

Strengthening the Anti-Bullying Reporting System with E-Governance as a Solution Efficient and Transparent Anti-Bullying Reporting

Muhammad Rafi Tri Buwana¹, Muhammad Faozan Azril Zidan²,
Juan Mesyiakh Orydex³, Taufik Hafit Zakaria⁴

rafitribuwana@gmail.com¹, taufikhftzkr@gmail.com²
Jhirendy75@gmail.com³, azrilzidan1@gmail.com⁴.

Universitas Telkom Purwokerto

Abstrak: *Bullying in the educational environment is a serious issue that has been a global concern since the 1970s and continues to rise in Indonesia, requiring effective prevention and intervention strategies. This article examines the development of the antibully.id application as an e-governance-based solution for addressing bullying in schools. The application provides education to victims, perpetrators, and bystanders, as well as offering intervention programs that include emotion management, relaxation techniques, mindfulness, trauma healing, and assertiveness training. This application is designed to help victims overcome anxiety and trauma, build resilience, and assist perpetrators in learning how to manage their emotions. Literature studies show that this application is effective in reducing the negative impacts of bullying, which can persist into adulthood and affect victims' mental health, physical well-being, and social relationships. With content presented in the form of animations, videos, and comics that are easy for adolescents to understand, antibully.id is expected to be an effective tool in reducing bullying incidents in schools, although it may not completely eliminate bullying behavior.*

Keywords: *anti-bullying, e-governance, bullying, antibully.id application, bullying prevention*

Abstrak: Bullying di lingkungan pendidikan merupakan isu serius yang telah menjadi perhatian global sejak tahun 1970-an dan terus meningkat di Indonesia, sehingga diperlukan strategi pencegahan dan penanganan yang efektif. Artikel ini mengkaji pengembangan aplikasi antibully.id sebagai solusi berbasis e-governance untuk menangani bullying di sekolah, yang menyediakan edukasi kepada korban, pelaku, dan pengamat, serta menawarkan program intervensi yang mencakup manajemen emosi, teknik relaksasi, mindfulness, trauma healing, dan latihan asertif. Aplikasi ini dirancang untuk membantu korban mengatasi kecemasan dan trauma, membangun ketahanan diri, serta membantu pelaku belajar mengelola emosi mereka. Studi literatur menunjukkan bahwa aplikasi ini efektif dalam mengurangi dampak negatif bullying, yang dapat berlanjut hingga dewasa dan memengaruhi kesehatan mental, fisik, dan hubungan sosial korban. Dengan materi berbentuk animasi, video, dan komik yang mudah dipahami remaja, antibully.id diharapkan dapat menjadi alat yang efektif dalam mengurangi kasus bullying di sekolah, meskipun belum dapat sepenuhnya menghapus perilaku bullying.

Kata kunci: anti-bullying, e-governance, bullying, aplikasi antibully.id, pencegahan bullying

Introduction

Bullying in educational institutions has attracted the attention of various parties. Since the first research on bullying was conducted in Europe in 1970, this case has continued to attract attention, both in education circles and the wider community. According to research by Yahaya and Ahmad (2005), a survey conducted by the Japanese Ministry of Education in 2004 showed that there were 24,898 cases of bullying in schools, with 12,307 cases of which occurred in Private Universities (PTS). In Indonesia itself, in 2006, there were 247 cases of physical violence (29 cases occurred in schools), 426 cases of sexual violence (67 cases in schools), and 451 cases of psychological violence (96 cases in schools) (Multiply, 2007). In fact, in the period from January to June 2007, the National Commission for Child Protection received reports of 326 cases of bullying in the Jabodetabek area, which showed a significant increase (Muhammad, 2009) (Mangadar Simbolon, 2012, p. 233).

Bullying comes in various forms: verbal, physical, social, and emotional. Verbal bullying includes insults, threats, and harassment that degrades the victim through hurtful words. Physical bullying is done with actions such as punching, kicking, or pulling hair. Social bullying involves exclusion and spreading gossip or slander about the victim, while emotional bullying involves actions that cause stress, anxiety, and fear in the victim through threats (Rheina Aini Safaat, 2023, p. 98).

