

TEACHER STRATEGIES IN OVERCOMING BULLYING BEHAVIOR USING BEHAVIOR METHODS

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Abstract

Bullying behavior is aggressive and oppressive behavior, whether in the form of direct physical action or attacking through words. Bullying behavior does not only occur in education, but can also occur in almost all areas of life such as politics, economics, social and culture. Bullying in schools is a global problem and a social issue that negatively affects the lives and future career paths of school children. The occurrence of bullying behavior is inseparable from various factors. This study describes the factors that influence the occurrence of bullying behavior, including family factors, environmental factors, and peer groups. The teacher's strategy in overcoming bullying behavior is to use behavioristic methods. The steps taken in the behavior counseling process include the first assessment where the counselor encourages the client to express the problem he is experiencing. Assessment is carried out to identify which techniques to choose and in accordance with the behavior that you want to change. Second, goal setting is a step to formulate counseling goals. Third, implementation techniques, namely determining and implementing counseling techniques used to achieve the desired behavior which is the goal of counseling. Fourth, termination evaluation, namely conducting assessment activities whether the counseling activities carried out have led to and achieved results in accordance with the counseling objectives.

Keywords: Teacher Strategy, Bullying Behavior, Behavior Method

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INTRODUCTION

Education must prepare students to coexist peacefully with others around them. Education has the task of shaping the behavior and character of children so that one day they can adjust to their environment. Of course, schools are not only the sole actors in the formation of children's behavior and personality but must collaborate with the home and community environment to be more optimal. (Prissima & Anwar, 2024).

Some parents leave educating their children to the school because of the demands of the working world, which undeniably take up a lot of the parents' time. Whereas the first education is obtained from the family environment. The formation of children's behavior, character and personality starts from the family environment. Each family applies different parenting patterns in educating their children. The differences in parenting patterns applied in each family certainly shape children's behavior differently. With the role of schools becoming heavier if the task of education is fully handed over to schools (Bryson & Fissel, 2023)..

In reality at school there are still many students who do not achieve optimal development. One phenomenon that has seized the world of education is bullying violence in schools. The results of consultations of the National Commission on Child Protection with children in 18 provinces in Indonesia in 2007 showed that schools can also be dangerous places for children, if the variety of school violence is not anticipated properly. If students are often victimized. This can collectively have a negative impact on the life of the nation (Lytle, 2022). (Lytle, 2022).

Bullying is a dangerous and disruptive problem in education at all age levels around the world and needs special attention from educators and parents. The victim of bullying is not from people who are more powerful or equal in strength to the bully, but the target object of the bullying victim occurs in children who have deficiencies in their limbs which are used as the subject of ridicule and diatribes from their haters. (Yunita et al., 2023).. One of the other factors that cause bullying is the power gap factor that is raised from the physical aspect, access to social media that contains embarrassing information, the popularity factor, and the desire to hurt others. Especially at elementary school age who are vulnerable to offense and misunderstanding among their peers. (Cohen, 2022).

Bullying is a condition where there has been an abuse of strength or power by an individual or group. Abuse of strength or power is done by the

strong not only physically but also mentally. In the spirit of (Burhan, 2024) Bullying behavior can also be called peer victimization or hazing. Whereas bullying is a phenomenon that is spread throughout the world. In English mob means a group of anonymous people who are involved or even carry out a harassment and suppression of others.

Bullying is a deviant behavior or act of violence that often occurs among students, including elementary school students. This behavior can be carried out by a person or group of people with the aim of making the victim feel uncomfortable, depressed and also hurt. (Subbotina et al., 2022).. The government has issued Permendikbud No. 82 of 2015 concerning Prevention and Response to Violence in the Education Unit Environment as a step to assist schools in preventing and overcoming acts of violence that occur. As in Article 3, it aims to protect children from acts of violence, prevent children from committing acts of violence and regulate the sanction mechanism for acts of violence that occur. But it is unfortunate that there are still many schools that do not understand and are dexterous and underestimate the problem of bullying. (Aisyah, 2023).

A good teacher will emphasize to students by instilling examples of good and noble behavior by speaking politely and politely so that students can imitate this good behavior. In this case the teacher must be more assertive by giving sanctions in the form of punishment and reprimands given to students who commit acts of bullying. In society, the phenomenon of bullying has existed for a long time, ostracism and extortion are commonly recognized by society. The use of power and strength is commonly used to hurt others (Anderson & Kalil, 2023). (Anderson & Kalil, 2023).

