

IMPLEMENTATION OF FILM THERAPY TO PREVENT BULLYING BEHAVIOR IN CLASS VIII STUDENTS OF SMPN 2 KABAT

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Abstract

Implementation of Film Therapy for the Prevention of Bullying Behavior in Class VIII Students of SMPN 2 Kabat. 50 pages; Counseling Guidance Study Program, Faculty of Teacher Training and Education, PGRI University Banyuwangi. Supervisor: (I) Heriberthus Wicaksono, M.Pd., Psi (II) Tofan Priananda Adinata, M.Sc. Seeing how bad the impact caused by bullying behavior is, the researchers conducted research to resolve and prevent bullying behavior in schools by using film therapy techniques to make it easier for researchers to provide students with an understanding of the dangers of bullying behavior. Film therapy is a technique that uses films to get the meaning of the process of guidance and counseling to the counselee regarding the ability to see oneself or other individuals. The purpose of this study was to determine whether the use of film therapy can be used to prevent bullying behavior. The approach used in this research is a quantitative approach, using one type of method from the type of descriptive research. Descriptive quantitative is a type of research that is used to analyze data by describing or describing the data that has been collected as it is. Based on the results of the analysis of the one sample t test with a significance value of 0.00, after being compared with the t significance level of 0.05, it is concluded that this study rejects H_0 and accepts H_a . The researcher concludes that film therapy can be applied in preventing bullying behavior in seventh grade students of SMPN 2 Kabat.

Keywords: *Film Therapy; Bullying Behavior;*

INTRODUCTION

In the development of technology that is increasingly progressing, creating new products that can be used by the community. New products provide many benefits and help in everyday life, assisting in science, education, and entertainment. One product that is growing rapidly is the internet, both in urban and rural areas. The development of the internet makes it easier for people to find information and share information (Yonandi & Mochamad Nursalim, 2020).

People who understand technological advances will find it very helpful, starting from daily life, seeking entertainment, and sharing information. People who use the internet will feel that their lives will be easier in carrying out all their activities, because all their activities have been helped by the internet.

Middle school age children must also feel happy about the internet, one of which is social media which contains several social media accounts such as you tube, facebook, and other accounts. Children will use the internet to play, find entertainment, and learn. But when the use of internet facilities is used excessively it will have a bad impact on children. Children will feel that they cannot live without the internet, because on the internet there are many applications that make children feel happy when using it. When children are happy and addicted to the internet, the impact that will be experienced will be bad, not only psychologically but also their behavior will fall into deviant behavior.

An example of deviant behavior, one of which occurs in junior high school children, especially

in the school environment caused by excessive internet use, is *bullying*. *Bullying* can be based on the existence of media tools in the form of cellphones, it is also possible that *bullying* carried out by teenagers is the influence of the cellphone media. Teenagers who often access YouTube which contains a variety of adult content, such as fighting scenes, children cannot yet distinguish which is dangerous from YouTube content, it is likely that children will do what they see on YouTube to their friends. When children have done things that harm themselves and others, then those actions have violated the rules.

behavior *Bullying* is an aggressive act carried out by *bullies* repeatedly and has the potential to be repeated. Arofa (in Hudaniah & Dayakisni, 2012) explains that According to Freud's psychoanalytic theory, aggression can be included in the death instinct which is an expression of a death wish that is at an unconscious level. In the expression of this "death wish" it can be in the form of aggression directed at oneself (eg suicide) or shown by others in the form of painful actions.

behavior *Bullying* can occur in various forms such as physical violence (hitting while walking in a crowd, beating, or coercion, it can also occur in the form of verbal harassment (innuendo, insults, insults, insults) directed repeatedly against certain victims, perhaps on the basis of gender, sexuality, ability, religion, or race. *Bullying* is also rife in schools and even at almost all school levels, where this behavior is a form of "handicap" from the formation of attitudes and characters expected from the implementation of education in schools (Nasution & Hasibuan, 2015) behavior

the *Bullying* can have a negative impact on both the victim and the perpetrator. The victim will feel alone, isolated, inferior, and depressed, while the impact on the perpetrator is that he or she will grow up to be an emotional person and find it difficult to build good social relationships in behavior *Bullying* does not only have an impact on victims and perpetrators, but also have an impact on where the victim and perpetrator go to school. The impact that can be felt by schools such as the school's reputation decreases in front of the community, students feel insecure when they are at school, the enthusiasm for teaching decreases due to stress.

Seeing how bad the impact caused by *bullyingis* , the researchers conducted research to resolve and prevent *bullying* in schools by using film therapy techniques to facilitate researchers in providing understanding to students about the dangers of *bullying*. Film therapy is a technique that uses films to get the meaning of the process of guidance and counseling to the counselee regarding the ability to see oneself or other individuals. The purpose of this study was to determine whether the use of film therapy can be used to prevent *bullying*.

