Strengthening the Islamic Character of Youth as an Effort to Prevent Cyber Bullying Actions Among Teenagers in Pekalongan

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Abstract

Cyber bullying is still a serious issue in society, especially among teenagers. The lifestyle of hedonism and thirst for recognition makes teenagers capable of doing various things, including bullying. The low character of teenagers and the lack of understanding of manners are the supporting factors for the development of this cyber bullying phenomenon. From this fact, an effort to strengthen character is needed to stop criminal acts from happening again and to bring civilization back to the golden age of humans as the best and noblest creations.

This study aims to determine: (1) The impact of cyber bullying on the mental condition of adolescents (2) Forms of strengthening Islamic character to prevent cyber bullying.

The research design uses a qualitative approach with a case study type of research. Collecting data in this study using interview techniques, observation and documentation. Then the data were analyzed through the stages of data reduction, data presentation, and conclusion.

The results of the study show that: (1) The act of cyber bullying greatly affects the mentality of the victim, one of which makes the victim feel intimidated and feel unappreciated. As a result the victim will feel depressed and the most fatal can lead to suicide. (2) Forms of efforts to strengthen Islamic character that can be done to prevent cyber bullying include: strengthening religious character, tolerance, and social care through various social activities, and providing full understanding to adolescents to become polite and civilized individuals through study activities Islamic.

Keywords: cyber bullying, Islamic characters, teenagers

Introduction

Character problems are still a serious issue in society, especially among teenagers. The lifestyle of hedonism and thirst for recognition makes teenagers capable of doing various things, including bullying. Various acts of bullying are easily carried out both individually and even in groups.

In this digital era, information and communication technology is growing fast. This raises many problems in various areas of life. One problem that is rife is cyber bullying. This action is in the form of insulting, spreading fake news, harassment, or threats using digital technology such as social media, chat platforms, online game platforms, and many more.

From the Unicef website, one in three young people in 30 countries say they have been victims of cyberbullying with one in five children reporting having skipped school due to bullying and cyber violence (Unicef, 2019). Based on data released by KPAI, February 13, 2023, there was an increase in the number of bullying cases by 1,138 cases of physical and psychological violence caused by bullying. The problem of bullying is of particular concern to

the Minister of Education and Culture, he said this behavior as one of the three "sins" apart from radicalism and sexual harassment. Cases of bullying do not only occur in the school environment, but also in the family environment and the community environment (Najwa et al., 2023).

One of the causes of actions is the lack of cultivation of good character in adolescents. Character is the values related to Allah SWT, oneself, others, the environment, and nationality. This is manifested in the form of thoughts, attitudes, feelings, words, and actions based on the norms that apply in the surrounding environment (Ritonga, 2021). Character is very vital for human life. This relates to human relations with others. Someone who has a deviant character will certainly not be easily accepted by the environment, and vice versa. Because negative characters and habits will cause a lot of inconvenience to the surrounding environment. Therefore, good character should be firmly instilled in each individual.

Character strengthening is defined as the process of forming individual attitudes, values, and ethics life experiences. In this context, character strengthening can function as a more holistic and sustainable preventive approach. Character building of youth with positive values, such as empathy, respect, courage and responsibility, is believed to form a mindset and behavior that respects diversity and rejects all forms of violence or intimidation, both in the real world and in cyberspace.

Methods

The approach used by the author is a qualitative approach. The research method uses a retrospective case study, namely a case study that allows for improvement or treatment in the case under study. This treatment must be completed by other people who are truly competent in that field, while researchers only provide input from research results (Rahardjo, 2017). Data collection techniques used in the form of observation, interviews, and documented. Data analysis techniques in this study include data reduction, data presentation, and drawing conclusions.

Results

Bullying that is carried out both traditionally and through social media has a psychological impact in the form of feelings of sadness to suicide attempts. Cyberbullying refers to aggressive behavior that is carried out repeatedly with the intention to harm and frighten others in the context of communication via computer media (Dewi et al., 2020).

The most common types of cyberbullying are flaming, making abusive comments, spreading rumours, making online threatening comments and posting embarrassing photos online. The most frequent forms of cyberbullying are offensive messages and social exclusion. Cyberbullying victims most often report offensive messages and spread rumors. There are several factors that can indicate the involvement of adolescents in cyberbullying.

Impact of CyberBullying Actions

Based on interviews with several teenagers in Pekalongan City, 3 out of 5 informants said they had been victims of cyberbullying. Some forms of action are carried out by the perpetrators through Facebook and Twitter applications. The forms of action taken included: insults, giving

bad comments on social media accounts, threats, deprivation of personal belongings, and direct physical violence.

