



Bullying from Health, Law, and Psychology Perspective (Case Study of Students in Islamic Boarding Schools in Jambi City)

Evy Wisudariani^{1*}, Dony Yusra Pebrianto², Agung Iranda³, Andree Aulia Rahmat⁴, Fajrina Hidayati⁵, Adila Solida⁶

^{1,4,5,6} Department of Public Health, Faculty of Medicine and Health Sciences, Universitas Jambi

² Department of Law, Law Faculty, Universitas Jambi

³ Department of Psychology, Faculty of Medicine and Health Sciences, Universitas Jambi

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CORRESPONDING AUTHOR

*Corresponding author

email: evywisudariani@unja.ac.id

A B S T R A C T

Islamic boarding schools, as traditional educational institutions meant to be safe and supportive environments for character building and self-development, have also become places where bullying can occur. This situation highlights the need for serious attention and concrete action from various parties, including educational institutions, parents, communities, and the government, to prevent and address bullying issues both in boarding schools and the broader educational environment. Through a multidisciplinary approach, namely health, law, and psychology, this study aims to identify, analyze, and understand the phenomenon of bullying in boarding schools. This research a quantitative analytical approach with a cross-sectional design. The sample comprises 156 individuals from three boarding schools in Jambi City: As'ad Boarding School, Ainul Yaqin Boarding School, and Darul Hikmah Boarding School. Samples were obtained using a simple random sampling technique. There is a correlation between bullying and mental health among students at the boarding schools in Jambi City in 2024. However, there is no correlation between bullying and emotional intelligence among these students. It is hoped that comprehensive anti-bullying programs can be developed and implemented, along with providing access to counseling and psychological support for students. Additionally, efforts should be made to create a positive environment and a more harmonious atmosphere to reduce the likelihood of bullying.

INTRODUCTION

Bullying is not only physically detrimental but also materially and psychologically detrimental. Sometimes this bullying behavior is carried out consciously or not because the perpetrator only thinks it is a joke, but it can have an impact on the victim, especially psychologically. In February 2023, a bullying case that went viral in cyberspace occurred in South Jakarta. The perpetrator and victim started with a misunderstanding until the victim suffered serious injuries. This also has an impact on the perpetrator's family which ends in other cases. According to a criminological perspective, this case is a crime that ended in violence and there was a criminal act that was violated by the perpetrator. The victim and perpetrator in

this case were still teenagers[1]. Bullying is aggressive behavior that is repeated and has the aim of hurting, humiliating or intimidating another person physically, verbally or socially[2]. This phenomenon does not only occur in the school environment, but also in other contexts, including in Islamic boarding school[3]. Islamic boarding schools are traditional educational institutions in Indonesia which have an important role in forming the character and welfare of students, however violence or intimidation in the form of bullying can disrupt the learning process and mental and physical well-being of students[4]. Bullying is a disturbing phenomenon in today's society, because it not only creates an unsafe and unpleasant environment for the individual who is the victim, but also has a detrimental impact on their physical, mental and emotional well-being[5]. What is even more worrying is that the problem of bullying has spread to the world of education, including in Islamic boarding schools[6]. Islamic boarding schools, as traditional educational institutions which should be a safe and supportive place for the character formation and self-development of students, are places where the phenomenon of bullying can also occur. This shows the need for serious attention and real action from various parties, including educational institutions, parents, society and the government, to prevent and overcome the problem of bullying in Islamic boarding schools and throughout the educational environment[7]. Islamic boarding schools in Jambi City, like Islamic boarding schools in many other areas, are not free from bullying problems. Although there is not much research that focuses on bullying in Islamic boarding schools, an in-depth understanding of this phenomenon is needed to protect the rights and welfare of students and develop effective policies and interventions. A case study of an Islamic boarding school in Jambi City will provide a clearer picture of the specific context in which bullying occurs, the factors that encourage bullying, and its impact on the physical, mental and emotional health of students. Previous research conducted stated that teenagers are at risk of falling into wrong lifestyle and behavior because negative influence of the social environment. Juvenile delinquency is prone to ending in violence and criminal acts [8].

