



“Stop Bullying No Fear Seminar” at SMP IP Darut Taqwa Dusun 09 Karang Anyar Village Labuhan Maringgai

*Habib Ismail,¹ Abid Assidiqi Zahra,² Cindy Eka R.,³ Eva Ainur Rizqi,⁴
Eva Yuniarti,⁵ Irsyad Syafe'i⁶
^{1,2,3,4,5,6} Universitas Ma'arif Lampung, Indonesia
*email correspondence: habibismail@umala.ac.id

Abstract

The seminar “Stop Bullying No Fear” at SMP IP Darut Taqwa, Dusun 09, Karang Anyar Village, Labuhan Maringgai Regency. Aims to raise students’ awareness and understanding of the negative impacts of bullying and prevention strategies. This event involves all school components, including teachers, students, and parents, in an effort to create a safe and bullying-free learning environment. The method used in this seminar is a participatory approach, where participants are actively engaged through interactive discussions, educational video screenings, and bullying situation simulations. This approach is designed to help students understand various forms of bullying, such as physical, verbal, social, and cyberbullying, as well as their long-term effects on victims. The results of this seminar show a significant improvement in students’ understanding of bullying. Students are more capable of identifying bullying actions and understanding their crucial role in preventing and responding to such situations. Additionally, the seminar encourages the development of an inclusive and respectful school culture, where every individual feels safe and valued. The active participation of all school elements in this seminar is expected to foster a collective commitment to eradicating bullying. Thus, SMP IP Darut Taqwa can serve as a model for other schools in creating an educational environment free from bullying, supporting students’ positive development.

Keywords: *Bullying prevention and effects of bullying*

INTRODUCTION

Bullying is a major problem in schools in Indonesia and many other countries. Data released by the Ministry of Education and Culture of the Republic of Indonesia shows that, although various efforts have been made to reduce bullying incidents, bullying incidents among students are still quite high. Victims of bullying not only experience severe psychological impacts, but can also interfere with the child’s social and academic development.

According to the 2006 Big Indonesian Dictionary, bullying is known as harassment or acts of violence that are carried out continuously.¹ The term bullying has now been frozen so that there is no need to use a foreign language, even though bullying has been translated, it has the same meaning.



Bullying can cause various emotional problems in victims, such as anxiety, depression, and a tendency to withdraw from socializing. This shows the importance of preventive measures in dealing with bullying in the school environment, especially at the elementary level.² Although various programs have been implemented to prevent bullying, such as training for teachers and anti-bullying campaigns, many schools still face obstacles in implementing these programs effectively.

In addition, there are many reasons why bullying still often occurs in elementary schools. One of the contributing factors is the lack of understanding of the importance of character education to foster positive social behavior. Thus, a broader and more integrated approach is needed to prevent bullying.

The problem of verbal bullying is carried out by students by cursing, making fun of, intimidating, mocking the names and jobs of friends' parents who are financially different or have a low economy. Based on the results of observations and interviews, bullying can be caused by factors of broken homes (unintact families), friendship environments, social media or inappropriate shows to watch such as violence.

Based on the discussion above, it can be interpreted that bullying behavior can be caused by these factors. This bullying behavior is very detrimental to oneself and others, efforts that can be made to overcome and prevent bullying require the role of parents, teachers and peers to contribute to preventing bullying. "I have handled a case of cyberbullying at the junior high school level, it turns out that they do not understand that commenting, posting on social media with inappropriate sentences is part of bullying, so I emphasize here that your sentences or comments on social media that are inappropriate to post and shown to other people are one of the acts of bullying," said the seminar speaker.

The purpose of this service is for students to implement a character education program that focuses on preventing bullying in schools. This program aims to increase student awareness of the importance of mutual respect and appreciation for each other, provide training to teachers and educators in recognizing signs of bullying and how to deal with it, build an inclusive school environment where all students feel safe and valued. Through the implementation of systematic and sustainable character education, it is hoped that students can form a more positive mindset in interacting with their peers, thereby reducing the number of bullying in the school environment.

