


The Role of Family in Preventing Bullying

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ABSTRACT

Bullying is a form of violence intended to harm someone, carried out deliberately and repeatedly by an individual or group with more power over an individual or group that is weaker. The family plays a very important role in preventing bullying behavior. This article aims to explain the role of the family in preventing bullying in order to create an environment that supports the growth and development of children free from bullying behavior. This research uses a qualitative approach with a type of library research. The data sources in this study are secondary data obtained by collecting national and international journals. The data collection technique in this research involves a literature review process by stating the research objectives and then searching for journals relevant to the research objectives. The research results show that a family's understanding of bullying, the formation of values, positive parenting patterns, good role models and a conducive environment can prevent children from becoming victims or perpetrators of bullying. Bullying is an unlawful act. Many countries have passed laws prohibiting all forms of bullying, both in schools and in the workplace. This shows that bullying is not only considered a moral problem, but also a legal violation that must be prosecuted. Bullying is a negative behavior because of its destructive impact on the victim. The family plays a very important role in preventing bullying behavior. Several factors can prevent bullying, namely the family's understanding of bullying, the formation of positive values, positive parenting patterns, good role models, and a conducive environment. In other words, a family environment that supports and provides appropriate education can prevent children from becoming victims or perpetrators of bullying.

Keywords: *Bullying; Bullying Prevention; Behavior; Family Role*

INTRODUCTION

Every individual will interact with each other, especially in the family, every child from childhood to adolescence and up to adulthood, every individual has the right to receive love, facilities and treatment as well as teach positive values that exist as signs of social beings. As you get older, socialization and interactions become wider. This can cause some teenagers to abandon the moral values they have been taught. Based on these facts, a side of adolescent thinking emerges that is increasingly developing and some are being hampered, giving rise to behavior that discriminates between one child and another by looking at physical, racial, ethnic, or religious as well as different family economic backgrounds. In reality, many students at school

receive different treatment. Starting from these actions, the result is that teenagers and students show bad behavior, one of which is bullying (Diannita et al., 2023). According to Olweus quoted in (Febriyani & Indrawati, 2016), Bullying is a negative action that is repeatedly carried out by one or more people against other people who are relatively weaker. Bullying is the desire to hurt. This desire is put into action, causing a person to suffer. This action is carried out directly by a stronger person or group, is not responsible, is usually repeated and is carried out with feelings of pleasure.

Bullying is a serious social problem, especially among children and teenagers, that can have a negative impact on the mental, emotional and physical health of victims. Bullying behavior can occur in various places, such as schools, social environments, or even through social media (cyberbullying). The impact is not only felt by the victim, but can also affect the perpetrator and society as a whole. Therefore, preventing bullying is a very important issue to be addressed by various parties. In an effort to prevent and reduce bullying, the family plays a very vital role. The family is the first and main environment that shapes a child's character, values and attitudes. Parents and other family members can be role models, provide moral education, and create an atmosphere full of love and mutual respect. As the first place for children to learn about empathy, tolerance, and how to interact with other people, families have great potential to prevent children from bullying behavior, both as perpetrators and as victims. Education in the family that prioritizes positive values such as justice, respect for differences, and controlling emotions can help children to better understand the consequences of bullying and the importance of mutual respect. Therefore, the active role of the family is very important in creating a safe environment and supporting the healthy growth and development of children, both physically, mentally and socially.

Abroad, the issue of bullying is considered an important issue. Many developed countries have passed specific laws to deal with bullying in schools and on social media. This reflects the public and government's concern for the mental health and safety of children and adolescents. Report from [cbsnews.com](https://www.cbsnews.com), there was a bullying case in Chicago in January 2022, a 15 year old teenager named Nate Bronstein ended his life after experiencing incessant cyberbullying (Hickey, 2022). The parents claimed that the school failed to take adequate action despite being aware of the bullying. This case shows the serious consequences of cyberbullying and the need for schools to implement effective anti-bullying measures. With the right steps, schools can provide more protection to students and prevent similar tragedies from recurring. Joint efforts between schools, families and communities are also key to creating a safe environment for the younger generation.

