

Research Article

Teacher Guidance And Counseling Strategy In Handling Bullying Behavior At SMP Negeri 1 Balongan

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Abstract. Bullying is the act of using power to hurt a person or group of people verbally, physically or psychologically so that the victim feels pressured, traumatized and helpless. Teenagers who experience acts of bullying are at greater risk than perpetrators, including experiencing mental health problems such as depression, anxiety and abnormal sleep problems that can carry over into adulthood. The purpose of this study was to describe and provide a prevention to overcome bullying behavior in SMP Negeri 1 Balongan. This research uses descriptive qualitative research by collecting data in the field by providing a statement from the results of the class 8A, 8C, 8E sample with a total of 88 students and from relevant sources. The guidance and counseling teacher's strategy for overcoming bullying behavior in SMP Negeri 1 Balongan schools is by providing a service, namely group guidance to students to overcome bullying in the school environment so that students can implement it in everyday life.

Keywords: bullying, guidance and counseling teacher, strategy

INTRODUCTION

Bullying carried out by students can have a very bad impact, especially victims of *bullying behavior*, therefore there must be efforts by guidance and counseling teachers in dealing with this. Therefore, guidance and counseling teachers play an important role in assisting students in creating a quality and superior generation, in the form of prevention and management, in this case the guidance and counseling teacher must develop a service strategy that is suitable for what students need.

Strategy is an effort made to solve an existing problem, in this case the case of *bullying behavior* in SMP Negeri 1 Balongan, guidance and counseling teachers develop strategies so that *bullying behavior* no longer occurs and can be handled properly. School is a formal educational institution that aims to carry out the teaching and learning process and can help students to give birth to a quality generation. School is a friendly place, a safe and comfortable space for students to carry out learning activities, learning is assistance from educators to students in order to gain knowledge, mastery, skills, and habits as well as character formation to be directed in a better direction.¹ In fact, in schools there is still a learning process that is less than optimal, one of which is of particular concern in the world of education, namely *bullying behavior*.

Currently *bullying* is no stranger to the ears of Indonesian society. *Bullying* is an act of using power from someone who is in power to someone who is considered weak with the aim of hurting a person or group of people both verbally, physically and psychologically so that the victim feels traumatized and helpless.²

Therefore, guidance and counseling teachers must devise a strategy on how to deal with *bullying behavior* in schools by providing guidance and counseling services as well as other support services, by not forgetting the basics of guidance and counseling. Guidance and counseling is a service of assistance to students, both individually and in group dynamics.

RESEARCH METHODS

This method uses a qualitative descriptive method. A technique that combines the results of data from the field and from relevant sources, by giving samples to grades 8A, 8C, 8E at SMP Negeri 1 Balongan with a total sample of 88 students, using a descriptive method to analyze them. In short, the qualitative

¹ Fellinda Ariani Putri. Teacher's Strategy to Overcome Bullying Behavior at SMP Negeri 1 Mojokerto, *Moral and Citizenship Studies*, 1.4 (2016), 63.

² Ariobimo Nusantara, Semai Jiwa Amani Foundation Team. Overcoming Violence in Schools and the Environment. (Jakarta: Grasindo, 2008), 125.

descriptive method is an event that is happening, this method is usually used for social problems.

The researcher provided group guidance services through the results of the assessment data that had been given by the students, namely the Student Needs Questionnaire (AKPD) where the results of the assessment were analyzed by the researcher in order to be given appropriate services, 88 students were asked to fill out statements with 50 total statements. This research takes from one of the results of the assessment of student statements, namely about *Bullying* which is a social problem.³

RESULTS AND DISCUSSION

Bullying carried out by students can have a very bad impact, especially victims of *bullying behavior*, therefore there must be efforts by guidance and counseling teachers in dealing with this. Therefore, guidance and counseling teachers play an important role in assisting students in creating a quality and superior generation, in the form of prevention and management, in this case the guidance and counseling teacher must develop a service strategy that is suitable for what students need.

