



# Teacher Guidance and Counseling Procedures in Overcoming Student Bullying

Zamratul Aini<sup>1</sup>, Muqarramah Muqarramah<sup>2</sup>, Rizka Heni<sup>3</sup>

<sup>1</sup> Guidance and Counseling Department, Universitas Jabal Ghafur, Aceh, Indonesia

<sup>2</sup> Guidance and Counseling Department, Universitas Jabal Ghafur, Aceh, Indonesia

<sup>3</sup> Guidance and Counseling Department, Universitas Jabal Ghafur, Aceh, Indonesia

\* Email: [zamratul.aini1991@gmail.com](mailto:zamratul.aini1991@gmail.com),

## ABSTRACT

In schools and in society at large, bullying is a very common attitude and behavior among teenagers in particular. Bullying is essentially a morally repugnant act, and every school creates students with character. Naturally, this is not at all like the phenomenon that takes place in the classroom, where students are still being bullied and some even go on to perpetuate bullying. Thus, the purpose of this study is to ascertain the methods used by guidance and counseling teachers to address student bullying. The researchers' methodology for this study is a qualitative one, and their methods for gathering data include documentation, in-depth interviews, and observation. SMP Negeri 2 Muara Tiga is the location of the research. According to the research findings, guidance and counseling teachers successfully implemented strategies, despite the fact that they were only able to lessen verbal and nonverbal bullying behavior as a result of barriers. In addition, we make use of the stop bullying program, which was created to educate principals, teachers, students, and student guardians, among other members of the school community. Based on the findings of teacher interviews with BK, it was determined that the program to stop bullying could reduce instances of bullying at SMP Negeri 2 Muara Tiga. Every guidance and counseling teacher has a method for carrying out the program; additionally, teachers, student guardians, and all students engage in serious collaboration. Finding the source of the issue by asking the student why they are bullying others is one of the tactics the guidance and counseling teacher uses, along with offering a variety of services. In addition, it can be said that guidance and counseling teachers encounter challenges when putting the aforementioned strategies into practice, and that these challenges originate from the parents of the students themselves.

**Keywords:** *Bullying, Guidance and Counseling Teachers, Procedures.*

## 1. INTRODUCTION

The needs of every human being, where there is reciprocity between teachers and students, are the meaning of education. In essence, education is essential to enabling every person to develop into a knowledgeable, tolerant individual. When someone acquires education, they are progressing toward their full potential and level of intelligence [1]. Aside from that, the act, procedure, or process of teaching is another definition of education. Education seeks to mold a person's behavior or attitude in order to alter it. Additionally, the government has started an educational initiative that accepts students of all skill levels and as well as intellect to create superior human capital.

Modern advancements are becoming more and more pervasive, and they will affect many facets of life, including education. Schools that are supposed to shape students' morals and become places of education are currently doing the opposite due to the violent bullying that occurs in the school environment. The Indonesian Child Protection Commission (KPAI) reported 226 cases of physical and psychological violence, including bullying, in 2022. This is a large number that necessitates the attention of multiple parties. Insulting, and hitting which can injure, and want to injure the victim, this happens without any mistakes or errors [2]. Bullying is an unpleasant action carried out by someone with the aim of hurting the victim's feelings. Bullying is carried out physically and verbally and can happen anywhere, including in cyberspace, the workplace, or at school. The impact of bullying is very dangerous, both for the victim and the perpetrator of the bullying. In the short term, bullying can cause feelings of insecurity, isolation, feelings of low self-esteem, depression, or suffering from stress that can end in suicide. In the long term, victims of bullying can suffer emotional and behavioral problems [3].

Bullying should not happen, especially in the educational environment, namely school, schools should be safe and enjoyable places for students because bullying can destroy students' enthusiasm and motivation to learn, students who are victims of bullying feel uncomfortable studying, feel sad and lonely for a long time, lose interest, depression, even psychological trauma to the point of committing suicide and experiencing other psychological disorders, apart from that, it also has an impact on academic life, namely loss of motivation to study, difficulty concentrating, fear of coming to school, feeling low self-esteem, falling behind in lessons, decreased academic grades, social dysfunction. Loss of learning motivation among victims of bullying is very likely to occur, so that many children miss school and even seek escape from other bad things that destroy their own future.

