principles of justice, tolerance, non-violence and respect for fellow human beings, the concept of moderation in play is an effective basis for reducing the number of bullying and cyberbullying acts. Anti-bullying slogans and programs are a form of strengthening religious moderation. And, to eradicate bullying, an anti-bullying committee needs to be formed to strengthen religious moderation in the school environment.

Strategy for Implementing Religious Moderation in Preventing Bullying and Cyberbullying

Religious moderation is a concept that can prevent bullying and cyberbullying behavior. This is because religious moderation does not only mean carrying out religious teachings in a moderate way, but also includes attitudes and behavior that respect humanity and diversity. Especially in the context of Indonesia which has so much diversity that it is very easy for disputes to arise due to differences. Therefore, religious moderation can be used as a

tool to prevent bullying and cyberbullying from continuing to occur by applying 4 principles, namely balance, tolerance, justice and avoidance of extremism. This principle aims to create a harmonious life in a diverse society, because every human being respects the rights and differences between others so that acts of bullying and cyberbullying do not continue to occur.

In applying the concept of religious moderation to prevent and overcome bullying and cyberbullying, several strategies need to be implemented. Of course, this strategy is in accordance with the principles of religious moderation above. These strategies include *first*, education and awareness. Education is still an effective way to prevent bullying and cyberbullying. This is because there are still many teenagers who do not know which of our actions constitute bullying and cyberbullying. This education can be done by holding a type of educational seminar or socialization. With this activity, students gain knowledge and awareness about bullying and cyberbullying behavior and how to overcome it. Apart from that, there are several methods that can be used for education, such as integration in the curriculum. This method is done by including the values of religious moderation in the education curriculum, from elementary to secondary levels. This includes teaching the importance of tolerance, justice, and non-violence. With this, students get basic knowledge about bullying and cyberbullying. Training teachers and educational staff can also be one way to suppress bullying and cyberbullying by providing training to teachers and educational staff on how to teach and implement religious moderation in everyday life.

Second, the formation of an anti-bullying committee. Form an anti-bullying committee at school consisting of teachers, students and parents. The committee is tasked with monitoring, preventing and handling cases of bullying and cyberbullying. With this committee, all acts of bullying and cyberbullying crimes at school can be identified and dealt with firmly. This can provide a deterrent effect for the perpetrators and can be used as a lesson by other students not to carry out bullying and cyberbullying. This committee can also be tasked with providing education to students regarding bullying and cyberbullying with material on religious moderation by upholding the 4 principles of religious moderation so that bullying and cyberbullying can be prevented.

Third, use social media wisely. This can be done in various ways such as digital campaigns and digital ethics training. Carrying out digital campaigns that spread the values of religious moderation on social media. This campaign aims to provide education to the wider community regarding the prevention of bullying and cyberbullying using the concept of religious moderation. This campaign can be carried out through videos, infographics and others. Organizing digital training can also be used to educate the public regarding ethics in

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using social media, such as not being able to blaspheme, spread hoaxes, not hate comments, and so on. This ethics training is carried out to reduce the number of cyberbullying. People who already know the ethics of using social media will definitely not carry out cyberbullying.

Fourth, inter-religious dialogue and community cooperation. Encourage interfaith dialogue in schools and communities to increase understanding and tolerance between students from different religious backgrounds. This dialogue can also help reduce prejudice and stereotypes that can trigger bullying. Through inter-religious dialogue, mutual understanding can be fostered and understanding that differences are not a reason to bully each other, but differences can foster mutual respect between each other. This inter-religious dialogue can also occur if there is collaboration with religious organizations. This collaboration can aim to see each other and spread the meaning of religious moderation so that bullying will not occur, especially for bullying caused by differences in beliefs.

Lastly, strengthening human values. This can be done by mutual respect for human dignity. Teaching the importance of respecting human dignity and protecting each other's rights can also be done to prevent bullying and cyberbullying. Instilling the value that humanity and all humans are equal on this earth can also be used as a basis for self-awareness so as not to commit acts of bullying and cyberbullying. This includes rejecting all forms of violence and intimidation, whether physical violence or psychological or mental violence. Apart from human values, the value of justice also needs to be instilled. This includes encouraging society, especially teenagers and students, to act fairly and contribute to the public good and also reject all forms of actions that harm other people, including bullying and cyberbullying. Apart from that, there is also another way, namely the Moderate Approach to Religion, which advocates a moderate and inclusive understanding of religion which can help prevent extremism which sometimes triggers belief-based bullying.

Religious moderation can be an effective strategy to overcome and also prevent acts of bullying and cyberbullying. Emphasizing education, anti-bullying committees, campaigns for wise use of social media, dialogue between religious communities, and strengthening human values and justice can create a safe and harmonious life that is free from all acts of bullying and cyberbullying, especially those caused by differences in beliefs. Seeing the impact of bullying and cyberbullying can occur in the long term and cause death. The concept of moderation needs to be emphasized again to prevent forms of bullying and cyberbullying from continuing to increase.

6. CONCLUSION

Religious moderation plays an important role in overcoming bullying and cyberbullying in educational and social environments. Religious moderation can function as an effective tool in reducing bullying and cyberbullying actions or behavior through building positive character and increasing awareness of the importance of tolerance and empathy among students. Several strategies that can be implemented as an effort to prevent bullying and cyberbullying behavior include: Emphasizing education, anti-bullying committees, campaigns for wise use of social media, dialogue between religious communities, and strengthening human values and justice can create a safe and harmonious life that free from all acts of bullying and cyberbullying, especially those caused by differences in beliefs. Seeing the impact of bullying and cyberbullying can occur in the long term and cause death. The concept of moderation needs to be emphasized again to prevent forms of bullying and cyberbullying from continuing to increase.

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