

Stop Bullying Counseling as an Effort to Prevent Bullying Behavior that Occurs in Students at Ketabang Seruni Elementary School Surabaya

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ABSTRACT

The phenomenon of bullying is a serious problem for child development in Indonesia. Bullying cases in Indonesia are ranked fifth in Indonesia world in bullying incidents (Jayani, 2019). Violence against students at school is a topic of discussion mainstream in the media. The incidence of bullying is 10-60% of children who receive ridicule, ridicule, expulsion, kicking or pushing at least once a week. Cases of bullying in Children can occur anywhere, anytime and by anyone. This makes this case still high incidence rate (Komisi Perlindungan Anak Indonesia, 2020). If this bullying incident continues for a long time, it will have an impact on the victim of bullying, both physically, psychologically and socially. The bullying case at Ketabang Seruni Elementary School Surabaya is of particular concern to the school principal. During break time, students are often heard making fun of each other, and there are friends who are alone because they are ostracized. As a leading public school in the city of Surabaya, hopes that its students can be a good for other schools by implementing free bullying at schools. The solution offered to solve this problem is to provide education to students at Ketabang Seruni Elementary School Surabaya by providing an explanation first about the purpose of the activity, then giving a questionnaire to the students about various things related to the meaning of bullying, types of bullying, causes of bullying, characteristics of perpetrators and victims of bullying, bad impacts of bullying, prevention of bullying, efforts to handle bullying prevention. Education is provided by providing materials using powerpoint media, leaflets and posters which are pasted on the school walls as a means of reminder for the entire community at school, including students, teachers, employees and parents. The result of this activity is that there is an increase in students' understanding of bullying and good practices are obtained by changing the way students socialize to be better and more polite.

Keywords — Mental health; Education; Discrimination; Dignity



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1. Introduction

Bullying is redundant, monotonous, and destructive, power based behavior of students. There are multiple forms of bullying such as name calling, hitting or threatening others and spreading false rumors. According to National

Association of School Psychologists (2012). Bullying is a serious problem facing children all over the world. According to the 2018 UNESCO report based on the Global School Student Health Survey (GSHS) involving 144 countries around the world, 16.1% of children were victims of bullying (Soedjatmiko, S., Nurhamzah, WMaureen, A., & Wiguna, 2016). The phenomenon of bullying is a serious problem for children's development in Indonesia. Bullying cases in Indonesia are ranked fifth in the world in terms of bullying incidents (Jayani, 2019). Violence against students at school has become a major topic of discussion in the media. The incidence of bullying is 10-60% of children who are taunted, ridiculed, excluded, kicked or pushed at least once a week. Cases of bullying in children can occur anywhere, anytime and by anyone. This means that the incidence of this case is still high (Indonesian Child Protection Commission, 2020). If this bullying incident continues for a long time, it will have an impact on the victim of bullying, both physically, psychologically and socially. The psychological impact of bullying that occurs in elementary schools is 42%, where children experience mental disorders such as high sensitivity, overwhelming feelings of anger, depression, low self-esteem, anxiety, decreased sleep quality, the desire to hurt themselves, and even suicide.

The only difficulty with this is that students that go from bystanders to defenders is that they need to be able to be emotionally empathetic towards the victim in order to come up with a proper solution as to how they will help the bullied student (Kim et al. 2021p.751).

More over bullying is not a result of large or small class sizes or academic competition. Underlying violent conduct are the behaviors, beliefs and attitudes of all the persons involved, be they affection, regard, satisfaction, friendship, teamwork or tolerance, as well as dislike, discrimination, favoritism, omission and

intolerance (Blaya and others, 2006; Gazelle,2006; Ortega, 2000; Kuperminc, Lead beater and Blat, 2001; Lukas and Robinson, 2004). Bullying and its various forms are an integral part of the school and classroom life and climate which pupils live and breathe. Hoover, Oliver, & Hazler (1992)

Ketabang Seruni Elementary School, Surabaya City was established on December 31, 1948. With school principal number 20533587, it is in Genteng sub-district, Ketabang sub-district, Surabaya City, East Java Province. Postal code 60272 geographical location Latitude -7 Longitude 112. Ketabang Elementary School is accredited. A with the 2013 curriculum. The number of classes at SDN Ketabang is 19 classes with 32 students in each class, there are laboratory classrooms and a library as well as places of worship for Muslims. A special class for students of other religions who are taking religious studies. There are 15 extracurriculars such as traditional dance, drum band, choir, new dance creations, karawitan, traditional sports, poetry, painting, volleyball, basketball, football, swimming, reciting the Koran and many more ([https://schoolloka.com /data/sd-negeri-ketabang/](https://schoolloka.com/data/sd-negeri-ketabang/))

SDN Ketabang has been accredited grade A with a score of 93 (2019 accreditation) from BAN-S/M (National Accreditation Body) for Schools/Madrasahs, which is the leading public elementary school in Surabaya. By holding the title of superior state school in the city of Surabaya, the school components, including principals, teachers and employees at the school, hope to be able to form good characters for their students, without denying the development of the times and social media communications which are now easily accessible to all levels of society, This means that these hopes cannot be achieved, the social interactions and vocabulary that female students acquire from out-of-school education mean that cases of bullying still occur, especially cases of verbal bullying, whether in the form of ridicule or teasing of friends at school. Not all students can accept bullying conditions tolerantly, some children receive this treatment less well, it can even cause psychological disorders. The tendency for students who experienced



moderate intensity bullying behavior to experience moderate depression was 66.7%, and of those who experienced mild intensity bullying behavior, 33.3% experienced mild depression. (Machova, A., & Boledovicova, 2014). There are different ways that schools can help combat this issue, without the outlay effects of the victims. Schools should be careful when considering new changes to school policies, making sure that they don't negatively affect students who are victims of bullying. (Bullying Laws 2024).

