

Counseling Guidance to Complete Children's Mental in Case of Bullying in The School Environment

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ABSTRACT

Guidance and counseling on the mentality of students who are victims of bullying in schools is very influential. The effect of guidance and counseling is indicated by the improvement in the mental condition of students who are victims of bullying at school after individual treatment. This study aims to overcome the mentality of students who are victims of bullying at Waringin Middle School. The results showed that the mental health of students through four indicators of mental health, namely improving with scores before treatment 29.7% and after treatment 90.625%.

Keywords: guidance and counseling; mental health; enrichment subjects

INTRODUCTION

Through social media as well as print and electronic information, news always emerges about the tragedy of domestic violence, crime, sexual harassment, rape, murder, prostitution, bullying in schools, and various other crimes. This illustrates the condition of public health is not good or is called sick. Society is experiencing a moral and spiritual crisis. The phenomenon of moral and spiritual crisis is no longer against adults but has involved children. From the current state of society, it can be seen that the mental health condition of each individual cannot be generalized. This condition makes the urgency of discussing mental health to be able to find, maintain, and optimize mental health conditions in dealing with everyday life (Dewi, 2019). Prof. Drs. Subandi, MA, Ph.D., a psychiatrist said that the problem of mental disorders and health has quite complex dimensions. Mental health is not only related to medical or psychological problems, but also has socio-cultural dimensions to spiritual and religious dimensions (Matta, 2016). Mental health can impact bad for patients, both those with problems from social media influence or Bullying accepted from environment friendship or school.

Bullying that occurs in the school environment has become a global problem. Not a few parents and schools are of the view that bullying only happens to students with junior high and high school levels even elementary school level, even though in fact many of them also occur in children from the age range of 3 to 12 years. It is at this age that bullying cases get less attention because it is considered a natural thing (Sari & Azwar, 2018). The results of data obtained from the Indonesian Child Protection Commission (KPAI) in 2018, found 161 cases in the field of education, 36 (22.4%) were cases with children who were victims of violence and bullying, while cases of children who were perpetrators of violence and bullying were 41. (25.5%) (Eliasa, 2017). UNICEF says 21% of bullying cases occur in children. The seriousness of the problem of bullying is not only serious for those who are victims, but is a big problem for all. Victims of bullying can turn into bullies in the future. Bullying is an act that shows more aggressive and manipulative behavior, which can be done by one or more people who are shown to others, often contains violence and shows an imbalance of power between the victim and the perpetrator of bullying

(Rahayu & Permana, 2019). (Truelove et al., 2014) states that there are four factors that can cause a person to behave in bullying, including individual, family, environmental, and peer factors (ZAKIYAH et al., 2017). Elementary school students are in school age between the ages of 6 to 12 years. This school age is referred to as the intellectual period, where children will begin to think concretely and rationally to face new challenges. The period of school-age children is the stage where children are considered to be starting to take responsibility for their own behavior and imitate what they see (Putra & Yusuf, 2022).

The tremendous impact of bullying will occur on both the perpetrator and the victim. Perpetrators will have a strong character, and feel they have power, victims of bullying will feel anxious, can increase towards depression which can end in suicide. Victims of bullying will reflect on what actions have been received, other extreme actions victims will take revenge on the perpetrators of bullying which of course in a more extreme form. Victims of bullying will change conditions into bullies (Kusuma, 2016). Bullying has been recognized as a trigger for health problems for school children, especially children at the elementary school level, because they are associated with various adjustment problems including poor mental health and violent behavior (Kusuma, 2016). Bullying has a great opportunity to be imitated, students who do bullying can happen after they themselves have been bullied, for example, they have been hurt by a stronger person, such as a parent, older sibling, or a more dominant peer (FATMAWATI, 2016). Next, we look at educational institutions as a forum for producing human resources that are expected to be able to continue the relay of nation building, the processes that occur in them actually contain torture and violence. How is it possible that superior human resources will be formed? It is feared that there will be candidates for dictators and “bandit bandits” or fragile minds who are tired of being victims of torture.

