



Efforts of Islamic Education Teachers in Preventing Student Bullying Behavior in High Schools

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Abstract

Any action that aims to bring down one party with acts of violence or harassment of victims by perpetrators who have power or strength. This study aims to analyze the forms of bullying that occur, to find out the factors that cause students to bully. This study uses a qualitative method with a case study approach. Data sources were taken from two informants through in-depth interviews, one informant was the school principal and the other was an Islamic religious education teacher. The research results obtained are an analysis of bullying behavior which has been studied by researchers, namely in the form of physical contact and verbal form which makes the victims of bullying experience deep trauma so that the role of religious teachers in dealing with bullying problems between students is very important in this case, so religious teachers do socialization related to the dangers of bullying behavior because teachers who act as parents at school are required to provide good treatment so that students who behave as bullies can become good children in socializing, religious teachers must carry out intensive monitoring aimed at students who behave as victims of bullying can be a child who can interact socially well and has a firm soul in dealing with future treatment and can overcome his own problems. The implications of this article are made to find out what forms of bullying are in schools so that the number of victims continues to grow and this must be prevented as soon as possible, so steps are needed to prevent bullying.

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INTRODUCTION

Human social life consists of several phases and levels (Zakiyah et al., 2017). At the time of birth humans as individuals grow and develop in a family environment (Rufaedah, 2020). Every day he makes contact and interacts with the family, especially the parents in this phase, the baby is instilled with the values shared by his parents (Ananda, 2017). Growing up and becoming human adolescents as individuals begin to recognize a wider environment than the family (Yoga et al., 2015). The socialization experienced by individuals begins to expand, individuals begin to interact with their peers, this makes individual social skills increase if the values instilled by both parents are absorbed properly, the social skills possessed by these individuals can be better, this is because because humans grow and develop from phase to phase without leaving behind what they have

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learned from the previous phase on the other hand, if the socialization of values instilled in the family is not absorbed by the child, then his behavioral and psychosocial development may be hampered, as a result, adolescents begin to show pathological symptoms. such as delinquency and other risky behaviors, one of which is bullying (Purnama, Ayu. Milala, 2020).

Currently, bullying is a term that is familiar to Indonesian society bullying is an act of using power to harm a person or group of people both verbally, physically and psychologically so that the victim feels depressed, traumatized and helpless (Sulisrudatin, 2018). Perpetrators of bullying are often referred to as bullies, a bully does not know gender or age, bullying has often occurred in schools and is carried out by adolescents, the impact caused by this action is very wide in scope, adolescents who are victims of bullying are more at risk of experiencing various health problems, both physically and mentally (Khoirunnisa et al., 2018; Mukaromah et al., 2018; Yuliani et al., 2018). The problems that are more likely to be suffered by children who are victims of bullying include the emergence of various mental problems such as depression, anxiety and sleep problems that may carry over into adulthood, physical health complaints, such as headaches, stomach aches and muscle tension, feeling unwell. Safe while in the school environment, and decreased enthusiasm for learning and academic achievement (Syukri, 2020).

This case leads to an explanation that society in particular must understand more about what bullying causes teenagers to bully, what are the impacts on perpetrators, victims, and witnesses, what are the forms of bullying, and how to prevent and stop this bullying (Putri & Budiman, 2019). Definition of bullying the word bullying comes from English, namely from the word bully which means bull who likes to duck to and fro in Indonesian, etymologically the word bully means a bully, a person who annoys weak people while according to terminology the definition of bullying according to Tirmidziani et al., (2018) is a desire to hurt this desire is shown into action, causing someone to suffer, this action is carried out directly by a person or group of people who are more powerful, irresponsible, usually repetitive, and carried out with pleasure.

Bullying is a form of violent behavior in which there is psychological or physical coercion against a person or group of people who are "weaker" by a person or group of people (Simbolon, 2012). The perpetrators of bullying which are commonly called bullies can be a person, it can also be a group of people, and he or they perceive themselves to have the power to do anything to their victims also perceive themselves as weak, helpless and always feel threatened (Hardi et al., 2019; Mustakim, 2020).

Role in bullying the parties involved in bullying behavior can be divided into 4 (four), namely a) bullies (bullying perpetrators), namely students who repeatedly physically and or emotionally injure other students teenagers who are identified as bullies often show worse psychosocial functioning than victims of bullying and students who are not involved in bullying behavior, bullies also tend show higher symptoms of depression than students who are not involved in bullying behavior and lower symptoms of depression than victims or victims, bullies tend to dominate others and have the same social skills and understanding of other people's emotions (Suciartini & Sumartini, 2019; Utami et al., 2019; Wulandari et al., 2017).

