

Bullying in the School Environment: Threats to the Quality of Education and Solutions for Community Supervision of Children

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Abstract: *Bullying cases often occur in Indonesia, involving school students. Bullying in the school environment is a serious problem that has a direct impact on the quality of children's education. The purpose of this study is how bullying can affect the quality of a victim's education, and the extent of community supervision of the victim, namely to analyze the impact of bullying on the victim's learning process and to determine the role of community supervision in reducing bullying incidents. The research method used is the literature study method. Literature study is a series of activities related to the method of collecting library data, reading and recording, and managing research materials. The results of this study can be obtained that bullying greatly affects the quality of education for victims, both in terms of material and practice. This impact is multidimensional, affecting the psychological, social, and academic aspects of the victim. The role of society is very influential in preventing and handling bullying cases. Society has a great influence in forming a safe social environment.*

Keywords: *bullying, quality of education, supervision, school environment*

Abstrak: Kasus bullying atau perundungan banyak terjadi di Indonesia yang mana melibatkan siswa sekolah. Perundungan di lingkungan sekolah merupakan masalah serius yang berdampak langsung pada kualitas pendidikan anak. Tujuan penelitian ini adalah bagaimana sebuah perundungan dapat mempengaruhi kualitas pendidikan seorang korban, dan sejauh mana pengawasan masyarakat terhadap korban tersebut yakni untuk menganalisis dampak bullying terhadap proses belajar korban dan mengetahui peran pengawasan masyarakat dalam mengurangi insiden bullying. Metode penelitian yang digunakan adalah metode studi literatur. Studi literatur merupakan serangkaian kegiatan yang berkenaan dengan metode pengumpulan data pustaka, membaca dan mencatat, serta mengelola bahan penelitian. Hasil dari penelitian ini dapat diperoleh bahwasannya perundungan sangat berpengaruh terhadap kualitas pendidikan pada korban baik secara materi maupun praktek. Dampak ini bersifat multidimensional, mempengaruhi aspek psikologis, sosial, dan akademik pada korban. Peran masyarakat sangat berpengaruh dalam pencegahan dan penanganan kasus perundungan. Masyarakat memiliki pengaruh yang besar dalam membentuk lingkungan sosial yang aman.

Kata Kunci: perundungan, kualitas pendidikan, pengawasan, lingkungan sekolah

Introduction

The word bullying may not be very familiar to Indonesians, but cases of bullying occur in Indonesia. Bullying is the translation of the English word bullying. Bullying is defined as aggressive behavior aimed at hurting, carried out by a person or group of people against others because of inequality and bad behavior such as physical and non-physical violence. (Espelage & Hong, 2018; Espelage & Swearer, 2003). Bullying is also a serious problem for Indonesian children. The results of an international survey conducted by Trends in Mathematics and Science Study (TIMSS) in 2011 involving 46 countries showed that 55% of Indonesian children aged 11 to 15 years had been victims of bullying at school (United Nations, 2016). Primary school students experienced physical bullying by being hit by other children at school at least once in the past month; as many as 60.6% of primary school students experienced verbal bullying by being teased or called bad names by other children at school at least once in the past month; and as many as 49.6% of primary school students experienced psychological bullying by being ostracized by other children in class at least once in the past month (Borualogo & Gumilang, 2019).

International research results reveal that bullying has a negative impact on children's mental health and well-being resulting in damage to academic, psychosocial, and mental health skills (Copeland, Wolke, Angold, & Costello, 2013; Espelage, Low, & De La Rue, 2012). Being a victim of bullying results in a child's sense of self-worth and has a serious impact on the development of the victim of bullying (Dombrowski & Gischlar, 2006). Research in Indonesia shows that children who are victims of bullying have lower well-being conditions than children who are not victims of bullying (Borualogo & Casas, 2019). Education is a conscious effort to realize a cultural inheritance from one generation to another. Education is realized with a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble character and skills needed by themselves and society (Rahman et al., 2022).

Adolescence is an important stage in a person's maturation process, where changes begin to occur, both physically, mentally, and emotionally. During this time, adolescents experience significant mental development, according to Kasingku & Sanger (2023), adolescent mental development can be influenced by various factors, one of which is technology. Technology on the other hand provides many conveniences, but if not used wisely, it will destroy lives and affect the moral development of adolescents so that it can cause them to become perpetrators or victims of bullying. Education is an effort to foster and develop good human personality. There are also some experts who interpret education as a process of changing the attitudes and behavior of a person or group of people in maturing through teaching and training. With education we can be more mature because

education has a very positive impact on us, and also education can eradicate illiteracy and will provide skills, mental abilities, and so on. (Erica et al., 2019).

