

The Role of Government in Addressing the Psychological Impact of Bullying on Teenagers

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Abstract: Bullying cases are prevalent in the community, especially among school children. With the increasing number of bullying cases, the welfare of children will feel threatened. Children are the nation's future generation who will build this country, therefore, we must pay close attention to these bullying cases so that they do not damage the future generation of Indonesia. This research is conducted so that we can understand the importance of the government's role in addressing bullying cases in society, thereby creating good governance. This objective is carried out so that we can understand the extent of the impact of bullying cases on a person's psychological/mental state, as well as the government's role in addressing bullying cases to prevent the nation's generation from being destroyed. The role of public service can be one example of addressing this case. This research uses a reference study method, meaning the research is conducted through the analysis of various sources such as e-books, national articles, and other documents. The results of this research can provide important data on the significance of public services in addressing bullying cases and maintaining the mental/psychological health of adolescents. In this research, we know that the government's role is still quite lacking in handling bullying cases as stipulated in the law. The government should be able to address this case more quickly and accurately so that it does not spread too widely and damage our generation. So that, hopefully, this bullying case can be minimized as much as possible.

Keywords: bullying, psychological, government role, impact of bullying

Abstrak: Kasus bullying banyak terjadi di lingkungan Masyarakat, terutama pada anak-anak sekolah. Dengan banyaknya kasus bullying ini, kesejahteraan anak-anak akan terasa terancam, anak merupakan generasi bangsa yang akan membangun negeri ini di masa depan, oleh sebab itu, kasus bullying ini patut kita perhatikan dengan seksama, sehingga tidak merusak generasi bangsa Indonesia. Penelitian ini dilakukan agar kita dapat mengetahui bagaimana pentingnya peran pemerintahan dalam mengatasi kasus bullying di Masyarakat sehingga dapat terciptanya good government. Tujuan ini dilakukan agar kita memahami sejauh mana dampak dari kasus bullying terhadap psikologis/mental seseorang, serta peran pemerintahan dalam menangani kasus bullying agar generasi bangsa tidak hancur. Peran pelayanan public dapat menjadi salah satu contoh untuk menangani kasus ini. Penelitian ini menggunakan metode studi referensi yang artinya, penelitian diambil melalui kegiatan analisis dari berbagai sumber seperti e-book, artikel nasional, dan dokumen-dokumen lainnya. Hasil dari penelitian ini dapat diperoleh data-data pentingnya pelayanan public untuk mengatasi kasus bullying dan menjaga mental/psikologis remaja tetap sehat. Dalam penelitian ini, kita tahu bahwa peran pemerintahan masih cukup kurang dalam menangani kasus bullying seperti dalam undang-undang. Pemerintahan seharusnya dapat lebih cepat dan tepat dalam mengatasi kasus ini agar tidak terlalu menyebar luas dan

merusak generasi kita. Sehingga harapan kita semua, kasus bullying ini dapat diminimalisir sedikit mungkin.

Kata kunci: bullying, psikologis, peran pemerintahan, dampak bullying

Introduction

The rampant cases of bullying in society, especially among teenagers, are often found in print media or online media. This is a form of violence against teenagers that may have claimed many victims, but does not get attention, and may not even be considered serious (Nasir, 2018). Bullying cases usually occur in the school environment, for example, in the form of intimidation by one student or group to another student, extortion and also ostracizing someone. The impact is that the teenager will be lazy to go to school because he feels threatened by danger to himself and is afraid to socialize with other people which if left unchecked will affect the psychology of the teenager. The teenager will be depressed and if the depression is severe, it can lead to suicide.

The goal of education will not be achieved if bullying is still widespread in the school environment. Therefore, we can involve parties/institutions in the related environment. These parties are within the scope of government, family, society, and school. In the case above, an example of a party/institution that can be involved is BK/Counseling party (Salsabila, Nurnazhiifa, Sati, & Windayana, 2021)

In general, bullying is also a problem that must be considered by the government. All daily activities in community life must be related to the role of government. The government is the holder of the highest power and is responsible for making its people safe and comfortable, including dealing with bullying. Make clear and firm rules to control bullying and enforce fair laws against perpetrators. In addition, the government can also provide funds for bullying prevention and handling programs in communities and schools. In the above case, a teenager must receive protection, as stated in Law Number 35 of 2014 which states that teenagers or children who are in "Education must be protected from physical and psychological violence, sexual crimes, and other criminal acts committed by educators, education personnel, fellow students, and other parties."

The many cases of bullying in Indonesia need to be followed up by the community which can involve government institutions. Especially preventing at a young age. This case may involve the role of the government, for example the Child Protection Foundation (YLPA). (Perdana & Handoko, 2020).

Research Method

The research method used is the reference study method or also called the method of using references from other sources. This method is a support for a study which indicates that the work is made in accordance with the truth and the author is able to be responsible for it. According to the Big Indonesian Dictionary (KBBI),

a reference is a source of guidance. In addition, the etymological definition of reference comes from the English word 'refer to' which means 'reference to' or 'reference to' for a person's statement.

