Forgiveness and Subjective Well-Being in Victims of Bullying at a Vocational High School

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Abstract. This study aims to determine forgiveness and subjective well-being (SWB) in students who are victims of bullying in SMK Negeri 1 Wulanggitang. This research is expected to provide insight for students related to forgiveness and subjective well-being for victims of bullying. This research includes qualitative descriptive research by taking informants through purposive techniques. The sample size was 2 students who experienced bullying victims at the Wulanggitang State Vocational School. Sampling This research was conducted by observation and interviews. Data analysis was carried out with an interactive model through three procedures, namely data reduction, data presentation, and drawing conclusions or verification. Concluding the form of interpretation activities, namely finding the meaning of the data that has been presented. The results of the research show that bullying problems have been found in SMK Negeri 1 Wulanggitang in the form of verbal bullying and physical bullying. Physical bullying is in the form of encouragement and pinching and verbal bullying is in the form of ridicule and insults. Furthermore, the forgiveness of victims of bullying is the victim making peace with himself and accepting himself as a gift (Personal Forgiveness) and also making peace with the perpetrator directly (Interpersonal Forgiveness) with the help of the closest party (friends). The form of Subjective well-being for the victim of Bullying is the victim feeling satisfied because there is no longer any grudge in her heart as a result of (forgiveness) for the bullying

Keywords: Bullying, Forgiveness, and Subjective Well Being

1 Introduction

Adolescence is a time when individuals begin to know their own identity, begin to be able to make their own decisions, and can differentiate between what is good and what is right. Adolescence is a period of human development. In line with this, adolescence is a period of change or transition from childhood to adulthood which includes biological changes, psychological changes and social changes. Adolescence is a developmental transition period from childhood to adulthood [1]. Adolescence begins at age 12 and ends at age 18 to 21 years.

A teenager can no longer be said to be a child but is not yet mature enough to be considered an adult. Adolescence is characterized by the search for self-identity and the search for a lifestyle that suits the trial and error method, so teenagers often experience

several mistakes. These mistakes can cause unpleasant feelings for the environment and parents. Adolescence is also called an unrealistic period because they tend to see themselves and others as they wish, rather than seeing them as they are and if this is not achieved, this causes high emotions and young people to become angry, but as experience increases, the ability to think becomes more realistic.

Nowadays it often happens that teenagers commit several big problems that can cause disturbances to security, peace, and community involvement in their environment, such as theft, murder, abuse, fraud, bullying, embezzlement, consuming narcotic alcohol, brawls, rape, free sex. and so forth.

An example of the problem of teenagers today is bullying [2]. One type of aggression which includes the intention to repeatedly annoy or injure someone in a weaker position is a social problem among school children. In general, bullying behavior is carried out in secret and most victims do not report it so there is little follow-up. The term bullying commonly known as bullying often becomes a polemic or topic of discussion that appears in mass media and print media. The news that is published usually contains violence that occurs in school students who are entering their early teens, especially middle school students and often also occurs in elementary school.

SMK Negeri 1 Wulanggitang' bullying problems often occur in schools. According to the Guidance and Counseling Teacher at SMK Negeri 1 Wulanggitang, daily teaching and learning activities are not free from bullying behavior. Bullying behavior that is often carried out every day varies from verbal bullying in the form of swearing, insults and curses, and does not often lead to physical intimidation such as brawls and so on. The Guidance and Counseling Teacher also added that, in class groups (WhatsApp) it is not uncommon to find bullying behavior such as insults and cursing as well as curses that are taken to become jokes in the group. Based on interviews conducted by researchers with Guidance and Counseling Teachers and also case guidance books from Guidance and Counseling Teachers at SMK Negeri 1 Wulanggitang, data was obtained that various sanctions had been implemented to overcome actions against bullying, such as respect for friends and peace between the bully and the victim. Apart from that, there are strict sanctions in the form of a statement letter for students who commit acts of bullying whose impact is very detrimental to students who are victims of bullying. Even though there have been actions from the school to overcome bullying behavior, bullying behavior is still often found both at school and on social media in the form of WhatsApp groups and other groups. other social media.

Bullying behavior that occurs at SMK Negeri 1 Wulanggitang occurs both within the school environment and in cyberspace or social media. There are various forms of bullying, namely in the form of swearing, physical contact, terror, and so on. On the contrary, This act of bullying can harm many parties, especially students who are victims of bullying. There are various impacts of bullying such as feeling threatened, depressed, inferior, embarrassed, and even physical pain if the bullying has reached the point of physical contact and that is what often happens to students who are victims of bullying at SMK Negeri 1 Wulanggitang. Meanwhile, according to the Indonesian Child Protection Commission (KPAI), in 2022 there will be 226 cases of physical and psychological violence, including bullying, reports of bullying problems both in education and on social media. This bullying trend continues to increase over time.

