

Adolescent Spiritual Health Is Related To Bullying Behavior

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DOI: 10.47750/pnr.2022.13.S09.274

Abstract

Background: Bullying is any form of violence that is carried out intentionally by one person or a group of stronger people towards another person, with the aim of hurting and being carried out continuously. The high level of juvenile delinquency is due to the low level of intelligence that adolescents have which results in the ability to analyze every problem, control attitudes and behaviors and distinguish right and wrong actions, less possessed by adolescents. **Purpose:** There is a bullying problem that occurs in SMA 1 Pleret, so researchers are interested in conducting research with the aim of analyzing the relationship between spiritual health and bullying behavior. **Method:** This research is a quantitative study with a cross sectional design. The population in this study was high school students of N 1 Pleret. Sampling in this study used purposive sampling with the criteria of students who were active in SMA N 1 Pleret and students who were willing to take part in the study, namely 190 students. Instrument questionnaire has been tested and declared valid and reliable used in this study. An analytical test using spearman rank was used to test the relationship of spiritual health to bullying behavior in adolescents at school. **Results:** The majority of respondents committed verbal, physical and relational bullying in the category of low bullying rates. The spiritual health of the majority respondents was in the moderate category. The results of the spiritual health bivariate test with the type of bullying showed the results of the type of verbal bullying with a p-value of 0.038 and physical bullying with a p-value of 0.008. This figure shows the relationship of verbal and physical bullying types with the level of spiritual health of N 1 Pleret High School students. **Kesimpulan :** Types of verbal and physical bullying of high school students N 1 Pleret Bantul are related to the level of spiritual health.

Keywords: spiritual health; behavior; bullying

BACKGROUND

Bullying is any form of bullying or violence that is carried out intentionally by one person or a group of people who are stronger or more powerful towards another person, with the aim of hurting and being carried out continuously (1). There are several types of bullying, namely physical, verbal, social and cyberbullying (2).

The impact of bullying behavior is a global problem that must be considered together. Children who get bullying behavior will experience learning barriers, victims of bullying will retaliate, self-harm and experience depression so that they have a welfare disorder. Many reports state that young people aged 11-15 years lose their education because the bully will be expelled from school (3).

The increasing incidence of bullying shows a very worrying problem, considering that children are the successors of the nation. Some data shows One in every five (20.2%) students report being bullied. A higher percentage of male students than female students reported that they were physically bullied (6% vs. 4%), while a higher percentage of female students than male students reported being the subject of rumors (18% vs. 9%) and being excluded from activities intentionally (7% vs. 4%). As many as 41% of students who reported bullying at school indicated that they thought bullying would happen again. Of the students reported being bullied, accepted forms of bullying such as 13% being ridiculed, named, or insulted, 13% were the subject of rumors; 5% were pushed, bullied, tripped, or spit on, and 5% were kicked out of activity intentionally. The most commonly reported

reasons for bullying by students include physical appearance, race/ethnicity, gender, disability, religion, sexual orientation (4).

According to the Indonesian Child Protection Commission, within a period of 9 years, from 2011 to 2019 there were 37,381 complaints of violence against children both in education and media, which reached 2,473 reports (5). UNICEF stated that cases of bullying are still rife in the Special Region of Yogyakarta (DIY). Sebanyak 21 % bullying occurs in children aged 13 to 17 years. The cause of this violence itself is due to various things. One is due to drug use and lack of attention from parents (6).

The government has made rules to address the problem of bullying. The Ministry of Women's Empowerment and Child Protection (KPPPA) made a positive disciplinary program approach. This program involves educators and teachers from elementary to high school to be trained to prevent violence in schools. Positive discipline is how schools do not punish students and how educators can understand children (7).

The high level of juvenile delinquency today is due to the low level of spiritual intelligence possessed by adolescents, so the ability to analyze every problem, control every attitude and behavior and distinguish right and wrong actions, is less possessed by adolescents (8). A person who lacks religious guidance in leavingga and befriending peer groups who do not respect religious values, then this condition will be a trigger for the development of poor adolescent attitudes and behaviors.

Spiritual is capable of making man a complete being intellectually, emotionally and spiritually (9). Fuad suggests that a human being who is able to balance his personality in meeting all the needs of his body and spiritual needs as well as possible without overdoing it in the way that is mandated, then he has been able to realize the health of himself and his soul (10).