The "Stop Bullying, No Fear" education seminar was held at SMP IP Darut Taqwa with the theme "Stop Bullying, No Fear: Building a Generation Without Intimidation." It is hoped that this seminar can bring positive changes to the next generation, so that a society free from bullying can be created.

METHOD

In this study, the method used is service learning, namely an experience-based learning approach that combines academic theory with service activities for students.³ This method was chosen because it can provide dual benefits, namely increasing students' understanding of the stop bullying no fear educational seminar material while also providing a real contribution to students.

This study uses a qualitative approach with a participatory model. This data was analyzed by conducting a qualitative descriptive approach where the results of observations, interviews, and reflections of students were analyzed to obtain an in-depth picture of the effectiveness of the service learning method in learning and its impact on students.

With this approach, the study is expected to contribute to understanding how service learning is an effective and efficient method in improving academic and social skills while helping students in real terms.

As is known, this stop bullying no fear education seminar is part of an effort to form harmonious character and social attitudes. This is an effort to provide assistance to students so that they are able to create a tolerant environment, empower themselves productively, and play an active role in achieving a safe, peaceful and prosperous community life.

RESULTS

"Stop Bullying No Fear" is a slogan that carries the courage to fight intimidation and violence. As an effort to raise students' awareness of the dangers of bullying and provide practical guidance to deal with and prevent such behavior. This event was directly presented by one of the KKS participants, namely Mr. Khoirul Abdul Majid.

In his presentation, he explained that bullying is a series of aggressive actions that are deliberately carried out to hurt others repeatedly, without thinking about the psychological impact experienced by the victim. He outlined several types of bullying that often occur in the school environment, including physical bullying, verbal bullying, relational aggression, and cyberbullying. Each form of bullying has a damaging effect on the mental and social well-being of the victim, and can have a serious impact on their self-confidence and well-being.

In the seminar, Mr. Khoirul Abdul Majid also presented a number of case studies on the negative impacts of bullying, such as students who feel afraid or reluctant to come to school, feelings of isolation, to the loss of enthusiasm for learning. "Bullying not only causes physical injuries, but also leaves deep emotional wounds," said Khoirul Abdul Majid. He emphasized that victims of bullying often experience academic decline, anxiety, and even depression, which affects their overall development.

In closing, Mr. Khoirul Abdul Majid gave practical tips to students on how to deal with bullying. He advised to stay calm and not show fear, maintain a confident attitude, and record every incident for evidence. In addition, he also encouraged students not to hesitate to report bullying to the school or adults who can help.

This seminar is expected to be an effective first step in educating students about the dangers of bullying and motivating them to look after and respect each other, creating a healthier school environment and supporting student development.



Figure 1. Presentation of seminar



Figure 2. Together with seminar participants

Table 1. Seminar participants

Level	Class	Number of participants	Description
Junior	VII	59	Male and female participants
High	VIII	33	
School	IX	20	

DISCUSSION

The seminar was held on Monday, February 17, 2025. The seminar aims to raise awareness about the dangers of bullying and provide an understanding of how to identify, prevent, and its negative impacts, as well as equip students with strategies to deal with bullying. The effectiveness of the seminar in raising students' awareness of the importance of understanding bullying from various aspects.

Several experts have defined bullying from various perspectives. However, within these differences there are similarities in the main elements, namely aggressive behavior that is deliberate, occurs continuously and involves an imbalance of power between the perpetrator and the victim of bullying.

Bullying is negative behavior that can cause someone to feel uncomfortable or hurt, which occurs repeatedly and is characterized by a balance of power between the perpetrator and the victim. Bullying is a form of aggressive behavior, it can be like teasing, insults or even threats. And often leads to aggressive actions. Bullying is an imbalance of power, where a person or group uses their power to hurt, intimidate, or exclude another person. Bullying is a form of repeated, deliberate aggression, whether physical, verbal, relational, which can cause the victim to feel helpless.⁴

From several opinions of the experts, it can be interpreted that bullying is aggressive behavior that is deliberate and repeated. And where the perpetrator takes advantage of the victim's weakness to hurt the victim, both physically and psychologically.

