

**Literature Review****EFFORTS TO STOP BULLYING IN SCHOOLS: STRATEGIES, CHALLENGES AND SOLUTIONS****Bambang S. Irianto^{1)*}, Sutrisno¹⁾, Ruswiati Suryasaputra²⁾**¹⁾ Faculty of Law, University Pembangunan Nasional Veteran Jatim, Surabaya, Indonesia²⁾ University Siber Asia (UNSIASIA), Indonesia

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ABSTRACT

Background. School bullying has become a serious issue that affects the mental and emotional well-being of students around the world. This research discusses efforts to overcome bullying in the school environment, including prevention strategies, challenges faced, and solutions that can be implemented.

Research Method. The method used in this research was a literature review by observing primary resource material as well as literature from journals, books, and best practices to provide insight into effective approaches to stop bullying in schools.

Findings. Bullying in Indonesia significantly impacts students' academic achievement, social life, mental and physical health, and lives. To prevent bullying, schools, families, and the community must take action, including early detection, outreach, support, strict regulations, role modeling, teaching, and helping perpetrators stop bad behavior. Schools should be sensitive to students' situations, socialize through anti-bullying posters, provide support to victims, and implement strict regulations. Victims may experience depression, anxiety disorders, changes in sleep and eating patterns, health problems, and decreased academic performance.

Conclusion. Bullying in schools is a significant issue that requires collective action from the educational community. Effective prevention strategies, addressing challenges, and creating safe environments can help end bullying and protect student well-being. Factors like lack of knowledge, environmental influence, and teacher bullying contribute to the problem. Schools' role in addressing bullying is not optimal, and victims need further intervention.

Keywords: Bullying in Schools, Bullying Prevention, Bullying Solution.

BACKGROUND

Bullying in schools is a detrimental phenomenon, that not only the immediate victims but also the overall well-being of the learning environment. This section introduces the importance of addressing bullying in schools, explains its negative consequences, and sets out the aim of the article to explore effective strategies for dealing with this problem [1]. Schools should be safe and supportive environments for children. However, global figures show a different picture, that one in three students experiences bullying at school every month.

More than 36 percent of students have physical fights with their friends and almost one in three students has been physically attacked at least once a year. According to the

Central Statistics Agency (Badan Pusat Statistik) in its report entitled Indicators for Indonesia's Sustainable Development Goals 2022, the majority of students who experience cases of bullying or bullying in Indonesia are men [2]. In the report, it was noted that male students dominant victims of bullying in Indonesia with the 5th-grade elementary school category, the percentage of males is 31.6%, the percentage of females is 21.64%, and the national percentage is 26.8%. In the 8th grade junior high school category, the percentage of boys reached 32.22%, the percentage of girls was 19.97%, while the percentage on a national scale reached 15.54%. Meanwhile, the percentage of bullying that occurred in grade 11 SMA/SMK students in the male category was 19.68%, while for women it was 11.26%, and nationally it was 15.54% in the last decade and a year in 2021. This shows that the majority of victims of bullying cases are male and most occur in the 8th grade of junior high school. However, have we ever thought that bullying incidents often occur because the perpetrators of bullying do not know what is considered bullying, this does not only apply to the perpetrators but to those who are victims, as well as witnesses also need to know the types of bullying so they can avoid incidents. To prevent widespread bullying from occurring in schools, it would be good to first know what types of bullying are included and their causes.

The types of bullying that currently occur are a) Physical are acts of hitting, slapping, scratching, biting, kicking, pushing, sexual harassment, etc; b) Non-Physical are actions/deeds that include threatening, embarrassing, degrading, harassing, calling names or physical disabilities; d) Verbal is an action carried out verbally; e) Direct non-verbal is a direct action including sticking out your tongue, looking sarcastically, showing a condescending expression; f) Indirect non-verbal is the act of manipulating a friendship until it cracks, quieting someone down so that person feels cornered, and intentionally destroying someone. Cyber (via electronic media) disseminates personal information or data, sends threatening messages, and spreads fake news.

The cause of bullying is that it originates from the family environment, this can occur because of parenting patterns or the way parents educate people who always use physical punishment, so they don't get enough attention from their families [3]. Communication with peers, or peer influence, also plays a very big role. Therefore, be smart about connecting with friends, and be able to choose and sort out which ones you can make friends with or not. Current media or media in this digital age is developing very rapidly, and nowadays even teenagers have their cell phones. With this, students can easily access all information, whether through violent videos or online games. Several studies have also found that online games can be a place for cyberbullying, which usually takes the form of teasing and insults [4].

