

## THE IMPACT OF BULLYING ON MENTAL AND PHYSICAL HEALTH IN JUNIOR HIGH SCHOOL TEENAGERS AGED 12 TO 15 YEARS

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### ABSTRAK

Tujuan penelitian ini adalah ingin mengetahui dampak bullying terhadap mental dan fisik seorang anak. Penelitian ini termasuk penelitian kualitatif dengan pendekatan studi literatur dan dokumentasi. Teknik analisis data yang digunakan adalah deskriptif-analitis. Hasil penelitian menunjukkan bahwa bullying mempunyai dampak buruk bagi seorang anak, baik anak tersebut sebagai pelaku bullying maupun sebagai korban. Salah satu dampak bullying bagi seorang anak yang menjadi pelaku bullying adalah seorang anak yang menjadi pelaku bullying cenderung mempunyai empati dan interaksi sosial yang kurang baik dan cenderung mempunyai perilaku yang tidak normal. Seperti perilaku hiperaktif terhadap lingkungan sekitarnya. Selain itu, Pelaku bullying juga berpotensi mengalami gangguan kesehatan mental seperti gejala emosional yang tidak terkontrol dan lain sebagainya. Sementara salah satu dampak bullying bagi anak yang menjadi korban bullying adalah korban akan mengalami kekerasan fisik dan non fisik. Seperti, sering terisolasi secara sosial, tidak mempunyai teman dekat, tidak memiliki hubungan baik dengan orang tua, kesehatan mental menurun, dan dampak yang paling buruk bagi anak korban bullying adalah dapat mengakibatkan depresi hingga memicu bunuh diri. Hal ini dapat membuat anak korban bullying mengalami trauma berkepanjangan. Selain itu, Seorang anak korban bullying juga akan mengalami gangguan belajar dan aktivitas akademiknya. Salah satu tindakan yang bisa dilakukan kepada seorang anak yang menjadi pelaku maupun korban bullying adalah dengan memberikan kasih sayang, kepercayaan, dan melibatkan mereka dalam kegiatan-kegiatan positif serta memberi pemahaman kepada mereka tentang dampak buruk dari bullying. Untuk itu, perlu ada kerjasama antara sekolah, guru, dan orang tua untuk mengatasi tindakan bullying terhadap anak.

**Kata Kunci:** Bentuk Bullying, Dampak Mental dan Fisik Bullying.

### ABSTRACT

*The purpose of this study was to determine the impact of bullying on a child's mental and physical health. This study is a qualitative study with a literature*

*study and documentation approach. The data analysis technique used is descriptive-analytical. The results of the study show that bullying has a negative impact on a child, both the child as a bully and as a victim. One of the impacts of bullying on a child who becomes a bully is that a child who becomes a bully tends to have poor empathy and social interaction and tends to have abnormal behavior. Such as hyperactive behavior towards the surrounding environment. In addition, bullies also have the potential to experience mental health disorders such as uncontrolled emotional symptoms and so on. Meanwhile, one of the impacts of bullying on children who become victims of bullying is that the victim will experience physical and non-physical violence. Such as, often socially isolated, not having close friends, not having a good relationship with parents, declining mental health, and the worst impact for children who are victims of bullying is that it can cause depression and even trigger suicide. This can cause children who are victims of bullying to experience prolonged trauma. In addition, a child who is a victim of bullying will also experience learning disorders and academic activities. One of the actions that can be taken to a child who is a perpetrator or victim of bullying is to provide affection, trust, and involve them in positive activities and provide them with an understanding of the negative impacts of bullying. For this reason, there needs to be cooperation between schools, teachers, and parents to overcome bullying against children.*

**Keywords:** *Forms of Bullying, Mental and Physical Impacts of Bullying*

## INTRODUCTION

Personality is a person's trait or behavior that can distinguish him from others. Many factors cause everyone's personality to be not the same, for example, heredity factors, factors of physical development, mental, age and the surrounding environment. Thus, it can be known that the development of a person's personality is dynamic, meaning that a person's personality can change at any time depending on the stages and life experiences they experience. One of the factors that has a significant influence on the condition and development of a person's personality is environmental factors, both the family, school and community environment. For a child who is in the educational period the school environment has an important influence on the formation of a child's personality. This means that a person's personality is greatly influenced by the events or events he experiences at school. Therefore, it is very important for parents and teachers to continue to supervise the activities carried out by children and their students in the school environment.

