



The Relationship of Bullying to Self-Confidence Students Through a Humanist Approach

Septi Laila Anjani^{1*}, Winawati², Cindy Meisya³, Teofilus Ardian Hopeman⁴, Dhea Adela⁵, Utomo Utomo⁶

^{1,2,3,5,6} Elementary School Teacher Education, Nusa Putra University, Sukabumi, Indonesia
{septi.anjani_sd20, winawati_sd20, cindy.meisya_pgsd20, dhea.adela, utomo}@nusaputra.ac.id

⁴ Department of Education and Human Potentials Development, National Dong Hwa University, Hualien, Taiwan
610688119@gms.ndhu.edu.tw

Abstract. Cases of bullying are phenomena that we often encounter in society, especially the many cases of bullying in schools. Bullying is aggressive behavior in which a person intends to be carried out by a person or group to injure someone who is considered weaker than himself. However, for every problem, there is always a cause behind it so researchers are interested in researching more about bullying, especially the impact of bullying on student self-confidence. based on several cases related to bullying and the impact of bullying behavior can result in low student self-confidence. In this study, the things that underlie researchers' research are changes and how to minimize these events. therefore, the researcher uses a humanist approach and hopes for a better change. The formulation in this study is (1) the extent to which the impact of bullying on students' self-confidence through a humanist approach; (2) How is it related to solving the impact of bullying using a humanist approach; This study aims to (1) understand how far the impact of bullying has on students' self-confidence through a humanist approach (2) understand how the effects of bullying are linked and resolved using a humanist approach. This type of research is research with a qualitative approach with a type of literature review method, and the source of this research is from books, articles, websites, legal regulations or laws, and other relevant research results.

Keywords: Bullying, self-confidence, Humanist Approach

1. Introduction

Humans as individuals and social beings will show certain behaviors, there will be influences between one individual and another. "Self-confidence is a trait that has a truly positive feeling about oneself and accepts mistakes and weaknesses, self-confidence is acting confidently towards oneself because one believes in the values inherent in oneself. Confidence means even if you don't like certain things about yourself and still love yourself completely." [1]

Bullying can occur not only in the form of physical violence, kicking, scratching, or hugging, but not infrequently this is done in non-physical ways, for example, teasing and mocking. surely, this can have a very negative impact if allowed to continue and go unresolved. Bullying behavior can have a significant impact on child development. Usually, the victim's behavior is disturbed and the impact spreads throughout the house. This can be seen from changes in children's attitudes. The child was not angry at first, but when he got home his attitude changed to anger, due to emotional outbursts and the circumstances he experienced at school [2]. Bullying is a phenomenon that can cause

trauma for its victims. Most of the bullies are those who have also experienced or seen bullying happening around them. [3].

The results of the research put forward by [4], [5] show that there are many cases of bullying that occur in schools. The perpetrators usually commit acts of bullying because they have been victims and have also witnessed bullying around them. This is also supported by a family environment that is not conducive. Where parents do not pay more attention to their children. The same thing was expressed by [6], in his research involving 10 participants, the result was that they did and experienced acts of bullying at school. The bullying that they most often find at school is mocking or demeaning someone's self-esteem.

Therefore, we must have a solution to the problems that exist in this study, researchers use a humanistic approach, where individuals who have reached the stage of success know who they really are and feel comfortable and satisfied with high self-confidence and the position that has been assigned to them. At this stage, a person accepts the world, integrates with it, and regards others as good people. However, Maslow believed that many people who had reached this stage of development could fulfill these needs [7].

Maslow wanted to show and reach the other side of humans from the positive aspects that exist in that person. Maslow saw humans from motivations that influence human behavior to achieve goals in life so that the life they live is happier and more fulfilling [8]. The Humanist is the person most responsible for the creation of humanistic psychology. It translates a broad desire for different types of psychology theory and practice into a cohesive perspective on humanistic psychology, through journals, conferences, and formal organizations [8]. Of the various cases that have occurred, bullying has an impact on the confidence of researchers to focus and be more in-depth and use a humanist approach.

