



# The Impact of Bullying on the Confidence of Elementary School Students (Case Study in Elementary Schools in Sukabumi Regency)

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**Abstract.** Bullying is an act of bullying from one or more people caused by lustful impulses that whisper within themselves as if they are more significant and more powerful than other people who are considered weaker in a community with the aim of getting self-satisfaction by injuring, intimidating, and even harassing the victim repeatedly. While optimism or self-confidence is a measure of the high and low level of a person's belief in his abilities, even the smallest things he has during his life that are very valuable, and with which he is not hindered from reaching his goals in life. Bullying is closely related to students' self-confidence because the impact can affect their high and low self-confidence. Everyone involved in bullying can feel very threatened and restless because of the impact, both for those who are the target of bullying, the perpetrators, eyewitnesses, parents, and even schools can also be harmed by the issue of bullying that is spread as a whole. This study aims: (1) to find out how far the practice of bullying has occurred so far in Sukabumi Regency, (2) to find out how the impact received by students who are related as victims, perpetrators, and witnesses of bullying cases, especially the influence on their confidence, (3) to find out the types of bullying, (4) to find out the public's view of bullying cases that occur around them, and (5) to find out the application of the laws set by the government regarding child protection in Indonesia. This study was designed using the literature review method, and the authors obtained data through scientific journals, articles, books, thesis reports, laws and regulations, papers, and websites. The results that the authors can conclude from this study are that the practice of bullying has a serious impact on all parties involved, both victims, perpetrators, witnesses, and the surrounding community. The author also concluded the study results that it turns out that in the elementary school level education unit, located in Sukabumi Regency, bullying practices still occur and are dominated by sexual harassment.

**Keywords:** bullying · child protection · confidence · impact

## 1 Introduction

Today, cases of violence which are none other than bullying are vulnerable to occur among children and adolescents. So widespread, the term is no longer foreign to hear everywhere. In general, the perpetrator will pressure, threaten, insult, even torture and harass the victim [1]. Every year, from eight years ago to be precise in 2014 until now, Sukabumi residents have been shocked by cases of bullying of elementary school level children and this is not a short time of course.

Cases of bullying are prone to occur, not only in the form of physical violence such as kicks, claws, or grabbing each other, but also not infrequently carried out non-physically, for example with scorn, and ridicule which of course can trigger a very negative impact if allowed to continue and not addressed.

Bullying behavior can have a significant impact on child development. Usually, the victim's behavior breaks down and the effects carry over to the house. For example, the attitude of a child who was originally not grumpy but when at home his attitude changed to anger, due to his emotional outburst from the situation he experienced at school.

The beginning of 2014, the Indonesian people were in an uproar and worried about the occurrence of a sexual harassment case by a resident of Sukabumi, West Java, which resulted in the number of victims reaching 55 children [2]. April 2015, at SDN Cimanggu, Sukalarang District, Sukabumi Regency, a student who was still in grade 2 died because he was suspected of being a victim of bullying by two boys his age [3]. In February 2016, cases of sexual harassment of up to 15 children as victims were carried out by honorary persons at an elementary school in Parungkuda District, Sukabumi, the legal process of this case was directly supervised by the head of the KPAI [4]. In August 2017, the indecent act of an elementary school student at SD Longkewang Sukabumi, became the cause of the death of a student who was still studying in grade 2 of the school [5]. In February 2020, a brawl case was carried out by elementary school students in Cicurug District, Sukabumi, due to excessive jokes or bullying. May 2022, elementary school students become victims of bullying and are forced to fight [6].

KPAI recorded that for a period of 9 years, from 2011 to 2019, there were 37,381 complaints related to acts of violence against children. The complaints came from the realm of the education unit level as well as from social media. Especially for cases of bullying, complaints received reached 2,473 reports, and sadly this bullying case continues to increase from time to time [2].

Tracing the data contained in the Indonesian Child Protection Commission (KPAI) in 2020, to be precise as of May 18, 2020, cases of children in the realm of education in our beloved homeland, Indonesia, earned a large number of up to 1,567 cases, with details presented in the following Table 1 [7].