Based on the description of the problems above, it is important for us to increase our understanding of *bullying* does not occur *bullying* in the school environment and in everyday life. So this research was carried out with the title "Implementation of film therapy for the prevention of *bullying* in class VIII SMPN 2 KABAT".

Definition of Film Therapy Film

therapy is the process of screening films in therapy as a metaphor to increase the growth and insight of the client as mentioned by Suarez (2006: 1) Metaphors can be in the form of stories, myths, and fairy tales. Gary Solomon (Demir, 2008: 1) also explained that film therapy is a type of therapy that uses film as a therapeutic tool. Films can have a positive effect on clients. The film that is screened will be a therapeutic tool by giving a positive effect on the client. The positive effect obtained will help the problems that are being experienced by the client. The film will also provide meaning that will affect the client's life (Septiyani, 2016).

Benefits of Film Therapy

Watching movies can be used for therapy and with various populations, such as individuals, couples, or families. Films allow clients to examine or understand a case in depth based on the same case in the film, for example so that students avoid bullying behavior then a film related to the dangers of bullying is shown so that clients can find out how to avoid bullying behavior. Watching movies also provides a learning tool for clients by providing opportunities for clients to choose different attitudes and behaviors that exist in each character in the film.

Film Therapy Process The

definition *bullying*

bullying destruction, or intimidation by using violence, threats, or coercion to abuse or intimidate others. This has the potential to become a habit that includes harassment, threats, or coercion and can be directed repeatedly against the intended victim. The basis for this bullying can be race, religion, gender, sexuality or ability. *Bullying* is an action or behavior carried out by injuring physically, verbally or emotionally/psychologically by a person or group who feels stronger to the victim who is physically or mentally weak repeatedly without resistance to make the victim suffer. The term *bullying* itself comes from the English language, namely "bull" which means bull. Etymologically the word "*bully*" means a bluff, someone who disturbs the weak (Nurdiansyah, 2020).

bullying described

There are several types of by (Muzdalifah, 2020) as follows: 1) *Verbal bullying* which can be in the form of nicknames, censure, cruel criticism, insults, terror, intimidating letters, accusations false accusations, gossip and so on. *bullying* is one of the easiest types to do and *bullying* behavior *bullying* and can be the first step towards further violence. An example of *bullying* is calling names with names that are considered funny but offensive, for example: the fat man, the bald one. 2) Physical bullying can be in the form of hitting, kicking, slapping, strangling, biting, scratching, spitting, and damaging and destroying the property of an oppressed child. *bullying* is the most visible and easy to identify, but the incidence of physical bullying is not as much as *bullying* in other forms. An example of *bullying* physical 3) *bullying* is behavior that weakens a person's self-esteem through neglect, exclusion or avoidance. This behavior can include hidden attitudes such as aggressive glances, eye glances, sighs, sneers, mocking laughter and mocking body language. themselves with peers. An example of *bullying* is when you have flaws that other friends don't like, you will be ostracized. 4) *Bullying* Cyber *bullying* behavior *bullying* that is carried out through electronic means such as computers, cellphones, internet, websites, chat rooms, e-mail, SMS and so on. Usually intended to terrorize the victim by using writing, animation, pictures and video recordings or films that are intimidating, hurting or cornering. *bullying* is usually carried out by groups of teenagers who already have a fairly good understanding of information technology facilities and other electronic media. An example of *bullying* is making posts on social media that write harsh words aimed at victims of *bullying*.

Factors Causing Bullying

There are several factors that cause *bullying* including those described by (Zakiyah, Humaedi, & Santoso, 2017): 1) Family, Bullies *often* come from problematic families, for example parents who often punish their children excessively, or stressful, aggressive, and hostile home situations. Children will learn violent/*bullying* when they observe the conflicts that occur with their parents, and then imitate them towards their friends. Because the family is the main place to shape children's behavior, whether good or bad behavior depends on parents giving examples. 2) School, School is a place where children meet to learn, play, and get new things. behavior *Bullying* also often occurs in the school environment, because the school often ignores the existence of *bullying* so that the perpetrator can bully *friends* who are considered weak. *Bullying* is growing rapidly in the school environment because students often get negative treatment, for example punishments that are less constructive in children's attitudes so that it fosters a sense of disrespect and disrespect for fellow classmates at school. 3) Peers When they meet and interact in the school environment, they are sometimes compelled to engage in *bullying* because they feel they are the strongest and are better than friends who are considered weak. Some children do *bullying* in an effort to prove that they belong to a certain group, which is able to make someone uncomfortable by their behavior. 4) Social Environment Conditions Social environmental conditions can also affect *bullying*. One of the influencing factors is poverty. When children feel they are not given pocket money from their parents, then children will carry out *bullying* such as pegging a friend's money that he feels is weak and does not dare to fight it.