Based on the definition of KBBI and also etymologically, it can be interpreted that a reference is a reference that describes information from several sources. In the academic world, a reference is a note or information on a work such as a book, article, essay, report, speech, or other type of text that refers to the work of others and is used to create text.

In addition, there are also views of expert figures regarding the definition of reference. (1) According to the Cambridge Dictionary, a reference is information about the author, book, article, and the like that is mentioned in a writing. This means that the reference shows the reader the location of the important information found. (2) The definition of reference according to Merriam Webster Dictionary is the act of referring to and consulting another source of information, such as a book or another person. This reference can also be called a source of information or work that contains facts and useful information. The sources used can come from anywhere, in this study, the sources used are (1) physical books, (2) articles on websites, (3) e-books.

Results And Discussion

Bullying is an act of violence carried out by the perpetrator in a conscious state involving physical force against the victim. Based on the Journal quote (Desiree, 2013; Aisiyai, 2015) in the journal (Winarni & Lestari, 2016) In Indonesia itself, there is an institution/public service to handle this, namely the Indonesian Child Protection Commission (KPAI). According to KPAI data, bullying cases were found around 87.6% where male victims were more than female and the perpetrators of bullying were on average teenagers.

Bullying often occurs in school environments. Cases of bullying that we can see for example violence, extortion, threats and harassment. In addition, other acts of bullying can also be in the form of cyber bullying on social media. (Winarni & Lestari, 2016)

A person's mental or psychological health can be damaged through bullying. Moreover, in today's era almost everyone uses social media such as: (1) Facebook, (2) Instagram, (3) Tiktok, (4) X, and others. A person's mental health is also related to other people, for example when we post something on social media, but get bad comments and reactions, such as physical insults and so on, it can cause a person's psychology to be disturbed because of the bad reaction. Therefore, maintaining mental health is very important to maintain a person's psychology. If someone has a good understanding of mental health, it is possible that this bullying case can be reduced.

The problem of suicide among adolescents is a serious problem in dealing with public health that requires attention and joint efforts. Things in play an important role in cases of adolescent suicide, and understanding this problem is essential for effective prevention. (Sanderan & Marrung, 2021).

Impact of Bullying on Perpetrators and Victims

The impacts that occur due to bullying behavior are very numerous and serious, because in addition to the impacts on the victims, the perpetrators also get bad impacts. Some people will experience trauma, stress, fear of socializing with others, in addition, the impact on the perpetrator can cause the perpetrator to become someone who feels powerful, and if this attitude is carried over into adulthood, then the perpetrator may in the future receive legal sanctions and also social sanctions.

1) Bad impacts on Victims

(1) Trauma, almost all victims of bullying will get trauma, whether it is short-term or long-term trauma. Trauma is the body's response to fear when faced with a bad event that he has experienced that can endanger his mental health. If the victim is in a bad event that he has ever experienced, then his body will respond to the event which causes anxiety in the victim. (2) Fear of socializing with others, a victim will experience mental disorders and trauma if he meets other people, he will always feel afraid if he interacts with other people. (3) Injuries, if the victim is subjected to violence or harassment, then there will definitely be physical injuries such as bruises or serious symptoms on the victim's body.

2) Negative impacts on the perpetrator

In addition to the negative impacts on the victim, the perpetrator will also experience negative impacts from the bullying case. (1) Increased aggressive behavior, this can be triggered by the perpetrator continuing to commit violence against the victim, so that if the perpetrator does not get what he wants, the perpetrator will immediately commit violence. (2) Social and legal sanctions, if the bullying behavior continues to be carried out by the perpetrator until adulthood, then it is possible that he will receive criminal sanctions because there is no child protection law, and he will receive social sanctions in the form of being ostracized in society.

The Role of Public Services in Overcoming Bullying

One of the most effective ways to overcome bullying is the formation of quality individuals through education programs. Schools are one of the means to provide educational programs on the formation of quality individuals. According to (Putri & Suyanto, 2016) in the book (Kasanah, et al., 2024), anti-bullying education can be improved through approaches, such as (1) Approach with policy, (2) Motivating students, (3) Building good relationships, (4) Creating a curriculum

about bullying, (5) Overcoming unwanted social prejudice, (6) supervision and mentoring, and many more. Then according to Marfita (2020: 114) Actions that can be used to prevent bullying, include: (1). Providing sanctions in the form of violation letters for bullying cases; (2). The perpetrator will be reprimanded, advised, and given direction; (3). If it is considered excessive, the student will be expelled from school; (4). Making pamphlets about anti-bullying; (5). Holding an agenda to provide an impact on bullying behavior; (6) Creating a supervisory body from parties in the school environment; (7). Bullying is prevented by working with parents and related parties. According to Sari (2022: 7) Actions that can be taken to prevent bullying by building understanding and awareness of bullying and its impact on all school residents. This can be done by providing information about the bad things about bullying behavior. Efforts that can be made to prevent bullying include Getting used to setting a good example to all school residents so that they are aware of the dangers of bullying. Teachers must show a positive attitude to their students and act as role models. Students will imitate the perceptions and behavior of teachers. To prevent bullying, teachers can use students' voices to remind and appeal to them not to do anything deviant. BK and psychology teachers work together to monitor events in schools, especially bullying behavior. This collaboration is carried out by distributing questionnaires containing questions about bullying problems. This effort helps teachers find bullying behavior and helps students who do not dare to report it. Class agreements are clear and firm guidelines for preventing bullying.

