

# Increasing Anti Bullying Awareness of the Socialization Program at SDN 1 Manggungsari

*by Lutfiatul Khoiriyah*

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# Increasing Anti Bullying Awareness of the Socialization Program at SDN 1 Manggungsari

Lutfiatul Khoiriyah<sup>1\*</sup>, Usy Juana Putri<sup>2</sup>

<sup>1</sup> Walisongo State Islamic University Semarang, Indonesia

<sup>2</sup> Walisongo State Islamic University Semarang, Indonesia

Adress: Semarang, Indonesia

[kknmitmanggungsari@gmail.com](mailto:kknmitmanggungsari@gmail.com)

## ABSTRACT

This journal discusses the anti-bullying socialization program carried out by Walisongo State Islamic University KKN students at SDN 1 Manggungsari. The method used in this activity includes education through socialization to students and teachers of SD Negeri 1 Manggungsari regarding Stop Bullying and its impact, as an effort to prevent bullying behavior, which was carried out on August 13, 2024, bullying in the school environment is a serious problem that can negatively affect the mental and physical health of students. This program aims to increase the awareness of students, teachers, and parents about the dangers of bullying and how to prevent it. Socialization activities are carried out through material delivery, discussion, and the use of audio-visual aids. The results of the activities show the enthusiasm of students in understanding and preventing bullying. To increase the effectiveness of the program, it is recommended that parents and counseling guidance teachers be involved in bullying prevention efforts

**Keywords:** Bullying, socialization, education

## ABSTRAK

Jurnal ini membahas tentang program sosialisasi anti bullying yang dilakukan oleh mahasiswa KKN Universitas Islam Negeri Walisongo di SDN 1 Manggungsari. Metode yang digunakan dalam kegiatan ini meliputi edukasi melalui sosialisasi kepada siswa dan guru SD Negeri 1 Manggungsari mengenai Stop Bullying dan dampaknya, sebagai upaya pencegahan perilaku bullying, yang dilaksanakan pada tanggal 13 Agustus 2024, bullying di lingkungan sekolah merupakan masalah serius yang dapat berdampak negatif terhadap kesehatan mental dan fisik siswa. Program ini bertujuan untuk meningkatkan kesadaran siswa, guru, dan orang tua siswa tentang bahaya bullying dan cara pencegahannya. Kegiatan sosialisasi dilakukan melalui penyampaian materi, diskusi, dan penggunaan alat bantu audio visual. Hasil kegiatan menunjukkan antusiasme siswa dalam memahami dan mencegah perundungan. Untuk meningkatkan efektivitas program, disarankan agar orang tua dan guru bimbingan konseling dilibatkan dalam upaya pencegahan bullying.

**Kata kunci:** Perundungan, sosialisasi, pendidikan

## INTRODUCTION

Education is one of the various ways that can produce expected changes in behavior, namely changes in behavior towards better behavior. Individual behavior is not always innate, but can also be influenced by the learning process. School environmental factors can affect a person's behavior. Therefore, schools play an important role in shaping the character of students so that they can learn safely and comfortably and achieve optimal learning outcomes.

In fact, education is not an easy task, but a dynamic activity that will face many obstacles. Over time, various information can be easily accessed by students, which they have mastered in their lives. Such rapid development also brings negative impacts to the

environment. The development of technology also has a significant negative impact. Another example of negative consequences is bullying behavior. Learners already feel that bullying behavior is a normal thing, even if it is just calling a friend without using his real name or using the name of his father or parents. Bullying is an aggressive act committed repeatedly against someone who is weaker or vulnerable by someone who is stronger or more powerful. (Ainol Mardhiah, 2023) Bullying can happen in various places, such as at school, at work, and even on social media. Anyone can do this, but this situation mostly occurs in adolescents, because their emotions are often unstable and are still easily influenced by the environment. However, bullying should not be underestimated and considered normal, as it can have long-term negative impacts.

The existence of this phenomenon will definitely be a big challenge in the world. Not to mention in today's increasingly advanced world of education. To protect ourselves from the advancement of information technology that can damage the character of students, it needs to be taken seriously to foster and strengthen positive traits in students so that they can be sown and embedded. Through these positive traits, it will create peace in family relationships <sup>6</sup> in the school environment, both inside and outside the school environment, and can reduce bullying actions that are very detrimental. One of the ways that can be done is by implementing these strategies and providing services to students to build anti-bullying awareness in students.