Impact of Bullying

According to Andri Priyatna (2010) mentions several impacts of *bullying* on victims, including:

- 1) Anxiety, 2) Feeling lonely, 3) Low self-esteem, 4) Low level of social competence, 5) Depression, 6) Alcohol consumption and illegal drugs.behavior *Bullying* often occurs in the school environment, but is often ignored by the school so that *bullies* are increasingly becoming more daring in doing *bullying* (Saribu, 2015).

RESEARCH METHOD

The approach used in this research is a quantitative approach, using one type of method from the type of descriptive research. Descriptive quantitative is a type of research used to analyze data by describing or describing the data that has been collected as it is (Sugiyono, 2013).

The research population is the entire research subject. The population in this study were students of class VIII SMPN 2 totaling 41 children. The sampling technique in this study is the accidental sampling technique, which is a sampling technique based on accidental/incidental meeting with the researcher, which can be used as a sample, if it is deemed that the person who happened to be met is suitable as a data source, until the number of samples is met according to what the researcher has determined.

According to Suharsimi Arikunto, (2006: 118) Variable is the object of research or what is the point of attention of a study. In this study, there are 2 variables, namely Variable X is film therapy, and Variable Y is *bullying*.

Collecting data obtained from observation, interviews and documentation. This study uses data collection techniques obtained from observations, interviews, questionnaires and documentation.

Research instrument is a tool used to collect data in the field in accordance with research needs in order to achieve research objectives. In this study also used an instrument in the form of a questionnaire. The steps taken in the preparation of the instrument are: (1) compiling an understanding test grid on *bullying* in students that is adapted to its components; (2) writing questions and statements on understanding *bullying* in students; (3) test the reliability and validity of understanding questionnaires about bullying behavior in students; (4) a test of an understanding questionnaire on *bullying* in students, (5) analysis of the results of a questionnaire test on an understanding of *bullying* in students; (6) revision of questions and statements of understanding about *bullying* in students, and (7) finalization of the instrument.

This research is located at the MAN Insan Cendekia Jambi Campus, which is located on Jl. Lintas Jambi Muara Bulian, KM. 21, Pijoan Village, Jambi District Outside the City, Muaro Jambi Regency, Jambi Province. While the time of this research was carried out in 2019, namely in September - October 2019. In this study, researchers used qualitative research methods with primary data collection methods in the form of interviews and documentation as well as secondary data collection in the form of data obtained from books related to *e-learning*, administration of MAN Insan Cendekia Jambi and others.

Determination of research participants was done by using *purposive sampling*. *Purposive Sampling* itself is a sampling technique based on certain considerations. This consideration is considered by the researcher, that the interviewees know what the researchers expect, so that the information obtained is clearer. The samples in this study were the principal, Deputy Head of Academic Affairs, Deputy Head of Student Affairs, Deputy Head of Public Relations, Deputy Head of Infrastructure, Deputy Head of Public Relations dormitory, ICT teacher, and 3 students from class X, XI, and XII MAN Insan Cendekia Jambi. In this study, researchers used data analysis techniques which were divided into three and interrelated, namely data reduction, data presentation, and conclusion drawing/verification.

DISCUSSION

Reliability Statistics

Cronbach's Alpha	N of Items
.860	24

Table above shows that Cronbach's alpha value is 0.860 and according to Surjaweni states that the reliability value is said to be reliable if the alpha value is above 0.60, so the reliability test with 24 favorable statements is reliable.

By referring to Surjaweni's opinion that the alpha value is said to be reliable if it is above 0.60 so that the reliability test table shows that the unfavorable statement is reliable.

Hypothesis Testing

Based on the problem formulation and hypotheses proposed by the researcher, this hypothesis test was carried out using a one shot case study with the following calculations:

Ho: Film therapy cannot be used to reduce bullying

Ha: film therapy can be used to reduce bullying

. Hypothesis Test Results

One-Sample Test

Test Value = 0						
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Average	66,489	40	.000	3.18317	3,0864	3.2799

The results of the hypothesis test show that the 2-tailed sig value is 0.00 which is below 0.05 with the understanding that Ho is rejected and Ha is accepted.

CONCLUSION

Based on the results of the one sample t test analysis with a significance value of 0.00, after being compared with the t significance level of 0.05, it is concluded that this study rejects Ho and accepts Ha. The explanation in the previous paragraph concludes that film therapy can be applied in preventing bullying behavior in grade VII students of SMPN 2 Kabat.

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