The role of the teacher in school is as a guardian in official relations, as an educator in his relationship with students, as a regulator of discipline and as a substitute for the role of parents. A teacher functions to control, lead or direct students at teaching time. Meanwhile, students are directly involved, so they are expected to be active in the teaching process at school. (Jabeen et al., 2022).

RESEARCH METHOD

The study in this research is qualitative with literature. The literature study research method is a research approach that involves analyzing and synthesizing information from various literature sources relevant to a particular research topic. Documents taken from literature research are

journals, books and references related to the discussion to be studied (Earley, M.A.2014; Snyder, H.2019).

RESULT AND DISCUSSION

Bullying Behavior

Bullying is when students repeatedly and negatively behave towards one or more other students. Negative actions here are when someone intentionally hurts or tries to hurt, or makes someone uncomfortable. The point is indirectly implied in the definition of aggressive behavior (Zheng, 2023). According to (Fadhilah & Netrawati, 2022) bullying is the desire to harm which is a negative action, an imbalance of power and usually repetition or repetition, not just the use of power but the pleasure felt by the perpetrator and the distress on the part of the victim.

Meanwhile, according to Coloraso in (Terry & Williamson, 2022) bullying is an act of intimidation by a stronger party against a weaker party. Bullying can take many forms. In schools bullying is better known by terms such as bullying, squashing, and others. SEJIWA (Abdullah & Hassan, 2023) states that bullying is a situation where a strong person (physically or mentally biased) emphasizes, corners, harasses, hurts someone who is weak intentionally and repeatedly, to show his power. In this case the victim is unable to defend or defend himself because he is physically or mentally weak. According to Sullivan (Anjasari & Rahmatullah, 2023) bullying must also be distinguished from other aggressive actions or behaviors. The distinction is that it cannot be said to be bullying if someone teases another person in a joking manner, fights that occur only once, and abusive actions or fights that do not aim to cause destruction or damage either materially or mentally. In addition, it is not bullying if it includes criminal acts such as assault with a sharp weapon, physical violence, serious intent to harm or kill, serious theft, and sexual harassment committed only once.

Based on this description, it can be concluded that bullying behavior is a negative action that is carried out more than once against the victim with the aim of hurting either physically or mentally so as to make the victim feel uncomfortable and involves a difference in strength or power between the perpetrator and the victim.

Forms of Bullying Behavior at School

Bullying behavior occurs in various forms while learning and outside of learning. (Saghil & Ilani, 2023). Problems begin because of trivial things and the desire to interfere, such as in the morning when marching into class there

is a commotion because students who are pushing their friends from behind want to get into class immediately and deliberately grab their friends' shoulders, when in the classroom the events that occur male students who disturb female students by flying paper airplanes so that there is a commotion, and end up crying by female students. In addition, there are also students who call the names of other friends' parents, then call their friends with bad names which then cause disputes. The most common form of bullying that occurs according to informant interviews is due to misunderstandings and offense to their friends, which ends in a fight between students. (Chen et al., 2023).

Forms of bullying that occur at school are bullying friends when learning, calling with nicknames or titles, borrowing goods without permission, calling parents' names, teasing friends by throwing paper in the form of toy nurses, while physically including hitting, holding shoulders and bodies, stepping on feet. This research is reinforced by the results of previous research by (Amelia, 2022). Physical (physical) such as hitting, kicking, grabbing, pushing, disturbing and damaging the victim's property, teasing, exclusion, such as socially excluding the victim, excluding the victim from the peer group, excluding the victim from the conversation, and excluding the victim from the game, disturbing the victim through communication tools, harassment (disturbance) is disturbing and attacking about sexual issues, gender, race, religion, and nationality, exclusion (exclusion) are several types of forms of bullying behavior.

Other research reinforces the results of the study (Zhou et al., 2023). Smoking, breaking rules at school, not wearing uniforms according to the day, like toys and not paying attention during learning hours, hiding friends' belongings, fighting, crowded, unruly, asking for their friends' money, skipping school or missing school without information, being late for school, lying, being nosy, disturbing their friends, calling their friends by their parents' names, uploading bad pictures on Facebook.