2. Research Methodology

The method in this study used the literature review method. The source of data in this research comes from research results that are relevant to the title of this research. These data sources include research articles sourced from reputable journals both nationally and internationally, and research results presented in the form of theses, theses, and dissertations. In addition, this research also uses references from books, modules, government regulations, ministerial regulations, laws and regulations, regulations of national and international institutions, as well as other studies relevant to this research.

3. Result and Discussion

3.1 Result

A. The Impact of Bullying on Students Confidence

The results of the Spearman Rho test used with the SPSS 25 program showed the relationship between verbal body shaming and high school students' self-confidence

level = 0.001. The relationship between verbal body shaming bullying behavior and students' self-confidence was found, with a correlation coefficient of -0.230. This shows a correlation between the impact of verbal body shaming bullying on students' self-confidence and bullying behavior. Confidence: The results showed that gender was related to verbal body shaming bullying and self-confidence: 123 people (74.1%) women had high self-confidence, 43 people (25.9%) women had low self-confidence, and 50 people (49.5%) [9].

Thus, the researcher concluded that this act of bullying had an impact on students' self-confidence. Based on experience, the researcher also encountered cases like this where students who treated their friends were verbally ridiculed and continuously teased, This student (victim) made them gloomy, withdrawn, distanced himself from other friends and based on this experience the number of self-confidence is lower among female students than male students, this is the same as the research studied by the researchers above, then does the impact of bullying only affect students' self-confidence or is there even action? Another impact of bullying is that low self-confidence will greatly influence the activities that will be carried out in the future and even affect the future.

The researchers' concern about the impact of bullying is especially affecting student self-confidence, Apart from the actions that are accepted by their friends at school what about the other environment in the community and even in the family because many children experience loss of trust from their own families, but before going further it turns out that the impact of bullying is not only experienced by the victims but by the perpetrators of bullying, then what are the impacts of this bullying on victims and perpetrators.

Thus, the following journal mentions the impact of bullying as follows [2] : 1. Impacts experienced by victims of bullying: a) They are easily provoked into anger and depression; b) Due to the low level of student attendance, students' academic achievement can decrease and they often do not participate in class lessons because they feel lazy about their friends' environment, they are reluctant to join the same environment, making them lazy about studying, it is difficult to accept the understanding conveyed by the teacher; c) Students' ability to analyze and potential intelligence test scores (IQ) they decreased. With the expressions that are in accordance with the research above, there are three that mention the impact of this act of bullying, and for the researchers themselves, this is easily found in the school environment, especially when we see such incidents, we should be aware of the existence of this act of bullying, someone who experiences this act of bullying is easily provoked by emotions because If you experience bullying behavior, as a human being, if you are disturbed and feel uncomfortable, you will definitely take action to fight, protect yourself, get angry, or so on to protect yourself.

Besides that, this act of bullying can actually make this student down academically, because he feels that the discomfort earlier makes him reluctant to go to class, rarely goes to school, lacks socializing with his friends, and is often alone, and students are slow to analyze something. then apart from the impact of bullying experienced by the victims, what impact was experienced by the perpetrators of this bullying, still with the same journal, the following is the impact experienced by the perpetrators of bullying:

1. Performers tend to be very self-confident and often have similar self-esteem.
2. Pro-violence because of his aggressive nature, sensitive and irritable, impulsive, and unable to tolerate frustration.
3. The desire to be the best and the lack of empathy for the desired and other people becomes a strong need.
4. By escalating the inappropriate actions as mentioned, the perpetrator considers himself to have authority over all circumstances.

If this continues, harassment will occur without intervention. The five things above are true and we often encounter them in everyday life the following behavior without us realizing it occurs when we are still at school, we often encounter it when we are at school when we see that there is an influential group that feels that it is the strongest among other strong friends. here in the sense of physical, mental, and high self-confidence, according to the research above, it is also stated that a high level of self-confidence is usually found as an impact of being the perpetrator of this bullying, and is easily offended and does not want to see people who are better than themselves, thus degrading people. who is considered a rival, and this person has a lack of empathy for other friends because he feels he is the best, he will feel disturbed if someone pays attention to someone other than himself.

