

Efforts of Guidance and Counseling Teachers in Overcoming Cases of Bullying in Schools

Yulianti¹, Adinda Eka Putri², Yolanda³, Rian Pratama Putra⁴

¹²³⁴⁵Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Jambi University

* Yulianti¹

✉yulianti@unja.ac.id

Abstract: This article was written because of the increasing cases of bullying in schools, one of the factors being the diversity of each student. Every student should respect each other's diversity so that good social relations can be established and divisions do not occur. This article was prepared with the aim of finding out what bullying is, what factors cause bullying to occur, what impacts will occur from acts of bullying, and how guidance and counseling teachers play a role in preventing bullying cases in schools.

Keywords: *Bullying, Guidance Counseling Teacher*

INTRODUCTION

Bullying is all kinds of bullying or violence carried out by an individual or a group that is stronger or has power over another person, with the aim of hurting, which is done intentionally. Pebriany (2023) states that bullying can be done non-verbally, verbally or socially in the real world or on social media which makes people uncomfortable and depressed. There are many cases of violence that occur in schools, information about which can be found either from social media or print media. For example, bullying from peers such as bullying, physical or non-physical exclusion, which can cause students who are victims of bullying to be reluctant to go to school because they are afraid and feel threatened, which can disrupt their psychological development, and cause students to feel mild depression and can affect the

student's learning outcomes in class. Sigit Kurniawan 2017(In Amin Nasir 2018) Bullying can be the cause of destroying students' enthusiasm and motivation and causing feelings of discomfort and insecurity at school. For students who are victims of bullying, school is a scary and traumatizing place, no longer a fun place

As a formal educational institution, schools should be a place that forms the development of students' personalities, in their way of thinking, behavior and behavior. There are many problems that often occur in schools, one of which is bullying. Bullying is a form of bad behavior that is shown by disrespectful behavior and oppression or coercion aimed at influencing other people, which occurs repeatedly.

Bullying often occurs in schools where the term bullying is often known as bullying, bullying, bullying, insulting and so on. Bullying itself has a broad meaning consisting of various forms of force or authority which aims to make other people feel depressed, traumatized and helpless (Wiyani, 2014 in Saferius, et al. 2022).

It could be that we often or have been victims of bullying but we don't realize it. If we don't realize we have become victims of bullying, it could be because we don't know what bullying is and what bullying behavior looks like. There are many examples of bullying that occur at school, one of which is making fun of parents' names, causing physical harm, or bossing around weaker people. Bullying is something whose consequences must be borne by all parties, not only the victim but also both the perpetrator and the observer.

The role of all school members, especially guidance and counseling teachers, plays an important role in helping students maximize developmental tasks and avoid bullying behavior (Myrick. 2011 In Agung Budi P. 2018).

METHOD

This article was written using a literature review method where the sources came from various articles that matched the title and problems discussed. With the literature review method, we can read as many sources as possible related to the problem, so that we can get results by summarizing the various sources we have read.

DISCUSSION

A. Definition of Bullying

Bullying comes from English, more precisely from the word bull, which means happily bending here and there. Meanwhile, in Indonesian the word "bullying" means "bullying", namely someone who oppresses a weak party. In terms of terminology, the definition of bullying according to Ken Rigby in Astuti (2008: 3, in Ariesto, 2009: in Zakiah, 2017) believes

that bullying is a desire to hurt. This desire is fulfilled in an action that makes a person suffer. This act is carried out directly by a stronger person or group, without responsibility, occurs repeatedly, and is carried out with pleasure.

In schools, Riauskina, Djuwita, and Soestio (2005: in Masdin, 2013) explain that bullying that occurs in the school area is aggressive behavior carried out by a person or group of students who feel they have power over students who are weaker than themselves, who aims to pamper the student.

Behavioral psychologists reveal that bullying is something that is caused not only by the bully's thoughts, but also by the perpetrator's desire to hurt other people. Bullying is always accompanied by negative actions. Bullying is a negative behavior physically and verbally that expresses hostility, thereby causing suffering to the victim of bullying himself, which is repeated over a certain period of time and involves a difference in power between the perpetrator and the victim of bullying. (Masdin, 2013)

According to Sukarno in (Lestari, 2018), bullying is an anti-social attitude that often occurs in educational environments. Over the years, bullying behavior has become an inseparable part of human bonds in different social and cultural contexts. Teachers, students and even parents are a group of people who can give rise to bullying behavior as a form of interaction between individuals.

It can be concluded from several of the definitions above that bullying is a form of aggressive behavior where the perpetrator carries it out in a planned manner, usually within a certain time, and carried out individually or in groups with the aim of causing the victim to experience psychological pressure, and the perpetrator to gain recognition and satisfaction.

B. Factors Causing Bullying

Bullying occurs because there are factors that cause it, namely there are factors from within and also factors from outside the individual. Internal factors are factors that exist within a person, while external factors include factors that exist outside a person. (Permata, 2021). According to Musfita, et al (2017) a person generally bullies because the person feels hurt, vengeful, threatened and so on. So it can be interpreted that the person who carried out this act of bullying has also been a victim of other people who did the same thing to them. The family environment is the main reason that causes bullying to occur in children and teenagers. Lack of harmony and parental care as well as permissive parenting patterns can be the cause of children carrying out acts of bullying, because children feel free to do whatever they want without the slightest prohibition from their parents.

The second is the factor of playing friends. When children hang out with their friends at school or at home, sometimes they are provoked into carrying out bullying because they want to show that they are capable of being part of a certain group, so that they gain respect from their friends, or this action is carried out to the aim of showing off to his friends that he has power and he is the strongest, he is the only one with the most power in his community.

