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EDUCATION ON THE IMPACT OF BULLYING ON THE MENTAL HEALTH OF ADOLESCENTS IN PESANTREN VILLAGE, TEMBELANG DISTRICT, JOMBANG REGENCY

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ABSTRACT

Background: Bullying behavior causes serious negative impacts on the victim in the short and long term. Physical violence received by the victim caused by the perpetrator causes depression pressure and feelings of insecurity, resulting in victims not daring to go to school and socialize in the community to meet other people. The impact on the victim in the long term is that it causes the victim to experience emotional problems, low self-esteem, and difficulty socializing, which can cause feelings of suicide, of course, this reflects disturbed mental health.

Objective: This service activity aims to increase understanding of the impact of bullying on adolescent mental health so that this negative behavior does not occur in adolescents. **Method:** This community service activity uses lecture and discussion methods which are carried out at Mrs. Mukhoyaroh's house in Pesantren village after the religious study event., on August 10, 2024. This activity of course begins with the preparation of materials, and location permission from the host and the head of the youth study group. **Results:** After providing education about the meaning of bullying, types, who are at risk of being bullied, the impact on mental health, and efforts to prevent bullying behavior Most teenage girls understand the impact of bullying on mental health, which can affect the psychological condition of teenagers in socializing with peers, teachers, and the community. the youth discussion session asked questions about what happens when bullying occurs, if it happens at school, immediately ask for help from the teacher and try to resist so that it doesn't happen again. **Conclusion:** This activity is very useful for teenagers in increasing knowledge that negative behavior such as bullying can have a bad impact on teenagers' mental health. Parents must provide emotional support to students or teenagers who are victims of bullying. Guidance and counseling program services are provided by the school. Must more intensively guide students or teenagers in preventing bullying.

Keywords: Education, Impact Bullying, Mental Health, Adolescents.

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INTRODUCTION

Bullying in Indonesia is included in the emergency category because the cases continue to increase and there are no signs of decline yet. The Ministry of Education and Culture has issued several policies related to preventing violence in education units. Bullying is aggressive behavior involving individuals or groups with a high level of social recognition or power over an individual or groups with low levels of social recognition or power (Faizah, Z. A. 2017). Individuals or Groups that have a high level of social recognition are considered to dominate so that he is considered rulers, have a social status that is recognized in the environment, or have the capital within themselves to attack as well exploiting other individuals in their environment (Siti.2022). The form of disturbance can be a physical disturbance as well as psychological Acts of bullying experienced by several teenagers including direct physical violence, violence verbal, non-verbal cyberbullying, and harassment sexual. (Arif et.al.2019)

Bullying contains elements such as force which is not the same, there is an aim to hurt and threats to victims of bullying. This causes frequent victims of bullying to be in a state of being unable to fight because the attacking force is stronger than his strength. If it happens continuously victims of bullying besides experiencing physical disorders due to acts of physical violence will also experience mental disorders such as depression (Ety N.2020)

Prevention and resistance to acts of bullying in teenagers is one of the efforts that must be made. One way to Prevention of bullying behavior is by providing education and training in resistance to bullying (Rina et al., 2021) There are differences in factors that influence bullying by teenagers such as economic level, race, traditions, age (class/seniority differences), family conditions and character. This difference can later lead to acts of bullying such as physical violence, verbal violence, non-violence verbal, and even sexual harassment. The impact experienced by victims of bullying can occur in all aspects of life, both physical, social, and psychological Physical impacts due to bullying because physical violence can cause wounds, bruises, and infections that can occur in the whole body. Social impact causes the ability for social adjustment bad, like being afraid to go to school and or afraid to socialize with others (Zakiyah EZ.2017). Psychological impacts that often occur include: mental disorders such as feelings of uselessness, feelings of insecurity, feelings of insecurity, feelings of pressure that can trigger depression, and even feelings of wanting to commit suicide (Yamin et. al., 2018)

The psychological impact of bullying has a relationship with mental health such as a lack of self-confidence and being withdrawn, physical injuries, depression, thoughts of suicide, self-harm, not trusting others, and affecting the learning process and results. Increasing the level of

depression, increasing psychological stress, increased anxiety increasing social problems such as the individual becoming lonely and unwilling to carry out socialization (Dafiq et al., 2020). Prevention of bullying and mental disorders. The consequences of bullying behavior can be prevented by providing education. Education through counseling has proven to increase knowledge among adolescents regarding the meaning, causes, forms, impact, signs, prevention, and treatment of bullying (Junalia et.al. 2022).