Launching from data contained in the Central Statistics Agency of West Java Province, the number of sub-districts in Sukabumi Regency is 47 sub-districts [8]. Throughout 2021–2022, the Sukabumi Police Criminal Investigation Unit, namely the Women and Children Protection Unit (PPA) has made results in revealing the number of cases of violence against women and children up to a hundred cases or more than 121 cases to be precise in the Sukabumi Regency, West Java. [9]. Most cases are dominated by sexual harassment [10].

**Table 1.** Child Protection Cases

<b>Child Protection Cases (Education Sector)</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>	<b>2020</b>
Student brawl victim	55	57	56	73	9
Child of a perpetrator student brawl	76	74	88	84	7
Child victim of bullying at school	122	129	107	46	76
Child perpetrators of bullying at school	131	116	127	51	12
Child victim of the policy (children expelled due to pregnancy extortion at school, sealing school, not allowed to take exams, children dropping out of school, dropping out, etc.)	43	52	73	67	1463

Referring to the problems as described by the author, this research related to bullying cases is based on several objectives: (1) to find out the extent of bullying practices that have occurred so far in Sukabumi Regency, (2) to find out how the impact received by students who are related as victims, perpetrators, and witnesses of bullying cases, especially the effect on their self-confidence, (3) to find out the types of bullying, (4) to find out the public's views on bullying cases that occur around them, and (5) to find out the application of the law. Determined by the government related to child protection in Indonesia.

## 2 Method

The method used by the author to carry out this research is a literature review. In this case, research is carried out by examining relevant theories with problems that are closely related to research. The data collected in this study were sourced from (1) scientific journals, (2) articles, (3) books, (4) thesis reports, (5) statutory regulations, (6) papers, and (7) websites.

## 3 Literature Review

### 3.1 Bullying

Nowadays, everyone from all walks of life no longer feels strange or unfamiliar with the term bullying which is often heard either from people in the environment or on social media. However, not many of them understand the true meaning of bullying. Bullying is a repetitive action that is done from time to time. The action taken is a negative action taken by one or more people [11].

Herbert Lee [12] interpret the term bullying as something that is cruel or horrific to one person or group of children by someone that can happen once or repeatedly. The consequences suffered by the victim lead to their psychological health which can be in the form of unusual shame, humiliation, pain, and even threatening feelings. While the perpetrators of bullying may not realize the impact.

In addition to the two opinions, the author also cites a definition according to the Centers for Disease Control and Prevention [13] that the practice of bullying is included in the form of juvenile delinquency which is caused by the tendency of the perpetrator to attack and cause repeated feelings of discomfort to the victim in a community. The impact of these acts of violence can be in the form of physical, psychological, educational, and social disturbances.

In Indonesian bullying, is often known as “oppression or bullying” which is all forms of violence perpetrated by one or a group of people who feel they are stronger or have power over others. The perpetrator’s actions were carried out intentionally and with the aim of hurting continuously.

Explained simply through the strokes of his hand in a book entitled “Bullying” that bullying is a treatment that is intensified by someone with the intention of harassing, intimidating, or injuring another person.

The author agrees with the definition of bullying as described above by the experts. The author also concludes in general that bullying is an act of bullying from one or more people due to lustful impulses that whisper within themselves as if they are greater and more powerful than other people who are considered weaker in a community with the aim of getting self- satisfaction by hurting them, intimidating and even harassing the victim repeatedly.

The author’s argument this time is in stark contrast to the widespread understanding of the community both from teachers, parents, and other parties regarding the act of bullying only as an act of intimidation beyond the limits carried out physically by the perpetrator. Meanwhile, actions such as pushing, grabbing things, booing, and sneering at each other between friends seemed normal to them. In fact, without realizing it, this treatment is categorized as a bullying practice.

