Bullying Literacy Assistance in Improving Student Mentality

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ABSTRACT

The background to this service is the rise in cases of bullying in the school environment due to a lack of social interaction and, a lack of bonding with family and the school environment. Especially in the world of education, cases of physical bullying are 55%, verbal bullying is 30%, and cyberbullying is 15%. Students at SMK Negeri 2 Garut are 70% male-dominant, of course, acts of bullying will occur because the perpetrators and victims of bullying usually occur among men. The aim of holding this community service is to provide understanding and skills to individuals, especially children, and teenagers, so that they can recognize, prevent, and overcome bullying, so that children's mentalities can be honed and continue to improve. The method used in this service is mentoring through the Focus Group Discussion (FGD) method, which is a research data collection technique that ultimately produces information from interactions between several participants in a study, similar to other data collection methods in general. The result of this service is that students who initially only knew the basic definition of bullying, after being given this assistance almost all students understand what the bad effects of bullying are, the positive side of bullying has also been understood, such as becoming more sensitive. about the surrounding environment, sharpening a person's mentality for the future, as evidenced by the questionnaire results above 8.5%. We hope that after this service activity is held, there will be no more or fewer cases of bullying, either in the surrounding environment or cyberbullying on social media

INTRODUCTION

Along with developments nowadays, technological developments are so rapid, that many problems occur in the world of education. The general aim of education is to educate and build the character of the nation's children, but seen in the current era, making it smart is easier than building the character of the nation's children to be better, because in the current era, to become intelligent can be done in any way, be it normal knowledge through studying, reading books, practice questions, or study via gadgets or the internet. However, at this time, problems that usually occur in the school environment involve low morals which can cause children's bad behavior (Illiyyah, 2020).

Bullying is inappropriate behavior that can occur in various forms, be it physical, verbal, or social, both in everyday life and in the virtual world. Bullying can cause discomfort, disappointment, and emotional stress for a person, which may be carried out by individuals or groups. The cause of bullying as stated by psychologists is a powerful character, who always experiences violence and bullying at school every year. To overcome the problem of bullying, schools can implement various preventive measures, such as providing personal counseling services for students who experience or witness acts of bullying (Fariz et al., 2023). This case of bullying is prone to occur in teenagers, one of which is in the school environment, be it public or private schools, such as the bullying case that occurred at Tunas Harapan Nusantara Middle School, Bekasi, where the school students come from various ethnicities and religions, the more widespread intolerance is, the more this happens. It is feared that cases of intolerance and anarchy will occur, this could be categorized as a case of bullying (Tumanggor et al., 2019). The following are the results of observations related to data on bullying cases at SMK Negeri 2 Garut as shown in diagram 1.
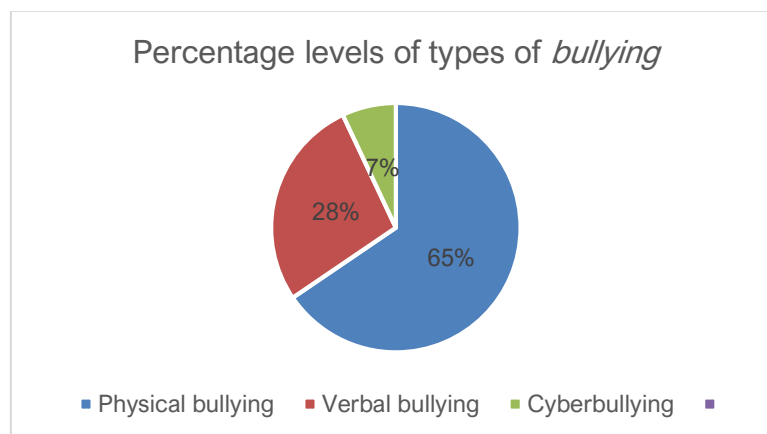

DIAGRAM 1. Observation Results of Types of Bullying

The types of bullying that usually occur in the school environment are physical bullying, verbal bullying, and cyberbullying, but of the 3 types of bullying that are widespread and could increase, it is physical bullying, as stated by the Indonesian Child Protection Commission (KPAI). Retno Listyarti, a member of the Indonesian Child Protection Commission (KPAI) who is responsible for education, expressed her concern about the series of violent incidents that are still occurring in school environments. According to him, this phenomenon has seriously damaged the image of education, starting from cases of physical, psychological, and sexual violence, these incidents have tarnished the reputation of the world of education. The data he described showed that 84% of students had experienced violence at school, with 45% of them stating that the perpetrator of the violence was a teacher or school officer. In addition, 40% of students aged 13 to 15 years admitted to having been victims of physical violence perpetrated by friends. peer. Furthermore, as many as 75% of students admitted to having been involved in acts of violence in the school environment, and 22% of female students pointed to teachers or school officials as perpetrators of violence. In addition, half of the children reported their experiences of bullying at school (Watini et al., 2023).