Not only abroad, in Indonesia there are also many cases of bullying. This case reflects the reality that bullying is still a serious problem in the Indonesian educational environment. It was reported from news.republika.co.id that a bullying case occurred at Binus School Serpong, South Tangerang, shocking the community in early March 2024. This case involved a 17 year old student whose victim included an entire group

of students. As a result of this action, South Tangerang Police investigators named four students as suspects and eight others as children in conflict with the law. The victim suffered various injuries, including bruises and burns from cigarette burns. This case received widespread attention, not only because of the school's well-known location, but also because of the involvement of community leaders in the process. Various parties have participated in the development of this case, including organizations that focus on child protection and other related institutions. Suaralampung.id reported that there was also a similar case where several students at Kebangsaan High School, South Lampung became victims of bullying by their seniors. This bullying involves physical violence, such as hitting and kissing. The motives for these acts of bullying vary, ranging from trivial issues such as appearance that does not comply with school rules to personal revenge. The victim experienced physical and psychological trauma due to the acts of violence he experienced. Apart from that, this incident also caused unrest among other students and parents. The school stated that it had conducted an internal investigation to find out further details of the incident and the steps to be taken. This case sparked public discussion about the importance of preventing and overcoming the problem of bullying in schools. Many parties urge schools, parents and the government to work together to create a safe and comfortable learning environment for all students.

As for previous research related to bullying carried out by (Astarani & Taviyanda, 2020), In this research, it was explained that many parents were not aware of their important role in preventing bullying. Therefore, in this article we describe various ways that families can prevent bullying from an early age in the home environment. This lack of understanding makes parents tend to view bullying as a problem that only occurs at school, without realizing the impact of parenting at home on children's behavior. Through this article, it is hoped that parents can better understand the practical steps that can be implemented to create a family environment that is supportive and free from bullying behavior.

The various cases of bullying that occur, both at the global, national and local levels, show that bullying is a serious problem that affects the mental and emotional health of its victims. Cases such as the death of Nate Bronstein and the bullying experienced by students at Binus School Serpong and SMA Kebangsaan, illustrate the fatal impact of bullying, both physically and psychologically. The family plays an important role in preventing bullying. Through parental interaction, children can be directed to develop anti-bullying attitudes and positive behavior. This article aims to complement existing writing by providing additional information regarding the importance of the family's role in preventing bullying in order to create an environment that supports children's growth and development that is free from bullying behavior.

METHOD

This research uses a qualitative approach with the type of library research. Library research is a research method that involves collecting data and then

understanding and studying it from various literature sources related to this research. (Adlini et al., 2022). The data source in this research is secondary data obtained from collecting national and international journals. The data collection technique in this research is through a literature study process, namely writing down the research objectives, then searching for journals that are relevant to the research objectives, reading the abstract and the entire contents of the journal. By reading the entire contents of the research journal and getting the research results from the journal. There is 12 national journals and 2 international journals have been selected based on predetermined criteria. The journal selection criteria were to search for keywords bullying, impact of bullying, and prevention of bullying published on Google Scholar and ResearchGate pages in the last 5 years, namely 2019-2024.

FINDINGS AND DISCUSSION

Definition of Bullying

The term bullying comes from English, from the word bullying which means "bullying" someone who is weaker. Several years ago, this term was not widely known among Indonesian people because there was no appropriate equivalent word. The term bullying is often used to describe actions such as pinching, exclusion, beatings and intimidation. Bullying is aggressive behavior that is carried out intentionally and involves power or force (Kasenda et al., 2023). Bullying is aggressive and repetitive behavior carried out by an individual or group against another individual with the aim of hurting, intimidating or dominating. Bullying usually occurs in environments where there is power, such as at school, work, or in other social interactions. This behavior can take many forms, whether physical, verbal or social, and often causes serious emotional and psychological impacts on the victim.

In an article written by (Sigalingging & Gultom, 2023), explains that bullying is a physical or verbal threat to a child by another child with the aim of obtaining satisfaction. The perpetrator of the bullying feels very satisfied seeing the anxiety and even hostility in the eyes of the victim. Bullying behavior in children usually begins to appear at school age and can last for a long time. This bullying is different from ordinary conflicts that often occur in children (occasional conflicts). This kind of conflict is normal and can help children learn to negotiate and reach agreements with each other. This kind of fight is usually not intended to cause harm, but can also occur as a form of self-defense.