Lately, there has been a lot of violence against school-age children. Of course, this is very concerning for the world of education and parents. Schools that are supposed to be a place for children to gain knowledge and help form positive personal character have turned out to be a place where bullying thrives, thus giving fear to children to enter. According to Randall, bullying is aggressive behavior that is deliberately to cause physical and psychological discomfort to others. So, this act of bullying is an oppression that someone commits to others. This act of bullying comes from outside a person but has a significant impact on the personality and mental development of the perpetrator and victim of bullying.

Several factors are believed to be the cause of bullying behavior at school, including personality factors, interpersonal communication that children build with their parents, the role of peer groups and the school climate. There are several personality factors that contribute greatly to students in committing bullying behavior or becoming a bully. According to Benitez & Justicia, bullies tend to have low empathy, impulsiveness, dominance, and friendliness. According to Novianti, one of the biggest factors that causes children to bully is temperament, which is a trait formed from emotional responses. This leads to the development of children's personality and social behavior. Children who are active and impulsive are more likely to be bullies compared to passive or shy ones. The next factor is the child's interpersonal communication factor with his parents. Children who grow up in families that apply negative communication patterns such as verbal violence will tend to imitate these habits in their daily lives. Verbal violence committed by parents to children will be an example of children's behavior in the future. This will be exacerbated by the lack of warmth of affection and the absence of support and direction for the child, giving the child the opportunity to become a bully. Next is the influence of peer groups that influence the growth of bullying behavior at school. Peer groups who have problems at school will have a negative impact on the school such as violence, truancy behavior, low respect for fellow friends and teachers. Friends in the school environment should ideally play the role of a child's "partner" in the process of achieving the Education program.

The most important effort to overcome bullying in children is to provide affection, trust, and involve both the perpetrator and the victim. Not only that,

cooperation is needed between schools, teachers, and parents to overcome bullying against children. With a good and healthy self-concept, children are able to fortify the bad influence of the environment and their friends. It is an important concern that good parenting will produce a good personality in children. Children can also develop well and be able to actualize themselves according to their potential. Furthermore, parents, other family members and teachers, should provide a good model or example to children so that children can get role models that can be imitated. Therefore, the researcher conducted a study on "Analysis of the Impact of Bullying on Mental and Physical Health in Junior High School Adolescents Aged 12 to 15 Years".

## **METHOD**

This qualitative research uses a literature study method to analyze the impact of bullying on children through journal articles and online books. Data in the form of words, images, and behaviors are processed in a descriptive-analytical manner, then presented in a systematic narrative description to describe the condition of the research subjects in a comprehensive and in-depth manner.

## **DISCUSSION**

The word *Bullying* comes from English, which is from the word *bull* which means a bull that likes to duck back and forth. In Indonesian. Etymologically, the word *bully* means a bully, a person who disturbs the weak. Meanwhile, terminology, according to Tattum, *bullying* is "...the willful, conscious desire to hurt another and put him/her under stress". Then, according to Schott, bullying is an aggressive act, both repeatedly, and there is a difference in power between the perpetrator and the victim.

There are several definitions of bullying by experts, which will be explained as follows. The first definition is based on Olweus's opinion in Murphy that a child is a victim of bullying if he or she is repeatedly negatively treated by one or more perpetrators on various occasions. Bullying is intentional, that is, aimed at hurting the victim either emotionally and/or physically. Power is an important aspect

related to bullying. A child who commits bullying seeks to gain power and control over another child.

The definition put forward by Randall is that bullying is aggressive behavior that is intentional to cause physical and psychological discomfort to others. This definition emphasizes the motivational factors of the bully and provides an idea of the purpose behind their behavior.

