

Efforts to Improve Se-Enak Dampling (Child Mental Health Impact of Bullying) in SD Negeri Citali, Pamulihan District

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ABSTRACT

Bullying is any form of violence carried out intentionally by one person or group of people who are more powerful or powerful against others, with the aim of hurting and carried out continuously. Bullying cases often occur in the school environment including in the elementary school environment, where this bullying case must have a bad impact on children's mental health. The purpose of counseling at SD Negeri Citali Pamulihan District is so that students can understand the meaning of what is meant by bullying, types of bullying, know the causes of bullying, know the effect of bullying on mental health, can know the basic laws of bullying in children and of course they know about how to prevent and deal with bullying. This community service will be carried out in October 2023, with the focus of its activities being to provide knowledge to female students. Students do a pretest before being given counseling material which is carried out offline, then after being given counseling material students are given again post-test questions with the aim of providing an overview of children's knowledge about bullying. With the hope that after this counseling activity, students of SD Negeri Citali can increase their knowledge about bullying and its impact on their mental health

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INTRODUCTION

Elementary school-age children have immature mental health because at this time children are still in the growth stage as well as their psychological conditions. School is one place to students gain knowledge, form a character and place development of the next generation of candidates nation. Seeing the importance of school for students then the school should be a safe, comfortable place, as well as fun. But for some students who feel uncomfortable or instead it becomes a scary place, one of which is bullying behavior that occurs at school (Mayasari et al., 2019). Due to a lack of good guidance and direction, children will usually grow and develop in the direction of what behaviors they see and digest. According to KPAI data (2015) Number of children who are perpetrators of violence (bullying) at school There were 67 cases in 2014(Putri et al., 2015)(ZAKIYAH et al., 2017). In 2015 it increased to 79 cases. The child did it brawling behavior also occurs an increase from 46 cases in 2014 to 103 cases in year (Qommarria Rostanti, 2015). The elementary school (SD) period is golden period to instill values and form good character, so you can create good morals in yourself children (Putri Wijayanti & Tipa Uswatun, 2019)

Bullying has negative effects namely a decrease in internal abilities mathematics subjects so Very social skills required necessary to prevent bullying occurs. Skills social can be improved through educational efforts(Oliveira et al., 2018).

The incidence of bullying is 10-60% of children who receive ridicule, exclusion, kicks or pushes at least once a week (Wiyani, 2017). In fact, cases of child bullying can occur anywhere, at any time, and by anyone. This means that the incidence of this case is still high (Abdussalam, 2020).

Bullying done while still using school uniform (Antoni, 2022). It is important to improve knowledge about bullying in elementary school children because elementary school children are still in the category of school age children who are vulnerable to having problems with their friends and are not yet able to control their emotions well so they can be at risk of carrying out physical, verbal and psychological bullying on their friends at school. Previous research explains that one of the factors that influence the occurrence of bullying is peer factors (Sufriani, 2017).

Bullying is a behavior aggression carried out by individuals and groups against individuals or other groups do repeatedly in a way hurt physically or mentally (Prasetyo, 2014).

states that the impact of bullying is not only felt by the victim bullying, but also has implications for the perpetrators of bullying. The impact of bullying is: mental health disorders(Sari Rumra & Rahayu Agustina, 2021).

METHOD

This community service activity was carried out at SD Negeri Citali, Pamulihan District, Sumedang Regency on October 23, 2023. The target of this community service is grade 4 students. In the implementation of community service through direct meetings (offline), the methods used are counseling and discussion. This counseling activity began with conducting a pre-test, then continued with material counseling for 30 minutes. After giving the material, the students again conducted a post test with the aim of knowing the effectiveness of counseling activities on public knowledge about reproductive health. The enthusiasm of the students can be seen from the attendance during the counseling and the active discussion during the activity.

