

Hubungan Tindakan Bullying dengan Tingkat Resiliensi Siswa SMP di Jakarta Selatan = The Relationship between Bullying Actions and Level of Resilience in Junior High School Students in South Jakarta

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Abstrak

Siswa SMP (Sekolah Menengah Pertama) masuk dalam fase usia remaja, dimana mereka mulai mengalami pencarian jati diri. Siswa SMP dapat melakukan segala hal untuk mendapatkan pengakuan dari orang lain yang menyebabkan mereka beresiko menjadi target bullying agar dapat diterima kelompok. Bullying dapat menimbulkan dampak negatif yang berkepanjangan apabila siswa SMP tidak memiliki kemampuan resiliensi. Penelitian ini menggunakan metode kuantitatif dan rancangan cross-sectional. Pengambilan sampel dilakukan menggunakan teknik Cluster Sampling dengan jumlah sampel 442 siswa. Penelitian ini menggunakan kuesioner The Revised Olweus Bully/Victim Questionnaire dan Resilience Quotient Test. Penelitian ini menggunakan uji Chi-Square dengan hasil terdapat hubungan yang signifikan antara tindakan bullying dengan tingkat resiliensi ($p = 0,049 < 0,05$). Berdasarkan hasil penelitian, peneliti merekomendasikan untuk merancang program intervensi sebagai upaya mencegah tindakan bullying serta mampu membantu siswa untuk meningkatkan resiliensi.

.....Junior high school students are in the phase of adolescence, where they begin to experience self-discovery. Junior high school students can do anything to gain recognition from others which puts them at risk of becoming targets of bullying in order to be accepted by the group. Bullying can have a prolonged negative impact if junior high school students do not have resilience skills. This study used quantitative methods and cross-sectional design. Sampling was conducted using Cluster Sampling technique with a total sample of 440 students. This study used The Revised Olweus Bully/Victim Questionnaire and Resilience Quotient Test. This study uses the Chi-Square test with the results there is a significant relationship between bullying actions and the level of resilience ($p = 0.049 < \hat{I} \pm 0.05$). Based on the results of the study, researchers recommend designing intervention programs as an effort to prevent bullying and help students to increase resilience.