

## PRINCIPAL'S POLICY FOR MINIMIZING BULLYING AT MUHAMMADIYAH 2 NGAWI JUNIOR HIGH SCHOOL

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### Abstract

*This study aims to find the causes of bullying, the principal's policy for minimizing bullying, the types of bullying, and the consequences of bullying at SMP Muhammadiyah 2 Ngawi. research method using descriptive qualitative research method. The research subjects were school principals, homeroom teachers for grades VIII and IX, and counseling teachers and students in grades VIII and IX at SMP Muhammadiyah 2 Ngawi. data collection methods used are interviews, observation, and documentation. Data analysis techniques include data reduction, data presentation, and conclusion. The results showed that the cause of bullying was peer factors. Types of bullying at SMP Muhammadiyah 2 Ngawi are verbal bullying, physical bullying, even if only occasionally, and extortion or bullying at school, ranging from Rp. 500 – Rp Rp. 1,000 and in the form of snacks. The impact of bullying at SMP Muhammadiyah 2 Ngawi is that the victim feels embarrassed, often cries in class, and becomes a quieter child. Meanwhile, the perpetrators were given points for violations and ordered to clean the classrooms, bathrooms, and mosques. If the perpetrator continues to bully again, the parents will be summoned to school, but so far there has never been a summons from a student's guardian to school because of bullying. The school principal's policy in minimizing bullying at Muhammadiyah 2 Ngawi Middle School is in the form of: (1) making a Decree (SK) on "Manners and Orders of School Social Life for Students", (2) making media posters, (3) working with the police to socialize about bullying, (4) giving lectures after Duha prayers and giving direct advice to students before learning, (5) emphasizing the teachers of SMP Muhammadiyah 2 Ngawi to approach and provide good examples to their students.*

**Keywords:** Policy; Principal; Bullying; SMP Muhammadiyah 2 Ngawi

### INTRODUCTION

Bullying is a form of oppression carried out by individuals or groups who feel they have the strongest power over those who are considered weak. According to Ken Rigby, bullying is a desire to hurt. This desire is shown in the form of actions that cause someone to suffer. This action is carried out directly by individuals or groups who feel stronger, irresponsible, often repeated actions and done with pleasure. Psychologist Andrew Mellor also stated, bullying is

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an experience that occurs when someone feels persecuted by the actions of others and he fears that the bad behavior will happen again while the victim feels helpless to prevent it. Then, Smith and Thompson define bullying as a set of behaviors that are carried out intentionally and cause physical and psychological injury to victims (Sulisrudatin, 2014)

Bullying can occur anywhere, one of which is in the school environment. Schools are formal institutions for children to obtain their educational rights. It cannot be denied, when children are in the school environment, they certainly experience various events and their behavior is also different. So, it can cause various problems in the world of education. Problems that often occur in schools are common and usually occur among adolescents. The problems experienced by school-age adolescents are influenced by several negative things that will become behavioral deviations in the future. Deviant behavior experienced by adolescents at school age is smoking, skipping lessons, being absent without information, dressing not according to the rules, bullying, cheating on exams, fighting teachers, taking other people's property and others (Daliana & Rasyid, 2018)

In addressing these student social problems, the role of schools is very important in minimizing them. This is by Law Number 20 of 2003 concerning the National Education System in Article 12 paragraph (1) letter mandates that every learner in every educational unit has the right to receive religious education according to the religion he adheres to and is taught by an educator of the same religion (Christina, 2003). The law explains that all educational institutions are obliged to meet the needs of the community in terms of religious education by the beliefs and teachers who are of the same religion as the students.

Parents often do not realize that their children are victims of bullying at school. The most common form of bullying in schools is verbal abuse, in the form of teasing and calling their parents' names instead of their names. If ignored, this bullying can turn into physical terror such as kicking and hitting. This abuse can become habitual and involves an imbalance of social or physical power. Bullying can take the form of verbal abuse or threats, physical violence or coercion, and can be directed repeatedly against the victim, possibly based on the child's race, religion, gender, sexuality, or ability (Firmansyah, 2022)

Seeing the incidence of bullying experienced by students in schools makes schools have to prevent and overcome it immediately, because if bullying is continuously allowed it will lead to acts of violence that harm the victim. Prevention of bullying can be done by formulating policies and rules that can be used as guidelines in making policies and handling student

social problems at school. In overcoming student social problems at school, the principal as the leader of a school institution has a policy to achieve school goals by making strict rules at work (Kadarsih et al., 2020)

Several studies on principals' policies in preventing bullying in schools have often been conducted, but only revolve around verbal bullying. Researchers found various forms of bullying carried out by students in adolescence such as the existence of some students who insult their friends by calling their parents' names, insulting their friends' physical form, calling their friends with dirty or misleading words such as *cok*, *su*, *noir*, and others. There is still extortion of students at school, although the amount of money is not that large. More interestingly, the school chosen by the researcher had received students who were victims of bullying in their old school. Therefore, the researcher is interested in conducting research related to "Principal's Policy in Minimizing Bullying at SMP Muhammadiyah 2 Ngawi."

