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## Prevention of Bullying Through Education of MIN 3 Students in Lhokseumawe City

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### ABSTRACT

Bullying literally in Indonesian means a bully, a person who likes to annoy the weak. This study aims to describe educational outreach activities related to bullying prevention for MIN 3 students in Lhokseumawe City. The learning approach used in this activity is by using a discussion forum. This activity has received permission from the Principal of MIN 3 Lhokseumawe City and the local Education Office. The material provided in this education is in the form of understanding bullying and how to respond to bullying in the environment. The delivery method used is an interactive method with more discussion and sharing. After the presentation of the material, a simple evaluation was carried out regarding the participants' understanding of the material. In conclusion, bullying prevention education activities are very useful in increasing children's understanding of avoiding bullying activities.

### 1. Introduction

Recently, the world of education in Indonesia has become the center of attention because of the many cases of bullying that have occurred. Bullying can happen to anyone and anywhere, at school, in the neighborhood, or even in the office. Students are vulnerable to experiencing a bullying crisis. The effects of bullying can be in the form of psychological or physical trauma to threaten the life of the victim. Bullying is a serious problem and should receive attention. Previous studies have shown that the impact of bullying in childhood can last a lifetime, both for victims and perpetrators of bullying themselves, as well as for young adults who show the long-term effects of bullying.<sup>1-3</sup>

Bullying is a phenomenon that has existed in the world since 1970, started in Scandinavia, and in recent years has attracted the attention of researchers, educators, protection organizations, and community leaders. Bullying literally in Indonesian means a bully, a person who likes to annoy the weak. When viewed from the word, sometimes bullying behavior is considered normal behavior in everyday life. Bullying behavior is a learned behavior, a behavior that is not socially acceptable and is abnormal and unhealthy behavior. Bullying is a negative and often aggressive/manipulative act or series of actions taken by one or more people against another person over a period of time and is based on an imbalance of power.<sup>4-</sup>

6

Bullying cannot be separated from the existence of several trigger factors. Factors that trigger bullying include class differences (seniority), economy, religion, gender, families who don't get along, or school situations that are not harmonious or discriminatory. Bullying is usually inseparable from the three parties involved, namely the bullies (perpetrators), victims, and people who are in or near the victim (bystanders).<sup>2,7-10</sup>

In Indonesia, the number of cases of victims of bullying has always increased significantly, even though this number is reluctant to decrease. KPAI (Indonesian Child Protection Commission) data shows that from 2011-2018, the number of children who experienced bullying was 2,845 people. Reports of bullying received by KPAI include student brawls, reports of violence in schools, and discrimination in education. Meanwhile, the results of the UNICEF report (2015), it is suspected that children in Indonesia experience violence. Approximately 40% of children between the ages of 13 and 15 are exposed at least once a year, 26% of children are physically abused by caregivers or parents, and 50% of children are victims of bullying.<sup>3,8</sup>

Handling cases of bullying can be done with the prevention, starting with the individual himself and also with the surrounding environment. One of the preventions of bullying that comes from the child himself is to increase the child's self-esteem or what is called self-esteem. Increasing self-esteem can be done by increasing several components of self-esteem, such as the feeling of belonging, feeling of competence, and feeling of worth.<sup>9</sup>

The role of teachers and parents is also very decisive and influences increasing children's self-esteem, which can prevent cases of bullying. In addition, the school can also open a counseling session where each child can discuss the problem. In elementary schools, bullying prevention can be applied by building good character, instilling strong religious values, and continuing to provide psychoeducation about the harmful effects of bullying behavior on both victims and perpetrators.<sup>10-14</sup>

Children who are still in elementary school should be given psychoeducation about bullying prevention. They are the young generation who will become the pillars of the country. Bullying behavior is one of the things that can make human resources not qualified. Children who are victims of bullying at school will lose motivation to learn, be afraid to come to school, lose self-confidence, are always haunted by feelings of fear, become moody, emotionally unstable, become individuals who have no stand, and many other negative influences.<sup>15-17</sup> This study aims to describe the education of elementary school children about bullying prevention at MIN 3 Lhokseumawe City.

## **2. Methods**

This study is part of community service activities. The research location is at Madrasah Ibtidaiyah Negeri 3 Lhokseumawe City, Aceh, Indonesia. The learning approach used in this activity is by using a discussion forum. This activity has received permission from the Principal of MIN 3 Lhokseumawe City and the local Education Office. The material provided in this education is in the form of understanding bullying and how to respond to bullying in the environment. The delivery method used is an interactive method with more discussion and sharing. After the presentation of the material, a simple evaluation was carried out regarding the participants' understanding of the material.

## **3. Results and Discussion**

This community service activity is carried out in the form of psychoeducation. Psychoeducation is an intervention that can be carried out on individuals, families, and groups that focus on educating participants about challenges or problems in life, helping participants develop social resources and support in dealing with these challenges, and developing coping skills to face challenges in life.

This community service activity aims to provide psychoeducation regarding bullying prevention to students who have or have never experienced bullying. The results obtained from this activity are helping

students to avoid and prevent bullying because the impacts of bullying behavior are very dangerous and can harm various parties, thus making the generation of students who are spared from bad associations and making generations of young people who excel through bullying prevention.

#### 4. Conclusion

Psychoeducation activities provide understanding to students of MIN Lhokseumawe regarding ways to prevent bullying in the school environment. Parents and teachers have a big role in caring about children's behavior.

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