In Islam, the Prophet saw since 14 centuries ago has given teachings and warnings so that his people do not commit acts of bullying. As he said SAW (11):

From Abu Hurairah ra, the Prophet Saw said, "Fellow Muslims are brothers and sisters should not tyrann, sneer, or demean each other. Piety is really here," pointing to the chest and being uttered three times. (The Apostle continues) "A person is already evil enough when he has insulted his fellow Muslim brothers. Every Muslim is haram desecrated his soul, his treasure and his honor." (HR. Muslim).

Based on the impact of bullying that has been presented and seeing the many bullying phenomena that occur, further research was conducted on the relationship between spiritual health and bullying behavior at SMA N 1 Pleret Bantul Yogyakarta. SMA N 1 Pleret dichose as a research site because cases of bullying have occurred both in the form of physical, verbal, and psychological violence.

METHOD

This research is a quantitative study with a cross-sectional design. The population in this study was 328 students of SMA N 1 Pleret. Sampling in this study using purposive sampling with inclusion criteria was students who were active in SMA N 1 Pleret and students who were willing to take part in this study as evidenced by filling out an online questionnaire about the activities of students in schools as many as 190 students. Ins trument questionnaire that has been tested and declared valid and reliable. The analysis test used spearman rank to test factors related to the incidence of bullying in adolescents in schools.

RESULT

Univariate Test Results

Table 1 Characteristics of Student Respondents in SMA N 1 Pleret Bantul

Variable	N	%
Gender		
Man	71	37,4
Woman	119	62,6

Majors		
IPA	116	61,1
IPS	74	38,9
Age		
15	1	0,5
16	63	33,2
17	105	55,3
18	21	11,1
Bullying Verbal		
Low	118	98,9
Keep	2	1,1
Tall	0	0
Physical Bullying		
Low	154	81,1
Keep	36	18,9
Tall	0	0
Relational Bullying		
Low	182	95,8
Keep	8	4,2
Tall	0	0
Total Bullying		
Low	189	99,5
Keep	1	0,5
Tall	0	0
Spiritual Health Level		
Low	29	15,3
Keep	157	82,6
Tall	4	2,1

The majority of respondents are female with a science major in the age range of 17 years. The majority of respondents committed bullying both verbally, physically and relationally in the category of low level of bullying. The spiritual level of the majority respondents was in the moderate category.

Bivariate Test Results

Table 2 Correlation of Spirituality Levels with Levels and Types of Bullying

Variable	Spiritual Health Level	
	Correlation Coefficient	Sig. (2-tailed)
Gender	- 0,092	0,207
Age	- 0,056	0,442
Class Interpretation	- 0,037	0,614
Types of Bullying		
Verbal	0,151*	0,038
Physical	- 0,193**	0,008
Relational	- 0,063	0,392
Total	0,025	0,730

Based on the above data shows the level of spirituality associated with verbal bullying and physical bullying.

DISCUSSION

The problem of bullying has been regulated in legislation, namely Law No. 35 of 2014 concerning Amendments to Law No. 23 of 2002 concerning Child Protection has provided special protection guarantees for children facing the law, both children as victims and children as perpetrators (12). Furthermore, the handling of children facing the law refers to Law No. 11 of 2012 concerning the Juvenile Criminal Justice System (13). Law enforcement against this bullying case needs to be done carefully. In this case, the House of Representatives of the Republic of Indonesia needs to carry out more intensive supervision of the implementation of laws and various government policies related to child protection (14).

Even though there are laws and regulations regarding bullying, it turns out that bullying cases continue to recur, conditions directly or indirectly become the vigilance of all elements of society. The causes of bullying are dominant and complex. The most dominant contributing factors are school and community factors, followed by family, peers, and media. Fother actors that cause bullying are personality and cultural factors (15).

Zakiyah et al. stated the results of their research that the factors that influence the occurrence of bullying can come from individuals, families, playgroups, to the community environment of the perpetrator. This action is closely related to the world of social work, which in this case is required to be a counselor for the bully (16).

A child as an individual grows and develops in a family environment, every day he will make contact and interaction with the family especially parents. The interaction of a child with his parents will be the cultivation of values embraced by his parents. Growing into a teenager, the child as an individual begins to know a wider environment than the family. The socialization experienced by individuals began to expand. The individual begins to interact with his peers. This makes the social skills of individuals increase. If the values instilled by both parents are well absorbed, then the social skills possessed by the individual can be even better. It is caused because man grows and develops from phase to phase without leaving what he has learned from the previous phase. On the other hand, if the socialization of the values instilled by the family is not absorbed by the child, it could be that his

behavioral and psychosocial development is hampered. As a result, adolescents begin to show pathological symptoms such as delinquency and other risky behaviors, one of which is bullying.