This study aims to find the causes of bullying, the principal's policy for minimizing bullying, the kinds of bullying, and the consequences of bullying at SMP Muhammadiyah 2 Ngawi.

## **METHODS**

The type of research used is the descriptive qualitative research method. Qualitative research is one of the research procedures that produces descriptive data in the form of speech or writing and the behavior of the people observed. The data obtained from this descriptive qualitative research is based on data or facts in the field, where the data is concrete data and can be used as a solution to answer problems in research (Nurmalasari & Erdiantoro, 2020)

This research was conducted from March 30 to April 27, 2023, Semester I of the 2022/2023 academic year at SMP Muhammadiyah 2 Ngawi. The research subjects were the principal, homeroom teachers of classes VIII and IX, and counseling teachers and students of classes VIII and IX of SMP Muhammadiyah 2 Ngawi. The research subjects were selected based on the snowball random sampling technique. Through this technique, the research subjects were determined by chance and rolling on the unit of analysis that had been selected, both students and female students. Determining the number of research subjects with this technique is based on the adequacy of the data. Based on the type of research, problem formulation, and data sources, the data collection techniques used in this research are interview techniques and field research. The use of these techniques is based on the type of data taken.

## RESULTS

The results of research based on interviews and field research conducted at SMP Muhammadiyah 2 Ngawi show that there are several important things about the principal's policy in minimizing bullying at SMP Muhammadiyah 2 Ngawi. In the research conducted, the researchers describe the data into 4 parts, namely: a) causes of bullying in Muhammadiyah 2 Ngawi Junior High School; b) types of bullying in Muhammadiyah 2 Ngawi Junior High School; c) impact of bullying in Muhammadiyah 2 Ngawi Junior High School; d) principal's policy in minimizing bullying in Muhammadiyah 2 Ngawi Junior High School. the research results are presented as follows: Description of bullying at SMP Muhammadiyah 2 Ngawi, namely bullying is defined as a hostile act that is carried out consciously and intentionally which aims to harm, such as frightening through threats of aggression and causing terror (Muzdalifah, 2020)

Based on the results of interviews, observations, and documentation, shows that bullying that often occurs at SMP Muhammadiyah 2 Ngawi is bullying verbal in the form of insulting friends by calling their parents' names, calling friends by names and this leads to mockery. This is following the results of interviews conducted with the principal, where Mrs. Jumiatur, S.Ag. stated that bullying is a form of insult or harassment to others that results in a fall in self-esteem including physical and mental. Mrs. Jumiatur, S.Ag. has taken steps to verbally reprimand students who bully their friends, then provide understanding and explanations to students regarding bullying in the culture after the dhuhur prayer and provide snapping to students to stop bullying while imposing sanctions on bullying perpetrators so that there is a deterrent effect. In addition, the principal also has a policy to work with the Sine sub-district police chief to provide counseling related to bullying. The reason bullying occurs at SMP Muhammadiyah 2 Ngawi is the peer factor, where students follow their friends who mock the victim intending to joke.



**Image 1** Interview with Mrs. Jumiatusun, S.Ag.

In addition, interviews conducted with students in grades VIII and IX also revealed that the types of bullying at SMP Muhammadiyah 2 Ngawi are verbal bullying by teasing their friends using their parents' names, then also often using harsh words such as calling their friends *cok*, *su*, *noir*, and other harsh words. Then students at SMP Muhammadiyah 2 Ngawi also often form gangs, especially female students in friendships at school so sometimes they also insinuate other gangs.