The impact that victims of bullying usually experience is the emergence of psychosomatic and psychosocial disorders. Apart from that, it can also disrupt students' academic achievement and lead to chronic school truancy. The impact on perpetrators of

bullying is that they receive sanctions from those closest to them such as parents and teachers. Where all bullying behavior is carried out by friends at school. The impact of bullying received by students causes several changes in social attitudes, including: fear, seeking escape, trauma, decreased learning achievement, fear of meeting other people and being lazy about coming to school [4]. Based on the phenomena in the field related to existing bullying, then everything Amy Huneck revealed that 10 to 60% of students in Indonesia reported that they had received bullying in the form of teasing, mocking, being excluded, beating, kicking or pushing at least once a week [5]. From the results of the interviews, it was found that the forms of bullying phenomena that often occur in the environment of SMP Negeri 2 Muara Tiga include verbal bullying, such as threatening, mocking, bullying and making fun of parents' nicknames. As well as forms of physical bullying, such as hitting, pushing and even fighting. Types of reports and complaints are the main key to knowing problems and violations that occur, including bullying behavior. According to the guidance and counseling teacher, reports in the form of stories are complaints that are often heard from students who are victims of bullying. This is as he conveyed, as follows: There is one female student who always came to the guidance and counseling room, often confided in him about being shunned by his classmates. Then there were other complaints which we considered to be complaints also coming from other students, such as teasing their parents' nicknames and physical teasing of them which was thought to be a joke but turned out to be actually hurtful, the hearts of the students concerned.

Based on the results of interviews with guidance and counseling teachers at SMP Negeri 2 Muara Tiga, it was found that various activities had been carried out by the school to prevent bullying. All activities are carried out by all stakeholders in the school, including parents, experts and parties with authority. The results of an initial interview with one of the guidance and counseling teachers at SMP 2 Muara Tiga challenged that the strategy used in dealing with bullying is identifying the problem that occurs, namely the aim of digging up in-depth information to find out more, we also provide advice and counseling to victims and perpetrators of bullying, me, too. provide services that suit students' needs, and to further improve this, we also supervise students during break times. This is done to monitor how students make friends."

## 2. LITERATUR REVIEW

### 2.1 *guidance teacher strategy*

A strategy is a plan or action used to accomplish a task. [6] states that a strategy is an action plan designed to help the counselee reach their objectives. The counselee's emotional, cognitive, and behavioral improvements can be expedited by using strategy. A strategy ought to be adaptable, sufficient, and practical. An overly rigorous and prescriptive

approach can seriously impede growth and the relationship between the counselor and the counselee. According to the aforementioned quotation, a strategy is an intentional effort or pattern that consists of elements that facilitate the execution of an action. This is helpful in making tasks or activities easier to do so they function better and are tailored to the circumstances and demands of the task.

Procedural plans to assist clients in resolving issues. It is impossible to fully comprehend a client's difficulties. As a result, it is not a flawless strategy that works for every customer issue. All strategies have benefits and drawbacks, and their results vary depending on the person implementing them.

If guidance and counseling service methods are developed methodically and with a clear concept, they can be implemented in a way that aligns with the goals. Counseling and guidance strategies in schools are planned approaches for offering counseling and guidance so that counseling and guidance services in schools can accomplish their goals, namely that counselors or students can know, understand, and develop their potential, according to Muh Ega M (2015). That which is capable of realizing him in his entirety from inside. Encouraged to use their current resources and facilities, which can be expanded in accordance with relevant standards, in order to be able to build their own skills and become autonomous [7].

According to [8], guidance is assistance given to people of any age by a person, male or female, with a suitable personality and training, to help them plan their own life activities, form their own perspective on life, make their own decisions, and carry their own burdens.