The stages of community service activities socializing the introduction of adolescent reproductive health consist of planning, implementation and evaluation with the following assessments:

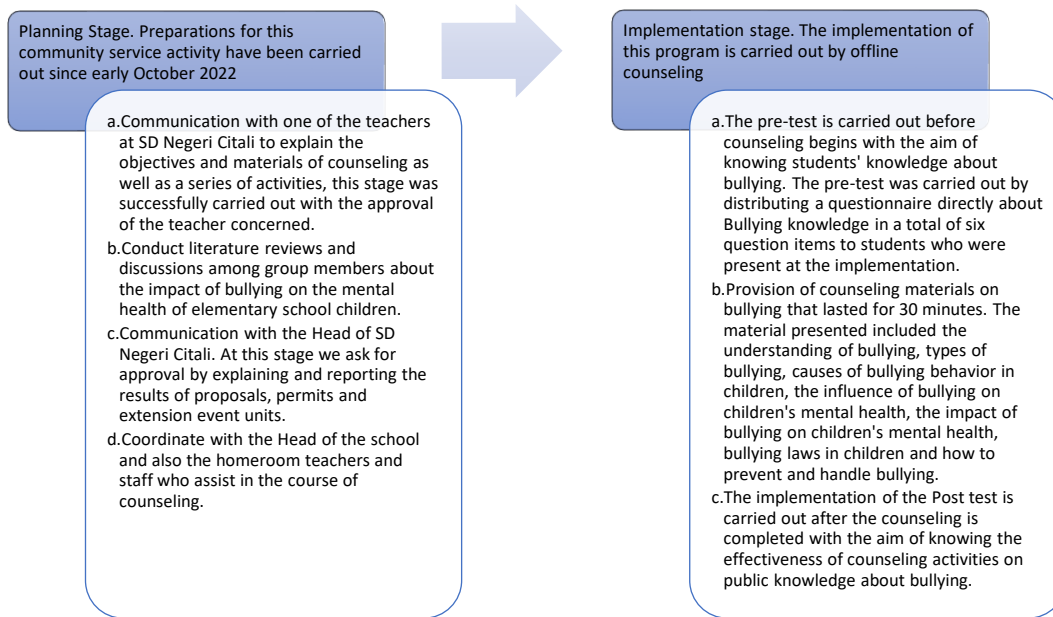


FIGURE 1. stages of community service activities

RESULT AND DISCUSSION

Community service program at SD Negeri Citali, Pamulihan District in an effort to improve damping (children's mental health impact of bullying) by providing knowledge to students about the adverse effects of bullying with the following activity details:

Counseling About Bullying



FIGURE 2. Bullying effect adverse

This activity was carried out on October 23, 2023 at SD Negeri Citali, Pamulihan District, participants who participated in this counseling event were 38 students consisting of grade 4 students, class IV A and B homeroom teachers and the Principal. This counseling starts at 08.00 WIB. This counseling is carried out with the aim of increasing students' knowledge about bullying.

Counseling along with a description of the meaning of bullying and the types of bullying is the material presented, students are invited to be able to understand the true meaning of bullying and also its kinds. Bullying in Indonesian known as "bullying, bullying" is a form of bullying and also violence carried out

intentionally by someone or also a group of people even more where they usually feel the most powerful and also the most powerful. With the aim of hurting and usually done continuously. In addition, students are also given material about various types of bullying which include physical or non-verbal bullying, non-physical or verbal bullying, social bullying and cyberbullying.



FIGURE 3. Basic cause of bullying

In addition, this counseling also teaches elementary school students at SD Negeri Citali about the basic causes of bullying behavior at their age, where these causes can arise from the family environment, school, peer group facts, social environment conditions and television and social media impressions. The explanation in this counseling is done by exemplifying several cases so that students can better understand the material taught.

Counseling On The Effects Of Bullying On Children's Mental Health And Its Adverse Effects

This activity was carried out on October 23, 2023 at SD Negeri Citali, Pamulihan District, participants who participated in this counseling event were 38 students consisting of grade 4 students, class IV A and B homeroom teachers and the Principal. This counseling was carried out after counseling about bullying. Students are given an understanding of the effect of bullying on children's mental health and the adverse effects it will have.



FIGURE 4. Bullying effect

In this counseling, pictorial media is given that can attract students' attention as well as explain the influence of bullying on children's mental health. Mental health is the realization of personality integrity, identity harmony, growth towards self-realization and towards healthy relationships with others. It was also explained to the students that their mental health is still in a growth stage that can be damaged by being influenced by many factors. If this bullying is done to them then what will happen in the short term they will feel fear, anxiety, insecurity and trauma.