The perpetrators will always seek attention in public, thus feeling that authority is within their control. Researchers have also encountered such things where these students were class leaders from first to fourth grade and were reluctant to be replaced by other friends because they felt there were none. who is greater than himself, and all will authority is in his control, even lack of empathy and a sense of concern for joint deliberation with his classmates, then his classmates want that leadership to be replaced and discussed again together, what happens to these students is that they are easily provoked by emotions and easily offended, very easy to put down other students.

With this widespread incident in our society, will this affect future generations to come, we know that in 2023 these young people will be the prospective golden generation of productive youth, and in 2045 there will be a demographic bonus and what readiness have we prepared as a generation? in the future to build a better nation, This way how will we produce a productive generation if there are still many cases of bullying among young people This will have a big impact on mental health in particular because violence is one of the factors in mental health problems, the argument above is supported by research done by [10] mentioning violence is one of the main factors associated with mental health problems, efforts should be focused on encouraging people to learn to relate to each other in non-violent ways at home, at school, and in the community.

Compared to verbal or physical bullying, relationship bullying can be more difficult to overcome. Teachers may find it unreasonable to try to influence students' friendship and relationship preferences, but building social inclusion should not be overlooked. According to the researcher above, violence is a major factor in mental health, and even more so it is the role of the closest people that makes this matter subside. With the role of parents at home and the role of a teacher at school who always exemplifies good things so that this aggressive behavior can be appeased and instills

mutual tolerance and builds social inclusion, it is the teacher's role to direct students to be able to accept the differences that exist around them. school environment [10].

B. Feelings Arising from the Impact of Bullying

When the environment is able to reduce acts of bullying and is able to reduce and increase self-confidence, because self-confidence that is too low makes it difficult to get along and socialize with other people, in the school environment it should also be the duty of a teacher to set an example for his students and become a place of support. This is positively relevant to the following study by [10] The results of this research also show there is a moderating effect of positive student-teacher relationships on victims' self-esteem. Victims' pride was higher (or lower) when they had a more active teacher relationship. A positive relationship with a teacher is positively related to a student's self-esteem and can provide a positive signal to peers capable of increasing the victim's social status within the peer group. Based on the research above, it creates positive feelings and can increase students' self-confidence if a teacher is able to provide appropriate support to victims because they need protection and support apart from their family environment.

Victims of bullying need people who are able to help them validate their presence and give positive support without discriminating between one child and another. There are still many teachers who don't even seem to realize that their behavior has a big influence on a student's development. It turns out that support can have a very big impact. for the victim, it was even able to create positive feelings from the student, even so far there are many friends around me who still remember the actions carried out by the teacher during school from the past until now and this can be carried into adulthood.

Therefore, to be a teacher is not an easy thing, but a profession that is very, very meaningful for his personal life and the lives of his students. above is in accordance with Sukarman's belief theory. He believes that self-confidence is a manifestation of a positive attitude based on a happy way of thinking about them in everyday life.

Belief in one's abilities eliminates worry, hesitation, doubt and responsibility for their actions [11]. After the help and support of a teacher always thinking positively will arise a comfortable feeling student. According to the researcher above it was also stated that self-confidence is a manifestation of a positive attitude and a healthy mindset, and when it is established there will be a feeling of belief in his own value without seeing and comparing with other people, someone who accepts bullying behavior.

Bullying that is received can give rise to an attitude of self-doubt due to negative attitudes from peers, and lack of support from the environment, so feelings of anxiety and fear will arise as well as negative thought patterns, from the researcher's argument above regarding research conducted by [12] that things that encourage intimidation among participants. Bullying behavior is the result of participants' negative emotions, especially fear, sadness, and anger.

These feelings stem from unpleasant experiences such as unstable subject interactions with friends and teachers, or rarely personal mistakes that lead to further

harm. Similar events can make all the difference to a negative emotional response. Disturbed interactions that cause negative emotions become bullying (physical, verbal, and social), uncomfortable friendships (feeling bored, fighting, being hated, ridiculed, annoyed), and being “punished” by the teacher (the teacher is mean, scolded). Academic problems (some homework, tests, difficulties at work, difficulty accepting school, bad grades) can also generate negative emotions.