The terms "guidance" and "counseling" make up guidance and counseling (BK). The English word guidance, which means to show, direct, determine, organize, or steer, is translated as "guidance" [9]. It also means to pilot, manage, and onsteer. Humans provide guidance and counseling as services to other humans for other humans [10]. The terms "guidance" and "counseling" make up guidance and counseling (BK). The word guidance is translated as "help given to guide individuals or groups to achieve a more prosperous life" in English [11]. The guidance and counseling teacher provides counseling guidance to the students under his supervision, and the two of them work together to achieve the intended counseling goal.

#### Counseling and guidance

1. Should help each person develop to the fullest extent possible in accordance with their developmental stage.
2. Overcoming obstacles in one's academic career
3. Assisting people in making decisions, alterations, and understandings concerning specific circumstances.
4. And are able to adjust to the favorable requirements of their surroundings.

5. Assist students in growing to the best of their abilities.
6. Students are able to successfully adjust to both their surroundings and themselves in order to find happiness in life.
7. Pupils can stay away from any symptoms that might harm or concern them in the future.

### 2.3. Bullying

Bullying is a form of violence perpetrated by individuals or groups against others. In this case, acts of violence can be committed either physically or verbally. Bullying behavior is the repeated abuse of power committed to harm others psychologically or physically by a strong individual or group against a weak and apparently incapable of individual self-defence [12].

According to Olweus bullying is aggressive behaviour or a deliberate destructive perpetrator and occurs repeatedly all the time in interpersonal relationships that have different powers [13]. [14] defines bullying as repeated repression, both psychological and physical, to a weaker person by a person or a group of stronger people. According to Gladden et al in [15], bullying are defined as deliberate and recurrent aggressive behaviour against a partner that causes loss or suffering to a targeted teenager, including physical, psychological, social, educational or harmful.

This behavior tends to happen over and over again for no apparent reason. The form of bullying is not just punching, pushing, kicking, or any other form of physical violence. Blasphemy, mocking, and slander can also be categorized as bullying. Besides, an order or coercion from the perpetrator to the victim to do something can also be categorized as negotiation. The perpetrator also wanted to show the public that they has power by oppressing others [15].

The bullying will have a very negative impact, not only on the victims but also on the perpetrators. According to Coloroso, the perpetrators will be trapped in the role of bullying, they are unable to develop a healthy relationship, are less proficient in looking at things from another perspective, have no empathy, and assume that they are strong and preferred so that they can influence the patterns of social relationships in the time to date [16].

While the negative impact on the victim is a feeling of depression and anger. They are angry with themselves, the perpetrator of bullying, the adults and the people around them for not being able or unwilling to help them. It then began to affect the academic achievement of the victims. They are likely to retreat further into exclusion because they are unable to control their lives in constructive ways.

## 3. RESEARCH METHODS

The methods used in research are qualitative research

methods, whereas the type of model or approach used in this research is qualitatively descriptive. Because the researchers wanted to describe and describe how the teacher's mentoring strategy in the state secondary school was. This approach was also chosen because the researchers did not know at all about how the BK teacher's own strategy in the school was in dealing with student negotiations.

Qualitative research emphasizes quality rather than quantity and the data collected does not come from questionnaires but from interviews, direct observations and other related official documents. Qualitative research also focuses more on processes than results. This is because the relationship between the parts being studied will be much clearer if observed in the process.

These data are obtained from observations, interviews, field records, photos, voice records, personal documentation, documentation and so on. This research is designed to obtain information about how teachers' mentoring strategies in dealing with bullying in SMP NEGERI 2 MUARA TIGA by studying field data and analyzing it with various theories that exist in connection with the title of the thesis.

The location of this research was carried out in SMP NEGERI 2 MUARA TIGA which is located in the Road Sigli-Krueng highway of Muara Three Kab Pidie is an area or area that became a research center. The area was chosen as a location for research because there are research objects to be studied and in accordance with the presence of the strategy of Counseling Guidance teacher to deal with the negotiations.

The researchers personally prepare and decide on variations for the sauté of objects in their studies. Preparing research objects enables research to be conducted more narrowly focused on a single issue. Because the research will only be focused on one research object, it will be able to be conducted with greater complexity and detail. Thus, the goal of this study is to understand how SMP Negeri 2 Muara Tiga students overcome bullying through the use of guidance and counseling teachers' strategies.