In detail, bullying is categorized into several types. Fhakimorms of bullying are categorized into 6 types, namely as follows: (1) Through direct physical contact; namely actions such as kicking, grabbing, pushing, hitting, pinching, scratching, biting, scaring someone by locking them in a room, including acts of destroying and extorting other people’s belongings. (2) Through direct verbal contact; namely acts of bullying others by humiliating, disturbing, threatening, intimidating, mocking, spreading slander, giving hated nicknames, sarcasm, demeaning, cursing, and so on. (3) Direct non-verbal treatment; which is an obscene act that is usually accompanied by physical or verbal bullying such as sticking out the tongue, looking with a cynical gaze, or showing a mocking, threatening, or condescending facial expression. (4) Indirect non-verbal treatment; namely actions that make someone uncomfortable such as silence, deliberately ignoring or isolating, manipulating other people’s friendly relations so that they become broken because of it, terrorizing someone by sending letters, and so on. (5) Cyber Bullying; namely an act of bullying and hurting other people by using electronic media facilities, for example by distributing footage that is not appropriate to be shown on social media such as videos of intimidation, defamation of someone, and so on. (6) Sexual harassment; This bullying act usually categorizes the perpetrator’s actions as physical or non-physical or verbal aggression.

Seeing the condition of bullying which is often intensified by unfeeling people, the author argues that public unrest over acts of violence is currently considered normal,

especially because this act does not only occur among high school teenagers but also occurs a lot among children in terms of This is elementary school level. Public unrest seems normal as if it has become a tradition or has become daily food, even though these negative actions greatly affect children's confidence in their future.

The author also concludes that most people crave sensitivity and solutions that can stop bullying. Society is worried about the losses that students can experience in their golden age because every action can become a deeply ingrained memory for each child and its influence can have an impact on their mental development and self-confidence over time.

## 3.2 Confidence

Talking about cases of bullying, of course, these actions are closely related to self-confidence. [14] put forward a definition regarding a person's self-confidence, namely that optimism is a sense of confidence that a person has over all the advantages of aspects or abilities he has so that a person is made able to achieve the things that are targets in his life. In short, it is understandable that he who is confident will certainly feel confident in his own principles.

Based on the definition of self-confidence above, the author strengthens and expands the discussion by suggesting characteristics that have the potential to influence the ups and downs or highs and lows of a person's self-confidence. The characteristics of a person with a good level of self-confidence include: (1) believing in their own abilities and things, (2) being able to place themselves in situations wherever they are, (3) having a positive view of themselves, and (4) realize that each person has their own strengths and weaknesses. The characteristics of a person with a low level of self-confidence include: (1) they are nervous when doing something, (2) do not believe in their abilities and feel that they have many shortcomings, (3) easily give up on the failures they face, (4) have low social skills, and (5) prefer to be alone.

Lauster [15] argues that confidence in every child can be fostered by several aspects, including (1) Belief from the heart that what is being or will be done is truly understood by oneself. (2) Have a positive outlook and animate with optimism all things related to himself, his abilities, and their hopes. (3) Responding to every problem that comes up with an objective nature or with a view that is in accordance with what should be, not putting forward a truth according to personal opinion. (4) Willing to be fully responsible for any consequences for what has been done. (5) Being rational or actively analyzing a problem based on thoughts can be digested by the mind according to reality.

The aspects of self-confidence mentioned above can be described as follows: [16].

### 3.2.1 Personal Beliefs

A person with a strong and positive belief in himself can certainly solve any problems that come and be able to consider various options that he makes as his decision. Thus, he will be encouraged to appreciate himself and be able to live life in the future.

While someone who gets oppression by others has the potential to experience a decrease in self-confidence, one of which can affect academic achievement and psychological disorders.

### **3.2.2 Positive Outlook**

In addition to belief, another aspect of self-confidence is to look positively at everything that is believed to be related to him, his abilities, as well as the targets that become hopes in his life. Of course, all things that are believed should not exceed the limits of each individual's ability because everything he does must be accounted for, and he must continue to make adjustments appropriate to the situation he faces.

A person affected by bullying must receive reinforcement in the form of motivation from those around him to regenerate an attitude of optimism himself because this attitude can fight fear and can foster a desire to be more enthusiastic in achieving bright hopes in the future.

### **3.2.3 Behaving Objectively**

The attitude of self-confidence embedded in everyone certainly should not be excessive, so that all of his beliefs he considers to be the most appropriate decisions without considering the arguments of the other party which are facts. Those who are confident are those who are able to act professionally or can distinguish between needs and wants.

### **3.2.4 Full of Responsibility**

After arriving at the practical stage of what has previously been considered and made as a decision, the consequences of the action cannot be denied. It has to do with self-confidence, namely that accountability needs to be included in it. In other words, one's readiness to take responsibility before acting with confidence must already exist, so that later no one will be blamed or will not make people who do too much blame themselves because awareness has been prepared.

