

## 'Stop Bullying' Education on Children at The Zulfa Nur Islamic Education Foundation

Wirda Syari  
Universitas Ibn Khaldun

### Article Info

#### Article history:

Received December 21, 2022  
Revised December 23, 2022  
Accepted December 25, 2022

#### Keywords:

Bullying  
Children  
Education

### ABSTRACT

Bullying especially against children, is still a problem that needs to be addressed immediately, given its very dangerous impact both now and in the future. Based on the results of observations, it is known that some students at the Zulfa Nur Islamic Education Foundation sometimes still engage in non-physical/verbal bullying such as teasing, laughing at, and so on. Therefore, education about 'stop bullying' is needed for children at the Zulfa Nur Islamic Education Foundation so that they can understand what bullying is, how it impacts and in the end want to avoid this behavior. The educational activity was carried out on November 11<sup>th</sup> 2021 by conducting 'stop bullying' counseling using the interactive lecture method. The result and impact of this counseling activity is to increase knowledge about what bullying is, how it impacts, and how to prevent and fight bullying. This activity also raises the awareness of children at the Zulfa Nur Islamic Education Foundation not to engage in bullying in any form because the impact is very dangerous and is behavior that is prohibited by Islamic teachings. In general, it can be concluded that this counseling runs smoothly and can achieve the desired goals.

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### Corresponding Author:

Wirda Syari  
Universitas Ibn Khaldun  
Email: [wirda@uika-bogor.ac.id](mailto:wirda@uika-bogor.ac.id)

### INTRODUCTION

Bullying is unpleasant behavior carried out by individuals or groups that can make a person, both male and female, feel uncomfortable, hurt (both physically and emotionally), and depressed. This behavior includes verbally, physically, and socially and is not only limited to the real world, but also in cyberspace (Directorate of Elementary Schools, 2021). Law of the Republic of Indonesia Number 35 of 2014 Article 9 paragraph 1a states that "Every child has the right to receive protection in an education unit from sexual crimes and violence perpetrated by educators, education staff, fellow students, and/or other parties". Based on the results of a survey conducted by the Ministry of Women's Empowerment and Child Protection (KPPPA) in 2018, 2 out of 3 children aged 13-17 years have experienced at least one types of violence in their lifetime and 3 out of 4 children have experienced one type of violence or more report that the perpetrator of violence is a friend or peer. In addition, according to a study by the International Student Assessment Program in the same year, it was also found that 41% of students aged 15 had experienced bullying at least several times a month (UNICEF, 2020). Based on the KPAI data bank (2021), the number of children victims of violence at school from 2017 to 2019 tends to decrease (from 129 to 46 children), but in 2020 it has again increased to 76 children.

The Zulfa Nur Islamic Education Foundation is an Islamic education center located on Jln. Otista Gg. Babakan Peundeuy RT 2 RW 12 Baranangsiang Village, East Bogor District, Bogor City. Students in this foundation vary from grade 1 elementary school to grade 1 junior high school. Based on the results of observations, it is known that some students sometimes still carry out non-physical/verbal bullying actions such as teasing, laughing at, and so on. Even though it doesn't hurt physically, non-physical/verbal bullying can hurt a child's psychology which can affect his life now and in the future. Based on this background, it can be seen that education regarding 'stop bullying' is needed for children at the Zulfa Nur Islamic Education Foundation so that they can understand what bullying is, how it impacts and in the end want to avoid this behavior.

## METHOD

The method used for 'stop bullying' education for children at the Zulfa Nur Islamic Education Foundation is to conduct counseling about 'stop bullying'. To make it easier for participants who are still at the age of children to be able to understand the material presented, counseling activities are carried out using the interactive lecture method. Counseling was held on Thursday 11<sup>th</sup> November 2021 at the Zulfa Nur Islamic Education Foundation involving one lecturer as a speaker and assisted by 5 students. In this counseling, it was explained about what bullying is, Islamic views on bullying, the negative effects of bullying victims, and how to prevent and fight bullying.