Then, recently there has been physical bullying. Based on the expression of a class VIII student named Fajri Prananda Alfriansyah, class VIII, who admitted that he punched the cheek of a class IX student, but not hard. Fajri did that because he tried to defend his close friend who was hit on the head by class IX on the grounds of joking. Fajri did not accept the older brother's attitude, so he defended him by punching him. However, he was not bruised or injured. In addition, the form of bullying that occurs at SMP Muhammadiyah 2 Ngawi is extortion, but the amount of money extorted is not so large, around Rp. 500 - Rp. 1,000 and in the form of snacks eaten by friends. This is in line with the opinion of Barbara Coloroso who argues that bullying consists of four types, namely verbal bullying in the form of verbal abuse, physical bullying such as kicking and hitting, relational/emotional bullying in the form of exclusion, and electronic bullying in the form of bullying using the internet. Coloroso also argues that usually, boys are more likely to commit physical bullying, while girls tend to commit relational/emotional bullying (Yuyarti, 2018)



**Image 2** Interviews with Class VIII and IX students

Bullying at SMP Muhammadiyah 2 Ngawi has an impact on victims and perpetrators. Following the results of interviews with homeroom teachers and counseling teachers at SMP Muhammadiyah 2 Ngawi, the impact of bullying felt by students is that the perpetrators are subject to sanctions such as being given violation points, told to clean classrooms, bathrooms, and mosques, become individuals who want to win alone, get used to complaining and fighting the father/mother teacher if not handled immediately. Meanwhile, the impact of bullying felt by victims is that they feel embarrassed because they are teased by their friends, often cry in class, become quieter, and victims feel ostracized in the school environment. Bullying does have a very bad impact, especially for victims in the form of laziness and fear of going to school, decreased academic achievement, feeling disrespected in the surrounding environment, and experiencing mental disorders such as depression, low self-esteem, and even anxiety. Then, the impact on the bullying perpetrator is experiencing abnormal, hyperactive, and pro-social behavior problems when involved in the process of social interaction. Both empathy and abnormal behavior, hyperactive and pro-social behavior are closely related to the offender's response when he is involved with the surrounding social environment. In addition, the impact for the perpetrator is that the parents can be scolded and even if the bullying carried out is a fatal thing, it can make the perpetrator deal with the police (Nurhayaty & Mulyani, 2020)



**Image 3** Interview with Mrs. Rachma Andita Santoso, S.Pd. (Class VIII homeroom teacher)



**Image 4** Counseling teacher directs perpetrators and victims of bullying

Regarding the principal's policy in minimizing bullying at SMP Muhammadiyah 2 Ngawi, among others, the principal made a Decree (SK) on "Manners and Rules of School Social Life for Students" which also contained bullying. In addition, the principal also made media posters about various kinds of bullying that were affixed to the school. Then, the principal also collaborated with the police in Sine Sub-district, Ngawi Regency to socialize bullying and other forms of juvenile delinquency during the mos-mosan period and Monday flag ceremony. Not stopping there, the principal also delivered his lecture after the dhuhr prayer and gave direct advice to all students in class before learning. Another principal's policy is to emphasize the teachers of SMP Muhammadiyah 2 Ngawi to approach and provide good examples to their students.



**Image 5** The bullying poster

The bullying poster above shows that the policy of the principal of SMP Muhammadiyah 2 Ngawi has conveyed information to all students of SMP Muhammadiyah 2 Ngawi to avoid bullying behavior at school. The poster is posted in front of the class so that all students can read it, then understand each point and avoid it. The making of this bullying poster is to strengthen the policy of the principal of SMP Muhammadiyah 2 Ngawi in making a Decree (SK) on "Manners and Rules of School Social Life for Students" which also contains bullying. In the decree, the principal of SMP Muhammadiyah 2 Ngawi has written several rules and sanctions as well as points of violation committed by students while at school, one of which contains points about bullying in the form of talking dirty and insulting other people with 10 points of violation, extorting inside or outside the school with 100 points if students violate.

## DISCUSSION

Bullying can be defined as a form of oppression or violence carried out intentionally by individuals or groups of people who feel stronger against people who are considered weak to hurt continuously (Azka Maulan et al., 2021). Bullying at SMP Muhammadiyah 2 Ngawi occurs due to the participation of peers. Peer groups have a great influence on other friends. Moreover, peers in adolescence who are looking for self-identity such as the attitude of adolescents who choose to join a group of peers who match themselves, for example, have the same personality and attitude. So if one group of peers behaves like bullying other friends, the child will follow it (Nugroho et al., 2020)

