

Psycho-Social Disorders Due To Verbal Bullying At The State Junior High School No. 4 Tenggara

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Abstract

Verbal bullying is very difficult to know the signs because there are no physical signs visible. But verbal bullying is more about the psychological side that the victim will remember for the rest of his life. Verbal bullying can also be done secretly, especially in the current social media era, someone can bully others anonymously, so the term cyber bullying now appears. The cause of verbal bullying occurs because of the weak role of parents in the family, the characteristics of students or negative actors, and the opportunity. The impact of verbal bullying experienced by victims is students experiencing psycho-social disorders. As students withdraw from their surroundings, crises of self-confidence, stress, anger, and depression. In addition to the impacts that occur on the victims there are also impacts experienced by the perpetrators. The perpetrators of verbal bullying usually have very high self-esteem, are irritable, and aggressive.

Keywords: verbal bullying; psycho-social disorders; State Junior High School No. 4 Tenggara.

Introduction

Bullying has become a social topic lately, especially with the arrival of former world soccer player David Beckham to Indonesia in March 2018 to discuss the increasing bullying in Indonesia, especially experienced by school children in their social environment. Where David Beckham was appointed by the United Nations Children's Fund (UNICEF) as the ambassador of world bullying. Bullying can actually be experienced by anyone and at any time, but often we do not realize that we ourselves may have been victims of bullying. This is due to our ignorance of bullying. During this time many victims of bullying were exposed to the public with increasingly sophisticated media, even the bullying treatment itself was carried out clearly by recording scenes of how they harassed, belittled, and even acted violently against their other friends, and spread on social media. Usually this often happens among adolescents, adolescence is a period of life full of dynamics, where at that time there were

developments and very rapid changes in themselves. In adolescence they face a period of juvenile delinquency. Psychosocial development of adolescents changes from children to young adolescents, this is something that is interesting to study, because the current period of increasing juvenile delinquency, which is caused by social relationships in school, at home, and daily life.

Victims of violence/abuse usually have quiet characteristics, are not confident, are afraid to defend themselves, bullying usually affects the psychological, physical and social victims. In addition to decreasing bullying learning achievements also results in physical effects such as the lack of appetite and difficulty sleeping. Victims are also susceptible to anxiety as they experience deficiency and withdrawal from association. At an extreme level, some victims even commit suicide. Impacts that affect academics include disruption of academic achievement or often not attending school.

Growing up and becoming a teenager, humans as individuals begin to recognize a wider environment than their families. The socialization experienced by individuals began to expand. Individuals begin to interact with their peers. This makes individual social skills increase. If the values instilled by both parents are absorbed properly, then the social skills possessed by the individual can be better. This is because humans grow and develop from phase to phase without leaving what they have learned from the previous phase. Conversely, if the socialization of values instilled by the family is not absorbed by the child, then the development of behavioral and psychosocial behavior may be hampered. As a result, adolescents begin to show pathological symptoms such as delinquency and other risky behaviors, one of which is bullying.¹ According to Andi Priyatna, that verbal bullying is bully done making fun of nicknames, threatening, scaring the victim. Bullying on victims can be done by spreading gossip, rumors, ostracism, and the like. It could also be done by humiliating the victim through social media such as today which is currently happening among teenagers.²

In this paper we will discuss verbal bullying. This type of verbal bully usually aims to lower the self-esteem of the victim, for example by saying “he smells”, or about other physical things that the victim might have and makes him or her isolated in his environment. Verbal bullying is very difficult to know the signs because there are no physical signs visible. But verbal bullying is more about the psychological side that the victim will remember for the rest of his life. Verbal bullying can also be done secretly, especially in the era of social media now, someone can bully others anonymously, so that the term cyber bullying is now emerging. Verbal bullying is very easy to find and has happened everywhere, as if someone raises a statement or displays an image on social media not a few people who comment on or blaspheme the statement or image. Verbal bullying can occur in the family, association, and educational area. In a family area, it occurs when parents or in the house area often make humble

words, cornering, belittling, or labeling children with negatives that make an ugly stamp ingrained in the child.