According to the results of a survey conducted by The Health Behavior in School-Aged Children (HBSC) in 40 countries around the world, the countries with the highest rates of bullying cases are Japan, Indonesia, Canada, and the United States in that order. Indonesia is one of the countries with a high level of bullying cases, East Kalimantan Province stands out as one of the areas with many cases of violence against children. DKI Jakarta recorded 649 cases, followed by West Java with 391 cases, and Banten with 362 cases. The Indonesian Child Protection Commission (KPAI) revealed that several factors, such as demographics, imbalance in population density, difficulty in accessing education, and low levels of welfare, are the main causes of this phenomenon (Rachman et al., 2018).

Physical bullying includes actions such as hitting, kicking, pushing, and sexual harassment, verbal bullying includes behavior that makes fun of physical deficiencies, and the use of harsh, degrading language. Regarding cyberbullying, it is necessary to have digital literacy to engage in this action, because cyberbullying can occur through negative content or comments on social media platforms (Srikandi et al., 2023). Social media is an internet-based platform designed to facilitate two-way or interactive social interactions, its function is to maintain social relationships virtually, considering the limitations of time and distance that prevent individuals from interacting directly (Nurhadi el al., 2022).

The rise of bullying can occur due to several factors, for example, lack of social interaction, introversion, and lack of bonding with family, apart from that there is also influence from peers, the school environment, and lack of knowledge among teenagers about the consequences of bullying behavior, seniority can also occur (Rustam et al., 2020). Bullying has become a significant issue internationally, especially in the educational context, where it has become such an inherent habit among students, both at the school and college level, bullying can be considered an attempt to harm another individual repeatedly, often because of unequal differences in power (Saputra, 2022).

The Indonesian Child Protection Commission (KPAI) in 2014 recorded 1,480 cases of complaints about bullying which often occurred in the education sector, for example in the school environment, bullying as a form of violence, the cases that have dominated and exceeded reports of brawls between students (Rachman et al., 2018). Bullying incidents show that efforts to protect the nation's next generation are still not optimal. Children who are the future heirs of the country should be treated well by parents, teachers, and peers. Children are not only the successors of the nation but also a gift from God who has rights and dignity as human beings, according to the provisions of Law Number 23 of 2002 concerning Child Protection (Taufik et al., 2023).

Mental health is a condition or condition where a person can fully accept his strengths and weaknesses and can face life's challenges, mental health also plays an important role in increasing self-confidence. Another definition of mental health, namely individual well-being, refers to a person's ability to optimize one's potential, face the pressures of life well, carry out tasks productively and effectively, and make a meaningful contribution to the community. Mental health, on the other hand, includes an individual's ability to adapt to the environment and interact positively (Saputri et al., 2023). Mental Health in a person, especially children and teenagers, must be given great attention, this can trigger impacts on future stages of development, for example in physical health, learning at school, social relations with peers, prone to behavioral and psychological disorders, mood changes, can injure themselves or others, children and teenagers are vulnerable to mental health disorders (Laka et al., n.d.). Mental health plays a crucial role in social relationships, productivity, calm, and environmental stability, this factor can play a role in the social and economic progress of a society. Individuals who have a high understanding of mental health tend to access mental health services more than those who have a lower understanding (Isni et al., 2022).

The problem with this service is based on the author's findings through observation, that there is a lack of literacy and understanding regarding the effects of bullying that occurs in the school environment, especially at SMK Negeri 2 Garut, because 70% of the students at SMK Negeri 2 Garut are predominantly male. and usually, the perpetrators and victims of bullying are also men. This is by the upload on social media which went viral about the bullying case in Cilacap.

The following are the post-test results from filling out a questionnaire regarding the level of students' understanding regarding bullying cases from before service and after service as shown in Graph 1.