Bullying itself is divided into four types, including: (1) physical bullying, which is a type of bullying carried out by the perpetrator because of the power he has in the environment and the feeling that he is stronger than his victim. For example, slapping, hitting, stomping on feet, extortion, pushing, tripping, and destroying items; (2) verbal bullying is bullying that is

invisibly like a joke in the words of school children carried out by making fun of, spreading false or malicious news that causes someone to be afraid of the person who does it. Examples include cursing, insulting, shouting, public shaming, accusing, cheering, spreading gossip, and slandering; (3) social bullying is bullying that can result in damage to one's reputation or relationships. Examples include lying, humiliating someone, spreading negative rumors, and ostracizing; (4) cyberbullying is bullying carried out in cyberspace and using digital technology. Examples include uploading inappropriate pictures or videos, spreading negative issues on social media, making rude comments to bring others down, and hurting others with words on social media (Sukawati et al., 2021)

Through these four types of bullying, the form of bullying that often occurs at SMP Muhammadiyah 2 Ngawi is verbal bullying such as taunting, teasing, or teasing in name-calling. They also often use harsh words such as calling their friends *cok*, *su*, *njir*, and other harsh words. In addition, there is also the formation of gangs that mock each other, then physical bullying has occurred even though it is only occasionally and there is extortion or extortion at school even though the amount of money is only around Rp. 500 - Rp. 1,000 or in the form of snacks purchased by students only during recess. Bullying is experienced by both boys and girls, which is usually done for several reasons. Sometimes children want to get attention from peers and teachers or because they feel they are powerful at school. However, there is also bullying that is done because it imitates the actions of others or through watching television (Budhi, 2016)

Bullying has an impact that leads to things that are not good for both the perpetrators, victims, and those who witness it. The impact of bullying includes for the perpetrator, namely becoming a person who has very high confidence, even feeling that his self-esteem is higher than his friends. The perpetrator of bullying will also become a person with a hard character, no compassion for friends, and uncontrolled emotions. While the impact of bullying on victims includes feeling fear and anxiety when meeting other people, lack of concentration during class learning, and feeling ostracized by their friends. Even for those who witness it, the impact of bullying itself leads to children following the perpetrator to bully their victims (Hardi et al., 2019). The impact of bullying at SMP Muhammadiyah 2 Ngawi is felt by both perpetrators and victims, but the most severe impact is felt by victims of bullying. Students who are victims of bullying at school feel embarrassed, often cry in class and become more quiet children because they feel shunned by their friends. However, there are also impacts felt by the perpetrators in the form of being given violation points, and being told to clean

the classroom, bathroom, and mosque. If the perpetrator is still bullying again, his parents will be called to the school, but so far there has never been a call from the student's guardian to the school because of bullying.

Seeing bullying cases that occur in the school, the principal must take continuous action to minimize it. This is done so that bullying at SMP Muhammadiyah 2 Ngawi does not get worse and become worse in the future, especially because the principal also feels empathy with students who are victims of bullying because SMP Muhammadiyah 2 Ngawi has received transfer students from other schools because they were bullied at their old school. The policy itself is defined as an action resulting from the proposal of a person, group, or government in a certain environment by showing obstacles and opportunities for the implementation of the proposed policy to achieve certain goals. In schools, school policies are made by people who are elected and responsible for making educational policies, such as principals and other elements who are trusted in making policies (Hanim et al., 2020)

In this case, it can be seen that the definition of principal policy is the rules made by school leaders to move or manage other people so that they are willing to do something for the achievement of goals in an educational institution (Heri Indarto, 2019: 9). The principal's policy in minimizing bullying at SMP Muhammadiyah 2 Ngawi is in the form of: (1) making a Decree (SK) on "Manners and Rules of School Social Life for Students", (2) the principal also made a poster media, (3) the principal collaborated with the police in Sine Kec. Ngawi Kab. to socialize about bullying, (4) the principal lectures after dhuhr prayer and gives direct advice to all students in class before learning, (5) emphasizing the teachers of SMP Muhammadiyah 2 Ngawi to approach and give good examples to their students.

## CONCLUSION

Based on the results of interviews, observations, and documentation, it can be concluded that bullying is a form of insult or harassment to others that results in a fall in self-esteem including physical and mental. Bullying at Muhammadiyah 2 Ngawi Junior High School occurs due to the participation of their peers. The types of bullying at SMP Muhammadiyah 2 Ngawi are verbal bullying such as mockery, teasing, or teasing in name-calling. They also often use harsh words such as calling their friends *cok*, *su*, *njir*, and other harsh words. In addition, there is also the formation of gangs that mock each other, then physical bullying has occurred even though it is only occasionally and there is extortion or extortion at school even though the amount of money is only around Rp. 500 - Rp. 1,000 or in the form of

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