In conclusion, bullying is a form of violence that aims to hurt someone with an element of intention that is carried out repeatedly and carried out by a person or group of people who have stronger power over someone or a group of people who are weaker.

Forms of Bullying

Bullying can take several forms and each has a different impact on the victim. These forms of bullying can be physical, verbal, social, or even digital. Based on

research (Wulandari & Ningsih, 2023), It was found that there are 4 forms of bullying, namely: physical intimidation, verbal intimidation, psychological intimidation and cyberbullying. The explanation is as follows:

1. Physical Bullying

Physical bullying is a form of violence that is visible directly, or has real evidence due to physical contact between the perpetrator and the victim. Usually, physical intimidation is driven by problems that are serious enough, which if continued can be considered a criminal act. Physical intimidation behavior includes biting, hitting, slapping, kicking, pinching, pulling, pushing hard, threatening, damaging the victim's belongings, blackmailing, blackmailing and destroying the victim's belongings.

2. Verbal Bullying

Verbal bullying often occurs and is easily detected by hearing. This type of bullying is often the beginning of the emergence of other forms of bullying. Examples of verbal bullying include criticizing, slandering, embarrassing, making fun of, spreading gossip, intimidating, and nagging the victim.

3. Psychic Repression

Psychological bullying is behavior that damages a person's relationship or connection with a specific goal that has a negative impact on the victim. Examples of psychological bullying behavior include isolate, ignore, glare, sneer, humiliate, stare cynically, stare with threats, intimidate, and discriminate.

4. Cyberbullying

Cyberbullying is a form of bullying that emerged with advances in information technology. This type of bullying uses technological devices such as gadgets, laptops, computers, and others to convey messages of threat or terror. Forms of cyberbullying include sending chat messages, SMS, or images that can disturb someone's mental state, sending voice messages, and spreading negative videos related to the victim.

The same as what was said by (Dewi & Susilawati, 2022), Forms of bullying can be categorized into several types, including physical, verbal, relational, and cyberbullying. Physical bullying includes actions such as hitting or kicking, while verbal bullying includes offenses, offenses, or threats. Relational bullying includes acts of socially isolating and manipulating relationships, whereas cyberbullying occurs through digital media. Bullying, in any form, can have a profound negative impact on its victims, both physically and emotionally. These actions not only damage the victim's self-confidence, but can also affect their mental health and overall well-being.

Impact of Bullying

The impact of bullying can be severe and long-lasting, affecting both the victim and the perpetrator. It can lead to emotional, psychological, and physical consequences, and its effects often extend beyond the immediate incident (Lusiana & Arifin, 2022) In his research, he said that the impact of bullying is not only felt by the victims, the perpetrators of bullying also have a negative impact on themselves and their environment. The impact on bullies includes that bullies have minimal empathy in social interactions. It's not just his empathy that's problematic, his behavior is also abnormal. Hyperactive and pro-social behavior are interrelated with the actions of the perpetrator of bullying towards the environment around him. Perpetrators of bullying have higher levels of mental health disorders, especially emotional symptoms, compared to victims of bullying.

Something similar was also explained by (Visty, 2021) that the impact of bullying on bullying behavior is that they feel guilty and regretful after they bully their friends. This is due to the attitude of the victim of bullying who tends to remain silent and does not respond to the actions of the perpetrators of the bullying themselves. The impact of bullying on victims is:

1. It is a big obstacle for a child to actualize himself, because the victim feels that whatever he does will be wrong in the eyes of other people, especially the perpetrators of the bullying.
2. Bullying does not provide a sense of security and comfort, making victims of bullying always feel haunted by the fear of being intimidated.
3. Feeling inferior and worthless in society due to the bullying he received.
4. Feelings of fear because they always receive bullying treatment causes the victim, who is a student, to have difficulty concentrating on his studies.
5. The victim always feels afraid and anxious, causing him to be unable to socialize properly with his environment
6. Bullying behavior that occurs at school causes victims to feel reluctant to go to school to avoid this behavior happening again to them.
7. Victims of bullying will usually become closed individuals so they will not be confident and have difficulty communicating in their environment.
8. Victims of bullying will lose their confidence in the environment that hurts them a lot (Sugma & Azhar, 2020).