A teacher should prevent students from carrying out bullying, especially if this happens at school. Ki Hajar Dewantara said that the role of a teacher in educational activities is very important because a teacher must be able to become an educator who is worthy of imitation and trust, both as a friend to his students [5]. A teacher is analogous to a farmer and a student is analogous to a plant seed sown by a farmer. Each plant seed (student) is planted and cared for differently. You cannot force how to plant or care for corn seeds with rice seeds. In the sense that each student needs a different way of guidance from a teacher. In the implementation of education, there are always differences where there are students who need guidance in a relaxed manner, there are also those who need to be firm. Based on these considerations, a teacher should not only provide knowledge but also guidance, support, and a safe and comfortable environment to support student growth. A teacher must ensure that children are on the right path, do not get lost, and do not even

endanger themselves or their friends. Therefore, this research discusses efforts to overcome bullying in the school environment, including prevention strategies, challenges faced, and solutions that can be implemented.

RESEARCH METHOD

To explore efforts to stop bullying in schools, this article conducts a comprehensive literature review. Relevant literature, including journal articles, reports, and books, was collected from various sources such as academic databases and online libraries[6, 7]. Keywords used include school bullying, bullying prevention, and bullying intervention. 12 articles related to the keywords. The journal data found then analyzed using existing research themes and creates a result, discussion, and summary.

FINDINGS

Cases of bullying in Indonesia are often heard. Some even end in death. Therefore, stopping bullying must be done by all parties, both family and school[8]. Bullying must stop now, because the impact is very broad, starting from academic achievement, social life, and children's mental and physical health, to saving children's lives. The types of bullying are very diverse, ranging from physical, verbal, and social, to cyberbullying. Especially for today's children who are very close to the digital world, cyberbullying is very vulnerable to occurring through social media. To overcome this, we need ways to prevent bullying both at school, at home, and in cyberspace[9]. Stop bullying at school. Schools are very vulnerable to becoming places where bullying occurs. Therefore, smart teachers and the entire school community must take concrete steps to prevent it. Moreover, if a case of bullying has occurred, then don't wait too long, immediately stop bullying around us. There are several ways to deal with bullying in the school environment[10, 11], the strategies are:

a. Early Detection of Bullying

A teacher in a school environment should be sensitive to the situations and conditions faced by students. Don't let things that cause students discomfort or even endanger students happen continuously. Immediately eliminate the seeds of bullying as early as possible, such as calling students their father's name, insulting their physical appearance, seizing objects, or causing physical harm. Whatever the excuse, even if it's a joke, something like that cannot be justified.

b. Providing Outreach Regarding Bullying

Bullying that occurs in schools often becomes news material both on social media and other media. Very often these bullying incidents occur due to a lack of knowledge and understanding about bullying. The important thing that must be done by the school is to provide outreach to all school members such as teachers, students, administrative staff, security, and even cleaning staff who also need to be educated about this. If everyone understands the forms of bullying, the impact it has on victims, and also how to avoid bullying, it will be easier to minimize the potential for bullying at school. Forms of socialization can be done by putting up anti-bullying posters, inserting anti-bullying messages into lessons, or when the school principal or teacher gives a message during the flag ceremony.

c. Providing Support to Victims

The solution to bullying that must be implemented is to provide support to victims of bullying. Bullying victims usually feel fear and anxiety in an environment where they experience bullying. Because showing that teachers and friends care will help victims of bullying feel safe again. Don't forget to collaborate with students' parents so that victims of bullying can live a normal life again.

d. Make Strict Regulations about Bullying

Dealing with people who bully must also be done as a step to stop bullying actions or attitudes. Apart from victims, perpetrators must also be given treatment so that it doesn't happen again. Teachers and schools must make strict regulations about bullying. These regulations can start from the level of class regulations to school regulations. This way, everyone will know the consequences when bullying occurs. So, this way the bullies will become deterred and not bully again.

e. Provide a good role model or example

Bullying in children often occurs because they imitate the people around them. As a teacher, Smart Teachers must be very careful in their actions and words. Don't like to give verbal punishment without realizing it falls into the category of bullying. This will certainly be emulated by his students.

f. Teach students to fight bullying

Forms of resistance to acts of bullying do not have to be violent or do the same thing as the bully. One way to fight bullying is to have the courage to report acts of bullying against your teacher. That way, teachers and school officials will be able to immediately take action to stop bullying.

g. Helping Perpetrators Stop their bad behavior

Bullying is an example of bad behavior. Smart Teachers are obliged to help perpetrators of bullying to stop bad behavior, let alone ostracize them. Apart from victims, perpetrators also need treatment so they don't bully again. Teach them to sympathize and empathize with other people. Apart from that, also provides knowledge about the dangers of bullying to its victims. The impact of bullying on its victims is devastating. Some examples of the impacts of bullying include depression and anxiety disorders, feeling sad and lonely, changes in sleeping and eating patterns, reduced interest in previously enjoyed activities, health problems, and decreased academic performance. For perpetrators, the impact can reach criminality.