Bullying is an act that cannot be justified in religion and social relations. As it is clear that the Qur'an also pays attention to cases of bullying and strongly condemns the perpetrators, in any form, both verbal, physical, psychological, and cyber bullying that has been rampant lately. Because Allah SWT in another verse also emphasizes the reprehensible attitude of hurting other believers without cause. Allah SWT says in surah Al-Ahzab Ayah 58:

وَالَّذِينَ يُؤْذُونَ الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ بَغَيْرِ مَا كَتَبْنَا لَهُمْ فَسَاءَ مَا كَسَبُوا وَآثَمًا مِّمَّنَّا

*“And those who hurt the believers and the believers without any wrongdoing, then they have indeed borne a lie and a manifest sin”.*

There are many forms of bullying. According to Wardhana, there are four forms of bullying, as follows: *First*, verbal bullying is the most commonly used form of bullying, verbal bullying is easy to do and can be whispered in front of adults and peers. Such as reproach, ridicule and words that hurt other people's hearts. *Second*, physical bullying, is the most visible and most identifiable type of bullying among other forms of bullying. Such as punching, kicking, slapping, spitting or any form of physical violence. *Third*, Relational Bullying, this type is the most difficult to detect from the outside. Relational oppression is the systematic weakening of the self-esteem of the victim through neglect, ostracization, sneer and all forms of actions to isolate a person. *Fourth*, Cyber Bullying, this is the latest form of bullying due to the increasing development of technology, the internet and social media. Such as sending hurtful messages or using pictures, leaving abusive voicemail messages, making continuous calls without stopping but not saying anything (silent calls), creating websites that are embarrassing for the victim, the victim is avoided or shunned from chat rooms and others.

### **Impact of Bullying**

The bullying phenomenon is like an iceberg phenomenon that seems "small" on the surface, but holds millions of problems, most of which are not easy to catch by parents or teachers. As stated in the previous presentation, the public (especially parents and teachers) is often complacent by the "trivial" impression of the bullying phenomenon, thus ruling out its extraordinary impact and danger that arises in the future both for bullying victims, bullies, and the broader impact on our society.

The impact of bullying is not only felt by the victims, the perpetrators of bullying also have a negative impact on themselves and their environment. The impact for bullying perpetrators includes that the bully has minimal empathy in social interaction. Not only his empathy is problematic but also his behavior is abnormal. Hyperactive and pro-social behavior is interrelated with the actions of the bully against the surrounding environment. Perpetrators of bullying have a higher rate of mental health disorders, especially emotional symptoms, compared to bullying victims.

The impact for bullying victims is such as experiencing physical and verbal violence. Actions like this can be prolonged trauma for the victim. Not only trauma experienced by bullying victims, academic learning outcomes are also greatly affected by bullying victims. The physical violence received by bullying victims includes being often socially isolated, not having close friends, not having good relationships with parents, declining mental health, and worst of all, bullying can result in depression and trigger suicide. For example, in 2006, M, a 13-year-old teenager, committed suicide after he was a victim of online bullying/cyberbullying by his friends. M was made fun of about his excess weight and M's friend said that the world would be a better place without M. From M's case we can see how serious the impact of bullying behavior is.

Not all cases of bullying will have an impact on such extreme events, but we can learn that there is no form of violence of any kind that deserves to be taken lightly. Other cases that cannot be described in this paper also strengthen our reasons to no longer consider bullying as a normal behavior of children. Judging from the impact, bullying is clearly a severe disorder. Psychological disorders are

also a very serious problem. Bullying perpetrators have mental health problems such as high levels of depression and psychological distress, experience anxiety disorders, and have many social problems, tend to have anti-social personalities.

If you look at the statement above, the impact of this bullying does not only target the victim but also the perpetrator. This act of bullying cannot be justified for any reason. Moreover, the act of bullying to children has a very big impact on their future. At their age, they should be filled with feelings of happiness and happiness, always not filled with feelings of distress arising from their environment. This will instill deep trauma in the child.

### **Efforts to Overcome Bullying**

The most important effort to overcome bullying in children is the "the bully busters program" program. The focus of this program is to change the social system so that the emergence of bullying can be avoided. The program has several main principles as follows: *first*, providing affection, trust, and involving them in constructive and educational activities for both perpetrators and victims. *Second*, cooperation between parents and children is needed.