After explaining the effects of bullying on mental health on elementary school children, then also explained the impact of bullying that can occur such as loss of confidence, self-isolation, increasing self-criticism, mental health disorders to suicidal thoughts and self-harm. In the explanation of this material, several interactions were carried out with students so that they were interactive and also they could better understand about the impact of bullying that could occur on them.

Counseling On The Legal Basis Of Bullying For Children

After counseling activities on the effects of bullying on mental health and the adverse effects caused, the next was the counseling activity on the legal basis of bullying on children which was carried out on October 23, 2023 at SD Negeri Citali, Pamulihan District, participants who participated in this counseling event were 38 students consisting of grade 4 students, homeroom teachers of grades IV A and B and the principal.



FIGURE 5. Law that regulated about bullying

The explanation on this material is done concisely, informatively and also interesting for students by explaining that in cases of bullying there is a law that regulates it which is contained in article 71 of Law number 11 of 2012 which contains the principal of funding for violence committed both by parents and children. In addition, article 76C of Law number 15 of 2014 regulates imprisonment of children.

Counseling On How To Prevent And Also How To Deal With Bullying

The last counseling given was how to prevent and also deal with bullying in children which was carried out on October 23, 2023 at SD Negeri Citali, Pamulihan District, participants who participated in this counseling event were 38 students consisting of grade 4 students, homeroom teachers of grades IV A and B and the Principal.



FIGURE 6. Prevention method

In this last counseling, students were taught to know how to prevent bullying, for example, by making friends with people, growing self-confidence, not being provoked to fight when bullied and not showing fear or sadness when bullied. As well as explaining how to deal with bullying, by staying calm, seeking the help of others, reporting bullying cases and also developing a culture of peace so that bullying cases no longer grow, and children can prevent bullying so that their mental health is maintained.

Student Knowledge Of The Impact Of Child Mental Health On Bullying

At this stage, the stage of measuring students' initial knowledge is carried out using the pretest method to recognize bullying. With this method, the following amounts are generated:

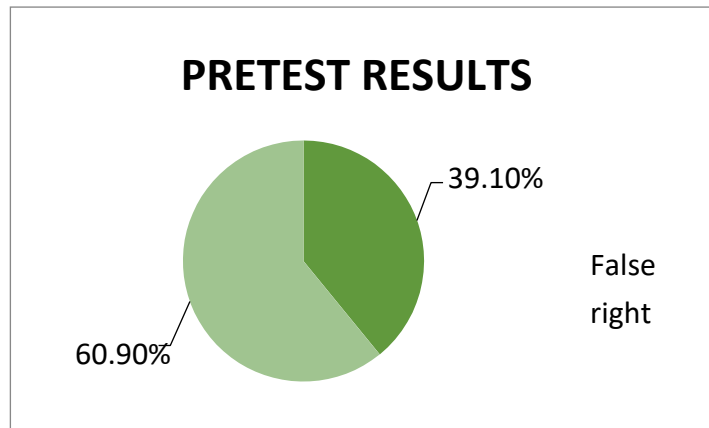


FIGURE 7. Pretest result

In the picture above, it was found that as many as 60.90% of students answered correctly and then as many as 39.10% answered incorrectly in the total number of students as many as 38 people. After the pretest was carried out, the final test was carried out using the post set method, which resulted in the following amounts:

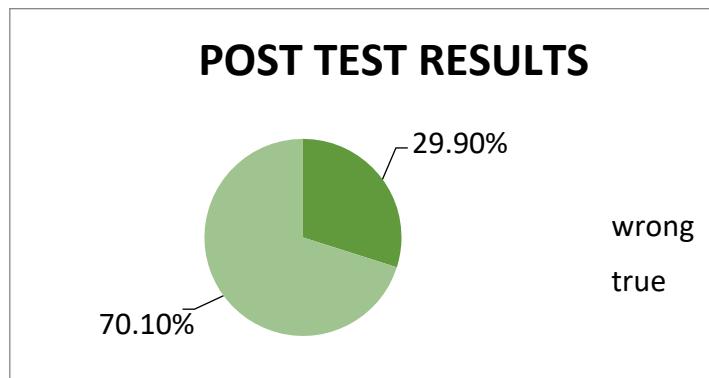


FIGURE 8. Post test result

As in the picture above, it shows that the level of student knowledge about bullying after counseling has increased with the number of students who answered correctly 70.10% and the number of students who answered incorrectly as much as 29.90%. The comparison between pretest and post test can be seen in the bar chart below:

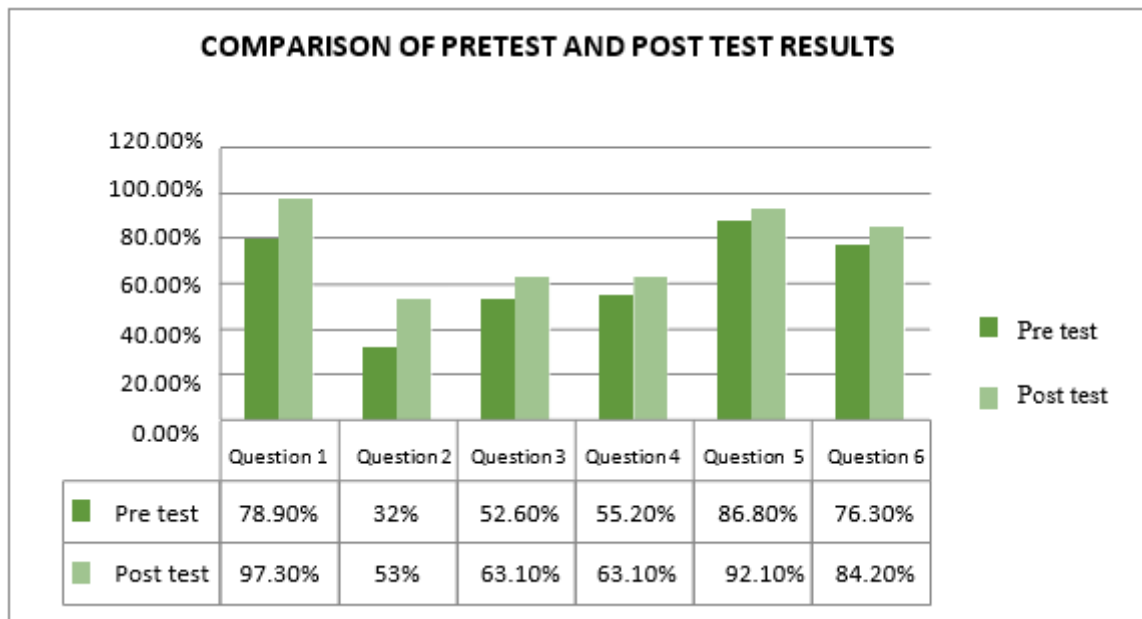


FIGURE 9. Comparasion the results

With the results obtained as above, it can be concluded that the knowledge of SD Negeri Citali students in counseling is given well. This means that some students can understand and understand the importance of the impact of bullying on their mental health.

Education carried out by providing health education is one of the intervention strategies in health promotion to improve public health. Health education is a planned effort to change the behavior of individuals, groups, families and communities(Kumboyo, 2013).

Previous research was conducted in class VIII students about bullying behavior, research results it shows behavior bullying after being given treatment shows the perpetrator's awareness and can reduce bullying behavior and there is increased empathy from witnesses to bullying behavior so they can suppress bullying behavior (Mardiyah & Abdul Syukur, 2020).

that process the formation of knowledge is know, understand, apply, analyze, synthesize, and evaluate namely abilities to justify or assessment of an object certain(Notoadmodjo S, 2003).

CONCLUSION

Community service activities by counseling grade 4 students at SD Negeri Citali Pamulihan District went well, besides that this activity received a good response and also a new experience for the students. They showed an interest in this counseling activity and they also stated that this counseling could provide their knowledge about bullying, the results of the post test and also the post test given to them also showed the same thing. That they experience increased knowledge about the extension material provided. There are no obstacles to this counseling activity accompanied by a line of teachers who want this counseling activity to be carried out again.

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