In Indonesia, incidents of bullying are still common <sup>19</sup> in the school environment and pose a major challenge in creating a conducive learning climate. Although various efforts have been made to reduce bullying cases, challenges in implementation often relate to the lack of awareness and knowledge of <sup>3</sup> students, teachers, and parents about the dangers of bullying and how to prevent it. In this context, in-school socialization programs play an important role in raising students' awareness and creating an antibullying culture.

SDN 1 Manggungsari is located in Dukuh Traju, Manggungsari, Weleri District, Kendal Regency. This school faces various problems experienced by students, namely related to the lack of anti-bullying literacy. Noted, many Manggungsari students go to school and continue their education to a higher level. To prevent bullying from happening again to victims and perpetrators, it is necessary to provide education about bullying. Some students at SDN Manggungsari still do not receive adequate education about bullying, and victims of bullying lack information from parents and schools. By looking

at these problems, the purpose of implementing the KKN work plan is for students to understand bullying from a legal point of view, for students to understand the impact of bullying on perpetrators and victims, and for students to understand how to respect everyone's differences and not get involved in bullying. Through the work program agenda implemented by the KKN UIN Walisongo team, the "Anti-Bullying Socialization with Students of SDN 1 Manggungsari" program was developed. This program is based on students' awareness of the importance of understanding anti-bullying because bullying often occurs among students.

### **IMPLEMENTATION METHOD**

This community service activity is a collaborative activity between UIN Walisongo students and the principal of SD Negeri 1 Manggungsari as a concrete form of the KKN 2024 Work Program. The method used in this activity includes education through socialization to students and teachers of SD Negeri 1 Manggungsari regarding Stop Bullying and its impact, as an effort to prevent bullying behavior, which was carried out on August 13, 2024. The implementation of these activities was carried out with the following details:

1. Delivering material directly (socialization)

Using this method aims to provide an understanding of the target, namely students and teachers, about Stop Bullying and regulations related to bullying contained in the Child Protection Law. The delivery is done directly in front of the audience and is explained in full, detailed, clear, and easy to understand by the audience. In its implementation, the direct method sought not to focus too much on theoretical discussions.

2. Sharing

The sharing method was used in this activity to provide understanding and education to participants openly. This is important to introduce understanding, provide an overview of respect, and teach tolerance towards others.

3. Using audio-visual aids

In this treatment, audio-visual electronic equipment is used that can be used to display materials and illustrations of examples of bullying.

There are also several stages<sup>2</sup> in the implementation of community service activities including problem identification and activity evaluation (Tuasuun et al., 2023), including:



Figure 1. Activity phasing

The stages of service activities at SD Negeri 1 Manggungsari began with identifying problems related to bullying behavior through observations and discussions with school parties. The goal is to get holistic information, such as the potential for bullying, and how to handle it. The results of the discussion showed that SD Negeri 1 Manggungsari has not had any cases of bullying handled, but it is possible that this behavior occurs without being noticed by the school because the victims are afraid to report. Based on this information, the planning stage continued with coordination between the KKN event section and the principal, as well as determining the right socialization material. The third stage is preparation, where each team member prepares the needs of the activity according to their assigned tasks. After everything was ready, Stop Bullying socialization activities were carried out, involving 101 students and 7 accompanying teachers. The last stage is evaluation, where participants fill out an evaluation questionnaire to be taken into consideration in the next activity.

## RESULTS AND DISCUSSION

### 1. Implementation<sup>2</sup>

This community service activity was carried out on Tuesday, August 13, 2024, at 07.30-09.30 WIB. The location for the implementation of community service is at the Manggungsari village hall. The targets in this community service activity are students from grade 1 elementary school to grade 6 elementary school, It is intended that all

students are <sup>13</sup> expected to be able to understand the importance of bullying. The socialization was opened by the principal of SDN 1 Manggungsari and continued with the presentation of material by the resource person. The material presented used Power Point (PPT) media sourced from books and journals or other articles related to the theme of socialization. after the speaker delivered material related to understanding bullying, then avoiding bullying in everyday life both in the school environment, home environment, and society. During the presentation of the material, the students were invited to actively participate in the discussion, this can be seen from the enthusiasm of the students in responding to questions asked by the speakers. In addition, in the sharing session, students were also active in sharing stories related to bullying that they often do.

## 2. Bullying Prevention Efforts

The community service aims to socialize how effective efforts are <sup>6</sup> to prevent bullying in the school environment. This socialization was conducted in two sessions: the first was a presentation presenting the material, and the second was a question and answer session, where students were given their messages and experiences. In the initial session, the material was presented about the definition of bullying, its effects, and examples, as well as methods to avoid harassment so that students can know what bullying is and





understand the impact of bullying. Besides that, students can also know how to overcome bullying.