Students' level of understanding regarding bullying cases before and after service
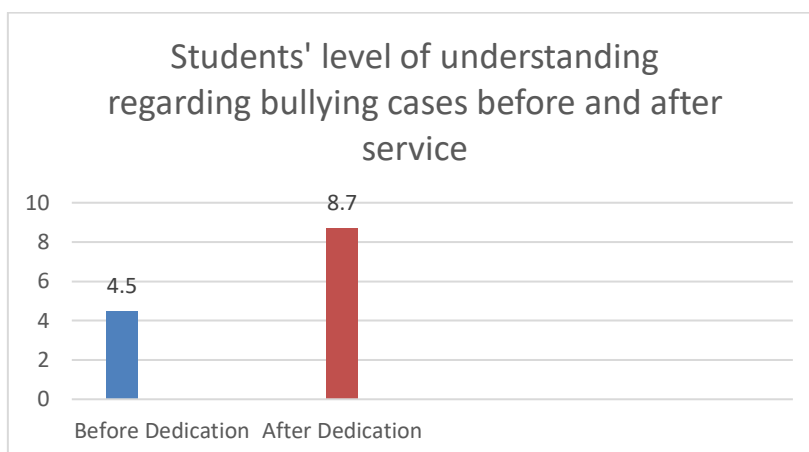
GRAPH 1. Service Questionnaire Post Test Results

By maintaining optimal mental health, teenagers can build a strong character in facing life's challenges that will come, situations where teenagers face problems, especially those that can hinder psychological growth and contribute to shaping perceptions about themselves, such as experiencing bullying from peers, can increase the risk of creating a sense of self-doubt in facing the future (Novianti E. et al., 2020).

Teachers play a crucial role in efforts to prevent bullying in schools. Teacher involvement is very important in overcoming and preventing bullying. Therefore, a comprehensive and systematic approach is needed from teachers to prevent and eliminate bullying in the school environment (Asyah et al., 2023). This bullying literacy assistance aims to provide understanding and skills to individuals, especially children, and teenagers, so that they can recognize, prevent, and overcome bullying so that children's mentalities can be honed and continue to improve.

The community service carried out by the author is relevant to several previous service writings, first with the title "Anti-Bullying Education as Strengthening Character Education for Students in Guntur Demak". This previous dedication article discussed the phenomenon of bullying in Guntur Village, especially at SDN 2 Guntur. From the results of observations at SDN 2 Guntur, several forms of bullying were found, including verbal and physical forms of bullying, therefore there is a need to educate students regarding bullying literacy as a whole. The result of this service is that the majority of students can understand the bullying socialization material that has been presented. This brings about changes in students' knowledge, attitudes, and awareness regarding bullying. Students become more careful in their behavior to avoid bullying (Illiyyah, 2020).

The second previous community service was "Strategy for Instilling Character Education in Minimizing the Occurrence of Bullying for Elementary School Students: Literature Study". This previous service article focused more on finding strategies for minimizing bullying through character education for elementary school students. The result of this service is the emergence of the right solution to overcome bullying, namely by instilling deeper Islamic teachings and establishing good cooperation between teachers and parents. Apart from that, religious values can also teach students to behave honestly, be disciplined, and be friendly and polite to teachers, parents, and friends (Jumarnis et al., 2023).

In the school environment, character education is very important to be given and implemented by students so that bullying does not occur which has become a culture in Indonesia (Ridwan M et al., 2023). Bullying also involves a social hierarchy in which individuals or groups with high status can use their power to exploit individuals or groups with low status. Individuals or groups with high status will act as perpetrators of bullying, while individuals or groups with low status will continue to be victims due to their lack of power. From this situation, a gap occurs between individuals or groups with high and low social status (Jumarnis et al., 2023).

If cases of bullying are not reduced or prevented, there will be many children and teenagers who will experience mental decline, be psychologically disturbed, many will be introverted, or close themselves off, or even the cruelest ones can commit suicide, because they receive too much bullying in their lives. verbal and physical form. This situation is increasingly complex due to the lack of knowledge of teachers, school principals, and parents regarding the problem of bullying in school-aged children, they tend to believe that this behavior is a normal part of children's development stages, thus causing an indifferent attitude in the school environment. The rampant lack of understanding among the school community, including principals, teachers, employees, and parents, along with differences in views regarding bullying, is also one of the main factors explaining the continuation of bullying cases in the school environment (Lestari et al., 2019). Individuals who experience violence and feel threatened will immediately respond by taking action. This response can be in the form of resistance if you are able, or it is more advisable to report it to the authorized agency as a place for official complaints so that you can get appropriate assistance or treatment (Sormin et al., 2021).