From various existing studies, suggested solutions include coping behavior, creative teaching strategies, and the development of anti-bullying programs. This article highlights efforts to prevent and handle bullying through the development of an application to comprehensively address bullying. This program helps children and adolescents deal with complex social dynamics in schools, through a comprehensive approach involving psychological materials to prevent and overcome bullying behavior. Intended for perpetrators, victims, and observers of bullying, this program is designed in the form of a youth-friendly web application called "antibully.id." This application aims to prevent bullying behavior among adolescents in schools by providing solutions that accommodate all parties involved. Although this application may not completely eliminate bullying, appropriate intervention is expected to change students' norms, attitudes, and perceptions towards bullying. In the long term, this change in attitude is expected to reduce the negative impacts of bullying (Zarina Akbar, Murti Kusuma Wirasti, Maratini Shaliha Aisyawati, Devia Sokaarru Ristindra, Qurotta Aini, Elsha Cahyani Fadli, 2021, p. 102).

Method

This article uses a literature study research method that aims to identify theories that are relevant to the problems faced. According to Creswell (2014, p. 40), a literature study is a written summary that includes articles from various journals, books, and other documents that define theories and provide information about past and present conditions. This information is arranged based on relevant topics and documents to provide a structured

understanding of the issues discussed (Bakhrudin All Habsy, Nazwatul Mufidha, Cahyaning Shelomita, Indah Rahayu, Moch. Ilham Muckorobin, 2023, p. 190).

Results And Discussion

From the research method, the results were obtained from a literature study which included a summary of journal articles written by (Zarina Akbar, Murti Kusuma Wlraști, Maratini Shaliha Aisyawati, Devia Sokaarru Ristindra, Qurotta Aini, Elsha Cahyani Fadli, 2020).

1. Form of Application

The antibully.id application is one of the important innovations in the implementation of e-government to overcome the problem of bullying in the school environment. This application is designed comprehensively to support various parties who play a role in the dynamics of bullying, namely victims, perpetrators, and observers. The main objective of antibully.id is to increase understanding of the impact and dynamics of bullying and provide access to all related parties to play an active role in prevention and handling efforts.

This application provides various programs based on a psychological approach that not only focuses on handling victims but also on changing the behavior of perpetrators and strengthening the role of observers. Through this application, victims get support to overcome trauma and rebuild their self-confidence. Meanwhile, for perpetrators, this application provides guidance to manage their emotions and behavior positively, so that they can realize the impact of bullying and are motivated to make changes. On the other hand, this application also introduces observers to bullying prevention techniques, giving them the skills to identify signs of bullying and steps that can be taken to prevent or report the incident.

The content on antibully.id is presented using interactive methods, such as animation, video, and comics, which are designed to make the material more interesting and easy to remember for users, especially students. The attractive visual presentation aims to increase user engagement and understanding, so that anti-bullying messages can be conveyed more effectively and relevantly. The material presented is not only intended to provide insight, but also encourages users to actively implement bullying prevention strategies in their daily lives.

In addition, the antibully.id application also integrates a reporting feature that makes it easy for victims or observers to report bullying incidents safely and transparently. This feature supports a faster and more effective handling process, providing security and comfort for users to report without fear of being stigmatized. Through this application, it is hoped that there will be a change in attitudes and perceptions in the school

environment, with more and more parties understanding the basic concepts in bullying prevention and the importance of creating an inclusive and supportive environment.

With all the innovative features and approaches it has, antibully.id is expected to be able to create a strong anti-bullying culture in schools. In addition to being a prevention tool, this application also serves as an educational tool that helps users understand the long-term impacts of bullying and the importance of creating a safe and comfortable environment for all parties.

2. Intervention Program for Bullying Victims.

The intervention program for bullying victims implemented in the antibully.id application focuses on three main aspects, namely emotional management, trauma healing, and assertiveness. Each of these aspects is designed to help victims overcome the psychological impact of bullying and build self-resilience.

Emotional Management: This program helps victims to recognize and manage their emotions. The feature provided in the application is mood management in the form of an emotional diary. Victims are asked to record the dominant feelings they feel every day, which can help them better understand themselves and their emotions. This technique is important because victims often have difficulty expressing their emotions healthily after experiencing bullying.

Relaxation Program: Bullying victims tend to experience high anxiety. In the antibully.id application, breathing exercises are provided such as deep breathing techniques and 4-7-8 breathing exercises. This method is presented in a video tutorial to help users understand how to do it correctly. This exercise aims to calm the mind, reduce tension, and restore emotional calm.

Mindfulness: The mindfulness program helps bullying victims to be more aware of their current physical and emotional conditions, through simple meditation guided by calming instrumental music. This exercise is expected to help victims reduce stress by increasing the quality of self-awareness.

Reframing Thoughts: Automatic negative thoughts are often a barrier to recovery. This program helps victims learn to improve their thought patterns, by focusing on more neutral and positive ways of thinking. Videos in the application illustrate how situations can be thought of more rationally, so as not to trigger negative emotions.