Based on the data above, it can be seen that bullying is a problem that is very often carried out by teenagers. The effect of bullying is the formation of a pattern of habits

that are considered normal by teenagers both in the school environment and in society. Apart from that, the parties involved are less sensitive in reporting and dealing with this problem so many incidents of bullying are not known to the general public.

There are several forms of bullying is physical and non- physical bullying [3]. Bullying physical such as being hit, pinched and pushed, while non-physical bullying such as being mocked, cursed at, gossiped about and so on. The problem of bullying can cause victims or students who experience bullying to become afraid both mentally and psychologically and cause victims or students to become inferior in socializing with their friends. This incident needs attention to restore the victim's level of self-confidence and psychological recovery so that the bullying incident that befell him does not have a major impact on his daily life.

Resolving the problem of interpersonal bullying from both the perpetrator and the victim and rebuilding the relationship between the two that has been destroyed is not a simple matter. Therefore, it is necessary to take appropriate action to overcome the problem of bullying so that the perpetrators and victims do not have feelings of revenge or harm to each other due to bullying. Many ways can be done to overcome the problem of bullying at SMK Negeri 1 Wulanggitang. Whether it's a very simple method or a method that needs to be taken by the school if bullying has reached a very detrimental level. For example, there is a simple way, namely having a third party who immediately reconciles the parties involved in bullying and gives each other forgiveness (forgiveness). The way The harshest is to provide strict sanctions from the school if bullying is at a very detrimental level.

Forgiveness is a positive response that arises when victims experience bullying behavior. Forgiveness or forgiveness is a human character who is able to understand other people's mistakes, avoid revenge, maintain good relationships with other people, and strive to foster safety and peace[4] . Forgiveness generally focuses on releasing felt negative emotions and cultivating positive emotions. With forgiveness , it can be one way to overcome the problem of bullying at the Wulanggitang 1 State Vocational School level.

The research results of Borualogo & Casas in 2021 in a study entitled " Subjective Well-Being of Bullied Children in Indonesia" state that forms of bullying in the form of physical attacks, exclusion, and ridicule hurt children's subjective well-being [5]. Children who experience bullying adapt to physical bullying to maintain subjective well-being through good behavior and relationships. Bullying cases experienced by children in Indonesia need special attention, especially from parents and teachers. The results of a preliminary study conducted by researchers in May 2022 at SMK Negeri 1 Wulanggitang and from interviews with Guidance and Counseling Teachers showed that there were two students, one female and one male, a class X student and a class XI student who often experienced bullying behavior. Bullying behavior occurs because the victim is very weak and cannot respond to the bully and the two subjects said that they felt anxious, depressed, and even lacked self-confidence when bullied by their other friends because they did not.

Based on the background explained above, the researcher wants to conduct research with the title "Forgiveness and Subjective Well-Being in Victims of Bullying at SMK Negeri 1 Wulanggitang". Have the strength or courage to fight against the perpetrators of bullying.

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2   Research Approach

The type of research used in this research is descriptive research with qualitative methods. Qualitative research is a research process to understand human or social phenomena by creating a comprehensive and complex picture that can be presented in words, reporting detailed views obtained from informant sources, and carried out in a natural setting [6] .The aim of qualitative research is based on the researcher's involvement in the phenomenon by collecting data based on descriptions of events, situations and interactions between people and other things to provide in-depth and detailed information [7].

The interview guide used in this research refers to the three theories used in this research. First, the bullying variable reveals the identification and causes of bullying proposed by Rosen et al. [2], the types of bullying proposed by N Hidayati [8], the impact of bullying proposed by Romo & Kelvin [9], and the role of social support proposed by Biswas et al. [10]. Second, the forgiveness variable reveals The type of research used in this research is descriptive research with qualitative methods. Qualitative research is a research process to understand human or social phenomena by creating a comprehensive and complex picture that can be presented in words, reporting detailed views obtained from informant sources, and carried out in a natural setting [11] .The aim of qualitative research is based on the researcher's involvement in the phenomenon by collecting data based on descriptions of events, situations and interactions between people and other things to provide in-depth and detailed information [7].