### **3.2.5 Behave Rationally**

Errors that occur as a result of an act must be evaluated and analyzed from which side the error can come as well as what factors are the triggers so that the answers obtained can be used as corrective solutions so that the same mistakes will not be repeated.

Reviewing the exposure related to the aspects of self-confidence above, the author concludes that instilling confidence in everyone, including those who are victims of bullying, is not enough just to motivate or give encouragement in terms of belief. However, optimistic actions, an objective attitude, a spirit of responsibility, and also a rational attitude in dealing with what has been believed need to be the basis for building real self-confidence in each individual.

Apart from the above aspects, each individual's self-confidence can grow by considering the following indicators: (1) Self-awareness or learning to evaluate oneself objectively, so that in the future this process can influence and encourage a person to actively make judgments. Self enhancement. (2) Always have a good attitude, and think positively about the person so that the spirit to study harder will grow to fruition. (3) Be prepared to take steps whatever the risks, because anyone who has high self-confidence must be prepared to face various pressures that come from other people in the surrounding environment. (4) Strengthen yourself with words that have the potential to generate

confidence. (5) Appreciate yourself honestly, which is to believe that you have made valuable achievements and are able to compete with anyone, and are able to find a way no matter how difficult the obstacles are in front of your eyes to get to the future [17].

### **3.3 The Impact of Bullying on Confidence**

Everyone involved in bullying can feel very threatened because of the impact, both those who are the target of bullying, the perpetrators, eyewitnesses, parents, and even schools can be harmed by the issue of bullying that is spread as a whole. The bad influence of this act of bullying can no longer be denied because the facts on the ground that prove the danger that has already occurred are the impact of this action on the physical and psychological health of the child. If the case has entered the severe category, fatal actions can be triggered, such as suicide or others. The impacts that can trigger bullying are described as follows:

#### **3.3.1 The Impact Experienced by Victims of Bullying**

- a) Vulnerable to anger and depression
- b) For a student, academic achievement can decrease because the level of attendance in participating in the learning process in class is very low
- c) Students' ability to analyze and their intelligence test scores (IQ) have the potential to decrease

#### **3.3.2 The Impact Experienced by Bullies**

Perpetrators tend to have very high self-confidence with similar self-esteem, are often pro of violence with an aggressive nature that has been attached to them, are sensitive and irritable, impulsive, and have a very low tolerance for frustration. The desire to dominate others becomes a strong need and a lack of empathy for the coveted. By intensifying the actions that are not commendable as intended, the perpetrator considers himself to be the owner of power over all situations. This bullying behavior if ignored continuously without any intervention, can be the cause of the formation of behavior in the form of violence against children, criminal behavior, or even other horrific acts.

#### **3.3.3 The Impact Experienced by Witnesses of Bullying**

If this act of bullying continues to be ignored without seriousness in following up, then the assumption that bullying is socially acceptable behavior will stick with the majority of students who witness it. If it comes to this situation, many students may be compelled to join the bullies for fear of being the next target, and some others may be indifferent and just stand there without any defense because they are also afraid, and even worse if they feel there is no need to stop because he is not harmed.

Based on the description that has been presented, the author also argues about the impact that can be caused by the practice of bullying that often occurs in the field, including (a) Impact on victims of bullying; Resulting in an outburst of anger that can occur frequently, his heart becomes very sensitive, his confidence level continues to decline, his sleep quality becomes poor, he often feels restless, there is a desire to hurt

himself because he feels weak, and the most terrible thing if the victim has reached the point the lowest despair that prompted his instinct to end his life. In addition, the victim's psyche can be disturbed and it is possible that in the future the victim may become a more aggressive bully, due to a sense of revenge and unwillingness to accept within him so that the practice of bullying is even more generational. (b) Impact on the perpetrators of bullying; The perpetrator does not have a sense of empathy for others, feels himself the greatest without knowing the bad effects that can be obtained for himself and those around them, and has a very high selfish nature because he does not want to accept failure until he is accustomed to justifying any means to become a winner. (c) Impact on witnesses of bullying; Has a sense of empathy, or even imitates bullying because of his inner desire to be considered great by his friends. Easily influenced because his confidence becomes neutral and indifferent to the bad events that occur in front of him, instead of siding with the victim, the witness is feared to be influenced by the perpetrators of bullying.