The Role Of The Family In Bullying Incidents

The family also has a very important role in overcoming bullying in children. As we know, before children get to know the outside world, they socialize in the home or family environment first. Parenting patterns for children then become very important, because what parents teach their children will immediately be imitated by

the children. The role of parents is very important, especially for children who are teenagers, because at that time children are in the process of finding their identity, so parents need to monitor their child's development, growth and social interactions.

Based on research conducted by (Noya et al., 2024) to students of one of the Junior High Schools (SMP) in Ambon City, it was found that the warmth and low level of attention of parents towards children, the application of a permissive parenting style that gives children freedom, the application of an authoritarian parenting pattern so that children get used to family situations that are full of threats. These things are factors that influence the emergence of bullying behavior in teenagers' lives.

The family has a very important role in preventing and handling bullying incidents. As the first social unit recognized by children, the family plays a role in shaping children's character, values and behavior from an early age. If a bullying incident occurs, the family's role is very crucial in providing emotional support to the victim, identifying factors that trigger bullying, and taking preventive action to prevent a similar incident from recurring in the future. The following are efforts that families can take to prevent bullying behavior, namely:

1. Family understanding regarding bullying

The family has a role in explaining bullying behavior. Both parents and family members must know the definition of bullying, types and characteristics of bullying, causal factors, impacts, and strategies that can be used to prevent and handle bullying. So that no more family members carry out bullying under the pretext of humor (Burger, 2022).

2. Formation of values

The family, especially parents, has a role in instilling values in their children. The family is the first social environment in a child's life where he learns and gets to know himself as a social creature. Parents play a role in teaching children ethics towards other people and fellow family members (including: cultivating attitudes of empathy, care and respect, tolerance, responsibility). And parents must be wise in providing appropriate direction, punishment and rewards for children if they make mistakes (Rahman, 2023).

3. Positive parenting patterns

A positive parenting pattern is characterized by parents who have emotional closeness to their children, providing guidance, support and mentoring to their children so that they grow a sense of self-confidence, courage and assertiveness in their children so that they grow a sense of self-confidence, courage and assertiveness in their children. Children are able to develop their abilities and can maintain good social relationships. Democratic parenting, with lots of communication, supervision and consistency, can prevent bullying behavior (Fikriyah et al., 2022).

4. Good role model

The family acts as a role model in building good and effective communication, providing an example, and forming moral and ethical values. Parents are role models for children in behaving, speaking and behaving well. There are two things parents can do at home to implement effective communication, the first is respect. Respect is mutual respect, being able to hear and understand family members, opening up space for discussion with children, so that there is openness between family members. The second is audible, that is, it can be heard. Children understand and listen to his opinion (Fathiyah, 2019).

5. Facilitate a conducive environment

It is important for families to create a safe, comfortable and loving environment. Parents also need to show how to interact between family members, create cooperation within the family, meet family needs and justify the family system and functions (Syawitri, 2024).

Bullying is an unlawful act. Many countries have passed laws prohibiting all forms of bullying, both in schools and in the workplace. This shows that oppression is not only considered a moral problem, but also a legal violation that must be carried out. Bullying is a negative behavior because of its destructive impact on the victim. This is in accordance with the opinion expressed by Coloroso in Wanty Khaira which states that bullying is an act of intimidation carried out repeatedly by a stronger party against a weaker party, carried out deliberately and with the aim of hurting the victim physically and emotionally. (Khaira, 2023).

CONCLUSION

The research results show that a family's understanding of bullying, the formation of values, positive parenting patterns, good role models and a friendly environment can prevent children from becoming victims or perpetrators of bullying. Bullying is an unlawful act. Many countries have passed laws prohibiting all forms of bullying, both in schools and in the workplace. This shows that oppression is not only considered a moral problem, but also a legal violation that must be carried out. Bullying is a negative behavior because of its destructive impact on the victim. The family plays a very important role in preventing bullying behavior. Several factors can prevent bullying, namely the family's understanding of bullying, the formation of positive values, positive parenting patterns, good role models, and a conducive environment. In other words, a family environment that supports and provides appropriate education can prevent children from becoming victims or perpetrators of bullying.

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