Cyberbullying greatly affects the mentality of the victim. Some of the impacts experienced by victims:

Psychological

The first is from a psychological perspective. Based on the informant, one of impact of bullying experienced is depressed. In addition, the victim also experiences a breakdown in trust, always feels threatened and even triggers the victim to attempt suicide.

Research conducted by Fahy et. al (in Sukmawati) states that there is a relationship between cyberbullying and mental health. With the high prevalence of cyberbullying, this has a greater potential to make victims experience depressive symptoms, anxiety symptoms, and below average adolescent welfare. This is also supported by the increasing use of mobile devices and the internet in adolescents (Sukmawati & Kumala, 2020).

Physcosocial

The next is of social life. One of the teenagers who experienced cyberbullying said that he was currently experiencing a crisis of trust in other people. He was afraid and could not trust other people. This act caused the victim to feel embarrassed, pressured when meeting other people, causing the victim to be ostracized and lose friends because of the influence spread on social media.

Effort to Strengthen Islamic Character

Character education is the implements various principles and methodologies in building children's character. This is considered very important to be applied in learning according to educators. In character education it is expected that educators can instill traits, characteristics, character, attitude of responsibility, and an independent spirit towards students (Nisa et al., 2023). By carrying out character education for adolescents, good character will be firmly instilled in them.

Based on the results of interviews with several members of the youth community, several efforts were made to strengthen Islamic character by each organization to prevent cyberbullying. The forms of these efforts include:

Planting Islamic values

Efforts that can be made are to provide a full understanding and train the habit of practicing Islamic values. This can be done through Islamic study activities and creating an environment that pays attention to cultural etiquette in Islam. As Muslims, we are certainly no strangers to adab. Adab is a fundamental thing that is owned by a Muslim. By instilling good manners in a person, good character will also be created in him. People who have polite, civilized habits certainly will not do things that violate religious rules. However, this is also a joint homework because the stigma "a pious is stupid" makes teenagers avoid matters related to religion more. Therefore, it is necessary to do the treatment slowly so that this habit can be well received by teenagers (IPPNUSalakbrojo, 2023).

Strengthening religious character, tolerance, and social care

Religious character is the main character that must be owned by every teenager and even adults. This character is also very important and must be owned because it relates to God Almighty. Moreover, as Muslims, they should have this character. besides that the character of

tolerance is also very important to instill strongly. Indonesia is a country that has a lot of diversity, therefore, as a wise citizen, you must have a high sense of tolerance. With tolerance, a harmonious and peaceful life will also be created (IPPNUSalakbrojo, 2023).

Then one of the members of KSR PMI UIN KH Unit. Abdurrahman added that the character of social care must also be instilled strongly. Currently, the nation's youth are increasingly experiencing a crisis of concern. Many acts of saving are carried out due to the lack of mutual care for one another. This is not only happening in a live environment with in-person interaction, but also in virtual interaction. The act of posting bad things and submitting bad comments is evidence of the declining level of concern for teenagers today (KSR-PMI, 2023).

Discussion

Cyberbullying is an unpleasant treatment or treatment that degrades a person's dignity which is carried out by an individual or a group of people, through the help of electronic devices/social media which is carried out repeatedly and continuously on a target who has difficulty defending himself (Ruliyatin & Ridhowati, 2021). Smith further explained that cyberbullying is an intentional aggressive action, which is carried out by groups or individuals, using electronic media, repeatedly and from time to time against victims who cannot easily defend themselves. (Darmayanti & Kurniawati, 2019). Cyberbullying is a form of social identity, which is carried out to increase prestige and strengthen the perpetrator's social identity, cyberbullying is also used to undermine the victim's social identity. The act of cyberbullying is carried out by the perpetrator only to elevate the degree in his own group by making comparisons and vilifying the victim group in cyberspace (Putranto, 2017).

This act of cyberbullying has a big impact on the victim. Among the impacts that arise, among others;

Psychological Impact. The first impact is a disturbance of mental condition. Someone who is being bullied will definitely feel intimidated and threatened. aligned with Putranto's research, he stated that the reaction caused by victims of cyberbullying is related to social identity theory, namely the impact of social comparisons made. The social comparisons carried out by the actors cause a reaction in the form of a reply, namely by giving each other the advantages of each group, and there are also those who are resigned to accepting the comparison because it is in accordance with the facts (Putranto, 2017).

Psychosocial Impact. This action causes the victims to feel intimidated, have a crisis of trust in others, and eventually lead to self-isolation. People who are victims of cyberbullying will feel uncomfortable and safe when meeting many people. He assumed that everyone he met would do the same thing the perpetrator did to him. Beran et al. proving that cyberbullying victims have bad experiences in the form of being scolded by other people in the online world can cause a loss of trust, or they as victims will become cyberbullies or continue to be victims. In addition, when online violence occurs victims cry, feel embarrassed, lose friends at school, depressed, and insomnia (Beran & Li, 2008).