Bullying is an aggressive act that is done intentionally by an individual or group to hurt or intimidate others. This act can be divided into several types, including physical bullying, verbal bullying, and cyberbullying. Physical bullying involves direct contact that can involve physical injury or discomfort to the victim. Examples of physical bullying include: Hitting or kicking, these actions trigger violence and can cause physical injury to the victim; Pushing or pulling, these actions cause the victim to lose and feel threatened; Pinching or scratching, these actions cause pain and discomfort to the victim; Damaging the victim's belongings, these actions are like intimidating the victim; Can occur at school, public places, or even at home.

Verbal bullying is the use of words or speech to hurt, demean, or insult others. Some examples of verbal bullying include: Giving insulting nicknames, such as calling someone by names and demeaning or disliked; Insulting someone's appearance or background with negative comments about someone's physique, clothing or origin; Spreading slander, spreading false information that can damage someone's reputation; Threatening verbally, which is an act of intimidation so that the victim feels threatened.

Social bullying, including: Isolating or ignoring the victim of bullying; Spreading rumors or slander against the victim of bullying; Obstructing the victim's social relationships; Humiliating the victim in public; Controlling and manipulating

the victim of bullying. Social bullying often has a greater impact than physical bullying because the psychological effects can last a long time, such as loss of self-confidence, anxiety and depression.

Cyberbullying is a form of bullying that is carried out via digital platforms or social media.⁵ Examples include sending insulting or threatening messages or comments, spreading embarrassing photos or videos without permission, creating fake accounts to damage someone's good name and excluding someone from an online group. Cyberbullying can happen anytime and anywhere, with its widespread and anonymous nature. Its impact can be very detrimental, and cause victims to feel stressed, anxious and even depressed.

Bullying is a negative behavior that is often faced by individuals, especially in school or social environments.⁶ In addition to the physical impact, bullying also has significant psychological impacts on victims. Psychological impact is a negative effect that occurs on a person's mental and emotional condition due to an event. This impact changes the way victims think, feel, and behave in the short and long term. Stress and anxiety, victims often feel afraid or insecure due to the intimidation they experience can disrupt their mental well-being. Low self-confidence, the experience of being continuously belittled can make victims feel worthless and lose confidence in their own abilities. Depression and social isolation, prolonged bullying can cause feelings of deep sadness and a tendency to withdraw from social interactions. Eating and sleeping disorders, stress due to bullying can affect eating and sleeping patterns. Suicidal thoughts, in severe cases the victim feels hopeless to the point of considering suicide as a way out.

Social impacts are changes that occur in the way victims interact with others and their environment due to bad experiences. Withdrawing from the social environment, victims avoid socializing for fear of being judged or intimidated. Difficulty in establishing relationships, victims find it difficult to trust others and have difficulty building healthy social relationships. Decrease in academic achievement, victims lose motivation to learn due to the mental pressure they often experience. Changes in behavior, victims can become quiet or, conversely, more aggressive as a form of self-defense.

Teachers have a strategic position in creating a safe and comfortable school environment for all students. What teachers can do is educate themselves and students about bullying, create a positive classroom atmosphere, and be a role model in behavior.

Parents have a major role in shaping a child's character and behavior. There are several things that parents can do, namely by establishing open communication with children, providing education about empathy and respect, working together with the school. This can minimize bullying of students.

Peers certainly have a big influence in the lives of children and adolescents. With this, peers can contribute to preventing bullying, namely by being supporters

for friends who are bullied, rejecting and reporting bullying, and behaving positively. With that healthy and supportive friendship, peers can create a social environment that rejects bullying.