The phenomenon of bullying is a complex problem that cannot be solved with an approach from just one scientific discipline. Therefore, a multidisciplinary approach is needed involving various fields of knowledge, including law, health and psychology. From a legal perspective, research and interventions involving the legal framework will help in identifying the rights of bullying victims as well as the obligations of educational institutions and individuals in preventing and dealing with bullying cases. Bullying has a big influence into adulthood and during school years it will cause depression in individuals and can also cause feelings of unhappiness when participating in activities at Islamic boarding schools, because they are haunted by feelings of anxiety and fear. So, this rule is found in Pasal 170 ayat (1) dan (2) Kitab Undang-Undang Hukum Pidana, Pasal 351 sampai 355 Kitab Undang-Undang Hukum Pidana, Pasal 80 Undang-Undang Nomor 35 Tahun 2014 Perubahan atas Undang-Undang Nomor 23 Tahun 2002 Tentang Perlindungan Anak [9]. On the other hand, from a health perspective, it is important to understand the physical and mental impact that bullying experiences have, as well as develop effective public health strategies to support the well-being of victims. Meanwhile, from a psychological perspective, research will focus on psychological factors that encourage bullying behavior, as well as psychological intervention strategies that can help victims and perpetrators of bullying. The impact that bullying has on emotional intelligence and mental health is that children become gloomy, pessimistic, apathetic towards their surroundings, their academic grades decrease and they cry easily if the child is the victim. Meanwhile, individuals who take pleasure in other people's suffering feel strong and easily get angry if their wishes are not granted if the child is the perpetrator [10]. Through this multidisciplinary approach, it is hoped that holistic and effective solutions can be found in overcoming the phenomenon of bullying and protecting individual welfare in the educational environment. Through a multidisciplinary approach, namely health,

law and psychology, this research aims to identify, analyze and understand the phenomenon of bullying in Islamic boarding schools.

METHOD

This research uses an analytical quantitative approach with a cross-sectional design [11], connecting variables related to health, law, and psychology. The research sample consists of 156 individuals taken from three Islamic boarding schools (pesantren) in Jambi City. The selection of pesantren was based on accreditation levels: Pesantren As'ad with accreditation level A, Pesantren Ainul Yaqin with accreditation level B, and Pesantren Darul Hikmah with accreditation level C. In this study, the researcher used a simple random sampling technique. In this study, the data used is primary data, which was directly collected by the researcher from primary sources through observation, questionnaires, and interviews. This study used the modified Olweus Bully/Victim Questionnaire (OBVQ-R) and uses a Likert scale and the questionnaire has been tested for validity and reliability [12], [13].

RESULTS AND DISCUSSION

Characteristics of respondents in Jambi City Islamic Boarding Schools can be seen in the following table.

Table 1.Characteristics of Respondents (n=156)

| Characteristics | Frequency (n) | % |
|-----------------|------------------|------|
| Gender | | |
| Male | 66 | 42,3 |
| Female | 90 | 57,7 |
| Usia | | |
| 12 years | 1 | 0,6 |
| 13 years | 23 | 14,7 |
| 14 years | 18 | 11,5 |
| 15 years | 26 | 16,7 |
| 16 years | 33 | 21,2 |
| 17 years | 51 | 32,7 |
| 18 years | 4 | 2,6 |

Based on table 1, it is known that the majority of respondents were female (57.7%) with the largest age being 17 years old at 32.7%, 16 years old 21.2% and only 0.6% aged 12 years.

Table 2. Bivariate Analysis Results of the Influence of Bullying (High and Low Categories) on the Mental Health of Students in Islamic Boarding Schools in Jambi City

| Bullying | Mental Health | | | | | | PR 95% CI | P-value |
|----------|---------------|------|----|------|--------------|-----|-------------------|---------|
| | Disturbed | | | | No disturbed | | | |
| | n | % | n | % | n | % | | |
| High | 17 | 60,7 | 11 | 39,3 | 28 | 100 | 3,348 | 0,018 |
| Low | 12 | 31,6 | 26 | 68,4 | 38 | 100 | (1,206- 9,298) | |

Based on table 2, it is known that the santri are experiencing disturbances mental health is higher in students who experience high levels of bullying (60.7%) compared to experiencing low levels of bullying. Bivariate results show that there is significant correlation between the incidence of high bullying and physical health problems with a p-value <0.05 (PR 3.348, 95% CI 1.206-9.298). Santri with high bullying are at 3.348 times higher risk of experiencing bullying physical health problems compared to santri who experienced low levels of bullying.

