

Building Community Awareness: Challengges and Solutions In Fighting Bullying In Schools

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Abstract: *Bullying in schools is a serious problem that requires more attention, but public awareness of its prevention remains a challenge. This study aims to identify factors that influence public awareness in dealing with bullying and formulate effective prevention strategies. The method used was a literature study to collect information on various forms of bullying, the incidence rate, and its impact. The results showed that the active involvement of various parties, including educators, parents, and the school community, is crucial in raising awareness and the success of anti-bullying programs. Suggested strategies include multi-level approaches (individual, classroom and school) and the implementation of policies to create a safe and supportive learning environment. This research is expected to serve as a reference in designing a more comprehensive and sustainable bullying prevention policy in schools*

Keywords: *bullying, school, fighting bullying, community awareness*

Abstrak: Bullying di sekolah merupakan masalah serius yang memerlukan perhatian lebih, namun kesadaran masyarakat terhadap pencegahannya masih menjadi tantangan. Penelitian ini bertujuan untuk mengidentifikasi faktor-faktor yang memengaruhi kesadaran masyarakat dalam menangani bullying serta merumuskan strategi pencegahan yang efektif. Metode yang digunakan adalah studi literatur untuk mengumpulkan informasi mengenai berbagai bentuk bullying, tingkat kejadian, dan dampaknya. Hasil penelitian menunjukkan bahwa keterlibatan aktif dari berbagai pihak, termasuk pendidik, orang tua, dan komunitas sekolah, sangat penting dalam meningkatkan kesadaran dan keberhasilan program anti-bullying. Strategi yang disarankan mencakup pendekatan multi-level (individu, kelas, dan sekolah) serta penerapan kebijakan untuk menciptakan lingkungan belajar yang aman dan mendukung. Penelitian ini diharapkan dapat menjadi acuan dalam merancang kebijakan pencegahan bullying yang lebih menyeluruh dan berkelanjutan di sekolah.

Kata kunci: perundungan, sekolah, melawan perundungan, kesadaran masyarakat

Introduction

Cases of bullying are not uncommon and not a trivial occurrence, but there are still things that have not been realized and addressed to the fullest. Bullying is recognized as a major public health issue that often begins to affect children and adolescents at a level that can be seen globally. According to an international study of adolescents aged 12-18 years, the average prevalence rate was 35% for direct bullying involvement and 15% for cyber bullying activities. The impact of bullying on the victim, which in this case is the student being bullied, is that some victims become afraid and withdraw from the social environment. Most choose to remain silent. As for the perpetrators, they will be internalized by their environment.

Often, bullying perpetrators have also been victims of bullying, and they may bully as a form of revenge (Yuliani, 2019). The cause can be from the perpetrator who feels he has power over his victim and considers bullying as a normal behavior (Ulfatun & Santosa, 2021). For example, when someone behaves badly towards others for no apparent reason (Rahmawati & Prayitno, 2022). The most common forms of bullying in schools are verbal and physical bullying (Douvlos, 2019). Verbal bullying can be verbal or written including name calling, threats of violence, and abusive language. (Mohan & Bakar, 2021) Physical bullying includes kicking, hitting, spitting, pinching, damaging the victim's property, making violent gestures and even tearing the victim apart. (Mohan & Bakar, 2021). Based on data from the Indonesian Child Protection Committee (KPAI) in 2022, there were 226 cases of physical and psychological violence including bullying. (Zaki Ahda & Nur Aziza, 2022). With easy access to information and a bad environment are also the causes of bullying in schools. Nurhidayat, (2020) states that deviant behavior is often carried out by students, especially in the following forms: (1) students often bully their friends at school, (2) students often speak harshly to their friends, (3) lack of teacher supervision and monitoring.

Research Methods

This research used a literature study approach as the main method. The research was conducted as a team to evaluate the level of public awareness of bullying in schools, identify existing challenges, and formulate effective solutions

for its prevention. Collaboration within the team enabled the collection of broader and more diverse information and enriched the perspectives generated from this research.

The literature study was chosen for its ability to filter and analyze various relevant sources of information related to bullying in the school environment. The data collection process involved each group member having the responsibility to search for literature from various sources, including scientific journals, research reports, books and policy documents. This approach not only increases the effectiveness of data collection, but also allows the team to look at the issue of bullying from different perspectives and contexts.