Factors causing bullying according to Herawati & Deharnita, (2019) the factors that cause bullying include: a) Family bullies often come from troubled families parents who often punish their children excessively, or home situations that are full of stress, aggression, and hostility, children will learn bullying behavior when observing the conflicts that occur in their parents, and then imitate it against his friends if there are no strict consequences from the environment for his experimental behavior, he will learn that "those with power are allowed to behave aggressively, and aggressive behavior can increase one's status and power" from here the child develops bullying behavior b) School the school often ignores the existence of bullying, as a result, children as bullies will get reinforcement for their behavior to intimidate other children bullying develops rapidly in the school environment

value and respect among fellow members of the school c) Peer group factors when children interact at school and with friends around the house, they are sometimes motivated to bully some children to bully in an attempt to prove that they can belong to a certain group, even though they themselves feel uncomfortable with this behavior d) Conditions of the social environment social environmental conditions can also be a cause of bullying behavior, one of the social environmental factors that causes bullying is poverty, those who live in poverty will do anything to make ends meet, so it's not surprising that bullying often occurs in the school environment between students.

Types of bullying also occurs in several forms of action according to [Muntasiroh, \(2019\)](#) bullying is divided into three types, namely: First physical bullying physical bullying is the most visible and most identifiable type of bullying among other forms of bullying, yet incidents of physical bullying account for less than one third of incidents of bullying reported by students types of physical bullying include hitting, choking, elbowing, punching, kicking, biting, pinching, clawing and spitting on a child who is being bullied to a painful position, as well as damaging and destroying the clothes and belongings of the child who is being bullied the stronger and more mature the bully is, the more dangerous this type of attack is, even if it is not meant to seriously harm

Then the second verbal bullying verbal violence is the most commonly used form of bullying, by both girls and boys verbal abuse is easy to do and can be whispered in the presence of adults and peers, undetected verbal oppression can be shouted on the playground mixed with the noise that is heard by supervisors, ignored because it is only considered as a stupid and unsympathetic dialogue between peers verbal oppression can be in the form of nicknames, reproaches, slander, cruel criticism, insults, and statements with the nuances of sexual solicitation or sexual harassment in addition, verbal bullying can take the form of depriving pocket money or goods, abusive telephone calls, intimidating e-mails, anonymous letters containing threats of violence, untrue accusations, vile gossip, and gossip

Then three relational bullying this type is the most difficult to detect from the outside relational oppression is the systematic weakening of the victim's self-esteem through neglect, exclusion, exclusion or avoidance, an act of elimination, is the strongest means of suppression the gossiped child may not hear the gossip, but it will still experience its effects relational bullying can be used to alienate or reject a friend or is intentionally used to damage a friendship these behaviors can include covert gestures such as aggressive looks, eye glances, sighs, shrug shoulders, sneers, sneering laughter, and rude body language d) Cyber bullying this is the latest form of bullying due to the development of technology, internet and social media the point is that victims continuously get negative messages from bullies, both from SMS, messages on the internet and other social media. This can take the form of: 1) Sending hurtful messages or using pictures 2) Leaving abusive voicemail messages 3) Calling continuously without stopping but saying nothing (silent calls) 4) Creating embarrassing websites for the victim 5) The victim is avoided or away from chat rooms and others) "happy slapping" namely videos where the victim is humiliated or bullied and then disseminated

[Dewi, \(2020\); Nurhayanti & Novotasari, \(2013\)](#) classifies bullying behavior into 5 categories, namely: 1) Direct physical contact (hitting, pushing, biting, grabbing, kicking, locking, someone in the room, pinching, scratching, also includes extorting and destroying objects that belonging to other people) 2) Direct verbal contact (threatening, embarrassing, putting down, disturbing, giving name-calling, sarcasm, criticizing, cursing, spreading gossip) 3) Direct non-verbal behavior (looking at cynical, sticking out the tongue, showing condescending, mocking, or threatening facial expressions, usually accompanied by physical or verbal bullying) 4) Indirect non-verbal behavior (silences someone, manipulating friendships so that they break up, intentionally isolating or ignoring, sending anonymous letters) 5) Sexual harassment (sometimes categorized as physical or verbal aggressive behavior).

Bullying perpetrators in teenagers according to [Firmansyah et al., \(2021\)](#) there are four factors that influence adolescents to take risky actions, these factors are individual, family, peer group, and community factors the perpetrators of bullying, if related to this theory, can be influenced by the weak social skills of bullying because of low sympathy and empathy and have an oppressive nature.

The family can also be a factor for a teenager being bullied, for example, bad relationships between children and parents. Teenagers may be deprived of attention at home so they seek attention at school by demonstrating their power over someone perceived as weaker than themselves. In addition, violence perpetrated at home against children can be one of the reasons a person becomes a victim of bullying. Bullies act as escapees in a home environment that always oppresses them and makes them helpless. This factor is a factor that arises and is adopted when an individual grows and becomes a teenager. When teenagers do not have guidelines in choosing play groups, teenagers can enter into play groups which lead to juvenile delinquency activities. Adolescents are individuals with a phase of psychological development in which they desperately need recognition of their existence. Youth play groups that deviate may seek recognition of their existence by oppressing those who feel weaker, so that they have recognition from their environment. They have the courage and the strength of the community environment can also be a trigger factor for someone to commit bullying, for example the existence of a minority group in society ([Antama et al., 2020](#)).