In this qualitative study, the researcher plays the roles of planner, data collector, analyst, and, at the end of the day, research creator. Qualitative research highlights that the primary means of gathering data is the researcher, either alone or with assistance from others. So, the essential component of conducting research is having researchers. In addition to gathering, processing, and discovering research data, the researcher also serves as a friend to the subject. Because it will be easier for the object to tell honest stories and reduce faking the more they trust the researcher, the results will be valid and accurate.

By visiting the guidance and counseling teacher at SMP Negeri 2 Muara Tiga, who serves as a mentor for students in resolving the issue of student bullying at SMP Negeri 2 Muara Tiga, the researcher's role as a researcher and data collector was realized as a

crucial instrument. To conduct in-person observations, conduct interviews, and obtain the necessary data for research. Researchers need to be able to adjust to the circumstances and environment in the field in order to facilitate data collection from sources there. This study uses data processing as its method of data analysis, and it goes through multiple steps, such as:

### 3.1 Data Reduction

Since there is a lot of data collected in the field, it must be meticulously and thoroughly documented. It was previously said that the amount of data would increase in size, complexity, and complexity the longer researchers work in the field. As a result, data reduction must be used to analyze the data right away. Reducing data entails condensing, identifying the key elements, concentrating on what matters, searching for themes and patterns, and eliminating unnecessary information. Reduced data will give a clearer picture and make it easier for researchers to find and gather more information, should they need it.

### 3.2 Data Display

Displaying the data comes next after it has been reduced. Data is made easier to understand by being organized and arranged in a relationship pattern through data presentation. Data presentation for qualitative research can take many forms, including flowcharts, charts, short descriptions, and relationships between categories. Nonetheless, narrative text is frequently employed in qualitative research to present data.

### 3.3 Make a decision.

In qualitative data analysis, conclusion-making and verification are the last stages. As previously mentioned, problems and problem formulation in qualitative research are still transient and will evolve after the research is conducted in the field. Therefore, conclusions drawn from the study may or may not address the problems formulated at the outset. In qualitative research, conclusions are brand-new, non-existing findings. Results can take the form of an image or description of an object that was previously unclear but is now clear as a result of the research [17].

## 4 RESEARCH RESULTS AND DISCUSSION

#### **4.1 Forms of bullying that occur at SMP Negeri 2 Muara Tiga**

According to the findings of interviews and observations with guidance and counseling teachers, verbal bullying among students takes place at SMP Negeri 2 Muara Tiga. Examples of this behavior include calling friends by their parents' names, making fun of them, calling someone by a certain nickname based only on how they look, and more. Bullying at SMP Negeri 2 Muara Tiga only causes shock or surprise, a little trauma, anxiety, and fear that this will happen again. It also makes the victim not want to go to school. Bullying does not cause serious injury to the victim. The student's trauma fades over time and they resume acting normally with the help of guidance and counseling teacher's advice. Based on the researcher's inquiries concerning the types of bullying that are known to you and frequently transpire at SMP Negeri 2 Muara Tiga, the following responses were acquired. "bullying that often occurs is, for example, teasing, insulting friends, giving nicknames, it can even lead to fights, this has happened frequently and repeatedly, if it is not handled immediately it will have a big impact, that's why if there is a case of bullying, we will handle it immediately." [18].

Based on the results of interviews with guidance and counseling teachers that forms of bullying that often occur such as mocking insults friends, giving nicknames, etc. This is in accordance with the statement that Olweus bullying is a deliberate act or behaviour of aggression, committed by a group of people or someone repeatedly and from time to time against a victim who cannot defend himself easily or as a systematic abuse of power/power.

#### **4.2 BK Teacher's Strategy in Overcoming Bully for Students at SMP Negeri 2 Muara Tiga**

From the results of interviews with guidance and counselling teachers that the counselling guidance teachers at SMP Negeri 2 Muara Tiga are S1 graduates of guidance and counselling.