Once the information was collected, the team held discussions to categorize the database on certain themes, such as the impact of bullying on victims, community attitudes towards bullying, and the success of prevention programs that have been implemented. This discussion aimed to ensure that all team members' viewpoints were accommodated, so that the analysis reflected a collective understanding.

The results of this study are expected to provide in-depth insights into the inhibiting factors in efforts to raise public awareness about bullying. By understanding the challenges faced, the research team can formulate more appropriate recommendations to create effective solutions. Overall, through the literature study method, it aims to provide an overview of the condition of bullying in schools as well as to raise awareness in the community about the importance of bullying prevention and the active role that all parties can play in creating a safe and supportive learning environment for school students.

Results And Discussion

1. Definition of Bullying

Bullying is unpleasant behavior that can be verbal, physical, or social, whether in the real or virtual world. It is a serious issue that, if not addressed, can have harmful effects. In schools, bullying can occur between students, teachers, or between students and teachers. According to KBBI, bullying is defined as an act that annoys, harasses continuously, or causes trouble. The impact of bullying can be very serious, both for the victim and the perpetrator, as it can cause long-term trauma or become a bad habit that is difficult to break. Bullying involves an imbalance of power, where the perpetrator often has a higher social status than the victim, such as children from marginalized communities, children with disabilities, or immigrants.

2. Factors Causing Bullying

Bullying is caused by various factors, including family, school and community environments. Children who come from troubled or stressful families are more likely to mimic bullying behavior. At school, the lack of proper handling of bullying cases can also reinforce the behavior. In addition, a culture of violence in the social environment as well as peer pressure often triggers bullying behavior. Difficult socio-economic conditions, such as poverty, can also increase the risk of bullying. Harsh or wrong parenting also contributes, as children who experience harsh treatment may be more prone to bullying. Some perpetrators also bully to gain social recognition or look popular with their peers. Lack of moral education and empathy puts a person at high risk of becoming a bully or victim of bullying, as they do not understand the impact of such actions on others. Social pressure to be accepted in certain groups can also encourage children to bully. In addition, children with physical or psychological disabilities are more vulnerable to being bullied, and low self-esteem can increase the likelihood of being victimized. All these factors interact with each other and can increase the risk of bullying in various environments.

3. Preventative Measures and Responses to School Bullying

Overcoming bullying can be done through several strategic steps. First, devotion and surrender to God can help individuals maintain peace of mind when facing pressure. The next step is to identify the problem in depth, so that the root cause can be better understood, which will help in finding effective solutions. Once the cause has been identified, it is important to explore several alternative solutions as options. In addition, effective communication is indispensable to solving social problems, including bullying, as communicating well can prevent misunderstandings and strengthen relationships. Managing emotions is also key, as good emotional control allows for wiser problem-solving. Self-assessment through evaluating mistakes can help in future personal improvement. Learning from each problem is also beneficial in preparation for similar situations in the future. If no agreement can be reached, compromise is the way to find a solution that is beneficial to all parties. Direct discussion in dealing with differing views can minimize the risk of misunderstanding, while flexibility and creativity are needed to adapt approaches in a variety of difficult situations.

Legally, bullying is regulated under the Criminal Code (KUHP) and the Child Protection Law, where various articles contain criminal penalties for perpetrators according to the level and form of violence committed. In addition to criminal sanctions, there is a civil lawsuit mechanism that allows victims to claim compensation from perpetrators, providing an opportunity for victims to obtain

justice for the impact they have experienced. This approach reflects multidimensional measures in dealing with bullying, both from a psychological and legal perspective.

4. Bullying Impact Analysis

Bullying has a significant impact on the victim, the perpetrator, as well as the social and academic environment. For victims, bullying causes psychological impacts such as long-term trauma that triggers feelings of insecurity, anxiety, and potential post-traumatic stress disorder (PTSD). In addition, many victims experience depression, anxiety and decreased self-esteem, which affects their mental well-being. Physical impacts are also common, both in the form of injuries from physical bullying and overall health problems due to prolonged stress, such as sleep disturbances, headaches, and digestive problems, which can develop into chronic diseases such as high blood pressure.

Socially, victims of bullying tend to avoid social interactions due to shyness or fear of mingling, hindering their ability to socialize and build healthy relationships. This bullying experience also affects their confidence and ability to build positive relationships in the future. In the academic realm, bullying can lead to a decline in achievement as victims lose concentration and motivation to learn, resulting in lower grades and drastically reduced school attendance, which can even lead to dropping out of school.

