

## THE ROLE OF GUIDANCE COUNSELING TEACHERS IN DEALING WITH ACTION *BULLYING* AT MTs PUTRA PUTRI SIMO

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### **ABSTRACT**

*Research to find out behavior bullying and the role of guidance and counseling teachers in the environment MTS Boys and Girls Simo Lamongan. The research is qualitative in nature to see reality in the field related to bullying and the role of guidance and counseling teachers. Data collection instruments use observation and interview guidelines. Data analysis includes collecting data, reducing data, displaying data, then testing the validity of the data by triangulating the data and then drawing conclusions. Results study this concludes that behavior bullying What has happened at this school is verbal and mental. The role played by guidance and counseling teachers in preventing bullying behavior is to provide guidance and counseling programs implemented in schools by providing classical guidance services, individual counseling services, group counseling services, information services, and also guidance and counseling teachers at MTs Putra Putri Simo this also delivers punishment which educates in order to have a deterrent effect on the perpetrators of the action bullying.*

**Keyword:** *The role of guidance and counseling teachers, Bullying, Actions*

## INTRODUCTION

Technological developments in world civilization, especially the world of education, have an impact on various aspects, one of which is student behavior. Deviating behavior is one aspect of the impact of modern progress. Bullying behavior is an example of deviant and dangerous behavior. We often encounter a culture of bullying in schools with the object of seniority being perpetrators by someone or a group of people who have power, are irresponsible and continue to happen repeatedly with and feel pleasure when carrying out the action (Ramadhanti & Hidayat, 2022).

Fear, anxiety, being alone, and tending to remain silent are some of the effects of the dangers caused by bullying. Negative impacts caused by behavior *bullying* bigger both physically and psychologically, behaviorally *bullying* which is negative behavior of course endangers the victims. Ken Rigby explains that headaches, dizziness, vomiting, eating disorders, insomnia, serious depression, antisocial behavior, frequent anger, self-harm and suicidal thoughts are the effects of this behavior. *Bullying* is very bothersome, and dangerous. Bullying behavior, which is negative behavior, of course has a greater negative impact both physically and psychologically. That the effects caused by behavior *bullying* very bother, including headaches, dizziness, vomiting, eating disorders, insomnia, serious depression, anti-social behavior, frequent anger, self-harm and suicidal thoughts.

*Case bullying* This is a terrible case in Indonesia and occurs from elementary school to university level. Based on research results from the Program for International Students Assessment, Indonesia is the fifth highest member country *Organisation for Economic Co-operation and Development* (OECD) which is only 22.7%. Indonesia is in the fifth highest position out of 78 countries as the country with the most students experiencing bullying was 41.1%. The number of students who are victims of bullying is far above the national average. Apart from experiencing bullying, students in Indonesia admitted that as many as 22% were insulted and had their items stolen. Furthermore, 18% were pushed by their

friends, 15% experienced intimidation, 19% were ostracized, 14% of students in Indonesia admitted to being threatened, and 20% of students had bad news spread by bullies Schools as formal educational institutions, function and aim as stated in Law no. 20 of 2003 concerning the National education system Article 3, namely that education aims to develop the potential of students so that they become human beings who have faith and piety, have noble character, are healthy, knowledgeable, capable, creative, independent and become responsible citizens (Trisnani & Wardani, 2019). To realize this, of course there are many factors that influence the correct implementation of educational programs in schools. Moreover, schools are a place that accommodates a variety of students from various different backgrounds, this allows them to bring various problems to school that will disrupt their learning activities (Yandri, 2014). Likewise, teachers play an important role in preventing behavior *bullying* to students, teachers as educators at school should inform and invite students about the importance of eradicating and overcoming violence in schools (*bullying*). No matter how small an act of violence committed by a student must be discussed and find a solution on how to resolve it to reduce the negative impacts that will occur on the victim. *bullying* (Yamada & Setyowati, 2023).