The strategy of BK teachers is how BK teachers do it in overcoming bullying in schools. The BK teacher strategy is used as a benchmark for the success of BK teachers in overcoming bullying at SMP Negeri 2 Muara Tiga. Based on the results of interviews with informants in this case is a guidance and counselling teacher who is 1 person at SMP Negeri 2 Muara Tiga, namely Rahmi Rizkina S's mother. Pd graduated from Jabal ghafur university, as for the researcher's question, how the mother's view of bullying was obtained the following answer: Bullying is the same as bullying that occurs a lot here which is all forms of bullying that is deliberately

carried out by one person or a group of people who are stronger or powerful towards others, with the aim of hurting and being done continuously. Bullion is a bad deed Done by someone or more to other people in the form of physical actions, words and others" (WHT/BKRA, Monday 22-05- 2023). His opinion regarding bullying from grade VII and VIII students at SMP Negeri 2 Muara Tiga he argued as follows::

" Bullying is the behavior of someone or group of students who oppress someone who is weaker and plays physically so that someone becomes traumatized and depressed" (WHT/AU, Monday 22-05-2023). From the results obtained, there is a similarity in answers between counselling guidance teachers and students who show that bullying is bad behaviour that is done both verbally, nonverbally, and physically.

The existence of counselling guidance teachers in the process of overcoming bullying in students is very important because educating and guiding students so that in schools or communities students are more united because there is a good relationship between individuals and other individuals without bullying or bullying. From the researcher's question whether the mother immediately followed up if there was a case of bullying at SMP Negeri 2 Muara Tiga, the answer was obtained as follows.

"I am a BK teacher who will take all incidents of bullying or bullying seriously because we don't know that the bullying that we think is small actually has a big impact on someone" (WHT/BKRA, Monday 22-05-2023).

Based on meetings with BK teachers, it can be known that bullying is a problem that is not underestimated by BK teachers, because the results of exploration show that torture is a significant problem for children in almost all of Asia. nation. This can be seen from the results of research that shows that as many as 79% of students in Vietnam and Nepal are victims of abuse. Similar explorations were also carried out in Indonesia with extraordinary results, namely 84% of Indonesian children had been survivors of abuse. (Sindo Weekly, 2017).

##### **1. Barriers to Guidance Teachers in Overcoming Bullying Behavior at SMP Negeri 2 Muara Tiga**

The guidance counselor said another obstacle was because most of the students at SMP Negeri 2 Muara Tiga were coastal residents in general, sometimes even though they had been told more than once, the children still often repeated it. From the researcher's ongoing questions, as for an overview of the heartbreaking problems that occurred at SMP Negeri 2 Muara Tiga, the following are the responses obtained. "Yesterday there was a case of bullying that occurred in class VIII students, this case was mockery, in fact this is no longer the first thing because the perpetrator often taunted the victim so that a fight broke out which resulted in the victim's

bag being torn, until the victim immediately reported it to their parents, even "The parents said that the victim no longer wanted to go to school, this problem was serious, we also involved the school principal in it and I used mediation services" (WHT/BKRA, Monday 05-22-2023).

Even though they have been given understanding, they are still not fit to apply the advice so it is considered just an ordinary incident and often repeats itself. Parents are also an obstacle in implementing stop bullying, so that the participation that needs to be given by guidance and counseling teachers in overcoming bullying behavior cannot be carried out effectively. From the question regarding whether there were any inhibiting elements in eradicating bullying, the following responses were obtained:

"Yes, factors such as the hours given by the school are not adequate. The school only gives 1 hour a week so that what I want to discuss is not enough time and discussion, this also becomes an obstacle for me in overcoming the bullying that occurs" (WHT/BKRA, Monday 22-05 -2023). Seeing the impact of the above meeting with educators who provide direction and guidance, another inhibiting factor is the lack of time given by schools to implement a system for dealing with bullying behavior, for example providing data administration on bullying behavior which is only given 1 hour of class time, and some time is not given. hours of instructor direction and guidance, so that the important focus that you want to convey is sometimes not conveyed well. However, when completing BK services, sometimes it is not enough just to provide understanding, advice and understanding that bullying is dangerous and should not be repeated.