OBJECTIVES

General Purpose

Community service activities provide education to teenagers about the impact of bullying on mental health.

Special Purpose

1. Increasing teenagers' knowledge about mental health
2. Increasing teenagers' knowledge about the meaning, types, risks, and impacts of bullying on mental health
3. Efforts to prevent bullying behavior in adolescents

PLAN OF ACTION

Strategy Plan

Community service activities entitled "Education on the Impact of Bullying on Mental Health of Adolescents in Pesantren Village, Tembelang District, Jombang Regency" were carried out by obtaining permission from the Head of the Pesantren Village, and permission from the host, Mrs. Mukhoyaroh, and the head of the female youth study group. Previously, the head of the community service team prepared everything needed for this activity, such as the preparation of materials and participant consumption, as well as sound system

facilities for the smooth running of the event. This activity is useful in providing knowledge to adolescents about bullying behavior that hurts adolescent health. As a preventive measure, education needs to be provided to adolescents.

Implementation

The Community Service Activity entitled "Education on the Impact of Bullying on the Mental Health of Teenagers" was held at Mrs. Mukhoyaroh's house on August 10 at 20.00 WIB for the girl, the event was opened by the head of the service team after the youth recitation was finished, followed by material presentation by members service team which explains the meaning of bullying, various types of bullying, who is at risk of being bullied, the impact of bullying, efforts to prevent bullying and material about mental health.

Setting

This activity was carried out at Mrs. Mukhoyaroh's house, Pesantren Village, Tembelang District, Jombang Regency.

Target

Twenty teenage girls aged ten to sixteen years take part in recitation activities at Mukhoyaroh's mother's house.

RESULTS AND DISCUSSION

Mental health is defined as a state where an individual realizes his or her potential, can overcome common life problems, can work productively, and can contribute to his or her community. There are several types of mental health disorders, including anxiety, depression, attention deficit hyperactivity disorder, and conduct disorder. From the results of the service carried out by the resource persons through

lectures and continued discussions, it can be found that teenagers, in this case, are From the results of the service carried out by the resource persons through lectures and continued discussions, it can be found that teenagers in this case still do not understand bullying, the types, impacts, and prevention efforts. So far, the story of one teenager is that bullying occurs at school by male students. a hyperactive person who behaves nosy by making fun of him, hiding things that don't belong to him, approaching quiet and pretty teenagers during recess, and trying to kiss and fight with teenage boys during sports activities. Basic knowledge of teenagers towards bullying increased after administration counseling. Counseling conducted on teenagers can improve the abilities of teenagers to maintain mental health (Romadhiyana, K.S., 2023). Increasing understanding of teenagers against bullying and mental health after implementation is expected to make Teenagers become individuals who don't do anything bullying, being able to fight bullying and maintain good mental health gets better. Providing counseling and discussions are proven to be able to make teenagers have motivation for teenagers who don't bullying and having the ability to be able to solve related problems like bullying (Murtiningsih et al., 2021)

Bullying can be prevented by providing health education interventions to teenagers. The results of this research show that providing mental health education related to bullying prevention has an influence on students' knowledge. This is in line with research conducted showing that there is a significant influence on the behavior, knowledge, and attitudes of teenagers after being given peer bullying education (Nofriati.2024) Parents must provide emotional support to students or

teenagers who are victims of bullying, guidance, and counseling program services provided by schools must be provided more intensively in guiding students or teenagers in preventing bullying (Siti, 2023).



Picture 1. Forms of Bullying.



Picture 2. Activity Documentation.

CONCLUSION

Service activities to the community that are carried out, namely educational activities on the impact of bullying on mental health for teenagers in Pesantren Village Tembelang District, Jombang Regency can increase related youth knowledge of bullying and mental health. Teenagers feel happy with the series of activities carried out

Teenagers come to understand that the impact of bullying can result in lowered self-esteem, anxious and negative moods, difficulty concentrating, psychosomatic disorders which are usually characterized by stomach or headaches, difficulty sleeping, disturbed eating patterns, depression, and an increased risk of suicide. social anxiety, the emergence of revenge or aggressive behavior projected into other objects, decreased coping abilities, appearance of post-traumatic symptoms.

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