In the school environment there are several types of student behavior, such as positive behavior or negative behavior. one example of negative behavior is *bullying* often happens at school. Bullying can offend or hurt someone's feelings. There is *bullying*, can make students feel isolated when they are in the school environment. The fear experienced by students who are victims of bullying in the school environment can disrupt the learning process and can then hinder the development of those who are victims. Perpetrator *bullying* is more likely to occur in superior groups towards someone who is considered lowly to bring down the victim of bullying. *Bullying* is an action that hurts one individual to another verbally, physically or psychologically and also through social media (*cyberbullying*). So, the victim feels depressed, traumatized and resigned. A person who bullies does not know

gender or age. *Bullying* often occurs at each school, which is carried out by students either between classmates or between upperclassmen and their younger classmates (Gultom & Muis, 2021).

Researchers conducted a study of several similar studies from several journal sources, including according to Gultom and Muis, explaining that the role played by guidance and counseling teachers in preventing bullying behavior is to provide guidance and counseling programs that are implemented in schools by providing classical guidance services, individual counseling, group counseling services, and information services (Gultom & Muis, 2021).

Faisal Akbar, et al. States that guidance and counseling teachers in order to carry out their role at school must provide the best possible service to all students in accordance with their responsibilities and plan services that suit the needs of students at school, so that the services that can be provided to students can result in appropriate improvements in student behavior targeted and efficient. To eradicate bullying in schools, cooperation between guidance and counseling teachers is also needed to develop policy implementation strategies. In addition to exerting control and minimizing opportunities for bullying, bullies need empathy and concern. Apart from that, guidance and counseling teachers must collaborate with various parties, including school principals, deputy principals, subject teachers and parents. This is important because it ensures that the prevention and eradication of bullying is coordinated and monitored jointly, so that bullying becomes less acceptable for students at school (Alfitri, 2023).

Based on the above explanation of research about *bullying*, especially what occurs in the world of education, but there is still a lack of information about the role and strategies of teachers in dealing with bullying behavior and preventing bullying behavior specifically. In this research, the researcher explains the role and strategies of guidance and counseling teachers at MTs Putra Putri Simo in Lamongan. In dealing with bullying behavior specifically and in depth, describe school programs that have character education

programs to be a guide for other schools. Therefore, researchers are interested in conducting research with the title The Role of Counseling Teachers in Overcoming Behavior *Bullying* at MTs Putra Putri Simo.

## LITERATURE REVIEW

### A. The Role of Counseling Guidance Teachers

Guidance and counseling services are assistance that will be given to someone to help overcome the problems they are experiencing. In this case, the role that the guidance and counseling teacher must play is as follows: Information services are services provided to someone by conveying news/information that can be used as material for consideration and decision making for the benefit of students, solving problems, preventing problems from arising, and for developing and maintain existing potential. In helping to form positive attitudes and behavior in students, supervising teachers can provide information services regarding the causes of aggression and penalty which is obtained when doing acts of aggression. This service is available in groups and individually. Individual Counseling Services are services that enable students to receive direct, face-to-face services individually with a supervising teacher in order to relieve personal problems experienced by students. Through this service, supervising teachers can help students who experience problems in everyday life regarding acts of aggression like the problem of students fighting, saying dirty words and damaging school facilities (Hidayat et al., 2015)

This role is a human expectation of individuals regarding how they should behave and even act in certain situations based on their status and function. Strengthening student character at school is one of the duties of guidance and counseling teachers, guidance and counseling teachers play a strong role in strengthening student character. Because of the student's character at school You could say he is very weak, so it is necessary to strengthen this character by guidance

and counseling teachers. Guidance and counseling is a very important part in the world of education, because in it there are counselors who have a role for providing services to students who have various characters (Ajmain & Marzuki, 2019). Because of the student's character at school You could say it is very weak, so it is necessary to strengthen this character by guidance and counseling teachers. Guidance and counseling is a very important part in the world of education, because in it there are counselors who have a role for provide services to students who have various characters.

So it can be concluded that the role of guidance and counseling teachers plays an important role in strengthening the character of students at school with their counselor services as well as action- their actions, so that later students can have positive character so that they avoid carrying out negative actions.