## 2. Stop bullying reduction program

One program to prevent or suppress bullying is the stop bullying program. This program is designed to provide understanding to all school elements, including principals, teachers, school staff and students in grades VII, VIII and

IX. By creating a stop bullying program which aims to make everyone in the school aware that bullying in any form cannot be tolerated. This program takes the form of the teacher inserting material about stopping bullying at every parent meeting, either during the meeting or when taking student report cards. The material that is inserted during parent meetings is to reduce the need to watch television broadcasts, because programs and appearances broadcast on television help shape the personality of the community, especially the students who access it. This program also includes guidance and counseling material. Some teachers also implement programs by teaching students to increase social awareness to prevent and overcome bullying practices at school.

Like the presentation from Mrs. Rahmi as a guidance and counseling teacher who inserted stop bullying material when providing information services to students. The following is an explanation from Mrs. Rahmi:

"This stop bullying program is designed to prevent students from engaging in bullying behavior. I think this program is appropriate so that students and parents understand the dangers of bullying. When I teach classical services to students, I insert every time I open the lesson, of course I pray first, then I give advice that maintain good relations with your friends by not giving bad names, insults and other forms of bullying that make your friends hurt. For this reason, "stop bullying" from now on because this behavior violates norms" (WHT/BKRA, Monday 22-05-2023).

Based on the results of interviews with guidance and counseling teachers, SMP Negeri 2 Muara Tiga implemented a stop bullying program. From the researcher's question regarding who the mother invited to work together to make this stop bullying program a success, the following answer was obtained.

"I am running this stop bullying program by inviting all students, teachers and homeroom teachers, especially grades 7 and 8. When I was in class I played a video which contained a very strong sense of solidarity between friends. After I played the video, I asked the students to write down what lessons they could take from the video. The students' answers varied, some said that fellow friends should help each other, fellow friends should understand their friends' shortcomings and so on. After that, I asked students to reflect for a moment on how much you respect the people around you. Then after the students reflected, I explained to them to respect and understand other people's shortcomings so that we can maintain good relationships with the people in our environment, and what's more, you have to stay away from bullying behavior such as teasing your friends, giving them nicknames. bad and belittles others. "The stop bullying program that I carry out by playing videos and drawing conclusions from the videos can make students aware that bullying is not a good thing to do and all students must avoid it" (WHT/BKRA, Monday 05-22-2023).

It can be concluded that the "stop bullying" program was initiated to provide knowledge to all school elements, including principals, teachers, students and student guardians. All teachers have their own way of implementing the program, moreover, serious collaboration is carried out between teachers, student guardians and all students. The goal of good collaboration is to make students aware of the dangers of bullying.

## CONCLUSION

## AND

## RECOMMENDATIONS CONCLUSION

Looking at the discussion that has been presented by scientists regarding the guidance system and guidance and counseling teachers in dealing with harassment among students at SMP Negeri 2 Muara Tiga (contextual analysis) it should be possible to close. The methodology of directing and guiding educators is very important, considering the guidance and counseling teachers, problems that occur in schools can be resolved well. Teachers who direct and guide also work together with other teachers to prevent harassment among students.

Looking at the discussion that has been presented by scientists regarding the system of direction and guidance for educators in dealing with harassment among students at Sigli Middle School (contextual analysis) it should be possible to close. The methodology of directing and guiding educators is very important, considering that with the directing and guidance of educators, problems that occur in schools can be resolved well. Teachers who direct and guide also work together with other teachers to prevent harassment among students

## SUGGESTION

Based on the conclusions above, the author can put forward the following suggestions:

1. The strategy of guidance and counseling teachers in the process of dealing with bullying among students is good but needs to be improved in systems and services that are in accordance with guidance and counseling

The Principal of Muara Tiga State Junior High School (SMP) 2, should always provide policies that are more focused on improving student morals in minimizing bullying or bullying behavior, and should always encourage and motivate the performance of guidance and counseling teachers to be even better and provide adequate hours. appropriate for guidance and counseling teachers to provide services to students.

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