After the ugly stamp is inherent in the child, the child's confidence will be relatively low and will affect their living conditions, both their personal life and social life. Often parents unwittingly commit verbal bullying against their children, for example parents often compare one child with another child, yell, and even curse. This will make children easy to feel inferior and not confident. Usually children who often get unpleasant treatment at home will have a negative impact, especially on the mentality of the child. Besides verbal bullying behavior is often also done by peers, in the peer environment there are those who give names to friends with exemplary calls, even though they often assume this is just a joke or humorous but without them realizing that the title has hurt the heart of his friend, besides that in adolescents often make gangs or groups and show themselves that they are more than others, and if in that group there is someone who cannot follow the wishes of his group, then the competitor will become a victim of bullying.

Another impact of verbal bullying is the obstruction of children's development socially and emotionally, and when they are adults later, not a few who cannot rise from their past even they can continue to be victims of verbal bullying. The victims of bullying in adolescence can have a higher tendency to behave aggressively and engage in acts of delinquency and self-destructive behavior, such as wrong association, alcohol abuse, drugs, and suicide attempts. Victims of verbal bullying can also be personal with a variety of psychological disorders, such as anxiety disorders, depression, and emotional instability. As experienced by researchers that in State Junior High School No. 4 (SMPN 4) Tenggarong, there are still many students who are victims of verbal bullying, the area of SMPN 4 Tenggarong is on the outskirts of Tenggarong city, precisely in the Loa Tebu Village, and it can still be said that the environment is very beautiful because it is far from the hustle and bustle of the city, however in this school there are many kinds of students who gather because of the location of SMPN 4 Tenggarong adjacent to other villages outside the Tenggarong District. So that many students from outside Loa Tebu's output went to SMPN 4 Tenggarong 4. This causes differences among students ranging from differences in dialect of language and place of residence, so it is not uncommon for verbal bullying to occur in the school area. Based on the explanation, the problems that will be discussed in this paper are what factors are the causes of verbal bullying in students in SMPN 4 Tenggarong? and how is the impact that victims get after experiencing verbal bullying at SMPN 4 Tenggarong?

Research Method

This research uses a qualitative descriptive research method. The term qualitative research is researching whose findings are not through statistical

numbers or other forms of calculation. According to Suyanto Danang³ that qualitative descriptive research aims to describe the nature of an ongoing study and examine specific causes and symptoms. Besides that, Irawan⁴ argues that the descriptive objective is to describe or explain something as it is, so as to give a clear picture of the situations on the ground as they are. Based on the information from the experts above, it can be concluded that the qualitative descriptive method is an activity that obtains data directly from the subject directly examined. The researcher used this method because he wanted to get a direct and clear picture of the problems formulated and appeared in SMPN 4 Tenggarong.

The data validity technique in this study uses triangulation. Triangulation is a technique of checking the validity of data by utilizing something else outside the data to check or compare the data. In this study the researchers used two types of triangulation namely source triangulation and technique triangulation. Source triangulation is to test the credibility of the data by checking some data through the source. This source triangulation was used by researchers to find data sources from students of SMPN 4 Tenggarong. While triangulation technique is to test the credibility of data to the same source with different techniques. Triangulation of this technique is used by researchers after getting the results of interviews which are then checked with the results of observation and documentation. From this technique, it will produce a conclusion related to the impact of verbal bullying on psychosocial students of SMPN 4 Tenggarong.

