



Contents lists available at [Journal IICET](#)

Journal of Counseling, Education and Society

ISSN: 2716-4896 (Print) , ISSN 2716-4888 (Electronic)

Journal homepage: <https://jurnal.iicet.org/index.php/jces>



Guidance and counseling interventions for bullying prevention in adolescences

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Article Info

Article history:

Received Oct 12th, 2023

Revised Nov 20th, 2023

Accepted Dec 26th, 2023

Keywords:

Bullying

Adolescence

ABSTRACT

Adult bullying problems are increasingly prevalent in Indonesia. Bullying that often occurs in schools disrupts students from achieving optimal development. This is important to be addressed immediately so that bullying does not develop in schools. Guidance and counseling is a unit that is able to help in alleviating this problem. This research uses a literature study approach regarding the impact and ways of dealing with bullying in Minangkabau youth. Bullying refers to a form of bullying or violence that is intentionally carried out by one person or group of people who are stronger or more powerful against another person, with the aim of hurting and is carried out continuously. The development of technology, makes it easier for people to do bullying, not only occurs directly, but also occurs on social media. Guidance and counseling is one of the units in the school that is considered capable of preventing bullying behavior with various services.



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Introduction

The phenomenon of bullying has increased in recent years. Every year there are always new cases of student behavior categorized as deviant behavior, carried out intentionally to weaken the victim, humiliating, and repeated. There are many cases of bullying that have not surfaced, either verbally or physically. Bullying behavior is carried out physically, verbally, psychologically, and sexually. Verbal bullying is the most common form of bullying used by both male and female students (Lee, Y., Liu, X., & Watson, M. W, 2016). Physical bullying is any form of violence that causes bodily pain such as the perpetrator (bullies) pinching the victim, elbowing, nudging, pushing intentionally to hurt the victim (victims) with the naked eye. Verbal bullying in the form of slander, insults, and statements with the nuances of sexual solicitation or sexual harassment, cursing and laughing.

Relational bullying is bullying that is most difficult to detect from the outside because this type of bullying prioritizes weakening self-esteem so that the victim becomes inferior, for example, looking cynically, sticking out his tongue, showing condescending expressions, isolating, and so on. Bullying behavior is a form of violence that is carried out physically, verbally and mentally, or relationally which can cause the victim to suffer physical

or psychological harm. This is in line with the opinion that bullying refers to acts of hurting physically and psychologically. Bullying behavior is often carried out by students such as mocking, hitting, yelling, insulting, and even slandering fellow friends. These actions are manifested in the form of behavior such as killing, raping, robbery, assault, and coercion of will on others which often occurs in crowded schools, roads, markets, and other public places (Hewett, 2018).

Students who are victims of bullying are students who usually tend to be passive, easily intimidated, or those who have few friends, have difficulty defending themselves and victims can also be smaller and younger. women creatively, in groups, and no less violent than the student actors. Generally, the students who become victims are those who are beautiful, attractive, rich, thin and look weak, smart but physically weak and loved by the teacher.

Any aggressive behavior, whatever its form, must have a bad impact on the victim. Experts state that school bullying may be the form of aggressiveness between students that has the most negative impact on its victims. This is due to an imbalance of power where the perpetrators who come from among students who feel more senior take certain actions against the victim, namely students who are more junior and they feel helpless because they cannot fight back (Modecki, 2014).

Factors Causing Bullying

Many factors influence the occurrence of bullying. Beane (2008:23) explains the possible causes of bullying, namely (1) physical influences, (2) biological factors, (3) temperament, (4) social influences, (5) learned preferences, (6) belief in one's own superiority, (7) violence, aggression, and conflict in the media, (8) sport violence, (9) prejudice, (10) jealousy, (11) protecting one's image, (12) fear, (13) self-centeredness, lack of sensitivity, and desire for attention, (14) group mentality, (15) poor family environment, (16) never being told not bully, (17) poor self-esteem, (18) reaction to tension, (19) seeing aggression allowed and rewarded, (20) desire for control and power, (21) poor neighborhood and community values, (22) poor school environment (Menesini, E., & Salmivalli, C, 2017).. Children who have physical deficiencies tend to be victims of bullying such as children who are too fat, children whose height is not the same as their other friends such as short bodies, children with disabilities and so on. Biological factors can also be one of the causes of children becoming victims of bullying such as children who have a mute lineage, their friends will make fun of him because he is different from the others (Haraldstad, K., Kvarme, L. G., Christophersen, K.-A., & Helseth, S, 2019). The environment affects the development of children, they learn a lot from the environment such as the family, school, social and community environment. If a child is raised in a bad environment and already takes bullying as normal, then the tendency of the child to imitate and the actions/behaviors displayed in their social environment will allow the child to want to learn about bullying in the sense of wanting to know more about bullying, thus making them try to do it (Juvonen, 2014).

