

HEALTH EDUCATION ABOUT BULLYING AT JUNIOR HIGH SCHOOL 7 SUNGAI RAYA IN PONTIANAK

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Abstract

The phenomenon of bullying is spreading more and more among teenagers, especially in schools and cyberspace. The tendency to view bullying as just part of a joke causes the problem to be underestimated and not taken seriously. In fact, this action is very dangerous, especially for psychological victims, which often causes someone to become depressed, feel inferior and even encourage someone to commit suicide. Therefore, awareness-raising through outreach activities related to bullying needs to be carried out with the aim of providing knowledge regarding bullying acts and being able to prevent bullying from occurring in their environment. The approach method used is through counseling the impact of bullying in schools. The counseling was carried out by Junior High School 7 Sungai Raya with 40 participants. The results showed that the participants were active in giving questions and opinions about bullying in schools. 98% of participants seemed enthusiastic in obtaining information about bullying. 100% of participants seemed satisfied with the results of the discussion about. Participants understand the actions of bullying and are an effort to minimize bullying cases in the school environment.

Keywords: Bullying, Health Education, Counseling.

Abstrak

Fenomena bullying semakin marak di kalangan remaja, terutama di sekolah dan dunia maya. Kecenderungan untuk melihat bullying hanya sebagai bagian dari lelucon menyebabkan masalah diremehkan dan tidak dianggap serius. Padahal, tindakan ini sangat berbahaya, terutama bagi korban psikis yang seringkali membuat seseorang menjadi depresi, minder bahkan mendorong seseorang untuk bunuh diri. Oleh karena itu, sosialisasi melalui kegiatan sosialisasi terkait bullying perlu dilakukan dengan tujuan untuk memberikan pengetahuan mengenai tindakan bullying dan mampu mencegah terjadinya bullying di lingkungannya. Metode pendekatan yang digunakan adalah melalui penyuluhan dampak bullying di sekolah. Penyuluhan dilakukan oleh SMP Negeri 7 Sungai Raya dengan jumlah peserta 40 orang. Hasil penelitian menunjukkan bahwa peserta aktif dalam memberikan pertanyaan dan pendapat tentang bullying di sekolah. 98% peserta tampak antusias dalam memperoleh informasi tentang bullying. 100% peserta tampak puas dengan hasil diskusi tentang. Peserta memahami tindakan bullying dan merupakan upaya meminimalisir kasus bullying di lingkungan sekolah.

Kata kunci: Bullying, Pendidikan Kesehatan, Konseling

PENDAHULUAN

In recent years, the phenomenon of bullying has spread in society, especially among teenagers and social media users. The tendency to give negative comments to someone, especially regarding physical form, personal life, and even issues related to ethnicity, religion, and race has become a new hobby in some societies (Nurhadiyanto, 2020). Not just negative comments, actions like this sometimes also lead to physical actions such as pranking someone who is considered not on the same level as themselves, or against people who are considered not to give anything back for what they did (Zein, 2019). This treatment is carried out only for the sake of fun and personal satisfaction for the party who did it. Unfortunately, the facts show that the most common cases of bullying occur in educational institutions which should be the safest place for someone to gain knowledge (Yuliandari, 2017).

The phenomenon of bullying is like a normal thing and something that is usually done. Not many view acts of bullying or bullying as a crime (Suseno, 2018). The tendency to view bullying as just part of a joke is the most rational thing as the reason why it is underestimated and not taken seriously. The public's ignorance of the harmful effects of bullying makes this condition even worse. In fact, this action is very dangerous, especially for psychological victims, which often causes someone to become depressed, feel inferior and even encourage someone to commit suicide (Harfiah, 2020). Unfortunately, some bullies don't realize that their actions are part of the bullying. Therefore, socialization through socialization activities related to bullying needs to be done with the aim of providing

knowledge about bullying and being able to prevent bullying in their environment (Mahendra, et al. 2020)

Bullying or in the big Indonesian dictionary known as bullying is any form of suppression or violence that is intentionally carried out by a person or group of people who are stronger or more powerful towards other people, with the aim of hurting and carried out continuously. Violence is classified into two forms, namely physical and verbal (Viviani, et al. 2018). Physical bullying is usually carried out in the form of pranks such as locking someone in the toilet, hiding someone's belongings many times, doodling on the victim's belongings or even providing physical contact such as grabbing and tying someone up. Bullying in the form of verbal can be in the form of giving negative comments about a person's personal, physical form (body shaming) or related to a person's ethnicity, religion, and race either delivered directly or through social media (Sucipto, 2012).

These cases usually occur between peers or peers. This is evidenced by the fact that the place where bullying occurs most often is in schools where the perpetrators and victims are teenagers at school age. According to data from the National Commission for Child Protection, from 2011 to 2016 found around 253 cases of bullying, consisting of 122 children who became victims and 131 children who became perpetrators (Eliasa, 2017). UNICEF in 2016 also reported that as many as 41 to 50 percent of teenagers in Indonesia in the age range of 13 to 15 years had experienced cyber bullying (Manto, et al. 2020).

