

PREVENTION OF BULLISHING IN THE SCHOOL ENVIRONMENT UNIT

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Abstract

This service aims to provide insight to students at SMA 4 Kisaran. The background to this service is the Prevention of Bullying in School Environmental Units. Preventing bullying in the school environment is very important to create a learning atmosphere that is safe, comfortable and supports student development. Preventing bullying in the school environment is not only the school's responsibility, but also involves parents, students and society as a whole. The method used in this service is legal education by conveying information regarding laws and regulations related to preventing bullying in the school environment. The results of the activity show that students are very enthusiastic in this activity as seen from several questions asked to the presenters, and it can be concluded that the participants understand the prevention of bullying in the school environment.

Keywords : *Bullying; Students; School Environment.*

INTRODUCTION

Child protection according to Articles 3 and 4 of the Minister of Education, Culture, Research, and Technology Regulation Number 46 of 2023 concerning the Prevention of Bullying in School Environment Units states that all parties involved in educational units, such as students, educators, education personnel, and other educational residents, have the right to receive protection from violence that occurs in the school environment. To realize this protection, efforts to prevent and handle violence need to be made while still paying attention to the rights of students to obtain a safe, friendly, comfortable, and enjoyable educational environment for all parties in the educational unit. Preventing bullying in schools is very important to create a safe, fair, and supportive atmosphere for the development of all individuals in it, including students, teachers, staff, and parents. Preventing bullying in schools requires a comprehensive approach involving various parties, such as teachers, students, and parents. Emphasizes that an effective anti-bullying program must include preventive measures, interventions, and ongoing evaluations to ensure the school environment remains safe and free from bullying ¹. Furthermore, strengthening character education and developing empathy from an early age can help reduce bullying behavior by increasing social awareness and caring between individuals ². Furthermore, firm policies, such as implementing clear disciplinary rules and a secure and reliable reporting system, have also been shown to reduce bullying in schools ³. With the collaboration of all stakeholders, schools can create a more positive, inclusive, and conducive atmosphere for students' academic and social development.

¹Olweus, D. (1993). *Bullying at School: What We Know and What We Can Do*. Oxford: Blackwell.

²Smith, P. K., Steffgen, G., & Sittichai, R. (2019). *The Nature of School Bullying: A Cross-National Perspective*. London: Routledge.

³Rigby, K. (2020). *Bullying Interventions in Schools: Six Basic Approaches*. Wiley-Blackwell.

RESEARCH METHODS

This Community Service Activity (PKM) is carried out through several stages, including:

1. Preparation stage:
 - a. Conducting an audience with the Principal of SMA 4 KISARAN
 - b. Determine the time and place where the socialization will be carried out.
2. Implementation Stage:
 - a. The community service team conducted legal outreach by providing material on preventing bullying in school environments.
 - b. Participants in the outreach process will provide school administrators with information about bullying, the various forms of bullying experienced by children in elementary schools and equivalent, the impacts detected, and factors contributing to violence in the school environment. In addition, the influence of technology and the environment on bullying and educational strategies to reduce bullying in elementary schools and equivalent will be discussed. Furthermore, the importance of collaboration between various organizations in addressing bullying will be explained.
3. Final Stage:
 - a. The team gave students the opportunity to ask questions and consult about the material presented.
 - b. Providing souvenirs to the Principal of SMA 4 KISARAN as a form of acceptance of the team and the successful implementation of the socialization activities at SMA 4 KISARAN regarding the Prevention of Bullying in the School Environment.

RESULTS AND DISCUSSION

Community service activities in the form of legal counseling on the Prevention of Bullying in School Environment Units were carried out in Class XII of SMA 4 KISARAN on January 8, 2025 from 12.00 WIB until finished. This activity was attended by class XII students, students, presenters, and the proposing team. Before the implementation of the activity, the service team conducted an observation with the Principal of SMA 4 KISARAN to find out the problems that were occurring in the school environment. The results of the observation showed that there were still many students who did not understand the Prevention of Bullying until they were physically and emotionally ready. In his remarks, the Principal expressed his delight and pride in the success of this legal outreach activity, particularly as this was the first time students had presented material on Bullying Prevention in the School Environment at the school. The Principal hoped that this activity would provide new insights to the students and help them understand the importance of preventing bullying in the school environment. Furthermore, throughout the outreach, the enthusiasm of the participants was clearly visible. Based on this, it can be concluded that students at SMA 4 KISARAN still care about and are very enthusiastic about preventing bullying at school. They demonstrate a high level of awareness of the importance of preventing bullying within the school community for a brighter future.



Image: Joint Documentation of Students / SMA 4 KISARAN

DISCUSSION

A. Forms of Bullying Experienced by Students in the School Environment.

As a form of violence directed at children, bullying can be seen as a more serious problem. Bullying often occurs among adolescents, both girls and boys, and involves aggressive behavior directed at those perceived as older or more vulnerable.⁴ Such incidents can occur in various settings, such as schools, workplaces, homes, or even recreational areas.⁵ Violence in schools can recur if not handled properly. A culture of bullying is common, especially when seniors mistreat juniors during School Orientation activities, which are supposed to introduce the school, but instead lead to physical and psychological violence.⁶ This violence is often continued by juniors the following year, creating a recurring cycle.⁷ Because of this, the government issued a policy to eliminate orientation activities. However, violence can still occur during the teaching and learning process. Bullying generally affects weaker children and is carried out for the perpetrator's satisfaction. Bullying is considered violence if it occurs repeatedly, even if only once.