METHOD

The method used in this service is the Focus Group Discussion (FGD) method. The FGD method is a research data collection technique where information is generated through interactions between several participants in a study, similar to other data collection methods. The result of this service is that almost all participants, after being given material about the positive and negative effects of bullying in-depth, as well as about things that can damage a person's mental health, now understand and understand better than before. This service was carried out at SMK Negeri 2 Garut in the PSPT (Television Program Broadcast Production) department. This activity lasted for 3 days, from 18, 19, 20 December 2023. The location is on Jln. Suherman No. 90, Kec. Tarogong Kaler, Garut Regency, West Java 44151. Several methods that will be implemented in this community service activity are explained as follows:
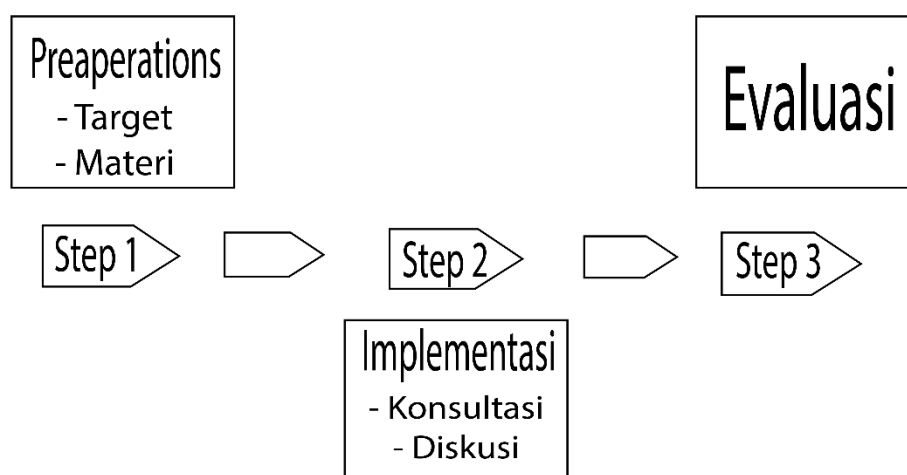

FIGURE 1. Process of Community Service Activities

Activity Preparation Stage

The first stage is activity preparation. At this stage, the author arranges a series of events and prepares some material from the results of surveys and interviews with the curriculum at SMK Negeri 2 Garut, from the results of news analysis on social media that bullying is increasing or being discussed a lot.

The author also designs and prepares the material needed to respond to the problem of the many acts of bullying among teenagers. This author prepared material related to the definition of bullying, its effects, examples of reporting on social media, communication from victims of bullying, and a little about bullying on social media or cyberbullying.

Stages of Activity Implementation

Activity implementation stage, consultations were carried out with students who had experienced continuous bullying so that this did not happen in the future. In this context, the appropriate method to use in discussions is Focus Group Discussion (FGD). The FGD method is a research data collection technique to obtain information through social interaction, where individuals influence each other in their relationships (Mustadh'afin et al., 2023). The main aim of the FGD method is to seek further information through the results of the discussion, while the discussion itself can emphasize differences and similarities in experiences, provide valid data, and increase understanding.

By using this FGD method, it is hoped that students will remain focused and actively interact in discussions to analyze how bullying does not occur in the school environment or the surrounding environment. After the discussion was finished, the activity continued with an evaluation of students' knowledge and understanding of the evils of bullying, and satisfaction with the material presented.

Evaluation Stage

At the evaluation stage, the author gave a questionnaire to the students regarding satisfaction with the presentation material and understanding of the material presented, motivating the students so that each student's mental state was maintained and continued to improve, and there was feedback and response from SMK Negeri 2 Garut to the author after doing community service on Bullying Literacy. The target of this Bullying Literacy assistance service is teenagers, because looking at the news on social media, there are lots of cases of this act of bullying, which is very disturbing to society, and the role of parents is needed, so that their children do not become victims or even perpetrators of bullying.

RESULTS AND DISCUSSION

This community service is carried out by responding to problems among teenagers and providing solutions. The author carried out this service activity, namely mentoring Bullying Literacy in improving students' mentality, this activity lasted for 3 days, from 18, 19, and 20 December 2023, and this activity received feedback from students who were present in class.