### 3.4 Bullying Factor

Bullying behavior often occurs not without reason. There are several factors or characteristics that can trigger someone to carry out bullying when they are: (1) Proactive towards popularity, excessive desire to have many friends, and pleasure to always be the leader among their friends. Bullies usually have families with affluent financial backgrounds, often make achievements in school, and have high levels of self-confidence. Their main goal is usually a desire to increase the degree of popularity and status among their friends. (2) Being a victim of bullying in the past. It is possible that the reason for the violence by the perpetrator is based on an unquenchable sense of revenge, such as because it is not easy for him to be accepted in the community, difficulty in adjusting to easily absorb lessons, experiencing depression, and often feeling lonely so that his emotions are easily ignited. (3) Having low self-confidence or not being opinionated. An attitude in him, that is easily influenced by friends like this, can trigger them to become bullies, whether their actions are practiced consciously or unconsciously [18].

Based on the explanation of the triggers for bullying, the authors agree and argue that there are still many factors or characteristics that encourage bullying, including: (1) difficulty controlling emotions, (2) thirst for attention due to the lack of supervision and affection from the family, especially parents, (3) often witness violent events both from people in the surrounding environment and from video shows spread on social media, (4) lack of empathy so that sometimes perpetrators feel happy when they see other people afraid, (5) influence from a high sense of envy towards something that the victim has which is actually as special as what the perpetrator has, (6) assumes that every problem is more appropriately solved by violence instead of taking more commendable actions, (7) has someone parents who are permissive or all-permissible, and (8) the emergence of a desire to find one's identity i by putting forward the ego so that it can be feared and respected by friends around them.

According to [19], bullying tends to be transmitted from other parties not only because of human nature, but it can also from family, community, or school parenting patterns. The impact that commonly occurs after they witness or experience bullying directly is the emergence of a sense of inferiority, fear, trauma, difficulty opening up



with anyone, and just wanting to close themselves off from those who they consider being the party who will pose a threat, even the victim's achievements can continue to decline. In response to this, parents and schools play a big role in preventing bullying from perpetrators against victims.

## 4 Research Result

Referring to the presentation that has been submitted in the literature review, the author reveals the final results related to problem-solving efforts that are deemed capable and appropriate to be implemented in order to reduce cases of violence and other acts of bullying that continue to occur, in terms of several parties, namely parenting styles from parents, teachers, and government.

With the phenomenon of bullying, it is necessary to prevent it and if it occurs, it must be handled so that it does not spread further. From the family, especially from parents, it is appropriate to give great attention to their children, especially at home, such as by understanding bullying behavior and understanding children about this behavior, studying children's social life, giving examples of good behavior, and actively communicating with the school. Related to children's social development, teaching children about respect for others, and so on. Overcoming children's problems must start with character education at home.

Moral education can be one solution to reduce bullying. According to [20] in their research, teaching which is included in moral education can be implemented in daily life in several ways, including (1) giving examples of commendable behavior, (2) understanding children that every action is always supervised by the Almighty, (3) distancing themselves from others. Children from bad behavior, (4) getting children to have humility and respect for others, (5) telling stories about the life journey of the prophets and apostles, as well as other Islamic histories, (6) appreciating the slightest commendable actions taken by children and etc. Moral education can be instilled through several appropriate methods. The methods in question include methods of habituation, attention, advice, and exemplary methods.

It is still related to moral education, namely that Islam has a specific strategic and very important role in directing the development and formation of the character of the Indonesian nation, not because Islam is the majority religion adopted in this country but because of the belief embedded in its adherents, namely that Islam can channel infinite goodness to all mankind. Islam also transmits noble values such as tolerance, a sense of peace, appreciation in every positive situation, love, solidarity, and honesty [21] Teachers and other schools play an important role in educating students, so they should be determined and eager to get rid of indifference to character education, it is not appropriate to instill in students only academic material. The school is also obliged to be communicative in conveying developments and obstacles to the socialization process of students. In addition, the obligation of a teacher in shaping the character and behavior of students needs to be implemented with high seriousness, because teachers are not only responsible for assessing students' abilities from the academic side. Regarding cases of bullying that occur among students, teachers have the right to deftly take action to respond with the best solution so that students avoid acts of violence in any form.