Based on the data obtained, students said bullying words to each other and also carried out verbal bullying by mocking and ridiculing their friends. The problems that occur are the reason for providing education in preventing bullying to elementary school students. The solution offered to solve this problem is to provide education to students at SDN Ketabang Seruni Surabaya by providing an explanation first about the purpose of the activity, then giving a questionnaire to the students about various things related to the meaning of bullying, types of bullying, causes of bullying, characteristics of perpetrators and victims of bullying, bad impacts of bullying, prevention of bullying, efforts to handle bullying prevention. Education is provided by providing materials using powerpoint media, leaflets and posters which are pasted on the school walls as a means of reminder for the entire community at school, including students, teachers, employees and parents. The material presented uses language that is easily understood by elementary school students, attractive presentation media.

2. Targets and Output

This activity was attended by 30 representative students from grade 4 and grade 5 who were selected by their respective class teachers and 7 teachers.

3. Method

The target of this activity is 30 students of SDN Ketabang Seruni, Surabaya City, grade 4 and grade 5 and 7 teacher representatives, under the auspices of the Principal of Ketabang Seruni, elementary school Surabaya. Ketabang Seruni elementary school is a leading public elementary school in the city of Surabaya,

which has a big role in forming young people who have good personalities, character and are physically and mentally healthy. Cases of bullying, which some people consider to be trivial and ordinary, are something that can have a bad impact on a person's psychological development. As a leading educational institution in Eastern Indonesia, Faculty of Medicine, Universitas Airlangga has an important role in disseminating positive education for the younger generation. Ketabang Seruni Elementary School students are expected to apply the education they have received as a way to prevent bullying in the school environment. Activity methods include pre-test, delivery of educational lectures, discussion (question and answer) and post-test. The program evaluation design is to measure the understanding of Ketabang Elementary School students from the start of the training before attending the educational lecture through a pretest in the form of a questionnaire, measuring the abilities of the training participants after attending the educational lecture through a posttest in the form of a questionnaire. It is hoped that after delivering educational lecture material, students at SDN Ketabang Seruni will be able to implement healthy relationships free of bullying in the school environment.

The program's sustainability plan is to conduct an evaluation visit to Ketabang Elementary School and conduct interviews with the principal and teachers regarding changes in attitudes and behavior of Ketabang Elementary School students and interactions with peers.

4. Discussion

The science and technology applied in this community development program is to provide education to students at Ketabang Seruni Elementary School in Surabaya City about the meaning of bullying, types of bullying, causes of bullying, characteristics of perpetrators and victims of bullying, the bad effects of bullying, prevention of bullying, efforts to handling bullying prevention. information in order to increase knowledge about bullying or harassment.

Preventing bullying in elementary school children is expected to be able to provide a strong foundation for the character of the



nation's children. Providing education to students at superior schools in Surabaya can set a good example for children's psychological development.



Figure 1. Documentation With All Participants



Figure 2. Standing banners installed at schools



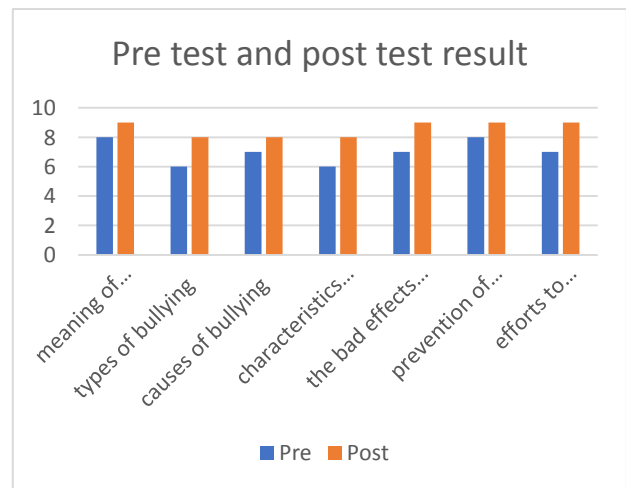
Figure 3. Accompanying teachers



Figure 4. Pre-test activities



Figure 5. Activities by speakers



The results of the post test and pre test showed an increase in results in all parameters, in the definition of bullying there was an increase in the average from 8 to 9 things, this is because the targets of this activity were students in grades 4 and 5 who had sufficient understanding of the definition of bullying.

In the parameters of types of bullying, there is an increase in the average from 6 to 8, this is because students have received new information about types of bullying that were not previously known.

In the parameters of the causes of bullying, the average increase was found from 7 to 8, this shows an increase in knowledge about the causes of bullying and it is hoped that with this increase in knowledge, it is hoped that students can avoid bad behavior.

The parameters of characteristics of perpetrators and victims of bullying increased from an average of 6 to 8, this was because students in grades 4 and 5 did not know much about the characteristics of perpetrators and victims of bullying. After this activity the students gained good knowledge.

The parameter for the negative impact of bullying was an increase in the average pre-test and post-test results from 7 to 9, this was because there were new terms acquired by the participants that the students had not previously known.

In the bullying prevention parameter there is also an increase in the average from 8 to 9, this increase in knowledge will provide good outcomes so that students can understand how to prevent bad relationships.

In the last parameter, namely efforts to handle bullying prevention, there was an increase in pre-test and post-test results from 7 to 9, this was because students in grades 4 and 5 basically had sufficient knowledge about handling bullying prevention, with this community development activity their understanding increased.

5. Conclusion

The implementation of this community development activity has been able to increase students knowledge of bullying and the consequences it causes. This makes Ketabang Seruni Elementary school students become more polite, both in words and actions.

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