

The Importance of a Supportive Environment on the Personality of Students Who Are Victims of Bullying

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Abstract: *This study was conducted to find out why the environment is important to the personality of students who are victims of bullying. The purpose of this study is to show how important and what role the environment plays in students who are victims of bullying, because many victims of bullying are confused about finding a suitable environment for themselves. This study uses a reference study method. This method is used by collecting data from a number of journals, books, articles that are relevant and credible with the object of research that explains this article. This reference collection is the result of a study conducted so that we can obtain why the environment is important. The results of this study can be one form of information, educational media or guidelines for both victims of bullying and students to produce an active personality and healthy thinking. The environment is not only a place for activities but also becomes something or something that will change a person both the outside and the inside, which will have an impact on how people see and guess our personality roughly.*

Keywords : *Bullying, Students, Personality, Environment*

Abstrak: Penelitian ini dilakukan untuk mengetahui kenapa lingkungan penting pada kepribadian mahasiswa korban bullying. Tujuan penelitian ini adalah untuk memperlihatkan seberapa pentingnya dan berperan apa lingkungan pada mahasiswa korban bullying, karena banyaknya korban bullying yang bingung mencari lingkungan yang cocok untuk dirinya. Penelitian ini menggunakan metode study referensi. Metode ini digunakan dengan cara mengumpulkan data-data dari sejumlah jurnal, buku, artikel yang relevan dan kredibel dengan objek penelitian yang menjelaskan tentang artikel ini. Pengumpulan referensi ini merupakan hasil dari suatu penelitian yang dilakukan untuk kita dapat memperoleh kenapa pentingnya lingkungan. Hasil penelitian ini dapat menjadi salah satu bentuk informasi, sarana edukasi atau pedoman baik untuk korban bullying maupun mahasiswa untuk menghasilkan kepribadian yang aktif dan dan pemikiran yang sehat. Lingkungan bukan hanya menjadi sekedar tempat beraktivitas melainkan juga menjadi sebuah atau suatu hal yang akan mengubah seseorang baik itu bagian luar maupun bagian dalam, yang akan berdampak pada bagaimana orang melihat dan menebak kepribadian kita secara kasar.

Kata Kunci : *Bullying, Siswa, Kepribadian, Lingkungan*

Introduction

Education is very important for someone, whether on campus or school, it is the first place where someone changes from parents who let their children be left after years with them and the child who must start to live independently without the help of their parents, but what if the school which is the place where a child should develop, a place for children to find new things, new life, friends and a future changes because of a group of people who bully. Bullying is a person or individual who commits violence against someone, either physically or mentally, who should get new friends, knowledge gained from school but turns into trauma. Bullying experienced by someone since childhood can cause psychological problems in children. Children who experience bullying will generally feel less confident, consider themselves inferior to others, feel anxious and easily worried, resulting in a child who should be trusted by parents to study instead getting trauma and mental damage and making it difficult for the child to socialize. (Safia & Solong, 2024).

According to KPAI, bullying is the most reported case of violence or bullying, both mentally and physically, from 2011 to 2014, there were 396 complaints and 82 of them died. (Asnawi, 2019). Violent behavior published by the media is not just brawls and bullying between junior high and high school students, even college students who are adults and can think broadly carry out anarchic demonstrations that can result in violence in them. (Asnawi, 2019). Not just bullying in the real world in an era full of technology where 5-year-old children even have smartphones that can cover all kinds of information around the world, the problem is that not all of the information obtained is good, seen from the behavior of children who have been affected by bullying, they usually start to run away from the world of eyes where they are always bullied.

Their smartphones are where they can express their opinions and themselves, but from cases that occur to Indonesian children, not only in the traditional way but also through cyberspace (cyber bullying). By demeaning/harassing because in cyberspace everyone is free to express their opinions which causes the rise in suicide cases due to terror from social media. (Rika Saraswati & Venatius Hadiyono, 2020). Therefore, it is important for families to regulate their children, pay attention to their children, not scold their children, and teachers who must pay more attention to the condition of their students because they have been entrusted by their parents to demand education and the government cannot take this problem lightly because the impact of bullying can destroy the golden generation of the nation.

Research Methods

This research uses a literature study with a qualitative and systematic descriptive approach by collecting data, analyzing relevant sources, such as articles and journals to strengthen the theoretical basis of the research.

Results and Discussion

According to Webster's dictionary Bullying means torture or harassment that is done without motive but intentionally and repeatedly against a weaker person. Bullying can also be likened to the forerunner of many forms of violence, such as: brawls, intimidation, mobbing, murder, harassment, making bad rumors, etc. In the 1945 Constitution, Article 28B paragraph (2) states, "States that every child has the right to survive, grow and develop, and has the right to protection from violence and discrimination." This is contrary to acts of bullying.

