

## Pengaruh terapi gestalt terhadap harga diri remaja korban bullying di Sekolah Menengah Pertama = Effect of gestalt therapy against increase self esteem in adolescents victims of Bullying in School

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### Abstrak

Kejadian bullying pada siswa Sekolah Menengah Pertama Negeri sebesar 42.8 sesuai dengan data Dinas Pendidikan Kota Sukabumi. Tujuan penelitian ini adalah untuk mengetahui perbedaan pengaruh antara terapi Gestalt dan pendidikan kesehatan tentang bahaya bullying terhadap harga diri remaja korban bullying. Desain penelitian ini menggunakan Quasi-experimental pre post with kontrol group dengan jumlah responden sebanyak 40 orang. Analisis menggunakan Dependen T Test dan Independen T Test. Terapi gestalt diberikan pada kelompok pertama dan pendidikan kesehatan tentang bahaya bullying diberikan pada kelompok kedua. Harga diri remaja korban bullying yang mendapatkan terapi gestalt lebih tinggi secara bermakna dibandingkan dengan harga diri remaja korban bullying yang mendapatkan pendidikan kesehatan tentang bahaya bullying. Terapi gestalt direkomendasikan diberikan pada remaja korban bullying.

.....The incidence of bullying in junior high school students amounted to 42.8 according to data from the Department of Education Sukabumi. The purpose of this study was to determine the effect of the difference between Gestalt therapy and health education about the dangers of bullying against young victims of bullying dignity. This study design using Quasi experimental pre post with control group with the number of respondents as many as 40 people. Analysis using T Test Dependent and Independent T Test. Gestalt therapy is given to the first group and the health education about the dangers of bullying given to the second group. Esteem young victims of bullying are getting gestalt therapy is significantly higher than the price of adolescent victims of bullying who received health education about the dangers of bullying. Gestalt therapy is recommended given to young victims of bullying