Bullying is a disgraceful act in the form of oppression committed by a person or group of people with the aim of hurting others, both physically and psychologically, generally this action is aggressive, intimidating, and is carried out repeatedly or continuously. [Suryadi & Nasution, \(2019\)](#) Behavior this can be done by various age groups, but it occurs more often in adolescents because their emotions tend to be unstable. however, bullying should not be taken lightly and taken for granted because it risks causing negative impacts in the long run.

Bullying of victims, namely if it is not stopped immediately, bullying behavior can cause various kinds of mental and physical problems for victims who experience it, such as: i) triggering mental problems. The most common impact of bullying for victims is triggering mental health problems, such as anxiety disorders, depression, to post-traumatic stress disorder (PTSD) the effects of bullying on mental health are usually experienced by victims in the long term, ii) insomnia sleep disorder, which is a condition when the body becomes very alert, disrupting the balance of sleep and wake cycles, iii) decreased achievement of children who experience bullying will usually find it difficult to focus and concentrate while studying, iv) trust issue trust problem is a condition when a person finds it difficult to trust the people around him. This condition is vulnerable to being experienced by victims of bullying because they are worried that they will get bad treatment again if they actually put their trust in other people, if it is not resolved immediately. v) having thoughts of revenge the impact of bullying on the psychology of the next victim is having thoughts of revenge. vi) triggering health problems apart from being psychological, bullying can affect the condition of the body, especially for victims who receive physical violence, such as bruises, headaches and digestive disorders. This behavior can also worsen the condition of children who already have a history of previous health problems, such as heart problems or skin disease ([Haslan et al., 2020](#); [Zakiyah et al., 2017](#)).

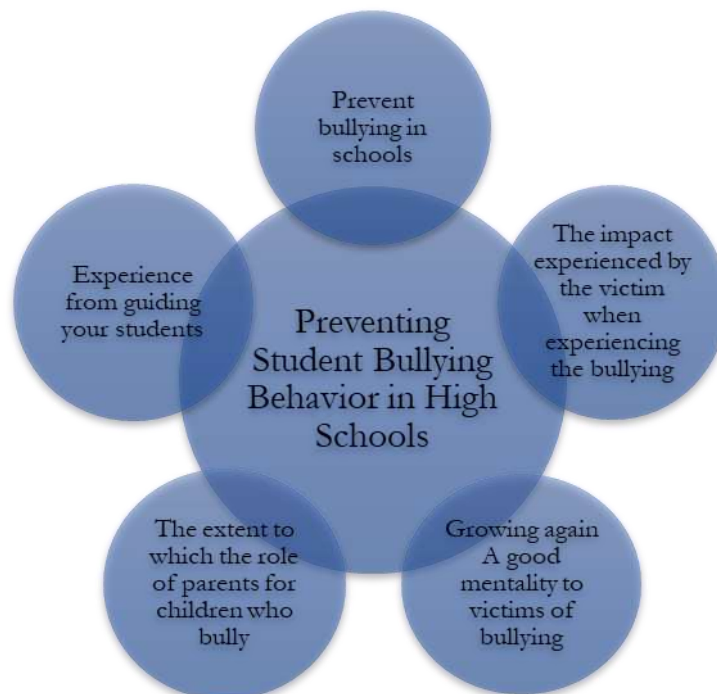
METHODS

This study the authors use a qualitative approach qualitative research is an attempt to present society, and its perspective in the world, in terms of the concept of behavior, perceptions and issues about the human being studied ([Kamaluddin, 2019](#); [Novebri & Pratiwi, 2021](#); [Saputri et al., 2021](#)). According to [Yuslia et al., \(2021\)](#) expressed the opinion that qualitative research is a research step that produces descriptive data in the form of writing or speech, as well as the behavior of the people being observed. This study aims to

gain a general understanding of social reality from the participant's perspective in this study the authors used a case study approach because seen from the author's title about the role of islamic religious education in bullying prevention conveyed by Yandri et al., (2013) who explained that a case study is an empirical knowledge-seeking process to investigate and examine various phenomena in the context of In real life, the case study method can only be applied when the boundaries between phenomena and real-life contexts tend to be vague so that they are not very clear, which of course raises a research topic that must find answers or solutions in this research, researchers obtained data sources from informants from school principals and religious teachers.