## RESULTS

The counseling activity was attended by around 30 children from grade 1 elementary school to grade 1 junior high school. In accordance with the health protocol during the COVID-19 pandemic, before entering the counseling room, all participants had their body temperature measured and confirmed that they were wearing masks. In addition, when entering the room, the sitting position of the participants is also arranged at a distance.



**Figure 1. Implementation of 'Stop Bullying' Counseling**

The counseling activity begins with an interactive dialogue about the experience of bullying, whether it has been done or has been experienced. Based on the dialogue, it can be seen that quite a number of participants claimed to have committed or experienced acts of bullying, especially non-physical/verbal. Furthermore, it is explained about what bullying is and examples of its behavior, both physical, non-physical, cyber, verbal, and nonverbal.

After that, it was also explained about the verses of the Qur'an and hadith related to bullying, as stated in Surah At-Tin: 24 which means *"Indeed, We created humans in the best possible form"*. In this verse it is explained that humans were created in the best possible form, so we should not make fun of other people's physical appearance. Then in Surah Al-Ahzab: 58 which means *"And those who harm believing men and believing women for [something] other than what they have earned have certainly born upon themselves a slander and manifest sin"*. In this verse, it is clearly stated that it is forbidden to harm other people. In addition, there is a hadith narrated by Muslim which means *"A Muslim is a brother of another Muslim, so he should not oppress him, nor should he hand him over to an oppressor"*. And there are many other verses of the Qur'an and other hadiths related to bullying.

Furthermore, this counseling activity also explained the negative effects of bullying, especially for children who are victims, aside from physical pain. Bullying can cause children who are victims to have problems with their mental health such as high levels of depression, anxiety, trauma (short and long term); have a mental disorders; and even suicidal thoughts may arise. Victims of bullying can also become socially

isolated or suffer from social fear, for example not having friends or close friends and not having a good relationship with their family (parents). In addition, children who are victims of bullying generally have low levels of school attendance because they are afraid and alienate themselves from school and cause decreased academic achievement, intelligence quotient (IQ), and analytical skills (KPP-PA, 2016), (Darmayanti, 2019) and (Directorate of Elementary Schools, 2021).

Finally, it also explains how to prevent and fight bullying, especially from a child's perspective. To prevent children from becoming victims of bullying, ways that can be done include developing a positive friendship culture; avoiding carrying too much money or using expensive things; and don't be alone especially in a quiet place. Furthermore, if you find out that there are friends/people who like to bully, identify and pay attention to them and try not to mess with them and don't be near or around them. Finally, don't ever get involved in bullying anyone in any form. Meanwhile, fighting bullying can be done, among other things, by showing that we are people who are confident and have a strong stance not to disturb or be disturbed. If something bothers you, stay calm and don't get carried away. Put up fight followed by screaming and running away while seeking help, and report this action to a parent, teacher, or the authorities. If you see a friend who is a victim of bullying, help that friend and report it immediately (Triyono, 2014).

Before the counseling ended, the participants were invited to have a dialogue again to ensure their understanding of bullying and were asked to promise not to commit bullying in any form, prevent and fight bullying, and also help if a friend becomes a victim of bullying. Furthermore, the counseling activity ended with the distribution of children's masks so that children would always implement health protocols during the COVID-19 pandemic.



**Figure 2. Distribution of Children's Masks**

Previously, counseling about 'stop bullying' at the Zulfa Nur Islamic Education Foundation had never been carried out, so the impact of this activity was to increase children's knowledge about what bullying is, how it impacts, and how to prevent and fight bullying. This activity also raises children's awareness not to engage in bullying in any form because the impact is very dangerous and is behavior that is prohibited by Islamic teachings.

## CONCLUSION

Problems related to the rampant acts of bullying, especially in children, need to be addressed immediately because it will affect the child's development now and in the future. One way that can be done to overcome the problem of bullying is to provide 'stop bullying' education by carrying out counseling about what bullying is, how it impacts, and how to overcome and fight bullying so that children do not bully and do not become victims of bullying. In general, it can be concluded that the 'stop bullying' education activities at the Zulfa Nur Islamic Education Foundation went well and the desired goals (increasing children's knowledge and awareness to avoid bullying) were achieved.

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