Apart from that, the feeling that arises due to this act of intimidation is that the researcher stated the following [13] This research shows that there is a relationship between victims' levels of fear and anxiety. Bullying behavior will cause psychological problems for students, causing anxiety. Victims of bullying will feel sadness, lack of self-confidence, depression, and worthlessness, which in turn reduces self-confidence and increases social anxiety. This phenomenon is that bullying at school can cause psychological impacts on victims of harassment such as anxiety and stress, sleep disturbances, feeling bad, being easily shocked, and having suicidal thoughts..

There are similarities between victims of bullying and people with social anxiety who feel helpless because they have no power and are unable to defend themselves. Based on the research described above, one of the feelings arising from bullying victims is anxiety, and because of this anxiety they feel discomfort that arises such as disturbed sleep, unpleasant eating, and disturbed activities, even when aggressive actions This continuously attacks both mentally, physically, and even psychologically, there are thoughts of suicide.

This act of intimidation really makes the victim feel uncomfortable, of course The victim always feels that he is powerless to fight back and sometimes feels that he is weak Of course, this feeling will cause deep sadness and if this is always thought about it will result in stress, and this also has an impact on academics at school, how hanging out or socializing with other people, and staying away from friends, this will even have an impact on the way students communicate, making it difficult to solve problems that occur.

Other research is as follows [14] : Both victims and perpetrators of bullying can feel the impact of bullying. (1) The impact that occurs on students who are bullied is what is perceived by these students, feeling insecure at school and in class, even if students are afraid to go to school because they are bullied, victims will be afraid of becoming victims of bullying. (2) If there is an incident of physical bullying, students should be careful at home because of it. Fights cause students to drop out of school. Victims of bullying in the future also have the potential to become tyrants, as shown by the emergence of seniority in school circles, victims of bullying also tend to become bullies in their old age. (3) The impact of bullying also occurs on the perpetrators of bullying.

Based on these results, a student will become a physical bully or someone who gets into a lot of fighting and will end up dropping out of school. Regarding the feelings that arise from victims of bullying, anxiety, sadness, stress, sleep and eating disorders, and even suicidal thoughts, what happens to the perpetrators of bullying, is there no feeling of concern for others, and is there a sense of shame, or are they aware? or not with what they did, what feelings the perpetrators aroused and why they didn't stop bullying.

However, this is explained by the following researchers [15] this research is in line with other research that shows an increase in guilt and a decrease in shame with age, while based on gender, girls show more guilty emotions, while boys show more indifference and pride. This study highlights the risks of establishing moral criteria based on a lack of solidarity and sensitivity to the suffering of other schoolchildren. Based on the research above, the researchers concluded whether the initial actions of bullying were influenced by the people closest to them, such as parents at home, and parents with what kind of parenting so that children carried out bullying actions and took it out on their friends.

The results above also show that sometimes the victim of this bullying will also become the perpetrator of bullying later because the different environment and his unwillingness to feel suffering in his home area makes him a bully. An example that we often encounter is the number of seniors who feel that they are hurt because of how they were treated when they In the past, it was vented when the time and situation allowed, and now we encounter a lot of things, whether the role of parents is also very influential, parents who are too free of their children or parents who restrain their children, or there is trauma in the family, whether in the form of physical or verbal violence. what is received and expressed and vented at school is really very concerning.

Cases of bullying continue to spread, this is supported by [16] stated that it cannot be denied that the family can be a risk or protective factor in facing violence perpetrated by friends, parents, victims, and aggressors, in the context of bullying behavior that uses various methods. High control and permissive, parenting practices (high emotionality) or overprotectiveness, (low standards or control). Additionally, abusive parents demonstrate lower levels of parenting skills.

Furthermore, by explaining this, the researcher argued that the perpetrators of bullying have supporting factors within the core of their family, parents who do not support and care less about their children because of a lack of relationship with their parents, poor communication so that children seek attention by becoming students with bad behavior. aggressive, as mentioned above, the perpetrator always wants to be seen and does not want anyone to pay attention to anyone other than himself, and always wants to be validated by those around him, the perpetrators of bullying will unconsciously continue their actions because they feel their actions are useful.