Table 3. Bivariate Analysis Results of the Influence of Bullying (Moderate and Low Categories) on the Mental Health of Students in Islamic Boarding Schools in Jambi City

| <i>Bullying</i> | Mental Health | | | | | | PR 95% CI | P-value |
|-----------------|----------------------|----------|-------------------|----------|--------------|----------|----------------------------|----------------|
| | Disturbed | | No Disturb | | Total | | | |
| | n | % | n | % | n | % | | |
| Moderate | 39 | 43,3 | 51 | 56,7 | 90 | 100 | 1,657 | 0,215 |
| Low | 12 | 31,6 | 26 | 68,4 | 38 | 100 | (0,744- 3,691) | |

Based on table 3, it shows that there is no significant correlation between the incidence of moderate bullying and mental health with a p-value > 0.05 (PR 1.657, 95% CI 0.744-3.691). Students with moderate bullying are at 1,657 times higher risk of experiencing bullying mental health problems compared to santri who experienced low levels of bullying.

Table 4. Results of Bivariate Analysis on the Impact of Bullying (High and Low Categories) on Physical Health of Santri in Pesantren, Jambi City

| <i>Bullying</i> | Kesehatan Fisik | | | | | | PR 95% CI | P-value |
|-----------------|------------------------|----------|-------------------|----------|--------------|----------|----------------------------|----------------|
| | Disturbed | | No Disturb | | Total | | | |
| | n | % | n | % | n | % | | |
| High | 17 | 60,7 | 11 | 39,3 | 28 | 100 | 2,370 | 0,088 |
| Low | 15 | 39,5 | 23 | 60,5 | 38 | 100 | (0,873- 6,436) | |

Based on table 4, it shows that there is no significant correlation between the incidence of high bullying and physical health problems with a p-value > 0.05 (PR 2.370, 95% CI 0.873-6.436). Santri with high bullying are at 2.370 times higher risk of experiencing bullying physical health problems compared to santri who experienced low levels of bullying.

Table 5. Results of Bivariate Analysis on the Impact of Bullying (Moderate and Low Categories) on Physical Health of Santri in Pesantren, Jambi City

| <i>Bullying</i> | Kesehatan Fisik | | | | | | PR 95% CI | P-value |
|-----------------|------------------------|----------|-------------------|----------|--------------|----------|----------------------------|----------------|
| | Disturbed | | No Disturb | | Total | | | |
| | n | % | n | % | n | % | | |
| Moderate | 37 | 41,1 | 53 | 58,9 | 90 | 100 | 1,070 | 0,863 |
| Low | 15 | 39,5 | 23 | 60,5 | 38 | 100 | (0,494- 2,322) | |

Based on table 5, it shows that there is no significant correlation between the incidence of moderate bullying and physical health with a p-value > 0.05 (PR 1.070, 95% CI 0.494-2.322). Santri with moderate bullying are at 1,070 times higher risk of experiencing bullying physical health problems compared to santri who experienced low levels of bullying.