The quality of education is something that greatly affects a person's education. A person has their own quality of education depending on the mindset and speed of capture of the knowledge received. The environment greatly affects the quality of children's education starting from elementary, junior high, high school, and higher education levels. Friends become supporters and have a direct effect, but if someone has problems in terms of the friendship environment to bullying, it will greatly affect the quality of education. Given the very serious negative impact caused by being a victim of bullying, it is crucial to make efforts to stop bullying. To be able to stop bullying, of course, knowledge is needed about the factors that predict bullying. For this reason, this study was conducted to determine the factors that predict bullying. This is very important, considering that cases of bullying are very common in Bandung City and have a negative impact on child development (Ispranoto, 2018; Yulius, 2018).

Research Methods

The research method used for research is systematic literature review. This method aims to identify, evaluate, and interpret research results that are relevant to the specified research topic. (Kitchenham, 2007).

Results and Discussion

Bullying in the school environment can significantly affect the quality of a child's education. Based on research, bullying has many negative impacts, including psychological, social and academic aspects.

Bullying Definition

Bullying is an aggressive act committed repeatedly by an individual or group against another person who is considered weaker or defenseless. Bullying can take the form of physical, verbal, psychological, and sexual violence, all of which have the purpose of hurting, spreading fear, or humiliating the victim. Bullying is an act that deviates and deviates from the values of Pancasila because this behavior is carried out repeatedly and causes someone to feel uncomfortable.

Bullying in schools is a serious problem that can have a long-lasting impact on the victim's mental health and social conditions in general. This action deviates from the moral and social values that should be upheld.

Types of Bullying

Bullying is an act that has become so prevalent that it has become commonplace. Before understanding more about the types of bullying, it is important to realize that this behavior can occur in various forms and through various means, both directly and indirectly. There are several bullying behaviors that often occur according to Siloam Hospitals Medical Team (2024), namely:

a. Verbal Bullying

Verbal bullying is bullying that is done through words. According to Suksma et al. (2024), this form of bullying involves the use of words that aim to hurt, demean, or intimidate others. Although it does not leave physical marks, verbal bullying can cause psychological harm. While the effects of verbal bullying are often not immediately apparent, they can be long-lasting and affect a person's overall well-being.

b. Physical Bullying

Physical bullying is one of the most obvious and frequent forms of violence in the school environment and in society. According to Aprilianto & Fatikh (2024), physical bullying includes actions such as hitting, choking, kicking, pinching, scratching, or spitting on children, as well as putting them in painful positions and damaging the victim's belongings. This intimidation is often used by teenagers to intimidate opponents who are considered weaker than them.

c. *Cyberbullying*

According to Jubaidi and Fadilla (2020), bullying is an act that is deliberately carried out to humiliate, injure, and frighten others and can cause harm to someone who is weak through the internet or social media.

The types of bullying committed by the perpetrators are still dominated by verbal and social/relational bullying. Incidents of bullying very often occur in classrooms. The high rate of bullying in the classroom is concerning because it shows that the classroom, which should be a safe and comfortable space for learning, has actually become a place for bullying. Classrooms that tolerate bullying clearly have a negative influence on the community within them. Students are adversely affected by the situation and atmosphere of a classroom full of bullying. Schools should be aware of this trend, turning classrooms that are supposed to be places of learning into spaces to perpetuate bullying practices certainly cannot be justified. Schools must instill anti-bullying education and understanding in their schools, instill a culture of mutual respect and build a system to suppress bullying, for example by creating anti-bullying rules in their respective schools (Saraswati, 2020; Hadiyono, 2020).

Apart from classrooms, other places such as courtyards, canteens, toilets and parking lots have been used by perpetrators to bully their victims. Schools need to be aware that the occurrence of bullying in the last six months in all the schools studied is quite a lot.¹⁵ The reasons for student respondents from all the schools studied when bullying other students were similar to each other. These reasons include: joking, fun, funny, annoyed with the attitude of the victim/victim is annoying/victim is considered strange/dislikes the victim, following along, self-satisfaction, retaliating (because they were bullied first) and following along (Saraswati, 2020; Hadiyono, 2020).

Characteristics of Bullying Victims

Victims of bullying are often children who do not have the strength or courage to fight back when they are threatened (Purnamasari, Gultom, 2023). There are several factors that cause a teenager to become a victim of bullying. One of them tends to be shy, quiet, or alone. Teenagers with these characteristics are considered easy targets for bullies because they find it difficult to fight back or ask for help. In addition, a lack of academic excellence can also be a trigger. Teens who struggle to keep up with classes or get poor grades may be ridiculed, insulted or ostracized by their peers. Sudden changes in behavior should also be considered.

If a teenager who is usually happy and sociable suddenly becomes quiet and withdrawn, they may be being bullied. Frequent absence from school for no apparent reason is also a red flag. Teens who are victims of bullying may avoid school because they feel afraid or insecure about the environment. Also, watch out for strange or unusual behavior, such as: B. Sudden shyness or irritability for no apparent reason. This may indicate that the adolescent is experiencing emotional distress due to bullying. It is important for parents, teachers, and friends to pay attention to these signs and provide immediate help to teens who are victims of bullying.