For example, when bullying at school, the bully may get money or food by forcing his friends to give it to him. Another example is when the perpetrator feels that the popularity and attention of the community have increased because of his actions. However, from the discussions above regarding the impact of bullying, is there a positive impact that can be taken by the victims of this bullying, The above mentions that by being bullied, the impact felt is feeling stressed, depressed, and having low academic performance at school, haven't we already got these things? the expression that we certainly can.

If there are people who belittle us, we have to stand up by proving that we are capable of being better, It is not like we respond with the same action towards different people, don't let there be a mindset that leads to something that is always negative, but is it true that with this bullying behavior, we are able to understand? our inner selves are deeper and with this act of bullying we will grow into brave and tough people

without having to put other people down, therefore The researcher wants positive thoughts that can be obtained in every incident if this aggressive act continues to be retaliated against then what the difference between us and people who do the following despicable things.

We should be able to become better individuals, and be careful of others, and have high empathy, care for others, after accepting ourselves researchers believe that self-confidence will arise, and this act of bullying has a positive impact supported and relevant to research [17]. Based on the results of the discussion in this article, it is concluded that bullying has a number of positive impacts that can be felt by victims as victims. Being motivated to be better, stronger and braver, more respectful of others, kinder, and more careful in actions and words are some of the positive impacts that can be experienced by victims.

Victims of bullying should take advantage of this to build a better, stronger, and more resilient personality. However, even though the positive impact of bullying can be felt, it does not mean that it can be used as an example for anyone, especially children and adolescents. Harassment is an embarrassing behavior that can cause physical and psychological harm and of course, harm others. The feeling that arises from bullying is that it causes anxiety and even depression, people who are bullied tend to have lower education and lower income. Bullying causes physical problems in adulthood. We can understand why there are effects of bullying that are mentally damaging, tend to be alone to the point of stress, and also result in a lack of self-confidence.

Victims of bullying—those who bully and are intimidated—are most seriously affected. They are at greater risk for mental and behavioral problems than those who are victims or bullies alone. Levels of depression, anxiety, and suicidal ideation and behavior were highest in this group.

C. Steps to Overcome Bullying Problems

After we know the effects of bullying and know the feelings that arise from victims and perpetrators of bullying, then how to deal with this incident because we all know that if this action is not immediately minimized and there is a lack of awareness about this, there will be further victims. and we have just been shocked on social media by an act of revenge for a victim who is tired of always being a victim of bullying, the victim is desperate to bring a sharp weapon and stab the bully's body.

this action is a very aggressive action and is really very concerning, seeing from the various impacts and feelings that arise from both victims of bullying and perpetrators the way to deal with it so that this bullying can be avoided is by instilling good characters as examples of racing for students because students usually imitating what adults show, so we must direct and guide them to have positive behavior, apart from that the role of a teacher must also be able to provide full support to his students by supporting what they do in terms of goodness, and always supporting what what they're after.

After students give a good and positive attitude, it's good that we give rewards and give them compliments that make them feel valued and feel happy. If there is a student

who is not well treated, don't reprimand the child in front of his friends because that will make the child feel inferior, therefore Behaving or parenting towards students is very important for students' mentality and student growth, if you look at it from the side as a parent step The first is to establish a good relationship first.

After that, establish good communication by inviting the child to talk about anything because with this openness, if children experience anything, they will open up and tell the people closest to them, especially their parents first, just like a teacher and parents give praise for the child will make the child self-confident, become parents who care about the child's activities but do not curb any child's activities because they are too controlling will make this child a liar because they are afraid that if they are honest they will make their parents angry.

If the child is given freedom, it will make this child feel lonely and feel uncared for and feel that no one cares about him so he makes himself seek personal attention outside by bullying and disturbing other people, as parents with good parenting and making children this has good character in a way that we must also behave as well as possible in front of children, don't occasionally show deviant behavior by saying harshly.

Acting harshly because children will also imitate such things, fostering empathy for fellow human beings, because this makes children have personalities that care about each other, and don't act aggressively and feel normal if someone gets hurt because of it, makes this child capable express their feelings in a way when they are sad and want to cry, let the child cry and after that give this child to be able to explain the reason he is sad, in this way helping children to be more sensitive to their own feelings, with such parenting will help minimize incidents that negative and not good for implementation in society.