Perpetrators of bullying also experience negative consequences. Without proper intervention, they are at risk of developing antisocial and criminal behavior in adulthood, and often have difficulty in establishing healthy social relationships due to the patterns of aggressive behavior that are formed. School and community environments are also affected by bullying. It creates a negative school atmosphere, making it less safe and supportive for all students, not just the victim. Trust and a sense of solidarity among students decreases, which adversely affects classroom dynamics and peer interactions.

5. Bullying Prevention Strategy

Bullying prevention efforts can be carried out through various comprehensive strategies. First, education and socialization in the school environment are key to increasing awareness and the ability to recognize and overcome bullying. Anti-bullying programs that involve all school components, including students, teachers and staff, can provide training to recognize the signs of bullying and how to handle these cases. In addition, the implementation of a curriculum that emphasizes character education, such as the values of empathy, tolerance and respect, goes a long way in preventing bullying behavior by teaching the importance of respecting

differences and individual rights.

Parental and community involvement also plays a major role in bullying prevention. Educating parents on the signs of bullying and how to support their children will strengthen their ability to deal with this issue. Collaboration with local communities and organizations also extends the reach of prevention efforts beyond schools. Technology also has an important contribution, for example by providing an anonymous app for reporting bullying that makes it easier for students to report cases without fear of being recognized. Monitoring social media is also important to detect signs of cyberbullying so as to reduce the spread of this behavior in the digital world.

Direct intervention is also needed for victims and perpetrators of bullying. Psychological support, such as counseling and therapy, can help victims to recover from trauma and rebuild their confidence. Perpetrators, on the other hand, need rehabilitation programs that focus on emotional control and empathy development, which can prevent the behavior from recurring. A clear school policy on the definition of bullying and its consequences is necessary to enforce the rules and protect victims. In more serious cases involving violence or serious offenses, the application of the law may be necessary to ensure justice and protection for victims. This strategy combines education, intervention, technology, and legal policy approaches to create a safe environment and reduce the potential for bullying.

6. Research Limitations

This research has several noteworthy limitations. First, this study uses secondary data from various literatures and does not rely on primary data such as direct interviews or surveys with victims and perpetrators of bullying. Reliance on secondary data may limit the depth of analysis, especially in understanding first-hand experiences that may not be fully reflected in the literature. In addition, this study does not address specific local or cultural contexts that may influence bullying behavior, even though cultural factors or social norms in different regions have the potential to influence the form and intensity of bullying that occurs. Finally, although this study identified several factors that cause bullying, the specific interactions between these factors in real cases have not been explained in detail. This limitation means that the results of the study may be less relevant when applied to specific situations without additional adjustments.

7. Implications for Concept or Scientific Development

This research has significant implications for the development of concepts and knowledge related to bullying. First, this study can enrich the literature on the

causes and treatments of bullying by presenting a comprehensive picture of the factors that contribute to this phenomenon. This information can serve as a basis for future, more in-depth research, particularly those that focus on specific aspects such as the influence of the social environment or the media. Furthermore, by identifying measures to address bullying, this study can encourage empirical research that evaluates the effectiveness of various interventions implemented in schools and communities. Further research is expected to explore which approaches are most effective in reducing bullying rates and improving the well-being of victims.

Finally, the limitations present in this study point to the need for more contextualized studies to provide a more accurate understanding of how cultural and social factors influence bullying behavior. In-depth research that considers the local context may result in more relevant and effective interventions. Nonetheless, this study can serve as a foundation for further development in the field of bullying prevention and enrich the academic and policy literature related to this social issue.

Conclusion

Bullying is a serious issue with long-term negative impacts for both victims and perpetrators, involving an imbalance of power in verbal, physical, or social forms, either in person or online. Causes include family problems, poor parenting, a culture of violence, poverty, and social pressure, where children with physical, mental, or low self-confidence deficits are more vulnerable to being victimized. Addressing bullying requires comprehensive measures, such as problem identification, effective communication and emotional management. Indonesian law through the Criminal Code and the Child Protection Law provides penalties for perpetrators, including civil suits. All parties, including schools, families and legal institutions, need to work together to create a safe environment by improving moral education, adoption of positive parenting, law enforcement and rehabilitation support for perpetrators. This collaboration is important to reduce the prevalence of bullying and its impact in society.

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