Adolescent victims of bullying tend to view themselves as worthless. This sense of worthlessness can be seen from the emergence of a sense of uselessness and lack of social interaction skills. These adolescent victims of bullying feel unable to establish relationships with their friends. As a result, they will easily become victims of bullying and this becomes their own excuse because they think that they are weak and deserve to be bullied.

The Impact of Quality Education for Victims of Bullying

All things are certainly not far from the word cause and effect, therefore a small or large bullying must have the consequences of the following actions. Not all victims of bullying show psychological changes and there are some victims who are depressed, resulting in difficulty and fear in applying and getting the education and knowledge they want to get, which results in limited knowledge to make education a scary thing and have an impact on reducing the quality of education for victims of bullying.

In fact, these acts of bullying in many cases are persistent and can cause psychological harm to victims, and can affect future performance, career choices, and the ability to survive at that level. There is a negative impact in the form of a 60% decrease in cognitive ability, as well as a decrease in psychomotor coordination (Anna et al, 2019).

Bullying has a serious impact on the academics and psychology of victims at elementary, junior high, high school, and college levels as a whole. Students who are bullied are more likely to experience decreased academic performance, interest in learning and face mental health issues that affect their engagement in school.

This impact is not only at the current level but can have a long-term impact especially if the bullying continues throughout the victim's education (Hana et al, 2017).

The results show that victims of bullying often face problems with concentration and motivation to learn due to trauma. The fear and anxiety experienced by victims of bullying inhibit their engagement in class activities, causing them to under-participate or even avoid class study hours completely. This causes them to have difficulty in understanding the material and practicing their logic and eventually leads to a decline in their grades and motor skills. Victims of bullying have an impact or side effect in the form of decreased concentration and motivation to learn because victims have a sense of anxiety and fear of acting and developing with their knowledge in terms of material and practice because victims feel threatened and do not have the freedom to gain knowledge that should be obtained and have an impact on reducing the victim's academic achievement. The fear gained by victims of bullying results in a decrease in interest in learning because they feel anxious, uncomfortable and insecure about getting educational knowledge and educational development will apply and channel the knowledge they get. Victims often harbor an emotion about communicating and applying the knowledge they get, thus reducing their motivation for interest in learning and resulting in a loss of interest in learning for victims because they feel threatened.

The fear and discomfort experienced by victims of bullying can have an impact or effect in the form of making them reluctant to come to school and this can lead to high absenteeism and even dropping out of school. The next impact is to experience negative impacts such as imitating bad behavior based on what is seen on electronic media, for example imitating the pronunciation of harsh and dirty words, imitating pornography, pornoaction, following jokes that hurt other parties, being exposed to fraud, and so on. In one case there was a person who disappeared for days and was found in a lifeless state because he followed orders from the perpetrator to meet somewhere.(Maritim, 2023)The last impact will appear a sense of discomfort, confusion, hesitation in acting, difficulty thinking, the tendency of children who experience relational bullying will find it difficult to solve their own problems because they are filled with doubts, guilt, questions within themselves, and difficulty socializing with friends because they are afraid of facing rejection.(Maritim, 2023).

The Role of Community Supervision in Tackling Bullying

The role of the community in preventing and dealing with bullying in the school environment is crucial. Especially the involvement of parents, teachers, and the surrounding environment, can help identify bullying early on, and provide support to victims. With this, bullying can be minimized and prevented and the impact will be felt by the victim. According to (Fikriyah, S., Mayasari, A., Ulfah, U., & Arifudin, O. (2022) Parents are the main environment that becomes a role

model for children, where parents must set a good example for children. Parents are the main and foremost protectors in efforts to reduce negative behavior in children. Therefore, their role is very important in preventing bullying in children. Parents also need to have an understanding of bullying and other related sources of information. This can be done through good communication with children, personal closeness with children, and communication with schools. Thus, parents can detect early signs of bullying and take appropriate preventive measures. In addition, parents can work with schools to develop effective anti-bullying programs that support children in overcoming bullying experiences.

Conclusion

Bullying in school settings, especially in classrooms, is a serious problem that negatively affects the quality of education and students' well-being. The most common types of bullying are verbal and social/relational, with classrooms being the main location for bullying. This is particularly concerning as classrooms are supposed to be safe and comfortable places to learn. Victims of bullying are often children who are shy, quiet or have low academic excellence. They tend to experience psychological impacts such as feelings of worthlessness, fear and anxiety, which hinder their participation in classroom activities and lower academic performance. The trauma experienced by victims of bullying can continue into higher education, affecting their academic performance, mental health and career choices.

In addition, bullying often occurs in various places at school such as the courtyard, canteen, toilet and parking lot. The reasons for bullying vary, ranging from joking to feeling annoyed with the victim's attitude. To overcome this problem, the participation of parents, teachers and the community is very important. Parents need to be good role models and communicate with their children, while teachers need to be responsive to indications of bullying and facilitate character education in schools. The community should also play an active role in preventing and addressing bullying to create a safe and supportive learning environment for all students.

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