The main instrument in this research is the researcher who interprets the data. Tools such as observation guides, interview guides, recording devices, and others are only tools if needed. Researchers collected their own data through observing respondents, examining documents, and interviewing respondents directly and then interpreting it following the theory used by John W. Creswell [12]. The type of forgiveness refers to Khasan's research in 2017 [4] and the impact of forgiveness referring to Warsah's research in 2020 theory [13].

3   Result and Discussion

SMK Negeri 1 Wulanggitang is on the Trans Flores road. The researcher describes and describes the results of research on Forgiveness and Subjective Well Being towards students who are victims of bullying at SMK Negeri 1 Wulanggitang. The results of this research were obtained using direct (face-to-face) observation and interview techniques with students who were victims of bullying at the school. This research uses a qualitative approach to look at the phenomenon and conditions experienced by victims of bullying at SMK Negeri 1 Wulanggitangg. This approach also aims to gain an understanding so that it can explain the facts. The research subjects were two students, one male and one female, class X and class Wulanggitang State Vocational School 1. The results of this research were obtained using direct (face-to-face) observation and interview techniques

with students who were victims of bullying at the school. This research uses a qualitative approach to look at the phenomenon and conditions experienced by victims of bullying at SMK Negeri 1 Wulanggitangg. This approach also aims to gain an understanding so that it can explain the actual facts. And the research subjects were two students, one male and one female, class X and class XI of SMK Negeri 1 Wulanggitang.

Table 1. Subject Identity

No	Name (Initials)	Gender	Class	Major
1	ASR	Man	X	Food Crop and Horticultural Agribusiness
2	BKK	Woman	XI	Computer and Network Engineering

Bullying is a form of violent behavior where psychological or physical coercion occurs against a person or group of people. The perpetrator of bullying, who is usually called a bully, can be a person, it can also be a group of people, and he or she perceives themselves as having the power or authority to do anything to their victim. Victims also perceive themselves as weak, and helpless, and always feel threatened by bullies [14].

Furthermore, bullies are usually aggressive both verbally and physically, want to be popular, often cause trouble, find fault with others, live in groups, and dominate social life at school [15]. From these observations, it can be concluded that ASR and BKK are victims of verbal bullying behavior and non-verbal bullying. Bullying as a psychosocial problem involves repeatedly insulting and degrading other people with negative impacts on the perpetrator and victim [16]. The forms of bullying that are most often experienced are verbal and non-verbal [3] . Form Verbal bullying includes calling you bad names, teasing, teasing, or threatening. Form Non-verbal bullying in the form of pushing, hitting, taking things, and running around.

Based on the results of this research, it can be concluded that forgiveness from BKK and ASR, reconciled with the perpetrator by meeting and shaking hands and both admitting their respective mistakes and weaknesses, both from the perpetrator and the two victims. So from there, there was a positive change in behavior in the victim who gradually became more confident, began to mingle, and began to build good communication with his friends, the victim also felt happy and grateful because the problem of bullying ended in sincere words of forgiveness from the heart.

Based on the results of this research, it was concluded that subjective well-being in ASR and BKK is the feeling of satisfaction that exists within them so that they feel happy easily grateful, and more confident and there is no inner pressure when going to school. Bullying is a form of violent behavior in which psychological or physical coercion occurs against someone or group of people. The perpetrator of bullying, who is usually called a bully, can be a person, it can also be a group of people, and he or she perceives themselves as having the power or authority to do anything to their victim. Victims also perceive themselves as weak, and helpless, and always feel threatened by bullies [14].

4   Conclusion

The conclusions from the research results in this thesis are as follows: (1) Bullying that occurs at SMK Negeri 1 Wulanggitang takes the form of verbal bullying and non-verbal bullying. Verbal bullying, namely making fun of, mocking, and non-verbal bullying namely pushing, and pinching. thus causing the victim to feel embarrassed, lacking self-confidence, and inferior in carrying out their school activities even though there is social support from friends and teachers to resolve the bullying problem ; (2) Forgiveness in victims of bullying is that the victim forgives the perpetrator of the bullying. The victim feels that he no longer has a problem with the bully, so it is better to apologize and be friends like other friends, which comes from his awareness so that he does not have a grudge against the bully ; (3) Subjective Well Being in victims of bullying at SMK Negeri 1 Wulanggitang in the form of openness of victims towards other people in over-coming problems, self-awareness of victims of their strengths and weaknesses, with sub-jective well Being a victim of bullying feels satisfied with himself.

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