Results and Discussion

1. Factors Causing Verbal Bullying in Students at SMPN 4 Tenggarong

Depression is a mental disorder that is common throughout the world, with an estimated 350 million people of all ages suffering from depression.⁵ Adolescence is the emotional crest of high emotional development. In early adolescence emotional development shows a very sensitive and reactive nature of various events or social situations, emotions are negative and temperamental (irritable or angry, easily sad or moody), while the late teenager is able to control his emotions.⁶ The incidence of depression in adolescents is related to negative events related to peers, not having close relations with friends, lack of communication with friends and rejection from friends can increase the tendency to experience depression in adolescents.⁷

Based on research conducted at SMPN 4 Tenggarong, that the school has students who have behavior like doing bullying against their friends. Students who are male are more likely to experience and do bullying. The factor of bullying is:

Family environment factors, we know that the behavior of adolescents is very dependent on the role of parents, this is because parents are the primary circle in the most intensive inter-human relations and the earliest occurs in the

family. Parents play an important role in controlling behavior from children. The better the family environment, the better the behavior of a child. In addition to the opinions of researchers, this was confirmed by the results of interviews of researchers with school principals, BP teachers, Islamic religious teachers where they mentioned the causes of bullying usually occur because of education from the family. For example, the offender who comes from the family is students with the initials “H”, he was a child who grew up and developed in a family environment that was not harmonious. “H” was taken care of by his uncle and aunt. According to Oliver, et.al.,⁸ put forward six characteristics of family background factors that influence bullying behavior on someone, namely:

- An emotional environment that is frozen and rigid in the absence of caring for each other and giving warm affection.
- Parenting permissive with all-permitting parenting, very few rules, limiting behavior, small family structure.
- The alienation of family from the community, lack of awareness of living in a community, and lack of family trust in community activities.
- Conflicts that occur between parents, and disharmony in the family
- Use of discipline, parents fail to punish or even strengthen the behavior of aggression and fail to give awards.
- Authoritarian parenting using control and punishment as a form of high discipline, parents try to make households with standard and rigid rules.

This is in line with several studies conducted by Mc. Cord⁹ shows that rejection, abuse, mistreatment, and parental attitudes toward children tend to cause children to act aggressively including bullying.¹⁰ In a normal family life or as it happens in general since being born into the world, children live in a family environment and get care from both parents. The first thing that fills the personality of the child is none other than everything in the family where the child lives or is raised and raised in it. His parents may or may not have instilled in the child the habits inherited from the ancestors and other influences he received from the community. Meanwhile, the child will accept the things or teachings given by the parents with their imitation and pleasure, even though he sometimes does not realize or knows the purpose and goals to be achieved from education in the family.¹¹

Factors of child characteristics, that here researchers found children who were bullying perpetrators were students with the initials “RR” and other students with the initials “IR”, in the case of “RR” researchers found that when researchers conducted interviews “RR” had shown a challenging attitude towards researchers. this shows that “RR” has bad behavior in interacting with other people. While “IR” the researcher found that he wanted to be a person who was respected and respected by his friends, especially his younger siblings. He

wants to show that he has power over other people. This is reinforced by Santrock's opinion¹² which states that actors who can cause bullying are individual personalities, in this case the personality which is defined by the characteristics of someone's attitude and behavior. For individuals who have negative personalities, such as being aggressively verbal or nonverbal, suspicious, hostile, antisocial behavior; tend to distance friendship.

Factors of Opportunity and Circumstances, in this case the researchers found that bullying could occur because of the opportunity and circumstances. Why can the writer conclude this? Because at the time of the study, researchers found the perpetrators of verbal bullying made use of the condition of students who had weak points. Like students with the initials "R" who became a victim of verbal bullying, he has a weakness that is not being able to read, this makes "R" an easy target for ridicule at the school.

2. The Impact of Verbal Bullying for Students of SMPN 4 Tenggara

Based on research through interviews of the seven victims of verbal bullying at SMPN 4 Tenggara in early August 2018, researchers can draw conclusions that victims experience psychosocial negative impacts such as: crisis of self-confidence, withdrawal from friends, quiet, not open to the school environment or the family environment of the victims and some even feel depressed, depressed, and frightened. For victims who experience visible psychosocial impacts on students with the initials "M". from the results of research in the field that "M" was depressed, he never even wanted to tell anyone the problem, both the school teacher and parents at home. "M" had an appetite disorder which resulted in her drastic weight loss, "M" also never wanted to go to school for one week because she was depressed by the treatment of her senior classmates who always bullied her.