Among teenagers, if they can show their physical strength to their friends, then they are considered strong. Children like this usually believe that by showing their strength they have an advantage over their friends. One of the causes of such children is due to the influence of mass media which displays violence, aggression, and conflict so that children learn from these media, such as violence that occurs in sports which often display anarchic actions, indirectly children learn from events. what is displayed can cause bullying, namely jealousy and wrong prejudice against a person or group so that it triggers acts of violence or bullying to the group, this is done to hide the shortcomings it has Children who are afraid are very vulnerable to becoming victims of bullying because they cannot protect themselves from being attacked by bullies. Egocentric children, are less sensitive to other people and the environment, and get less attention, usually tend to be bullies

Impact of Bullying

One of the most obvious impacts of bullying is physical health, such as cuts, bruises, headaches, sore throats, flu, coughs, chest pains and even death. Another impact that is less visible, but has a long-term effect is the disruption of psychological conditions and poor social adjustment. Symptoms of the impact of bullying behavior, namely, (1) locking oneself (school phobia), (2) crying, (3) asking to change schools, (4) reduced child concentration, (5) decreased learning achievement, (6) unwilling to playing or socializing, (7) likes to carry certain items (according to the perpetrator's request), (8) children become timid, (9) angry, (10) restless, (11) lies, (12) engages in bullying behavior towards others. others, (13) bruised/bruised, (14) uninspired, (15) being quiet,

(16) sensitive, (17) low self-esteem, (18) aloof, (19) being rude and vengeful, (20) bedwetting, (21) cold sweats, (22) insecure, (23) anxious easily, (24) whiny (for young children), (25) nightmares and irritability.

If this bullying continues, likely, the educational goals stated in the Law of the Republic of Indonesia will be very difficult to achieve, for this reason, cooperation from various parties is needed to eradicate or prevent bullying such as the government, community, schools, parents, and other (Reknes, 2019). student. One of the schools that plays a very important role in preventing and alleviating bullying is the BK teacher/Counselor. BK/Counselors have an important role in tackling or preventing bullying in schools. Therefore, BK teachers need to deal with it comprehensively and systematically to prevent and eradicate bullying in schools.

The Role of the Bk Teacher/Counselor to Prevent Bullying

Based on the data analysis, it is generally revealed that the role of the BK teacher/counselor is to overcome behavior. Bullying students have an average percentage of 41.0% and can be categorized as moderate. Further information was obtained that information services are the more dominant services provided by BK teachers/counselors with a percentage of 50% followed by the provision of group guidance and group counseling services with a percentage of 41.6% and the provision of individual counseling services with a percentage of 31.35%. Various efforts can be made to reduce bullying behavior, including optimizing counseling and guidance services. According to Prayitno (2012: 253), the duties of the BK teacher/counselor in counseling services include helping to overcome problems through various types of services. Information service is a guidance and counseling service that allows students to receive and understand various information (such as information on learning, relationships, careers, further education). The purpose of information services is to help students to make the right decisions about something, in the personal, social, study and career fields based on the information they get is adequate. Information services serve for prevention and understanding (Einarsen, S. V., Hoel, H., Zapf, D., & Cooper, C. L. 2020)

Prayitno (2012: 50) suggests that information services try to fulfill individuals' lack of information they need. The information is then processed and used by individuals for the benefit of life and development. Based on this, this service can help students understand the dangers or effects of bullying behavior according to the information provided by the counseling teacher/counselor. Furthermore, the services that can be provided by BK teachers/counselors are individual counseling services that allow students to get direct face-to-face services (individually) to alleviate the problems they face and develop themselves. Prayitno (2012: 105) suggests individual counseling is a counseling service organized by a counselor to a client in the context of alleviating the client's personal problems. So, this service can help individual students in alleviating problems about bullying assisted by a BK teacher/counsellor (Satriyo Utomo, 2020).

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