There are 18 character values as formulated by the Indonesian Ministry of National Education that need to be planted and implemented in the soul of every Indonesian people, the values referred to include [22]: (1) religious, (2) honest, (3) tolerance, (4) discipline, (5) hard work, (6) creative, (7) independent, (8) democratic, (9) curiosity, (10) national spirit, (11) love for the homeland, (12) always appreciate achievements, (13) communicative/friendly, (14) loves peace, (15) likes to broaden their horizons by reading, (16) cares about the environment, (17) cares about socializing, and (18) is full of responsibility.

The government in Indonesia also takes seriously all the problems that occur in the form of bullying and other types of violence against children and young people who feel that anyone who is heard about them is no longer surprised. In order to follow up on the problems as explained by the authors in this study, the government has formed a special institution called KPAI which is an abbreviation of the Indonesian Child Protection Commission. The initial objectives of the establishment of this institution are: (a) Supervise the implementation of child protection efforts including efforts to fulfill their rights. (b) Contribute to providing constructive advice in the process of formulating a policy related to the implementation of efforts to protect children. (c) Collecting data and information related to child protection. (d) Accommodating and reviewing all public complaints related to the rights of children being violated. (e) Carry out conflict resolution efforts regarding disputes over violations of rights obtained by children. (f) Implementing cooperative cooperation with institutions involved in the field of child protection that has been formed by the community by consensus, then submitting reports to the authorities regarding the assumption that there are laws that have been violated.

Every violation against the law must be handled with the legal process by the authorities in the fairest way possible. It is stated in the juvenile court in State Law Number 3 of 1997 in Article 26, precisely in Paragraphs 3–4, that there is a minimum age limit for children who can be sentenced, namely those who have reached the age of 12 years. Then referring to article 24, which states that a child who is found to have committed a prohibited act can be subject to a policy in the form of returning him to his parents or guardians, foster parents, or handed over to the state party to take part in coaching, education, or it can be in the form of job training. Also submitted to the Ministry of Social Affairs, or more accurately submitted to Social Organizations engaged in coaching, education, and in the field of job training.

The implementation of the follow-up process established by the government related to child protection is contained in the Law of the Republic of Indonesia Number 35 issued in 2014, namely: (1) that proper growth and development and survival are entitled to every child, they are also entitled to a sense of security with protection. From discrimination and acts of violence as very clearly mandated in the 1945 Constitution, and (2) that every child must be protected from various forms of inhuman treatment so that human rights violations cannot occur, because every child has potential, they are buds and young generation who will continue the ideals of the nation's struggle with a very strategic role with special characteristics and characteristics.

## 5 Conclusion

All the explanations described above lead the author to draw the conclusion that the practice of bullying has a significant impact on the high and low self-confidence of students, especially for those young children who are still studying at the elementary level, in their golden age where adult attitudes have not yet reached the level of maturity. They are still vulnerable to the influence that they themselves have not been able to judge the good or bad of any behavior that occurs in front of their eyes. Not only for two or three months but for years and even now cases of bullying are increasingly happening in Sukabumi Regency. Of course, the number of years is not a short time. As of 2022, the dominating act of bullying among the people in the Regency is in the form of acts of sexual harassment.

The impact that arises from the act of bullying can not only be felt by the victim, but can also potentially change the behavior of the perpetrator, witness, or related community in the surrounding environment to an unwanted realm. Efforts in overcoming bullying are not enough when viewed from the side of the law applied by the government alone. There is no reduction or even disappearance of a case, no matter how hard the government sets the rules if the majority of people still view the dangers and understand bullying with one eye.

Ending the argument from this research, the author invites readers and the community in Sukabumi Regency as well as all Indonesian people to care about terrible cases that often occur for the comfort and progress of the nation and state, starting with the closest people. For witnesses not to be afraid to help victims of bullying by reporting acts of violence to the authorities, or reporting to the nearest adult if the witness is a minor.

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