## B. Bullying

Say *bullying* comes from English, namely "*bully*" which means bluff or bother. In Indonesian, etymologically the word *bully* means bully, a person who bullies weak people. Sejiwa states that bullying is a situation where someone who is strong (can be physically or mentally) presses, corners, harasses, hurts someone who is weak deliberately and repeatedly, to show their power. In this case the victim is unable to defend or defend himself because he is physically or mentally weak (Nasir, 2018).

Coloroso Barbara stated that "*Bullying* "is a conscious, deliberate activity aimed at injuring, instilling fear through the threat of further aggression, and creating terror based on an imbalance of power, the intention to injure, the threat of more aggression, the terror that can occur if oppression increases without stopping" (Nasir, 2018)

Bullying is divided into three general forms, namely verbal, physical and relational. *Bullying* verbally, is a form of bullying that often occurs and is the easiest to carry out. Form *bullying* verbally

includes calling certain names that have negative associations, for example the lame, the disabled, taking objects (money, food), insulting, uttering racist words. Physical bullying is a form of bullying that is easy to detect and visible to the naked eye. This includes hitting, slapping, kicking, choking, etc. *Bullying* relational is the weakening of the victim's self-esteem carried out through neglect. This form of bullying is difficult to detect. Characteristic *bullying* This is eliminating people's self-confidence by distancing individuals from gaming groups, assuming the victim's absence in the social environment and spreading gossip about the victim (Prawiyadi et al., 2018).

## C. Actions of guidance and counseling teachers to bullying behavior

Guidance and Counseling Teachers in preventing behavior *bullying* is to always instill the value of moral goodness in students, provide personal services to perpetrators and victims, and provide group guidance services by scheduling them for each class. Guidance and Counseling Teachers carry out information services, individual counseling about what bullying is, how bullying behavior occurs, the causes and consequences that arise when bullying behavior occurs. To support the success of preventing bullying behavior, Guidance and Counseling teachers have three stages in their efforts to prevent behavior *bullying* namely, the first is preventive or preventive, which is carried out by providing direction so that students have an understanding that bullying behavior is not good and creating guidance and counseling service programs in prevent bullying, that is, providing knowledge of what it is *bullying*, cause and effect and worst impact caused consequences of behavior *bullying*, providing guidance and counseling services with discussion material on the topic of instilling non-violent education at school, establish good communication with students, recognize students' abilities, when they first enter school, explain school regulations that strictly prohibit it *bullying* at school and punishment, so that students

think twice before bullying (Bu'ulolo et al., 2022).

## RESEARCH METHODS

This research uses a case study method and a qualitative research approach. Qualitative research method is a way or method of research that places greater emphasis on analysis or descriptiveness. In a qualitative research process, things from the subject's perspective are more emphasized (Penelitian Kualitatif, 2022). Research uses natural methods and provides descriptions in the form of words and language in unique natural settings. Meanwhile, the subject of this research is a guidance and counseling teacher. It is hoped that this research will be able to produce descriptive data in the form of words and results from respondents who are directly observed. Data collection techniques use observation and interviews. The observations made by the researcher were observing field data about students' bullying behavior and teachers' ways of dealing with the behavior of bullying. The interviews conducted by researchers to collect information or data were by conducting in-depth interviews and asking questions and answers to guidance and counseling teachers regarding the role of teachers in responding to and overcoming bullying behavior in institution education (John W. Creswell, n.d.).

## RESULTS AND DISCUSSION

### 1. Forms of Bullying Behavior at MTS Putra Putri Simo

Based on research that has been carried out in the form of observations and interviews by teachers, guidance counseling found that bullying occurs in various forms while learning and outside learning. Problems start because of trivial things and the desire to disturb, such as when one student as a victim has a quiet nature and tends not to want to socialize with other friends, this provokes some students to bully him. Because the victim doesn't want to socialize and even acts bitchy, so sometimes that's what triggers the perpetrator to like to joke around which ends up going too far into bullying. However, this is still not justified because

bullying for any reason is not permitted, let alone justified.