The location of this service is determined based on, 1. The author analyzes the reporting of bullying cases that occur in the youth environment, based on the results of interviews, observations, as well as some experiences at SMK Negeri 2 Garut where male students are dominant certainly does not rule out the possibility of bullying, it always there, 2. Almost the average male student at SMK Negeri 2 Garut tends to have harsh behavior and doesn't care about his environment, this behavior can affect the class situation and there is no possibility that there will be victims of bullying from this behavior, and most victims of bullying usually have introverted or quiet behavior, 3. After an interview with the head of the department program, the school finally allowed the author to provide bullying literacy assistance.

Material

The material that will be disseminated is previously determined by the author, the material is about the meaning of bullying, forms of bullying, and the general negative effects of bullying, not just negative effects, the act of bullying certainly has positive effects on sharpening your mental state become stronger, increase self-confidence, understanding cyberbullying and help if you are a victim of bullying, and discussion of reports on social media about bullying. Discussion and questions and answers about the experiences of students who have been victims or perpetrators of bullying, and providing advice regarding bullying cases.

FIGURE 2. Presentation of Bullying Literacy material, 2023

The speaker explained the definition of bullying, where bullying or harassment is an action that can degrade someone, for example, physical bullying such as bullying that ends in a fight, verbal bullying such as mocking or insulting each other, is social bullying which alienates someone who is a victim of bullying from their circle of friends, and cyberbullying such as acts of bullying via social media, body shaming on social media.

Furthermore, regarding solutions to overcome acts of bullying, victims must look for ways or solutions so that acts of bullying do not happen again, for example involving the family in the sense of communicating to parents if there is an act of bullying, psychological assistance where a psychological figure is very important to help the victim's emotions bullying, involving the community in the sense that victims of bullying must find and create a supportive community to help the victim's mental recovery. As for the general effects of bullying, such as stress and depression where the victim can experience stress and depression if they experience bullying quite severe, the psychological impact can result in the person's low self-confidence, and the victim of bullying, can experience psychological trauma where the victim will experience trauma from the act of bullying until adults, can experience academic influences where grades at school or performance will decline, and to the point of using addictive substances, usually victims of bullying who receive very large acts of bullying will look for comfort in life.

Not only does it have negative impacts, but bullying also has positive impacts, such as honing a person's mentality to live a real life, being able to learn when experiencing pressure or difficulties, being able to become more sensitive to other people's suffering and developing a higher level of empathy. The last one concerns bullying on social media platforms, which is often referred to as CyberBullying.

Seeking help from cyberbullying is also done by blocking or limiting interaction with the perpetrator, reporting it to authorities such as platform providers, and students analyzing and discussing reporting on bullying cases on social media that occur in elementary school environments and even teenagers, analysis of motives the perpetrator, the handling and response from the authorities regarding acts of bullying, and the opinions or views of the students regarding the case. An example of a case of

bullying on social media that went viral, one of which was in a junior high school environment in the city of Cilacap, a brief chronology of the case was that the victim claimed to be a member of the BASIS (Barisan Siswa) group, while the perpetrator, as a genuine member, did not accept and was offended by the victim's statement, until finally, the perpetrator physically abused the victim.

Implementation

At the implementation stage, this activity assists students regarding cases of bullying that they have experienced, using discussions and consultations, and communication from victims of bullying, so that victims of bullying understand and at least know how to overcome them, and how to think so that incidents occur. bullying doesn't last.

FIGURE 3. Discussion assistance for victims of bullying

The presenter found 2 cases of victims of bullying that should not have happened, first, the victim of bullying was physically kicked and almost had a fight, but the victim remained silent and chose not to speak out or not report it to the teacher or parents because according to him it was just a trivial action at that time. but now that we have been given literacy or understanding about bullying, we finally at least know that actions that lead to bullying must be stopped because they are very detrimental to a person's physical, psychological, and mental health.

The second case occurred when the victim was currently in grade 11 at school. The victim often received verbal bullying carried out by many students from grades 12 and 11 who knew him. After all participants were given literacy about bullying, at least they understood the harm of bullying, they began to look for a positive environment and supported the activities they were carrying out. With this service activity regarding bullying literacy, the author hopes that this act of bullying does not occur among teenagers, especially in the school environment, encouraging or supporting victims of bullying to dare to speak out or report it to the authorities, such as teachers, parents, and even the police. The role of parents is very important in guiding their children not to become perpetrators or avoid being victims of bullying. If bullying has been reported to the teacher, it cannot be resolved or reconciled, the police or authorities must be involved, and it can even be taken to legal action.