DISCUSSION

In this study it was discovered that there was no significant relationship between bullying and physical health. However, on the mental health variable, it was found that there was a significant relationship between high levels of bullying and the mental health of students. The results of this research are in line namely that there is a relationship between bullying behavior (victims of bullying) and social interaction skills in teenagers at Semarang High School, with the result of p value = 0.023, which means it is smaller than 0.05 [14]. Research proves that bullying and children's mental health have a significant relationship. Apart from that, the others prove that there is a significant relationship between social interaction and bullying victims in Riau teenagers, there is a relationship between bullying and children's mental health and another researcher found a Spearman correlation test between bullying variables and levels of depression obtained a p-value of 0.004 ($p < 0.05$), which means that bullying will affect the level of depression in adolescents. The research results showed that the majority of respondents experienced bullying in the moderate category at 70.3% and severe bullying at 29.7%. The level of depression showed that it was 47.1%, meaning that the majority of respondents did not experience depression, but 16.8% experienced mild depression, and 21.9% to 14.2% experienced heavy depression [15][16]. However, this research is not in line with researcher which states that there is no relationship between bullying and mental health. The results of this study showed that there were 60.7% of respondents who had high levels of bullying behavior and experienced mental health disorders. Students who frequently experience bullying, whether physical, verbal, relational and cyberbullying, tend to experience decreased mental health. Another research shows that the bullying behavior that occurs is physical bullying and verbal bullying. The psychological impact of bullying can be seen in that students become less self-confident, worried about their surroundings, traumatized about making friends again, embarrassed by speaking slowly and avoiding eye contact, and angry if they can no longer accept continuous bad treatment [17], [18].

Based on the results of interviews with Islamic boarding school managers, it was stated that 2 out of 3 Islamic boarding schools had received socialization on the legal impacts related to sexual violence and bullying behavior in the last 1-2 years by the Jambi Regional Police together with the Jambi Representative Office of the Ministry of Religion. Based on the research results, it is known that the majority (86%) of students know that there are criminal sanctions if they carry out bullying, especially students who know that the bullying is physical bullying. Who uses normative legal research methods, concludes that criminal law enforcement against bullying or bullying in schools has gone quite well, even though bullying itself has not been regulated by special laws, law enforcement officers can also use other main articles. which refers to or is related to oppression or Bullying. states that actions are included in oppression or bullying which have been regulated in Law Number 35 of 2014 concerning Child Protection and in the Criminal Code [19].

According to Bandura in social learning theory, human behavior is influenced by observation and learning from the social environment. This is in line with the opinion of Diedrich (Luh Putu *et al*), the behavior that is formed in humans is largely influenced by the learning process carried out by individuals in the surrounding environment through observing the behavior of other people around them. Victims of bullying who are continually targeted can “learn” that they have no value or control over their own lives.

So they are more susceptible to experiencing mental disorders due to the negative beliefs they form about themselves [20], [21]. Communal Islamic boarding schools make interactions between students very intense, if bullying occurs it will certainly worsen the mental condition because the victim will feel trapped in a situation that is difficult to avoid because the victim has to interact continuously with the bully in the same environment. This causes victims to have no space or opportunity to receive adequate protection or support. In addition, the Islamic boarding school environment which has strict disciplinary rules and limited privacy can worsen the psychological impact of victims due to bullying. Santri who are victims often feel that they do not have the freedom to speak openly or seek external help, so the pressure they feel is even greater. Limitations in accessing mental health support outside Islamic boarding schools also worsen the situation and the social structure that exists in Islamic boarding schools often adds to the emotional burden that victims face. This is because victims feel they have no choice but to bottle up their feelings, which of course can have an impact on their ability to deal with mental health problems effectively.

Conclusion

The conclusion of this study is that there is a significant correlation between bullying and mental health among santri at Pesantren in Jambi City in 2024. Bivariate analysis results show that there is significant correlation between the incidence of high bullying and physical health problems with a p-value <0.05 (PR 3.348, 95% CI 1.206-9.298). Santri with high bullying are at 3.348 times higher risk of experiencing bullying physical health problems compared to santri who experienced low levels of bullying. However, no significant correlation was found between bullying and emotional intelligence in the santri at Pesantren in Jambi City in 2024. Bivariate analysis results show that there is no significant correlation between the incidence of high bullying and physical health problems with a p-value > 0.05 (PR 2.370, 95% CI 0.873-6.436). For Pesantren in Jambi City, it is recommended to develop and implement a comprehensive anti-bullying program and provide access to counseling services and psychological support for the santri. Additionally, efforts should be made to create a positive environment and foster a more harmonious atmosphere to reduce the likelihood of bullying occurrences.

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