*Figure 2: speaker 1 delivered material on bullying prevention efforts in schools*



*figure 3: speaker 2 delivered material on bullying prevention efforts in schools*

Bullying is an act of deliberate and repeated attacks on the same person using power and strength to hurt someone who is considered disliked, by doing various things, and the perpetrator feels satisfied when he has done this emotionally both physically and verbally. (Maria, 2023). Bullying is a widespread social phenomenon involving individuals and groups. Bullying behavior is a bad act committed by a person or group with the aim of hurting others physically or mentally.

Children who are victims of bullying are at risk of health problems, both physical and mental. The problems that may be suffered by children who are victims of bullying include the emergence of several mental problems such as depression, anxiety, trauma, and difficulty sleeping, which are likely to be carried over to adulthood. Physical health

complaints, such as headaches, stomachaches, and muscle tension; insecurity in the school environment, and decreased enthusiasm for learning.

Because the impact caused by bullying behavior is very large and negative, we must avoid it both in our environment, especially at school. The following efforts to prevent bullying in children are done by empowering children, including:

- 1) Children have the ability to identify potential bullying early on.
- 2) The child is able to defend when harassed.
- 3) Children have the ability to help when they see bullying happening (intervene or help).

reconcile, help friends by strengthening trust, report to school, parents, and individuals in the community.

The anti-bullying socialization program at SDN 1 Manggungsari succeeded in increasing the understanding and awareness of students, teachers, and parents about bullying issues. Students can more easily understand what bullying is and its effects with interactive materials and audio-visual aids. In addition, this activity gives students the opportunity to share their stories and experiences about bullying. This helps them feel more connected and makes them more courageous to report acts of bullying that they witness or experience.

Discussion sessions during the socialization gave students the opportunity to ask questions and discuss issues they face in the school environment. This shows that students not only receive knowledge but also actively participate in the learning process. The enthusiasm shown by students during the activity shows how important it is to gain more knowledge about bullying and how important it is to create a safe school environment.

In addition, the involvement of teachers and parents in this program is also very important. Teachers as educators have a key role in creating a positive school culture, while parents can support bullying prevention efforts at home. By involving these two parties, it is hoped that awareness and understanding of bullying can be strengthened, thus creating synergy in prevention efforts.

Overall, this socialization program not only provides knowledge about bullying, but also builds an attitude of tolerance and mutual respect among students. Thus, it is hoped that this activity can be the first step in creating a safer and more supportive school environment for all students. With this anti-bullying socialization, it is expected to be able



to provide understanding to students to be wiser in doing an action. Closing the anti-bullying socialization event by clapping the spirit so that students are more enthusiastic about learning.

## CONCLUSIONS

Anti-bullying socialization was carried out with face-to-face techniques (*on the spot training*) taking place in the hall of the Manggungsari village hall, Weleri sub-district, Kendal district. The principal and the KKN team were the resource persons who discussed the bullying material.

The anti-bullying socialization program carried out by Walisongo State Islamic University KKN students at SDN 1 Manggungsari succeeded in raising the awareness of students, teachers, and parents about the dangers of bullying and the steps to prevent it. Through material delivery methods, discussions, and the use of audio-visual aids, students showed high enthusiasm for understanding the issue of bullying. However, to achieve more effective and sustainable results, it is important to involve parents and counseling guidance teachers in bullying prevention efforts in the school environment. With wider collaboration, it is expected that the school environment can become safer and more supportive for all students.

## SUGESSTION

Based on the results of this socialization, there are several things that can be used as suggestions to improve the effectiveness of the anti-bullying socialization program at SDN 1 Manggungsari, including:

### 1) Parent Involvement

In order to strengthen bullying prevention efforts, schools need to involve parents more actively. Regular counseling or seminars involving parents can increase the synergy between home and school in overcoming bullying problems. In addition, creating harmonious relationships between parents and families serves as a positive example and provides more attention for children.

### 2) Engagement with the school

Anti-bullying socialization programs in schools needs to be further empowered by involving counseling teachers, so that they can detect bullying cases early on. The

addition of counseling sessions for students and increased communication between counseling teachers and students who are potential perpetrators or victims of bullying will be very helpful. In addition, increased monitoring from the school by patrolling the school during certain times and in certain locations where bullying can occur.

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