The problem of bullying becomes interesting to discuss because of the concerns above so it is necessary to find a way out or an effort to overcome it. Associated with efforts to overcome the problem of bullying in the world of education, counselors as one of the educators in schools can play a role. (ZAKIYAH et al., 2017) explains the existence of guidance and counseling in schools in terms of their usefulness, benefits or advantages which are called BK functions including (1) understanding functions (2) prevention functions (3) alleviation functions (4) maintenance and development functions and (5) advocacy function. So, at the elementary and secondary school levels, school counselors or who are still called Guiding Teachers can become advocates because counseling services for students contain an advocacy function. According to Naftalia in a webinar the Ministry of Women's Empowerment and Child Protection (Kemen PPPA, 2021). 4 of these indicators are adequate security or a reasonable level and free from fear, able to assess oneself fairly and objectively, spontaneity and adequate feelings towards others, and have accurate contact with reality.

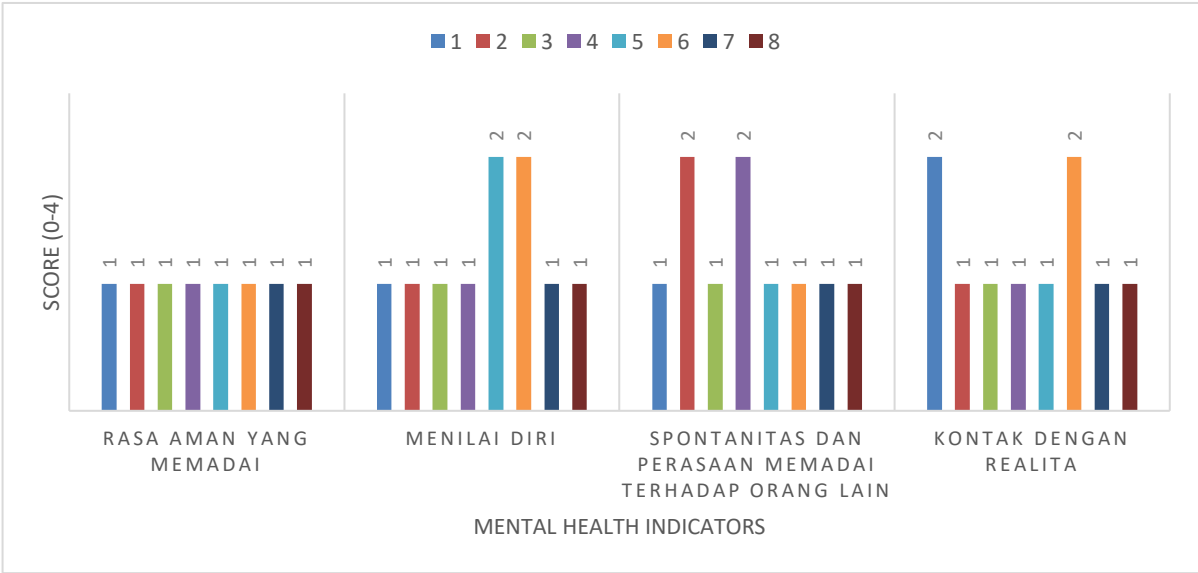
METHODS

The research method used is method study descriptive, that is something method study which showed for describe phenomena which there is, which takes place at this moment or moment which past. Method descriptive according to Sugiono is setting focus study, choose informant as source data, perform data collection, assess quality data, analysis data, interpret data, and make conclusion on the findings (Sugiyono, 2015). Data in study this is profile literacy learners. Location in study This was done at Waringin Middle School. Samples in study this is student class VIII in 2021-2022 academic year which amounted to eight person. Instruments used in research is test questionnaire which concerning four indicator child mental health with form

description free before and after existence guidance counseling. Type data which collected in the form of data quantitative that is score results test. Children's mental health could seen from four indicator the how be delivered (Ministry of PPPA, 2021).

RESULTS AND DISCUSSION

Results Participants ' Mental Health Educate Before Existence Guidance Counseling to Participant Educate



Graph 1. Score (0-4) 8 Participants Learners Who Experience Bullying at School Through Four Child Mental Health Indicators Before To do Guidance Counseling