Bullying is an act of violence, either physical or psychological, that is carried out against other people.⁷ Bullying has several causal factors, including: The perpetrator's personality tends to be aggressive, and is less able to consider his actions; Family conditions with unhealthy parenting patterns, violence, neglect, and lack of affection; The school environment can also be a cause of bullying. Namely with minimal supervision, unclear rules, and discrimination; Peer groups have the potential to cause bullying. For example, gangs or certain groups that bully weak friends; Social factors such as poverty cause discrimination against minority groups. As well as the influence of media that does not provide education; Childhood experiences such as trauma or events that affect psychological development; Social pressure demands encouragement to adapt to the social environment; Social media and entertainment. Exposure and displays of violence on social media or digital games; Psychological disorders due to having experienced bullying, having low self-confidence or experiencing stress. These factors can contribute to the emergence of bullying behavior in various situations and conditions.

CONCLUSION

The stop bullying no fear seminar successfully increased students' awareness of the negative psychological and social impacts of bullying, as well as how to overcome and handle it. From the evaluation results, 80% of students admitted to better understanding the types of bullying and how to report it. Students not only have an emotional and psychological impact on victims, but also affect the community environment. In addition, this seminar provides students with strategies to deal with it in a more effective way. The importance of insight into creating a supportive and safe environment, both from schools and the community environment. Thus, this seminar has achieved its goal of increasing awareness, encouraging, respecting, and appreciating each other.

The purpose of this service is for students to implement a character education program that focuses on preventing bullying in schools. This program aims to Increase students' awareness of the importance of behavior that respects and appreciates each other, Provide training to teachers and educators in recognizing signs of bullying and how to deal with it, build an inclusive school environment where all students feel safe and appreciated.

ACKNOWLEDGEMENTS

We would like to express our deepest gratitude to Mr. Sohit, S.Pd.I, for the welcome and opportunity given to us to hold a seminar at SMP IP Darut Taqwa. We would also like to thank all the teaching staff and other parties involved directly or

indirectly in the implementation of this event. We would also like to express our gratitude to Universitas Ma'arif Lampung for the support that has been given.

REFERENCE

- ¹ Wijayanti CP, Uswatun AT. Perangi Tindak Perundungan (Bullying) dengan Penanaman Pendidikan Karakter Sejak Dini Pada Peserta Didik Sekolah Dasar. In: *Prosiding Seminar Nasional Pagelaran Pendidikan Dasar Nasional (Ppdn)*. Vol 1.; 2019, 16-26.
 - ² Putri E, Ismail H, Setiawan A. Analisis Problematika Bullying Perspektif UU No 35 Tahun 2014. *Jurnal Tana Mana*. 2023, 4(1): 1-9. <https://ojs.staialfurqan.ac.id/jtm/article/view/268>
 - ³ Bukidz DP. Penerapan service learning dengan metode hybrid untuk mengembangkan motivasi kegiatan pembelajaran. *Jurnal Sinergitas PKM CSR*. 2022, 6(3): 1-7.
 - ⁴ Awiria O. Bullying at school-what we know and what we can do. Published online 1994. <https://doi.org/10.1111/j.1469-7610.1994.tb01229.x>
 - ⁵ Anisah A, Nazib F, Putri CM. Perundungan Dunia Maya (cyberbullying) dan Cara Mengatasi Perspektif Islam. *Jurnal Pendidik Agama Islam*. 2024, 3(1): 201-212.
 - ⁶ Husnunnadia R, Slam Z. Pencegahan bullying di sekolah: Mengimplementasikan pendidikan dan kewarganegaraan untuk penguatan hak dan kewajiban anak. *JPK (Jurnal Pancasila dan Kewarganegaraan)*. 2024, 9(1):28-42.
 - ⁷ Herawati N. Gambaran Faktor-Faktor Penyebab Terjadinya Perilaku Bullying pada Anak: Overview of Factors Causing the Occurrence of Bullying Behavior in Children. *NERS Jurnal Keperawatan*. 2019, 15(1): 60-66.
-