Factors Causing Bullying Behavior

Cases of bullying in children, especially in schools, are not new in Indonesia. Even the United Nation International Children's Emergency Fund (UNICEF) in 2016 released, placing Indonesia in the first rank for child abuse. It's sad, but these conditions are still many and occur in front of our eyes. Unfortunately, even though there is a commission that protects children, violence still occurs. For violence in schools, Indonesia ranks first with 84%.

This is more than Vietnam and Nepal, which both recorded 79%, followed by Cambodia (73%) and Pakistan (43%)[16]. (Yu, 2023).

Bullying behavior is aggressive and oppressive behavior, either in the form of direct physical action or attacking through words. The perpetrators are not only seniors, but also teachers, parents and people in the neighborhood. Bullying behavior also actually does not only occur in the world of education, but can also occur in almost all areas of life such as politics, economics, social and culture. (Jeong et al., 2024).. Bullying in schools is a global problem and a social issue that negatively affects the lives and future career paths of school children. Bullying behavior can be defined as a deliberate aggressive act or behavior, which is carried out by a group or an individual victim repeatedly and over time against a victim who cannot defend himself easily. Bullying is defined as a situation where there is an abuse of power by a person or group. The act of bullying can be physical, verbal or mental (Kyrrestad et al., 2014). (Kyrrestad et al., 2023)..

The phenomenon of bullying in educational institutions is increasingly widespread, this is indicated by the number of students who are victims of bullying complaining about the problems that befall them both to their parents and teachers at school. The occurrence of bullying behavior is inseparable from various factors (Khamdani & Widyastuti, 2024). In this study, the factors that influence the occurrence of bullying behavior are explained, including:

1. Family Factors

If the harmony of a family is in trouble, then other family members look for an outlet, one of which is bullying. This condition occurs with students. Where the perpetrators or students come from troubled families, namely divorced parents, there are even parents working as TKI / TKW who rarely send for their children. Finally, the child lives with his grandmother and sometimes is not taken care of.

Bullying perpetrators often come from troubled families: parents who over-punish their children, or home situations that are full of stress, aggression, and hostility. Children learn bullying behaviors by observing their parents' conflicts, and then imitate them towards their peers.

2. Environmental Factors

Undeniably, environment is the biggest factor in the formation of an attitude. It is true that if we hang out with perfumers, we will catch the fragrance. A person who hangs out with a bad environment without strong self-defense is more likely to be influenced by something bad. As described

above, the factor that pushes them is an unhealthy environment consisting of children who drop out of school, naughty children and like to fight. Gradually they will be influenced to do so. One cannot avoid it because there is a bond of togetherness that is upheld.

3. Peer Group or Gank Factors

Children, when interacting in school and with friends around the house, are sometimes encouraged to engage in bullying. Some children engage in bullying behavior in an attempt to prove that they can fit into a certain group, even though they themselves feel uncomfortable with the behavior (Damodariya & Patel, 2022)

Overcoming Bullying in Children: A Behavioristic Theory Perspective

Bullying is an action that is often carried out by other people or groups to someone by hurting and humiliating someone. Bullying is carried out with the aim of making the victim suffer and helpless. (Saigh & Bagadood, 2022).. Bullying is also physical or mental violence in which a person or group attacks or intimidates their victims. Bully cases are very rampant in society, especially in schools, which affect children who are physically weaker than their peers. (Farrell & Vaillancourt, 2022)..

In this day and age where technology is very sophisticated, bullying is very easy to occur by simply using social media to bring down the victim by spreading negative photos or videos about the victim, making the victim experience mental health problems such as depression, anxiety, lack of self-confidence, difficulty sleeping well, wanting to hurt themselves and even wanting to commit suicide. (Veronica, 2022).

Some types of children who are often bullied at school usually have certain physical conditions, smart children, students who do not have friends, and underprivileged children. Bullying has long-term effects for both the victim and the bully. The effect felt by victims is that they feel that their self-confidence is taken away. As for the perpetrators of bullying, the effect will become a habit and enjoyment to increase their ego. The fear or trauma experienced by bully victims at school will trigger them to drop out of school. Children who are victims of bullying or bullying at school will usually show signs that we can observe such as the child often feels afraid to return to school, often has nightmares, decreased appetite and changes in behavior. To overcome cases of bullying, it is necessary to apply counseling theory, namely by using behavioral counseling theory. (Sainju, 2022).