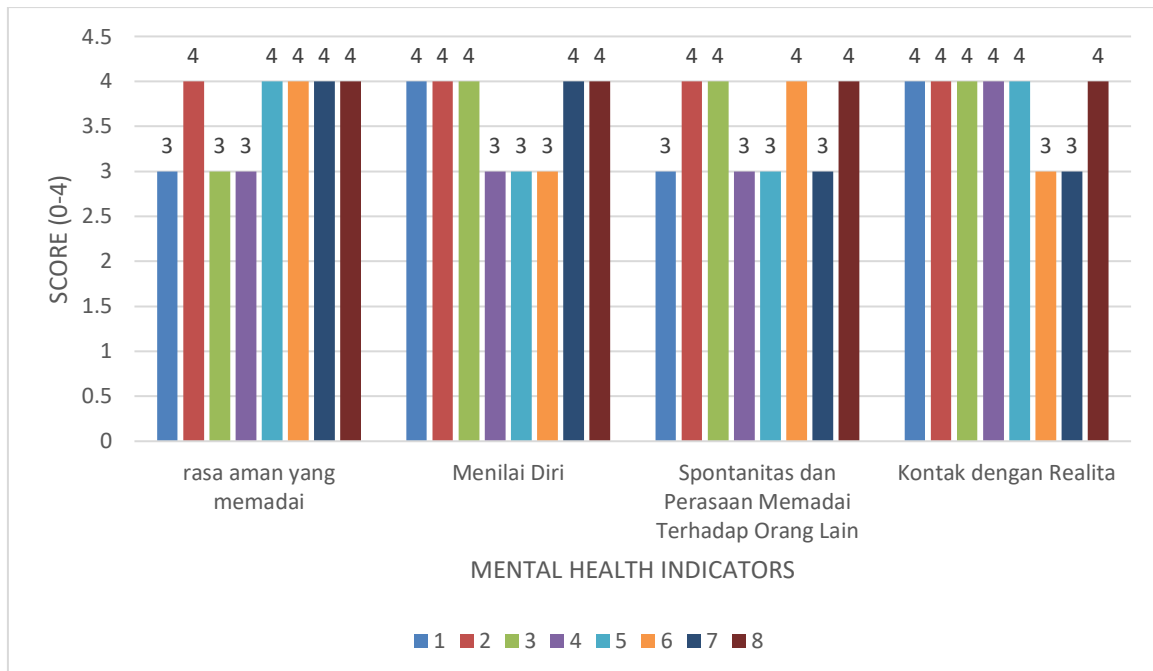
From the graph above showing that, before handling through guidance counseling to eight participants Waringin Middle School students who experienced bullying at school really weak. Weakness that take effect to the mentality of participants students who experience proven bullying at school with results questionnaire with four indicator mental health.

Table 1. Average Percentage of Participants Learners Who Experience Bullying Before To do Guidance Counseling

Mental health indicators;	Average score Scale (0-4)	Percentage Value (%)
Adequate sense of security	1	25
Self Appraisal	1.25	31.25
Spontaneity and Sufficient Feelings towards Others	1.25	31.25
Contact with Reality	1.25	31.25

The average of the four indicators is 29.7%. The average showing that mentally weak before given treatment guidance counseling to participant Waringin Junior High School consequence bullying that occurs at school.

Results Participants ' Mental Health Educate After Existence Guidance Counseling to Participant Educate



Graph 2. Score (0-4) 8 Participants Learners Who Experience Bullying at School Through Four Child Mental Health Indicators After To do Guidance Counseling

From the graph above showing that , after conducted handling through guidance counseling to eight participants _ Waringin Middle School students who experienced bullying at school really increase . Increase that take effect to the mentality of participants students who experience proven bullying at school _ with results questionnaire with four indicator mental health .

Table 2. Average Percentage of Participants Learners Who Experience Bullying After To do Guidance Counseling

Mental health indicators;	Average score Scale (0-4)	Percentage Value (%)
Adequate sense of security	3,625	90.625
Self Appraisal	3,625	90.625
Spontaneity and Sufficient Feelings towards Others	3.5	87.5
Contact with Reality	3.75	93.75

The average of the four indicators is 90.625%. The average showing that mental improvement after given treatment guidance counseling to participant Waringin Junior High School as a result of bullying in schools.

CONCLUSION

Guidance and counseling the mental impact of bullying victims at school is very influential. Influence from guidance and counseling be marked with getting better participant 's mental state students who are victims of bullying at school. Study this aims to overcome the mentality of eight participants students who are victims of bullying at the Waringin Middle School. H result study show that participant mentality educate through four indicator mental health on a scale

assessment (0-4) that is improve.

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