Several prevention and intervention strategies have been identified to stop bullying in schools[12]. This section discusses approaches that have proven effective, including training programs for teachers and students, the creation of anti-bullying committees, awareness campaigns, and the implementation of strict school policies. Teachers and staff at schools must monitor the character development of students, especially since the school is an Islamic-based school. Of course, the public hopes to see students have a character that is by the teachings of the Islamic religion. In this case, bullying is a characteristic of a person that can occur when a child does not receive special attention from parents and teachers at school so the child is far from being guided by parents and teachers. Bullying itself is carried out and uses stronger power in intimidating, injuring, and insulting weaker

parties. Usually done by people who have power, either from a position or from the assets they own. Bullying can occur with physical actions or verbal insults. Students who carry out bullying usually bring an "assistant" whose job is to hold the victim if they want to carry out physical action, prepare equipment for acting, take the victim's belongings, or invite other people to watch the disgraceful action. It is not uncommon for schools to remain silent in this case, because the perpetrator of the bullying has access or power, whether it is from their family who are important people in the school or the perpetrator is someone who has more material possessions than other students. Many types of bullying occur, including verbal bullying and relational bullying. Bullying acts that occur at school are usually carried out when teachers are not in class or when they are on break and coming home from school. So, students who bully are not under the supervision of the teacher. Bullying carried out by the perpetrator usually occurs every day, and in some cases, the victim of the bullying is just the same [13]. The physical violence that occurs is in the form of pushing, hitting, and locking in certain rooms such as bathrooms and school warehouses, while the rational form of bullying is in the form of exclusion and slander. Another form of bullying is verbal where the victim is called bad insults, teasing, and threatening. Students and teachers are the right targets to provide education about bullying behavior. This activity is a form of education about bullying.

DISCUSSIONS

Although there are many strategies available, addressing bullying in schools remains a complex challenge. This section explores the barriers faced in implementing anti-bullying programs, including lack of school administration support, resistance from students or staff, and the inability to measure the impact of interventions. Obstacles in overcoming bullying behavior in schools are: a. There is difficulty in being able to report to the teacher because of the fear that arises in the victim of bullying, b. Difficulty in controlling student behavior when outside the classroom and lack of teacher implementation of bullying behavior. Several young students expressed their experiences of bullying, such as being teased by friends and parents, being ostracized by the environment, and experiencing physical violence. Other teenagers expressed opinions about the factors that trigger bullying, namely physical form.

The statement that the perpetrator of bullying usually easily detects the potential victim and at the first meeting, the perpetrator will launch the action against the victim[14]. Characteristics of victims that can trigger bullying are small physical, weak, lack of socialization, lack of self-confidence, a distinctive and different accent, not smart, not beautiful, or not handsome. Likewise, at school, victims who are easy to bully are students who are physically small and quiet or are very picky about their friends at school. Interventions towards bullying problems, another research has the same result that mentions eleven bullying approaches that are used[15], both preventive and interventional, namely: a) take a policy approach, b) motivate students, c) create a classroom atmosphere by creating warm relationships between students, d) The curriculum provides information about bullying, the impact it has on victims and the help students receive, e) overcome social prejudice and attitudes that are not appropriate or desirable such as ethnicity, religion, race, f) supervision and monitoring of student behavior outside the classroom, g) involving students who have been trained as group mediators to help and resolve conflicts, h) provide a form of non-physical penalty or sanction, i) involvement of parents of bullying victims and inviting them to school to discuss bullying interventions, j) organize a kind of community conference, where

victims are encouraged to express their sadness in front of the perpetrator of the bullying and also friends or supporters involved in the bullying incident, and k) other approaches that aim to impact positive behavioral changes in students regarding bullying[16].

Bullying is still a topic that will always be talked about. Bullying behavior cannot stop or be completed if society does not have sufficient knowledge about bullying. Bullying is considered normal. Teenagers often experience bullying and pressure social environment, but minimal intervention. The impact is depression and can lead to suicide. In each of these community service activities, teenagers also gain knowledge about bullying, especially regarding forms and factors that influence bullying, types of educational efforts to prevent bullying, as well as ways to fight to bully so that it does not hurt psychological conditions. Apart from that, the school is aware that bullying behavior is very bad for teenagers' mental health.

CONCLUSION

Bullying in schools is a problem that requires serious attention and collective action from the entire educational community. By implementing effective prevention strategies, addressing the challenges faced, and working together to create safe and inclusive environments, we can achieve our shared goals of ending bullying in schools and protecting the well-being of all students. Based on the results of discussions about bullying in service activities, it was concluded that there are still many teenagers who are victims of bullying or perpetrators. Lack of knowledge of teenagers and the community environment so that bullying behavior continues to occur. Environmental factors are very influential and harm the mental condition of teenagers. Apart from that, in the world of education, teacher bullying behavior towards students still often occurs. It is felt that the role of schools is not optimal in dealing with bullying behavior. Another result obtained through the discussion was that teenagers who were victims of bullying behavior needed further intervention.

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