Efforts to Strengthen Islamic Character

In this digitalization era, positive and negative impacts have arisen among students, one of which is in the surrounding community and greatly influences the character they have.

Indirectly causing a moral crisis in society. The most vulnerable group experiencing a character crisis is a student (children). Students who experience a moral crisis will ignore the rules that apply and violate the norms that exist in their environment. The most influential thing in this character crisis is the change in attitude which is very sharp and leads to deviant behavior (Tsoraya et al., 2023).

One form of preventing deviant acts is by strengthening character. Character building from an early age is done because basically children have a "Golden Age" which can be interpreted that children have very rapid development at a certain age, therefore it is important to instill character from an early age to form good character development for children. However, in reality it is not uncommon to encounter events that can be said to be a lack of character education for children. For example in everyday life, namely littering, not following the rules, indifferent and so on. This can be said to be the impact of a lack of understanding on the part of parents, especially for a mother, in which the mother plays a greater role in child rearing. So that the mother should have enough insight to shape the character that is in the child (Wulandari & Ningsih, 2023).

Someone who has good character certainly will not commit deviant actions. Therefore strengthening this character is important as an effort to prevent cyberbullying from happening again among adolescents. Among the efforts made are:

Planting Islamic values

Now there have been many hijrah community activities and seminars on Islamic studies. This is one form of effort to instill Islamic values in a teenager. In today's digital era, teenage characters are increasingly worrying. The influence of outside culture and the negative effects of digitalization create a negative personality for adolescents. Hedonism behavior, the behavior of demonstrating ability makes teenagers easily bully others through digital media.

Prevention of this action can be done by involving teenagers in healthy friendship circles, inviting teenagers to join youth communities that have positive activities, and also involving teenagers in activities of studying Islamic values. With teenagers knowing very well about Islamic values, a polite teenage personality and character will grow. Thus acts of bullying and other character deviations can be avoided.

Strengthening religious character, tolerance, and social care

Then the second effort is to instill adolescent habits to behave or have religious character, be tolerant and care for fellow creatures. Religious is the attitude and behavior of obedience in carrying out the teachings of the religion one adheres to, tolerant of the implementation of other religious worship, and living in harmony with adherents of other religions. The inculcation of religious character must be done early on because by habituating good behavior it will also form good character in the individual.

Syekh Umar in Al-Akhlak Lil Banat gives examples of religious characters, including: the obligation to glorify and love Allah SWT, and Rasulullah SAW. Some forms of glorifying Allah SWT are loving Allah wholeheartedly, being grateful for all His blessings, obeying everything He commands and staying away from all His prohibitions, and the form of loving the Messenger of Allah is adhering to the advice of the Prophet Muhammad and following the teachings of the Prophet both in obedience to Allah and social behavior in everyday life (Baradja, n.d.).

The next character is tolerance and social care. These two characters have continuity, namely they both treat other people well. in his book, Sheikh Umar gives an example of this character in the chapter on visiting a sick person, If you visit him to find out about his condition and comfort his heart while praying for a speedy recovery. In the hadith it is stated "The obligations of a Muslim over other Muslims are five, namely: answering greetings, visiting sick people, delivering bodies, fulfilling invitations, and praying for people who sneeze (Baradja, n.d.).

Tolerance and social care is one of the characteristics that must be owned by humans. As social beings, of course, humans cannot be separated from the help of other humans. Therefore the character of social care must be applied in everyday life. This social caring attitude includes a person's relationship to his parents, family, siblings, teachers, friends, as well as neighbors. This is also according to the nature of Rasulullah SAW. He always pays attention to others in social life.

Conclusion

Cyberbullying is a form of social identity, which is carried out to increase prestige and strengthen the perpetrator's social identity, cyberbullying is also used to undermine the victim's social identity. The act of cyberbullying is carried out by the perpetrator only to elevate the status of his own group by making comparisons and vilifying the victim group in cyberspace. This act of cyberbullying occurs due to a lack of instilling character in a person. this can be overcome together by carrying out special treatment for perpetrators of cyberbullying. one of the efforts to prevent this action is by instilling strong religious values, in this case the teachings of Islam. actually religion has properly regulated how polite teenage characters are. By becoming a teenager who applies Islamic values and gets used to good manners, a polite and noble personality will be born. Teenagers who have noble morals certainly will not take actions that are not in accordance with their religious norms, including cyberbullying.

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