One of the important values instilled by parents is the learning of religious values. The role of religion in the life of the individual serves as a value system that contains certain norms. Religion is influential as a motivation in encouraging individuals to carry out an activity, because actions carried out against the background of religious beliefs are considered to have elements of chastity, as well as obedience. Religion in an individual's life serves as a source of morality, as a means of overcoming frustration, and as a means of satisfying curiosity. The issue of religion will be inseparable from people's lives. In practice the functions of religion in society include as a custodian, a peace of mind, a social control, and a fosterer of a sense of solidarity (17). Seeing this, bullying can be anticipated with individuals who have a good handle on religious norms.

In this study, the types of bullying actions that occur in high school students N 1 Pleret all fall into the low category, namely the type of verbal bullying actions as many as 118 students (98.9%), physical bullying as many as 154 students (81.1%), and relational bullying was 182 students (95.8%). This is in line with research conducted by Ahmad et al., that the type of bullying that occurs a lot in schools is verbal bullying, namely which usually appears in the form of teasing or flirting, giving nicknames that are not good, mocking, talking dirty to friends, and so on (18).

Perilaku bullying in high school students N 1 Pleret majority belongs to the low category with a frequency of 189 students or 99.5%, and pengkategorian spiritual health belongs to the moderate category, with a frequency of 157 students or 82.6%. A look at the relationship of bullying type to spiritual health, verbal bullying is positively related to the level of spiritual health, with a value of $p=0.038$ ($p<0.05$) and the value of the correlation coefficient r of 0.151. This means that there is a relationship between verbal bullying and the level of spiritual health of students.

The results of the physical bullying and spiritual health analysis test showed that physical bullying was negatively related to the level of spiritual health, with a value of $p = 0.008$ ($p<0.05$) and a correlation coefficient value r of -0.093. The results of this study are in line with the research of Suciati and Soeharto, which states that the higher the spiritual health, the lower the bullying behavior of elementary school students. Conversely, spiritual health is low then bullying behavior tends to be high (19).

Ahmad in his research discusses bullying related to kahlak. Therefore, one of the efforts made to prevent bullying behavior in schools, Islamic religious education teachers continue to strive to internalize religious values, including the value of *aqidah* and morals, both at the time of Islamic religious learning and outside of learning (18). This is also supported by the results of research conducted by Kurnia and Aeni, they stated that moral education can be a therapy to change the bad behavior of physical bullying and can be used as an effort to prevent it. Bullies must be treated through moral education by fostering through a process of religious guidance in totality in accordance with religious guidance. What is meant by religious guidance here is Islam, so moral education must be based on the sources of the Quran and hadith, meaning that the measure of good and bad behavior of *mausia* is based on these two sources (20).

Another research result that is in line with this study is a study conducted by Arianti et al., they stated that there is a significant relationship between spiritual health and cyberbullying behavior in adolescents at SMP N 12 Yogyakarta. Cyberbullying occurs through the WhatsApp application and Instagram usually in the form of, story or status updates aimed at satirizing friends, cursing or mocking friends by live chat, spreading gossip in groups, spreading photos of friends in stories or groups (21).

From several related studies that have been carried out, there are also those that state that there is no relationship between the level of spiritual health and bullying behavior. As well as the results of the research conducted by Hamidah. He stated that there is a negative but insignificant relationship between spiritual health and bullying behavior. This is evidenced by the value of the correlation coefficient r of -0.066 with a significance value of $p = 0.370$ ($p<0.05$). The level of spiritual health did not affect the tendency of boarding school students to engage in bullying behavior. This may be because the subject is only taken in one boarding school. Various obstacles are also experienced by researchers when conducting research. Limited time when researching with the agenda of other subjects so it is feared that it will affect the filling of scales that are not earnest. The lack of researchers controlling the subject when filling out the scale so the possibilities for faking are greater. There is less comparison with other Islamic boarding schools so that the data obtained is less varied (22).

In this study, the type of bullying that is not related to the level of spiritual health is relational bullying, which is a value of $p=0.392$ ($p>0.05$) with a correlation coefficient value r of -0.063. The absence of a

relationship between this type of relational bullying and the level of spiritual health of a person can be influenced by other factors, given that bullying can occur with good causes of individual or from the environment.

CONCLUSION

The majority of students of SMA N 1 Pleret fall into bullying in the low-level category. Based on the results of the analysis, it is stated that there is a relationship between the spiritual level and the type of verbal bullying and physical bullying.

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