Bullying is also often heard in the world of education both at school and college levels. Bullying is a form of oppression or violence that is carried out intentionally by one person or a group of people who feel more powerful than others, with the aim of hurting and is carried out continuously. The purpose of bullying is only to hurt the victim or just for the satisfaction of the bully, Bullying is not only done with physical violence, but can also be done verbally, such as teasing, saying dirty things, saying lies and causing other chaos with words that come out of the mouths of the bullies. This action can affect the mental health, well-being, and academic achievement of students

Bullying is also not only done from student to student, but can also be done from public education services to students. The use of derogatory or insulting language by staff/lecturers towards students, Unfair treatment of students based on racial background, gender, or social status and Ignoring or not involving students in academic or social activities, which can make them feel isolated.

The Role of Educational Institutions in Addressing Bullying in Higher Education can have serious impacts on students' mental and academic health. Institutions have a critical role in creating a safe and supportive environment. Through clear policies, education, psychological support, and involvement of all parties, bullying can be more effective.

The main core of bullying is due to an imbalance of power (Andrew Mellor, a bullying expert from the anti-bullying network, Scotland). The reason for the emergence of bullying behavior between each other is when someone is different, such as: physical appearance, race, ethnicity, religion, economic conditions, and weak physique, this reason can make the bully continue to intimidate the victim.

There are many motives that can make someone bully others, especially in a campus environment. For example: Senior-junior, academic competition, academic pressure, incitement from other students, social/economic inequality. Academic competition and academic pressure are two different concepts, although they are related to each other.

Academic Competition

competition between students to achieve better achievements, such as high grades, the number of awards they receive, etc. Some positive things about academic competition are having motivation, increasing self-confidence, showing potential/skills, and fostering a disciplined attitude. But if you do it too much, it can cause stress and students feel pressured..

Academic Pressure

Conditions where students feel pressured by high expectations in academics. This pressure can have several causes, such as Expectations from others, Self-expectations, piling up assignments and exams, dense competitive activities for each student. Academic pressure is one of the factors that threatens student achievement. They will vent their own pressure and frustration and then vent it on others. Bullies will feel that they have power and they want everyone to pay attention to them.

Impact of Bullying

Research on Bullying shows that victims of bullying will have difficulty in socializing, they will be afraid to go to school, not concentrate during lessons, slowly damaging their mental and physical health and causing trauma. (Bullying et al., 2013). One aspect that causes someone to be bullied is the difference in degree, intelligence, family background, intelligence, and physical appearance of a person. This bullying behavior does not consider humanity as long as the individual who is bullied is weaker or has prominent shortcomings, the perpetrators of bullying will always be there, strangely these bullies always group together in carrying out their actions so that they look stronger and the bullied individual cannot fight back. (Bullying et al., 2013). Some of the impacts of Bullying on Students. The impact of Mental Health is important for every human being, damaged mental health has an impact on the quality of life, productivity, emotional regulation.

The impact felt by the victim makes him feel hopeless, unmotivated and tends to choose to be alone, does not want to socialize with other people until he is affected by prolonged trauma hallucinations. (Bullying et al., 2013). Physical Health Impact Bullying is not far from physical violence, Physical bullying is bullying that is most visually visible and is done by hitting, kicking, slapping, biting, etc. (Faculty et al., 2018). In addition to causing scars, physical health also makes victims of bullying experience insomnia or difficulty sleeping due to stress. Bullying is the case with the most reports, bullying in Indonesia is considered commonplace even though bullying has existed from junior high school, high school and even college students are not far from the word bullying.

Even KPAI explained that reports of bullying cases were the highest ranking of complaints from the public to the government starting from 2011 to August 2014 KPAI recorded 369 reports of cases of violence and 82 people died. (Asnawi, 2019). Not only the impact of lowering grades, the impact of bullying for victims of bullying is much worse where the victim will get new trauma about school because it is at school where he becomes a victim of bullying. Victims of bullying are often isolated and rarely receive support, which results in them being afraid, overly anxious, having lower academic achievement, having low self-confidence, and not a few people choosing suicide where they often lose hope. (Rika Saraswati & Venatius Hadiyono, 2020).

Sanctions For Bullying Perpetrators

Bullying behavior is one of the crimes that is often ignored. The problem of bullying in Indonesia continues in the educational environment, even though the impact of bullying can cause psychological trauma to the victim. However, bullying often occurs whose cases

are simply stopped because there is no specific law to deal with bullying. The punishment for perpetrators of bullying varies depending on the type, severity, and impact of the violence committed. The sanctions can be imprisonment, fines, or both. The purpose of this punishment is to deter the perpetrators of bullying and provide justice to the victims of bullying. Types of Bullying consist of 4 categories, namely:

1. Physical Interaction. This type of bullying includes hitting, punching, squeezing, threatening, locking the victim in a warehouse, and damaging or taking the victim's belongings.
2. Verbal Communication. This type of bullying includes intimidation, insults, interference, name-calling, sarcasm, insults, criticism/ridicule, threats, slander, and spreading gossip.
3. Cyberbullying. This type of bullying involves the use of electronic media to hurt others.
4. Sexual Harassment. This type of bullying includes sexual harassment which can be classified as physical or verbal aggression.