Three media. Media can be an element that has the potential to influence the emergence of bullying among students. The large number of incidents of bullying that are shown in various media such as the internet, television, films, magazines or books can make children practice these actions (Hamzah, 2023). Apart from these factors, environmental factors also greatly influence the occurrence of bullying. A person who grows up in a bad environment has a higher chance of being influenced by negative things. (Haslan, 2021)

Rahmawati (2016: 177) in (Utami, 2019) states that schools are unable to build a healthy psychological atmosphere for all school members, teachers' contributions are less than optimal in dealing with student problems, teachers' lack of attention to the students they care for, unclear or inconsistent regulations. schools, and poor relations between students are also factors that cause bullying.

C. The Impact of Bullying

Bullying has a detrimental impact, both on the bully and the bullying victim. Perpetrators and victims of bullying tend to be at risk of depression. Depression is an ongoing condition that, if continued, can interfere with a student's ability to function effectively, with negative impacts on physical, psychological and sobriety. (Tumon, 2014)

Victims of bullying will experience negative impacts briefly, including feelings of discomfort, social isolation, decreased self-esteem, and the desire to stay away from the environment. Meanwhile, victims of bullying will face long-term consequences in the form of emotional suffering, serious psychological disorders such as stress and depression, and in more extreme cases, thoughts of committing suicide may arise. (Samsudi, 2020)

Another impact of bullying is that children who are victims of bullying become lazy about going to school, frequently leave school, get sick easily, skip school, this is because the victim of bullying feels afraid to meet the bully. This will also cause children's academic performance at school to decline. (Trisanti, 2020) apart from that, the impact of bullying is that children experience feelings of lack of self-confidence, children are more silent, have difficulty focusing when studying, decreased learning achievement, fear of going to school,

and may even experience physical injury, including intentional injury. or unintentional, due to aggressive behavior from friends. (Jelita, 2021)

Furthermore, acts of bullying also have an impact on the perpetrators of bullying, those who are involved in acts of bullying often experience feelings of guilt and regret for their actions. On the other hand, perpetrators of bullying can also have too much self-confidence, high self-esteem, and appear to show aggression, stubbornness, irritability, impulsiveness, and have a low sense of tolerance. (Visty, 2021)

Students who witness this action may think that bullying is a normal action that occurs and is accepted in society. In this situation, some students may be forced to join in with the bully for fear of becoming the next victim, while others may choose to remain silent without taking any action. What's worse, there are those who just let the action happen and think there's no need to stop it. (Mintasrihardi, 2019)

D. Counseling Teachers' Efforts to Prevent Bullying Cases at School

The problem of bullying is a serious issue that must be addressed carefully, because it can cause trauma to victims and disrupt their lives. Students who carry out bullying need to understand their background to overcome this behavior. So that the guidance and counseling teacher or counselor can take appropriate steps to overcome the problem of bullying. (Yandri, 2014)

Guidance and guidance teachers have a very important role in preventing and dealing with bullying problems at school. Therefore, effective and holistic services are needed for all students, by utilizing a variety of skills and resources that support the performance of guidance and counseling teachers in schools. (Bu'ulolo, 2022). Guidance and Counseling (BK) teachers in carrying out their duties need to have an inclusive understanding of the diverse views of their students. Counseling teachers must understand that each student has a unique perspective. The first step for a guidance and counseling teacher is to carry out an educational role. In this educational role, guidance and counseling teachers aim to ensure the physical and psychological well-being of their students. In carrying out their duties to prevent bullying at school, guidance and counseling teachers can apply a variety of approaches. Including BK teachers can create anti-bullying modules or guides, develop counseling models for victims, facilitate peer counseling sessions, and involve various other initiatives. (Salsabila, 2021).

In carrying out counseling guidance services at schools, guidance and counseling teachers act as facilitators in achieving holistic educational goals. They focus on meeting the needs and individual development of students in accordance with students' interests, talents,

potential and personality in the school environment. (Ifnaldi, 2022). In cases of bullying, guidance and counseling teachers play a key role in resolving problems and preventing bullying incidents from recurring. Counseling teachers need to provide holistic counseling services according to students' needs. This includes counseling guidance programs which include orientation, information, placement and distribution services, content mastery, individual, group, consultation, mediation and advocacy to overcome bullying problems. (Saputra, 2023)

CONCLUSION

Bullying is a serious problem that has the potential to cause trauma to victims in various fields, including psychological, physical, social and academic. There are several factors that are the source of bullying which are generally classified into three aspects: family background, individual personality, and environmental influences, such as the school environment, social environment, and peers. Every individual who has experienced bullying almost always experiences similar psychological impacts. This psychological impact is a negative result that can be experienced by victims of bullying, which is clearly detrimental to themselves. The actions of the bully can have a long-term impact on the victim's psychological condition, and the victim may always remember the action, causing unpleasant memories for the victim. This impact is the most worrying thing for most people, where a person's psychological state is disturbed due to actions they don't want, and the perpetrator becomes a figure who is feared by many people.

Guidance and counseling teachers or counselors have a central role in preventing and overcoming bullying at school. Therefore, effective and comprehensive services are needed for all students by utilizing a variety of skills and resources that can support the performance of guidance and counseling (BK) teachers. When cases of bullying occur, guidance and counseling teachers need to play an active role in resolving the problem and taking steps to prevent bullying from happening again. Guidance and guidance teachers or counselors must provide maximum and comprehensive counseling services that suit students' needs, including implementing an effective counseling guidance program to overcome bullying problems at school.

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