Strategy is an effort made to solve an existing problem, in this case the case of *bullying behavior* in SMP Negeri 1 Balongan, guidance and counseling teachers develop strategies so that *bullying behavior* no longer occurs and can be handled properly. This research was divided into two stages. The first was the guidance and counseling teacher giving an assessment in the form of AKPD to 88 students at SMP Negeri 1 Balongan. After that, the results of the questionnaire were analyzed to find out what students needed. There are 88 students, namely in class 8A there are 31 students, in class 8C there are 27 students, in class 8E there are 30 students. The following is the percentage of student questionnaire results:

Class 8A	
Statement (AKPD)	Percentage
Personal	33.45%
Social	24.41%
Study	21.41%
Career	20.44%

³Wiwin Yuliani, 'Qualitative Descriptive Research Methods in Guidance and Counseling Perspective', *Quanta*, 2.2 (2018), 87

Class 8C

Statement (AKPD)	Percentage
Personal	35.72%
Social	26.79%
Study	19.33%
Career	18.16%

Class 8E

Statement (AKPD)	Percentage
Personal	34.69%
Social	26.28%
Study	19.26%
Career	19.77%

The data above is the result of the AKPD assessment. As a follow-up, the researcher will provide services according to the needs of students by providing classical guidance services/group guidance on *bullying behavior* which is included in student social problems, guidance teachers and groups provide services to classes 8A, 8C, 8E, after providing further services, guidance teachers Counseling gives assignments to students, by writing ten kinds of *bullying* so students can know and can also implement them in everyday life. The material provided is about *bullying*, where *bullying* is a social problem. Guidance and counseling teachers explain what *bullying is*, types of *bullying* and the impact of *bullying victims* and the impact of *bullying perpetrators*. Materials provided through group guidance services include:

Definition of Bullying

The word *bullying* comes from English, namely from the word *bull* which means a bull who likes to duck anywhere. In Indonesian, etymologically the word *bully* means bully, someone who bullies weak people. Victims of *bullying* usually have differences between other children so that they become easy targets for bullies who are actually different, which is an absolute thing in social life between one and the other, mutual respect and respect for differences.

Types of Bullying Behavior

- bullying* is intentional speech, for example ridiculing, making fun of, cursing, insulting, threats of violence, speaking harshly, gossip.
- bullying* is someone's behavior by hurting for example hitting, abusing, slapping, spitting, bullying, kicking, punching.
- bullying*, for example, is yelling, threatening, intimidating, isolating, or you can also do it by combining the three types of *bullying*.

Impact of Victims of Bullying

As for the impact felt by victims of *bullying*, the impact is causing feelings of insecurity, isolation, feelings of low self-esteem, depression / suffering from stress, emotional and behavioral changes, up to ending life.⁴

Punishment for *bullying*

It is contained in article 76C of Law 35/2014 "A person is prohibited from placing, allowing, doing, ordering to do or claim and commit violence against children with a maximum penalty of 3 years in prison". With this the perpetrators of *bullying* will be concerned with the authorities.⁵

The explanation above is the material provided by the guidance and counseling teacher through group guidance services as an effort to prevent *bullying behavior* at SMP Negeri 1 Balongan. It is hoped that students can understand what *bullying is*, types of *bullying*, the impact of *bullying victims*, the impact of *bullying perpetrators* and can implement it in everyday life, including in the school environment. With this *bullying behavior* in schools is expected to decrease and students can respect each other's differences, have high solidarity.

Counseling guidance teachers also convey that if there is *bullying* behavior in the school environment, they must report to the counseling guidance teacher so that they can be followed up and given appropriate services, how important the role of the guidance and counseling teacher is in assisting the student development process so as to make quality students.

CONCLUSION

Based on the description above, the strategy carried out by the guidance and counseling teacher is to provide a group guidance service to students to overcome *bullying behavior*, by providing material in the form of various types of *bullying*, the impact of *bullying victims*, punishments for *bullying perpetrators*. After being given guidance and counseling services, the guidance and counseling teacher gave assignments to 88 students by writing ten examples of *bullying behavior* with the aim that students could understand and implement them in everyday life, including in the school environment, it is hoped that students can also appreciate differences more, have solidarity tall one. With this *bullying behavior* can be handled and overcome.

⁴Ela Zain Zakiyah, Sahadi Humaedi, Meillany Budiarti Santoso, 'Factors Influencing Teens in *Bullying*'. *Journal of Research & PPM*, 4.2 (2017), 325-328.

⁵Evita Monics Chysan, Yiska Marva Rohi, Dimi Fredyandani Apituley, 'Implementation of Sanctions for *Bullying* in the Perspective of the Juvenile Criminal Justice System'. *Magnum Opus Law Journal*, 3.2(2020), 163.

Suggestion

To overcome the problem of *bullying* above, it is hoped that the education office will provide facilities and space for guidance and counseling teachers so that prevention can be carried out optimally for students. Guidance and counseling teachers must also be innovative and creative in providing services that suit the needs of students. It is hoped that all students can also benefit from the service facilities provided by guidance and counseling teachers at school. With this process of guidance and counseling can provide optimal service and in accordance with the desired achievement.

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