The results of the study presented by a psychologist named A. Kasandra Putranto at a seminar held at the Bachelorwiyata University

Tamansiswa Yogyakarta on November 21, 2012, showed that of the 353 students who were used as research samples, the bullying they had experienced was bullying in the classification physical and psychological. The bullying was 33% caused by students having difficulty in getting along and 26% due to being physically small/weak and disabled (Koebler, Jason. 2011).

In fact, cases of bullying have a bad psychological impact. Many victims of bullying cases end up being stressed, insecure, depressed so they choose not to go to school, isolate themselves and the worst thing is to decide to commit suicide (Destiana, 2019). A case study conducted at a vocational high school in Purwokerto found that bullying has physical and psychological effects. Physical impacts include bruises, lumps, hand injuries, dizziness, often tired and not going to school. While the psychological effects include depression, uncomfortable in learning, fear, inferiority, shame, suicidal thoughts and do not feel at home in school (Muhammad, 2007). According to another study, the impact caused by bullying made 55% of students feel depressed and nervous, while 37% of students experienced a lack of concentration. In this study, it was also shown that 36% of victims of bullying responded to the bullying they received (Koebler, Jason. 2011).

Basically the state has protected the rights of children in Indonesia to live well, decently and free from all forms of violence. This is contained in Law no. 23 of 2003 concerning Child Protection, among others, is contained in Article 13, Article 16 and Article 54. However, in fact protection through the law has not been successful due to the low level of awareness and concern for this bullying case. This encourages the

creation of a strategy for preventing and overcoming bullying, especially in educational institutions (Arianty, 2016).

Counseling or socialization related to bullying is an initial effort to prevent such cases from happening. Actually bullying is a form of interaction between two parties (perpetrators and victims) so that handling must also be done to all parties involved. With the counseling will be able to increase awareness related to bullying. A study states that an approach that focuses on efforts to change the school environment has proven to be more effective (Hidayati, 2012).

METODE

The approach method used is through counseling on the impact of bullying in schools which is then expected to implement a comprehensive (comprehensive) strategy. This counseling is carried out by involving several parties. The target of health education regarding bullying is the students of junior high school 7 Sungai Raya. This counseling is carried out through 4 stages, namely (1) survey of the target group, (2) preparation of facilities and infrastructure, (3) Implementation of core activities, and (4) Evaluation. The target group survey was conducted in order to obtain information about the location and the destination junior high school which had never had a similar health education. Preparation of facilities and infrastructure related to the place and location that we will use for activities and other facilities that are prepared in stages by considering the level of need. For the core activity, namely the delivery of program content, namely providing motivation to the school including teachers and children about

the importance of knowledge about the dangers and effects of bullying. The last activity carried out is evaluation which includes evaluation of structure, process and results.

HASIL DAN PEMBAHASAN

The activity begins with the preparation stage which includes making a Health Education permit, making proposals for health education activities for teenagers at junior high school 07 Sungai Raya Dalam, making an Extension Event Unit, preparing materials to be delivered, preparing for consumption, and including preparing a place setting for health education. Next for the determination of the schedule according to the schedule that has been set.

The counseling was conducted at junior high school 07 Sungai Raya, which is located on Sungai Raya Dalam road, Kubu Raya Regency. The activity was carried out on Saturday, December 9, 2017 at 09.00-11.00 WIB. A total of 40 students attended this counseling activity accompanied by several teachers. Counseling is carried out by the presenters who are lecturers in the STIK Muhammadiyah Pontianak environment with the help of students as moderators and in the field of infrastructure.

The results of observations made showed that during the activity the participants were actively asking questions and opinions about bullying at school. 98% of participants seemed enthusiastic in obtaining information about bullying that was delivered with the help of multimedia such as LCD projectors, laptops, and speakers. In addition, 100% of the participants seemed satisfied with the results of the discussion on Bullying with the inputs given by STIK Muhammadiyah Pontianak students. The appointed

speakers can also convey information that has been well designed in advance and by using language that is easy to understand. Some of the material presented included the definition of violence/bullying, factors causing bullying, types of bullying/violence and how to prevent and deal with bullying that occurs in schools.

SIMPULAN

Bullying is not a simple matter when it comes to the impact it has. Moreover, the resulting impact is not directly visible to the victim, especially bullying in the form of verbal. It takes psychological studies and counseling guidance to be able to realize the impact of bullying. Increasing awareness about the impact of bullying needs to be done either in the form of socialization or other programs. Because, there are still many bullies who think what they are doing is just a joke or a mere fad without thinking about the impact. Moreover, until now there has been no official government regulation that confirms punishment or action for bullying cases. The existence of counseling or socialization is able to provide previously unknown information related to bullying and is an effort to minimize bullying cases in the school environment.

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