Evaluation

After carrying out mentoring through discussion, the author then evaluated by giving a questionnaire of 10 questions regarding students' understanding. After being given the material, they were assisted in discussion and consultation regarding bullying. From the results of the questionnaire given to students, around 12 people already understand what bullying is like, the effects of bullying can damage someone physically and psychologically, but at least they have started to understand and develop a sense of empathy not to remain silent when they see bullying. or report it to the authorities.

FIGURE 4. Completing the Bullying Literacy Questionnaire, 2023

The analysis starts before giving the bullying material, the students only know a basic understanding of bullying, after being given the material and assistance through discussions, many students if they become victims will fight back as best they can, but if they see their friends being bullied they will reprimand them. The students also said that the role of parents and teachers is very important in dealing with or preventing bullying because they are parents at home and also parents at school by communicating openly so that at least teachers and parents know the behavior of children and even friends. his friend at school. Victims or perpetrators of bullying usually when invited to discuss do not dare to tell or explain at least a little about the bullying they have experienced, but these students of SMK Negeri 2 Garut, after being given literacy about bullying, dare to tell a little about their experiences of bullying in a relaxed manner, the situation This indicates that the victims want to voice the bullying they have experienced but perhaps do not have the courage or lack the literacy to report it, and are also afraid of threats from the perpetrator who are given continuously outside the school environment.

These results, show that the students have shown changes from previously only knowing the definition of bullying and its forms, but after being given material and assistance, the students already know the effects that can damage someone physically and psychologically if they become victims of bullying. have the confidence to report or speak out if there are acts of bullying around them. It turns out that this bullying literacy service activity is really needed and very effective if carried out, because according to them it is very helpful in educating students regarding bullying, the views and ways of thinking of students have begun to open up regarding reporting or voicing bullying in the surrounding environment.

Based on the results of the service, the discussion related to "Bullying Literacy Assistance to Improve Student Mentality" is relevant to the previous service. First, "Anti-Bullying Education as Strengthening Character Education for Students in Guntur Demak". This previous service article discussed the phenomenon of bullying in Guntur Village, especially at SDN 2 Guntur. From the results of observations at SDN 2 Guntur, several forms of bullying were found, including verbal and physical bullying, therefore it is necessary to educate students regarding bullying literacy as a whole. The result of this service is that the majority of students can understand the bullying socialization material that has been presented. This brings about changes in students' knowledge, attitudes, and awareness regarding bullying. Students become more careful in their behavior to avoid bullying (Illiyyah, 2020).

Second, "Strategies for Instilling Character Education in Minimizing the Occurrence of Bullying for Elementary School Students: Literature Study". This previous service article focused more on finding strategies for minimizing bullying through character education for elementary school students. The result of this service is the emergence of the right solution to overcome bullying, namely by instilling deeper Islamic teachings and establishing good cooperation between teachers and parents. Apart from that, religious values can also teach students to behave honestly, be disciplined, be friendly and polite to teachers, parents, and friends (Jumarnis et al., 2023).

In the synthesis of this previous service and the service carried out by the author, there are differences, namely the previous service explained the lack of education related to bullying and the solution to dealing with bullying cases by instilling Islamic teachings, while what the author did in this journal service was to explain bullying as a whole, mental health someone, cyberbullying, and how victims or peers can seek help so that the incident cannot happen again.

CONCLUSION

After carrying out the service "Bullying Literacy Assistance in Improving Student Mentality", it was not realized that there were victims and perpetrators of bullying at SMK Negeri 2 Garut. With the rise in cases of bullying or harassment on social media, it is certainly unlikely that this often occurs in schools, but victims do not dare to voice or report these actions to teachers or the authorities, perhaps due to a lack of literacy regarding the importance of reporting bullying by the law. -law number 35 of 2014.

Students often see acts of bullying in their environment, therefore students are interested in understanding

or analyzing the psychology of victims of these acts, and there is a desire to restore the victim's self-confidence so that in the future it does not happen again. Bullying literacy is very important to give to teenagers/children in creating a safe and supportive environment and even influences the potential or talent they have so that they can become high-achieving individuals to prove it to the people who bullied the individual.

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