The next victims who experience the psychosocial impact are students with the initials "R1", "R2", and "R3". They experienced verbal bullying from their one-class park they were ostracized, no one wanted to be friends with them. This resulted in the three of them withdrawing from the social environment of their classmates even though they did not have the confidence to hang out in the school area of SMPN 4 Tenggara. While the victim students with the initials "I" also experienced a sense of insecurity and pressure in the school because she was a bullying victim from her senior. This has a psychological impact on victims because victims feel pressured and afraid to meet the perpetrators.

For students with the initials "Z" he experienced a psychosocial impact on the school environment because he experienced bullying from his classmates, "Z" felt he was always intimidated by his friends starting from elementary school, even he always got threats. This resulted in "Z" feeling depressed and helpless to defend himself. The case experienced by students with the initials "R" was a mockery of his schoolmates, "R" also got the nickname that was

pinned to him. But as long as the researcher conducted the “R” research did not show any sense of stress he could face the ridicule of his friends, even though according to him sometimes felt uncomfortable with the title pinned to him.

Teachers and parents must know what important role they play in the child's psychological development. Children will develop with or without adult guidance. The question is, "how do they develop without coordinated guidance supported by research in developmental psychology and research information about the lives of students in school? The answer is that it is impossible for them to develop effectively and without pain if there is no support from parents, teachers". For this reason, commitment in supporting the psychological development of students is very necessary.¹³ While according to the BK teacher that the impact of bullying experienced by victims resulted in students' fear that resulted in students not wanting to go to school anymore, and according to the principal the answer was almost the same as the BK teacher but there were also students who withdrew from the association, for the Islamic teacher's opinion Verbal bullying for students is more solitary, and can not be confused with the surrounding environment. If a person has psychosocial pressure, it is certain that the child will experience psychological disorders in interacting with the surrounding environment. Victims will usually reject and break social relations with others. According to Ken Rigby,¹⁴ psychological or physical repression or repression of someone will have less power or power, by someone or a stronger group.

The bully victim will feel depressed and angry when he is bullied continuously and lasts a long time. He might be angry with himself, it could also be against the bullying perpetrators, towards the people around him and against adults, certain parties, their families and people around who do not want to help him or protect him. This then began to affect his academic performance. So that over time the victims of bullying cannot emerge in constructive ways to control their lives, and may retreat far from social life or isolate themselves.¹⁵ In addition to the effects of verbal bullying on victims it turns out that bullying actors also have an impact from bullying. As found by researchers in the field that bullying has too much self-confidence, irritability, and aggressiveness. This can be found in the perpetrators of verbal bullying students with the initials “IR” and “RR”, they have very high self-esteem and are easily angry and show an aggressive attitude.

Conclusion

The cause of verbal bullying occurs because of the weak role of parents in the family area, the characteristics of students or negative actors, and the opportunity. In a family area, parents are the people who know the growth and development of a child, both in forming the attitudes and character of a child. Characteristics of students who are negative towards their friends such as having

no empathy, not willing to budge, always feel right, emotional and selfish. While the cause of the opportunity is where the perpetrator uses the situation or condition of the victim to do verbal bullying, such as the shortcomings and weaknesses of the victim. The impact of verbal bullying experienced by victims is students experiencing psycho-social disorders. As students withdraw from their surroundings, crises of self-confidence, stress, anger, and depression. In addition to the impacts that occur on the victims there are also impacts experienced by the perpetrators. The perpetrators of verbal bullying usually have very high self-esteem, are irritable, and aggressive.***

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Endnotes:

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