The basic concept of behavior theory is the prediction and control of visible human behavior. Human behavior is a result of learning that can be changed by changing the learning conditions. The counseling process helps individuals to change their behavior so that they can solve the problems they face. In the behavioral view, humans can be shaped according to their environment. Humans in the behavioral view are the effect of the environment that affects them and that is what forms self-confidence in individuals. (Zajda, 2022).

The main focus of the counselor in behavioral counseling is the behavior that appears so that a good relationship can be formed between the counselor and the client to be able to see the relationship between the counselor and the client we can pay attention in the behavioral counseling process. Behavioral counseling is a process that helps individuals or clients learn to solve their problems and in the implementation process the counselor plays more of a role. (Man et al., 2022).

The steps taken in the behavior counseling process include the first assessment where the counselor encourages the client to express the problem he is experiencing. Assessment is carried out to identify which techniques to choose and in accordance with the behavior that you want to change. Second, goal setting is a step to formulate counseling goals. Third, implementation techniques, namely determining and implementing counseling techniques used to achieve the desired behavior that is the goal of counseling. Fourth, termination evaluation, namely conducting assessment activities whether the counseling activities carried out have led to and achieved results in accordance with the counseling objectives. The last is feedback, which is providing and analyzing feedback to improve and improve the counseling process. (Dantchev & Zemp, 2022)..

The purpose of implementing this counseling process is to eliminate or eliminate problematic behavior to be replaced with new behavior desired by the client, the counselor is able and willing to help achieve these goals, the counselor and client can work together in setting or formulating specific goals of the counseling process. (Lismana & Syukur, 2023).

Alternatives or solutions to overcome bullying in children at school there are several ways that will be done, namely by conducting socialization to foster awareness and understanding of bullying and its impact to all those at school starting from the principal's students, teachers, school employees, and even parents. Socialization is carried out at this stage so that all understand about bullying and its impact. (Kanak & Pekdoğan, 2022). Next, a system is

built to prevent and handle bullying cases that occur in schools. In this stage, it is necessary to develop rules from the school that support the school environment to be safe and comfortable for all children and reduce the occurrence of bullying.

At the next stage, the government is expected to pay attention to the issue of bullying that occurs in schools. The step that needs to be taken is to provide training to teachers about anti-bullying programs in schools so that teachers can develop these programs in schools to reduce or prevent bullying in schools. (Wu & Jia, 2023).

So far, there have been several efforts made by the school for bullying perpetrators, usually only giving sanctions and also summoning parents to work together in providing treatment. But the results achieved so far have not been optimal. Because changes in attitudes and behavior only stop temporarily and they repeat their actions again the next day. (Waseem, 2024).

Furthermore, one of the ways that can be done is to directly confront bully behavior personally, one of which is to invite to talk and question his actions towards others, provide direction and advice to the bully that what is done is not good and not in accordance with the norms. The next step is to take immediate action if you see bullying or bullying behavior, all teachers and staff at school must show their caring attitude to all students and not allow anyone to be treated badly. (Paez & Robinson, 2024).

In addition to some of the actions that have been taken by the school and also the counselor, here are some things that parents can do to children in order to avoid bullying, the first is to build a good self-concept, namely how children see themselves, and children also need to be taught to have a good view. Where in forming a good self-view can be done by creating a supportive environment in the family, for example, parents do not often blame children because it can damage their self-concept. Second, building a sense of empathy in children can also prevent children from becoming bullies, therefore parents must often invite children to see people who have more difficult living conditions and teach children to want to share and the last is to provide full support to children and continue to emphasize to children that they will continue to support the child regardless of their condition. (Quintana-Orts et al., 2022)..

CONCLUSION

The implementation of strategies carried out by teachers aims to achieve conducive, comfortable and safe learning. Some of the strategies carried out by teachers in overcoming bullying behavior must be taken seriously to students and of course remain targeted. The teacher's strategy in overcoming bullying behavior is to use behavioristic methods. The steps taken in the behavior counseling process include the first assessment where the counselor encourages the client to express the problem he is experiencing. Assessment is carried out to identify which techniques to choose and in accordance with the behavior that you want to change. Second, goal setting is a step to formulate counseling goals. Third, implementation techniques, namely determining and implementing counseling techniques used to achieve the desired behavior which is the goal of counseling. Fourth, evaluation termination is to carry out assessment activities whether the counseling activities carried out have led to and achieved results in accordance with the counseling objectives.

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