As stated in the Quran At-Tahrim verse 6 regarding parenting:

يَا أَيُّهَا الَّذِينَ آمَنُوا قُوا أَنْفُسَكُمْ وَأَهْلِيكُمْ نَارًا

*“O you who believe, protect yourselves and your families from the fire of Hell”.*

Ibn Kathir in his commentary explains the deeper meaning of this verse Sufyan al-Tsauri has narrated from a man, from Ali ibn Abi Talib Radhiallah 'Anhu in relation to the meaning of His words: protect yourself and your family from the fire of Hell (al-Tahrîm verse 6) the meaning is to educate them and teach them.

The Prophet Muhammad PBUH in another hadith also emphasized the importance of moral education for children:

أَكْرَمُوا أَوْلَادَكُمْ وَأَحْسِنُوا أَدَبَهُمْ

From Anas bin Malik ra, the Prophet PBUH said, "Honor your children and improve their morals." (HR. Ibn Majah from Anas bin Malik) This hadith is

certainly the basis that parents need to know that moral education in the family, especially for their children, is the main component in shaping the personality of righteous children.

Not only the role of parents, in schools a teacher also has an important role and the community to overcome bullying against children. Among the efforts that can be made include, in an effort to overcome bullying in schools, namely creating a conducive atmosphere to be able to prevent bullying. Making the concept of a school without bullying needs to be echoed as early as possible to students and also to students' parents. By providing information as early as possible to students and parents, it is hoped that they can understand the values imposed in schools and parents can help. Students need to be given an understanding of bullying and its impact so that school becomes a safe and comfortable place for students.

The most effective method to prevent bullying against children is to involve a comprehensive school approach. The methods used include problem assessment, planning of days (school meetings), providing better supervision during breaks, forming an anti-bullying prevention body, holding regular meetings of parents and teachers, setting classroom rules against bullying, holding class meetings about bullying, holding talks with abusers and victims. Elliot explained some steps that schools can take in overcoming the problem of bullying in elementary schools using the wholeschool approach, namely by taking the following steps: Survey by asking students to fill out a questionnaire about bullying, Meeting with teachers to share results and discuss the results of the questionnaire from the survey, Making class rules, Making school rules, Joint meetings between teachers and students, Student agreement, School contract signed by each student, School decision, Meeting with the student's parents, Announcing the Education authority.

Teachers, Efforts that teachers must make to deal with bullying in children, including: Pay attention to the symptoms of changes in the child and approach him, Be calm in acting while assuring the child that he has received protection from the bully perpetrator, Report to the school for immediate investigation, Ask the school counselor (BK teacher) to investigate what has happened, Ask the school to provide information about the incident that has happened. Actually, teaching children how to deal with bullying includes: teaching children to hide their anger or sadness when

they are being bullied, teaching children to be brave enough to look into the eyes of the bully, teaching children to stand tall in the face of bullying, not walking alone, staying calm in any situation.

## CONCLUSION

Based on the results of the study, it can be concluded that bullying is an aggressive act, both repeatedly, and there is a difference in strength between the perpetrator and the victim. The impact of bullying on perpetrators and victims includes bullying perpetrators who have minimal empathy in social interactions. Not only his empathy is problematic but also his behavior is abnormal. Hyperactive and pro-social behavior is interrelated with the actions of the bully against the surrounding environment. Perpetrators of bullying have a higher rate of mental health disorders, especially emotional symptoms, compared to bullying victims. The impact for bullying victims is such as experiencing physical and verbal violence. Actions like this can be prolonged trauma for the victim. Not only trauma experienced by bullying victims, academic learning outcomes are also greatly affected by bullying victims. The physical violence received by bullying victims includes often being socially isolated, not having close friends, not having a good relationship with parents, declining mental health, and worst of all, bullying can result in depression and trigger suicide. The most important effort to overcome bullying in children is to provide affection, trust, and involve both the perpetrator and the victim. Not only that, cooperation is needed between schools, teachers, and parents to overcome bullying against children.

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