Behavior *bullying* Mentally it also happens, such as students sticking out their tongues at their friends, glancing at them cynical, sarcastically and even cheering simultaneously among the students. Apart from that, there are also forms of verbal bullying behavior such as students calling the name of another friend's parents, then calling the friend a bad name which then causes a fight. What occurs most often based on interviews with guidance and counseling teachers is the form *bullying*. *What* happened was due to a misunderstanding and being offended by his friend, which ended in an argument between students.

This is in line with Colorosa (Yandri, 2014) who says that words are powerful instruments that can break the spirits of those who receive them. For both boys and girls, verbal bullying is the most common form of bullying. Verbal bullying is easy to do and can be hidden by whispering in front of adults or peers. *Bullying* verbal abuse can take the form of nicknames, criticism, slander, insults, statements with a tone of sexual invitation or sexual harassment, accusing, curse, ridicule, and spread gossip. Additionally, it can take the form of frightening phone calls, intimidating emails, and "anonymous letters" containing threats of violence.

### 2. Factors causing bullying at MTS Putra Putri Simo

Every attitude and behavior of students shown at school certainly has a cause. It can be concluded from the results of the research that has been carried out that: some of those who were victims of bullying were students who were quiet and did not really like to socialize. Apart from that, students who are perpetrators of bullying say that they often do so see bullying behavior on the internet so they practice it at school. This is also explained (Khairunisa et al., 2021) that bullying absolutely has a cause, including the child's living environment, including bullying, which is the cause of several other causes.

Reason *bullying* This also usually occurs because of problems in their boarding school and is eventually brought to school. This is a challenge for guidance and counseling teachers to overcome this problem because for the time being guidance and counseling teachers have not been able to enter the scope of the boarding school so that behavior *bullying* that happened at the cottage and was brought to school has not been resolved properly.

### 3. The role of the Guidance and Counseling teacher at MTs Putra Putri Simo

Based on explanations on behavior *bullying*, what happens because of very trivial things and cases of bullying that occur turn out to be the fault of not only the perpetrator and the victim also sometimes fishes first, as in the incident described above. This is where the role of guidance and counseling teachers is very necessary to provide lessons for victims and perpetrators. The role of a guidance and counseling teacher in overcoming student bullying behavior is, first, by identifying the problems faced by students, then as a guidance and counseling teacher, you can understand the problems that occur in problematic individuals and the factors that cause these problems, which the guidance and counseling teacher brings in. the perpetrator of the bullying into the counseling room, providing classical guidance services, individual counseling services, group counseling services, information services, providing *punishment* which educates in order to have a deterrent effect on the perpetrators of the action *bullying*, and working together with the school and parents of course in dealing with behavior together *bullying*.

Guidance and counseling services need to be provided in every school as stated in the Regulation of the Minister of Education and Culture of the Republic of Indonesia Number 82 of 2015 aimed at preventing and dealing with acts of violence in the school environment. This article explains about preventing and dealing with acts of violence in the unit environment education towards students, by developing

cooperation with parents/guardians of students, educators, education staff, educational units, school committees, the community in accordance with the mandate of the laws in force in Indonesia (Ramadhanti & Hidayat, 2022)

## CONCLUSION

From research that has been carried out by researchers obtained that bullying behavior that occurs within MTs Putra Putri Simo includes: verbal and mental bullying. The factors that cause this occur *bullying* namely, students as actors imitate what they see in the environment residence, is a practice that is carried out accidentally because they often see videos of bullying spread on social media, and problems at the boarding school are often carried to school where the guidance and counseling teacher does not know why because the guidance and counseling teacher for the time being not yet able to enter the scope of the cottage.

The role played by guidance and counseling teachers in preventing behavior *bullying* The goal is to provide guidance and counseling programs implemented in schools by providing classical guidance services, individual counseling services, group counseling services, information services, and also guidance and counseling teachers also provide *punishment* which educates in order to have a deterrent effect on the perpetrators of the action *bullying*. There is minimal socialization and there are still students who do not dare to tell stories or keep cases under wraps. What he experienced is something that needs to be improved by counseling to minimize bullying that occurs at school.

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