Trauma Healing: To overcome trauma due to bullying, this application offers guided meditations with two main themes: releasing emotional burdens and healing the inner child. The inner child is a psychological aspect related to the need for attention and affection. This program is designed to help victims feel the emotional support they may have lost due to bullying.

Assertive Program: Teaching victims to be more assertive is an important aspect in preventing bullying from happening again. This program focuses on how victims can

defend themselves firmly without becoming aggressive. Simple education and training on assertiveness are provided in this application.

In addition to victims, the antibully.id application also provides an intervention program for bullies. The focus of this program is anger management. Bullies are generally aggressive, and this application is designed to help them control their anger through breathing exercises, muscle relaxation, positive visualization, and physical exercises such as yoga. The antibully.id program is comprehensive, covering a variety of strategies to help victims recover emotionally and psychologically, as well as helping perpetrators learn to control their emotions.

3. The Impact of Bullying

Bullying not only affects the victims, but also the perpetrators and those who are both victims and perpetrators of bullying. According to research by Skrzypiec et al. (2012), the negative impact of bullying is felt by the three groups, who experience various mental health disorders based on measurements through the Strengths and Difficulties Questionnaire (SDQ, Goodman, 1997 in Skrzypiec et al., 2012). In the context of social interaction, bullies often show low empathy, abnormal behavior, hyperactivity, and problems in pro-social behavior, which affect their interactions in the social environment (Skrzypiec et al., 2012). In contrast, victims-perpetrators of bullying, namely individuals who act as perpetrators and victims at the same time, experience greater mental health disorders than perpetrators or victims alone, including problems with pro-social behavior, hyperactivity, and inappropriate behavior (Slee & Skrzypiec, 2016). Bullying victims, although not as disruptive as perpetrators, also suffer from mental health problems, especially emotional problems, and often feel socially isolated, have difficulty in forming relationships with parents, and do not have close friends (Rosen et al., 2017).

Bullying that takes the form of physical or verbal violence can cause long-term trauma, which affects the victim's ability to adjust to the environment, including at school (Modecki et al., 2014). Research by Cornell et al. (2013) shows that bullying can affect academic achievement and even potentially cause students to drop out of school. Another study conducted by Takizawa et al. (2014) with participants aged 7 to 50 years showed that experiences of bullying in childhood contribute to levels of depression, anxiety, and suicidal tendencies in adulthood. In addition, those who have been victims of bullying tend to face problems in social relationships, economic difficulties, and decreased well-being at age 50 (Takizawa et al., 2014; Slee & Skrzypiec, 2016).

Wolke et al. (2013) also identified that bullying affects health, illegal behavior, economic situation, and the quality of social relationships. Angold et al. (2012) detailed these impacts: victims of bullying tend to experience serious physical injuries, sexually transmitted diseases, anxiety disorders, depression, and antisocial behavior. Meanwhile, bullies tend to engage in illegal behavior, such as fighting, theft, drug abuse, and irresponsible sexual behavior. The impact of bullying on socioeconomic status includes

dropping out of school or quitting work without financial readiness, which can lead to financial problems such as unpaid debts and poor financial management. In addition, in terms of social aspects, victims of bullying tend to face problems in maintaining romantic relationships, relationships with parents, friends, and have difficulty in establishing good friendships (Angold et al., 2012). From these studies, it can be seen that the impact of bullying extends to various aspects of life, from mental and physical health to social and economic problems, making it a complex phenomenon that requires serious attention in prevention and handling.

Conclusion

Bullying in educational institutions is a problem that negatively impacts victims, perpetrators, and bystanders. The increasing number of bullying cases in Indonesia shows the need for a comprehensive solution to address this problem from various perspectives. The antibully.id application, developed with an e-governance-based approach, provides an innovative and comprehensive approach to preventing and recovering from bullying. By offering educational and intervention programs that include emotional management, relaxation techniques, mindfulness, trauma healing, and assertiveness training, this application supports the recovery process for victims while helping perpetrators control their emotions.

This web-based platform makes antibully.id easily accessible and user-friendly, especially for teenagers who are the main targets. The use of interactive formats, such as animations, videos, and comics, increases user engagement and helps better understand anti-bullying materials. Although antibully.id may not completely eliminate bullying, this comprehensive approach is expected to change attitudes and perceptions about bullying, as well as create a healthier school environment where students can develop socially and emotionally.

With consistent use and the implementation of appropriate interventions, this program has the potential to reduce bullying cases and their negative impacts. Future development and implementation of antibully.id may consider the integration of additional features, such as a real-time reporting system or feedback mechanism, to increase the effectiveness and reach of this anti-bullying initiative.

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