Some common occurrences are:

1. Saying hurtful words or using inappropriate nicknames.
2. Excluding someone or not including them in a group for some reason.
3. Committing physical violence such as hitting, kicking, tripping, or hurting other people.
4. Spreading false information or rumors about someone, or making other students feel uncomfortable around them.

Bullying is divided into five types, namely:

1. **Physical bullying** : This form of bullying involves direct action against the victim, such as hitting, kicking, tripping, or damaging the victim's property. Although this type is the most visible and easily recognized, it accounts for less than a third of all reported bullying cases.⁸ This type of bullying involves direct physical contact, such as hitting, kicking, or damaging the victim's property, resulting in pain and injury.
2. **Verbal and non-verbal bullying** : This type of bullying occurs through words and gestures. Verbal bullying includes insults, gossip, slander, threats of violence, or teasing. Non-verbal bullying can include snide expressions, condescending glances, or ignoring someone.⁹
3. **Sexual Bullying**: This form of bullying includes physical or verbal harassment related to a person's body or gender. Examples include inappropriate comments about a person's body, verbal sexual harassment, and physical acts such as touching a victim's body without permission.¹⁰
4. **Cyberbullying**: A type of bullying that has emerged due to advances in technology and social media. Victims can receive hurtful messages or images through digital platforms, such as social media, email, or text messages. Other forms include the distribution of videos intended to humiliate victims or exclude them from online communities.¹¹
5. **Non-verbal bullying** : Bullying that aims to damage the victim's social relationships or reputation, such as spreading rumors, excluding them from groups, or manipulating their social relationships to isolate them.¹²

B. FACTORS CAUSING VIOLENCE IN THE SCHOOL ENVIRONMENT

Bullying is influenced by a combination of internal and external factors. The most important internal factor is the perpetrator's intention, while external factors relate to the availability of opportunity. Schools serve not only as places to acquire knowledge but also as places to shape students' character. Character education is crucial, as someone with knowledge but lacking good character can become a source of problems for the nation. Therefore, schools need to design and implement character education programs to produce graduates who are not only intelligent but also possess integrity, loyalty, caring, respect, obedience to rules, and responsibility. In the world of

⁴Prasetyo, ABE (2011). "Bullying in Schools and Its Impact on Children's Future." *El Tarbawi Journal of Islamic Education* , 4(1), 45-56.

⁵Sari, DP, & Suryana, I. (2019). "Bullying in Elementary Schools and Efforts to Overcome It." *Journal of Education: Theory, Research, and Development* , 4(3), 399-406.

⁶Marhan, R., et al. (2024). "The Impact and Prevention of Bullying in Educational Institutions." *Social Pedagogy: Journal of Social Science Education* , 3(2), 123-135.

⁷Twemlow, S. W., & Sacco, F. C. (2013). *Preventing Bullying and School Violence* . American Psychiatric Publishing.

⁸Saputra, A. (2020). *Bullying Among Students: Causes and Impacts*. Journal of Educational Psychology, 8(2), 45-57.

⁹Pratama, R. & Suryana, I. (2019). *Communication and Social Interaction in Preventing Verbal Bullying*. Journal of Character Education, 5(1), 23-34.

¹⁰Nurhayati, D. (2021). *Sexual Harassment in the Context of Bullying in Schools*. Journal of Gender and Education, 6(3), 112-124.

¹¹Rahmawati, L. (2022). *Cyberbullying in the Digital Era: Challenges and Solutions*. Journal of Technology and Education, 10(4), 78-90.

¹²Setiawan, B. (2018). *Relational Bullying and Its Impact on Child Psychology*. Journal of Social Sciences, 12(2), 155-168.

education, a psychological crisis is occurring, marked by a growing number of young Indonesians who are easily discouraged and even engage in actions contrary to religious teachings.

C. THE ROLE OF EDUCATIONAL INSTITUTIONS IN PREVENTING BULLYING AT SCHOOL LEVEL.

In accordance with Provision General 1 Minister of Education, Culture , Research and Technology Regulation Number 46 Year According to Law No. 2023 concerning the Prevention and Handling of Violence in Educational Units, every student, educator, education staff, and other school members have the right to protection from violence occurring in the educational environment. To achieve this protection, efforts to prevent and handle violence must be implemented while considering students' rights to a safe, comfortable, friendly, and enjoyable educational environment for all parties involved.

CONCLUSION

Children, in this case students, are fundamentally unable to protect themselves from various actions that can cause mental, physical, and social harm. Therefore, in addressing and preventing violence against children, various parties, especially schools, play a crucial role in raising awareness about violence against students. Schools or educational institutions play a strategic role in preventing bullying through an approach consisting of preventive and curative efforts. Therefore, child protection is necessary to ensure that their rights are respected and they can live optimal lives, grow, develop, and participate in society with dignity. This protection is also intended to protect them from violence and discrimination, and to ensure they can raise good, noble, and prosperous Indonesian children.

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