Regarding bullying, there is no law that provides clear and comprehensive information about it. One of the laws that can be used as a reference is "Article 80 of Law No. 35 of 2014 which states that a person can be sentenced to a maximum of 3 years and 6 months in prison or a maximum fine of 72,000,000.00." (Health, Environment, and Socio-Economic Conditions et al., 2018). However, if someone suffers serious injuries, they must be imprisoned for 15 years or a minimum fine of 3,000,000,000.00." Based on these articles, a criminal act can be said if someone commits violence in any way, including physical, psychological, sexual violence, and other types of violence, whether against other people or not. For perpetrators of bullying, of course, they will be punished if the bullying is carried out by means of violence, as in the article mentioned earlier. In addition to the law, the Criminal Code has explained the types of bullying that have occurred along with the punishments received by the perpetrators. "Article 170 of the Criminal Code concerning Assault that simultaneously and in public carries out acts of violence against people or property that cause abuse to the body, with a prison sentence of 7 years. However, the threat of a maximum prison sentence of 9 years if the victim's injuries get worse, and the threat of a maximum prison sentence of 12 years if the victim loses his life." (Hilmi et al., 2018). "Article 351 of the Criminal Code concerning Oppression can be sentenced to a maximum of 2 years and 8 months in prison or a fine of 4,500.00. If the perpetrator's actions are serious, he can be sentenced to a maximum of 5 years in prison." (Hilmi et al., 2018). "Article 310 of the Criminal Code concerning Insults that are carried out in general and aim to provide information to the public about a person's good name and honor, by making a complaint that aims to inform, then the perpetrator can be sentenced to a maximum of 9 months in prison or a fine of no more than 4,500.00." (Hilmi et al., 2018). "Article 281 of the Criminal Code on Sexual Harassment is punishable by imprisonment for a maximum of 2 years and 8 months or a fine of 4,500,000.00 for those who violate morality intentionally and openly, or in front of others without their consent." (Hilmi et al., 2018).

Solutions To Overcome Bullying In Educational Environments

Bullying in educational environments is a serious phenomenon that has the potential to damage the mental health, physical health, and academic achievement of students. Research shows that bullying not only has a negative impact on victims, but also affects the overall learning atmosphere. Victims of bullying often experience anxiety, depression, and decreased self-confidence, which in turn can interfere with their concentration and motivation to learn. On the other hand, bullies are also at risk of developing aggressive behavior and inappropriate social interaction patterns. Therefore, it is very important for educational institutions to take preventive measures in creating a safe and supportive atmosphere, so that each person can learn and develop without fear of violence or intimidation (Farrington, 1993)

Solutions to Overcome Bullying in Educational Environments:

1. **Education and Awareness, education and Awareness Firm Policies and Regulations**
Educational institutions need to design and implement firm policies regarding bullying. These policies should include, Easy Report Series Creating a system that makes it easy for students to report bullying cases without fear of retaliation. This can be done through an anonymous suggestion box or a special application (KPAI, 2019). Consistent Sanctions Formulate firm and consistent sanctions for perpetrators of bullying. This is important so that all parties feel that there is justice and there is no impunity for the perpetrators..
2. **psychological Support, Providing psychological support for victims of bullying is very important.** These services can include such as Counseling which provides access to trained counselors to help victims cope with the trauma and stress caused by bullying. Counseling should be available in educational settings so that it can be easily accessed (Saraswati & Hadiyono, 2020). Support Groups Forming support groups for students and students who are victims of bullying. This provides a safe space for them to share experiences and support each other. **Pelibatan Orang Tua, Para orang tua memegang peranan vital dalam mencegah serta menangani perundungan.** Oleh karena itu, institusi pendidikan harus menyelenggarakan Pertemuan Orang Tua, Menggelar pertemuan berkala dengan para orang tua untuk mendiskusikan isu bullying dan pentingnya pengawasan di rumah. Pendidikan untuk Orang Tua Memberikan pendidikan kepada orang tua mengenai cara mengenali tanda-tanda bullying dan cara berkomunikasi dengan anak tentang isu ini (Mellor, n.d.).
3. **Building an Inclusive Environment, Creating an inclusive and supportive environment can reduce the likelihood of bullying.** Steps that can be taken include Social Activities such as Organizing social activities that involve all students, such as sports, arts, and culture, to build a sense of togetherness and reduce the gap between groups (KPAI, 2019). And Diversity Promotion Introducing programs that promote diversity and inclusion, so that students are able to respect diversity and learn to live together in harmony.
4. **Collaboration with External Parties, Collaborating with external organizations that focus on bullying issues can provide new perspectives and innovative solutions.** This collaboration can be in the form of a Program from an NGO Inviting non-governmental organizations (NGOs) that are experienced in handling bullying to provide training and support (Faculty of Psychology, 2018). Awareness Campaigns that work with local governments and other educational institutions to conduct broader awareness campaigns about bullying.

Conclusion

Addressing bullying in educational environments requires a holistic approach and involves all stakeholders. With education, firm policies, psychological support, parental involvement, and the development of an inclusive environment, it is hoped that bullying can be minimized, creating a peaceful and enjoyable learning environment for all students. This effort is in line with the statement in the 1945 Constitution which emphasizes the right of every child to receive protection from violence and exclusion.

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