Several factors that cause some of the above cases

According to the book of Four Pillars Socialization Material published by the MPR RI (MPR RI, 2015), the causes are as follows: a. There is a low level of religious understanding and practice, and the emergence of wrong and narrow misunderstandings about religious teachings, as well as disharmonious interaction patterns between people of various religions; b. Lack of understanding and appreciation of diversity and plurality in national life; c. Economic injustice; d. Ineffective law enforcement and lack of social control to stop deviant behavior from natural community ethics; and e. Understanding and implementation of regional autonomy that is not in accordance with the constitution. By considering the many factors above, it can be concluded that the implementation of Pancasila values in the current conditions is far from the expectations that are desired. Therefore, strong cooperation is needed to overcome this problem. To overcome the problems listed in the introduction, you need to take the following steps: Regarding the first issue, Indonesian students must be students who always act in their daily lives in accordance with the reflection of Pancasila values. To achieve this, the profile of Pancasila students must be in accordance with the vision and mission mentioned above by the Ministry of Education and Culture. According to the Regulation of the

Minister of Education and Culture Number 22 of 2020 concerning the Strategic Plan of the Ministry of Education and Culture for the period 2020–2024, there are 4,444 competent and competent Pancasila students worldwide. This regulation realizes Indonesian students as lifelong learners.

There are six main characteristics that form Pancasila, namely faith, devotion to God Almighty, noble morals, global diversity, mutual cooperation, independence, and critical and creative thinking. 1. Faith, Piety to God Almighty, and Noble Morals are six characteristics. Indonesian students who are moral in their relationship with God Almighty are those who are religious, pious (YME), and have noble morals. He applies the teachings of his religion and beliefs in everyday life. Faith, devotion to God Almighty, and noble morals are the five main components. a) Religious morality; b) Personal morality; c) Morality towards humans; d) Morality towards nature; and e) National morality. 2. Global diversity. Elements and keys to global diversity include cultural awareness and appreciation, intercultural communication skills when interacting with others, and reflection and responsibility for their experiences with diversity. Indonesian students must also maintain their noble culture, locality, and identity when interacting with others, thereby fostering mutual respect. 3. Cooperative Indonesian students can work together. the ability to collaborate independently so that activities can be carried out smoothly, easily, and without obstacles. Mutual cooperation means working together, caring, and sharing. 4. Independent students in Indonesia are independent students. h. Students are responsible for the learning process and its results. Self-regulation is an important part of independence; it also means becoming more aware of the situation and oneself. 5. Critical Thinking: Critical thinking enables students to process qualitative and quantitative information correctly, build relationships between different information, analyze and evaluate information, draw conclusions, and think about and reflect on their thinking processes when making decisions. 6. Creative students have the ability to change and produce something unique, meaningful, useful, and effective.

An important element of creativity is developing original ideas and producing original works and actions. By describing the characteristics of Pancasila students, we highlight what is needed for future generations to continue to practice the values of Pancasila in their daily lives. In addition, so that the profile of Pancasila students can become the profile of all students in Indonesia, the role of an educational curriculum system that includes content related to Pancasila moral education for the purpose of character development in Pancasila is also needed. Children of the country follow the values of Pancasila (Siswa Pancasila) (Sastrapeteja: 2006). As implemented during the New Order, Pancasila Moral Education teaches Pancasila values through the Pancasila points and is formulated to help students easily understand what it means to live Pancasila (Depdikbud: 1980). In teaching moral education material, an example is needed that can be

imitated by students as the closest and most real example of the character of the educator who teaches the subject, so that they can emulate the behavior of Pancasila life, in this case. Pancasila morality. (Paradika Anganing, Inky Juliana: 2019).

Public Value to Increase Public Trust Level in Government Services

The perspective of users or the community must be considered to ensure that the implementation of e-governance is effective and can serve the community better. Finally, the question of how quickly the government responds to public complaints will be considered. In this component, researchers collect additional information from observational analysis and previous research from other researchers.

Conclusion

Bullying cases are indeed difficult to eradicate, not only in Indonesia, but also in other countries. But strangely, the perpetrators of bullying actually feel proud of their actions. The government has a very important role in overcoming bullying in the environment. If bullying cases continue to occur, then the goal of creating a golden generation of the nation will not be realized. Public government services should be more careful and firm in handling this case, although the perpetrators are protected by child protection laws, but if left alone, the perpetrators will not be deterred and will continue to carry out bullying actions. In addition to government public services, if negotiations occur in the school area, we can also ask for help from the relevant parties, such as counseling guidance.

If we are afraid of other people, we can also report this action to our own family. We only hope that the government can do its job in dealing with bullying cases in society as stated in the law. Indeed, bullying cannot be eliminated, at least we can reduce and prevent bullying cases from increasing.

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