RESULT AND DISCUSSION

The data source from the results of this study, the authors got from one principal informant and two teachers furthermore, the author will describe the excerpts from interviews with informants, the interview descriptions displayed are excerpts from short statements from informants when the interviews were conducted. These five effort teachers in preventing student bullying behavior in high schools can be seen in figure 1 the following:



First, prevent bullying in schools can bullying be prevented outside of school, such as tutoring places, beaches, mosques or other places as stated by an informant quote:

... In my opinion, there are examples in Ramadhan Islamic boarding schools that are conveyed in mosques and everywhere that bullying is not allowed. We are just doing the same thing as putting up banners and posters in reading gardens (I-1), ... In my opinion, we actually involve all aspects of bullying, including the mosque learning to recite the Koran, the tutoring place, basically all aspects of all elements must play a role it's important to prevent bullying because if it's only at school then there's a possibility that somewhere else, he gets bullied at school is rather safe then the mental weaknesses of the children who get bullied will happen again. If i haven't implemented the steps Allah Smt willing i will implement cooperation between all elements including parents of student's teachers, community leaders, religious leaders, so that there is an understanding of bullying so that we really carry out this prevention in our daily lives, especially at school (I-2)

Second, the impact experienced by the victim when experiencing the bullying why did this bullying happen to him:

... In my opinion, you speak based on your experience of seeing things happen, there are a lot of problems, so it is necessary for the victim to be stressed, traumatized and there is nothing here to tell, we have to be able to see what happened here and that's what we convey, but what happened

here is not there and what we see on tv are they are traumatized and don't want to go to school (I-1), ... In my opinion, the impact that is happening to your friends is that some of your friends don't want to go to school anymore because they have a sense of anxiety and fear that their friends are doing to them. Him self so hopefully with the cooperation of all aspects including local students hopefully this bullying can be prevented (I-2)

Third, growing again a good mentality to victims of bullying is there a special way to cultivate a good mentality for the victim:

... In my opinion, if the victim's mentality is good but the perpetrator's mentality is not good enough to bully and cause the victim's mental damage and the fear of being mentally traumatized is not good, it is a deviation, the way to grow his mentality is to give him confidence if at school he consults with a counselor to grow his mind again (I-1), ... In my opinion, when I was homeroom teacher there was a child like this, so I agree with his friends, basically, whatever form of local activity involves this, involve your friends, the main thing is don't let them go to the canteen together, want to pray together both want to go to school together, basically, whatever school activities involve and invite them so that he has self-confidence so that he is able to prevent it (I-2)

Fourth, the extent to which the role of parents for children who bully or victims of bullying in introducing and guiding the prevention of bullying:

... According to me, if the perpetrators of these children are often with their parents, so education should be the responsibility of the parents, especially then the government, the 3 schools should work together, for example, the perpetrator calls his parents how he behaves at school and we also build this child, if we give the victim self-confidence, he grows self-confidence, sometimes the victim of bullying does not want to go to school like us (I-1), ... According to me, i feel that the role of the parents is honestly less because the parents tend to give up on their child's situation even though communication between teachers and students' parents even communication between students' parents and their friends is important because from those friends we can get information about how the children are mentally at school so communication between students' parents and teachers communication between students' parents and students even 3 communications this is important to develop in order to prevent aspects like this (I-2)

Fifth, experience from guiding your students, what form or results are obtained from preventing bullying like real results that can be seen:

... In my opinion, because at school we don't experience this because we tell stories about experiences when they happen we can see how things are, usually people do sometimes manage to regain self-confidence and it depends on us how we give confidence (I-1), ... In my opinion, thank Allah as long as what I did about the 3 communications, thank Allah Swt there was a positive impact so that there are these children who tend to be inferior, they themselves go to school alone, go home from school alone, the main thing is nothing alone because there are 3 communications, the importance of being together the positive impact is that these children are mentally awakened so that they are happy to laugh with their friends again (I-2)

CONCLUSION

Research on the efforts of Islamic religious education teachers in preventing student bullying behavior in high schools shows that bullying prevention must be implemented as early as possible to prevent further victims because the impact is so large that bullying cases in the world, especially in Indonesia, bullying still often occurs is still an act of crime among young people, they carry out these actions with a variety of different factors, psychological factors, from perpetrators who have a poor background to factors for the sake of the perpetrator's reputation. Bullying is an act that is not only disturbing, but includes aggressive actions that violate the rights of the rights of others and at a certain point can be categorized as a criminal act. Bullying is done with the aim of hurting, harassing, demeaning and the like which is done intentionally, consciously and repeatedly either by individuals or groups. The advice that can be given is that prevention of bullying must be applied everywhere, be it at school, the surrounding environment and the family i) for schools, it should increase supervision by going around the school at certain hours and

certain places that have the potential for bullying to occur, ii) For teachers, they should be more responsive to bullying behavior in small or large forms so as not to cause victims, iii) Parents should be positive role models for children and create warm relationships between families.

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