This will also foster an attitude of tolerance that is high in respect for differences in religion, ethnicity, race, and culture that exist, especially in the environment in Indonesia explains that later we will meet people who are different both in physical form, and skin color. and explained that we are still the same human beings and that differences are natural so a child is no longer surprised to see that there are differences that stand out especially in the school environment so that there is no ridicule, ridicule, and other types of bullying that will arise.

The above opinion was reinforced by previous researchers [18] who stated that they found a strong correlation between emotional/mental state and involvement in bullying at school, students who were frustrated or unhappy due to learning stress were more likely to be victims. Students who are sad or hopeless are more likely to be victims and perpetrators. Previous research also found that anxiety and depression are strong psychological predictors of all three types of bullying in schools. Our research shows that a warm and harmonious parenting style can protect students from bullying.

However, almost half of the parents use punishment, excessive intervention, favoritism, and other parenting practices. Warm family parenting encourages positive character development, independence, and self-confidence in children. These results also indicate that being an only child is a protective factor against bullying at school.

Because Chinese people value politeness and generosity; therefore, when siblings are in conflict, parents may ignore their child's negative emotions.

If these negative emotions are not digested on their own, they can lead to the onset or continuation of harassing or harassing behavior. Therefore, the whole community should be more concerned with scientific parenting methods and improving parenting ideas and methods that are not well applied to children. The research above shows that it is true that there are parenting patterns that parents can adopt and apply at home because these parenting patterns will have an impact on children's behavior.

Based on the explanation above, you will find out what kind of character the child will develop. In fact, being a parent is not easy, and wanting a child to have a good personality is the parent's job to implement a parenting style that is suitable for the child. This the application of parenting patterns that parents must pay attention to, then is there any research that has mentioned how to deal with bullying in an effective way? What is the role of a teacher at school when his students commit acts of bullying especially when these actions are carried out in groups, this is explained by the researcher [19] To address group bullying more effectively, schools may choose to use intervention methods designed for these situations. This may involve applying a support group approach, where victims are interviewed first to gain more in-depth knowledge about how they were affected by bullying and who was the perpetrator.

This knowledge is then shared with the bullies in meetings attended by students, which is expected to provide support to the victims and inspire the bullies to do the same. Independent reviewers have reported high success rates of the effectiveness of this approach. Another type of intervention designed for use in group oppression, known as split care, or the pikas method after its creator, has proven highly effective.

With this method, a holistic approach was adopted, starting with individual interviews with the alleged bully (no one was prosecuted), followed by meetings with the students who were targeted; After that, a meeting is held with all the alleged bullies to draft a positive proposal that will be presented as the basis for a negotiated solution and, if possible, agreed upon in a final group meeting with the participation of the victim. The following research, states that being able to deal with bullying effectively, and making it happen, however, there is displeasure towards the perpetrators of oppression, what if the perpetrators feel innocent?

With what they do, how when it is done by means of in-depth interviews, students will even be more angry with the victims, then is there any other research that is able to deal with actions where there are more and more cases? Apart from these things, we cannot deny that in this modern era, information is easy we can see and know, apart from that if we are not able to choose which ones are good for us to take and which are not good, this is what worries us all when we watch bullying films on television and feel that it would be really cool if what is done at school is what must be corrected at the film station because it will set a bad example, from various aspects you have to work together in overcoming this problem of bullying both in schools, families, communities and government regulations.

This was also discussed by [20]. In their research, they stated that socialization was imperfect in the family, communication was less than smooth from both parents and

children, and poor people had unfair care. Colleagues are guilty of harassment among students because intensive communication between peers allows students to be reminded by friends when there are factors that lead to a negative direction. Want to be recognized by members of the peer group, and maintain the existence of the group in the eyes of other students.

The media is a cause of bullying among students due to social media harassment as a means of bullying in non-verbal forms (text). Bullying is a common problem as we get older, but it shouldn't be taken lightly. Solving this problem requires action from every member of society and addressing this problem directly will bring this problem to the surface. Support is needed for those who are victims of bullying, those who witness the bullying, and the bullies themselves. Apart from that, other researchers mentioned ways to solve this act of bullying, namely: [21] Make direct eye contact with the bully and use a calm but firm tone of voice to ask them to stop. While it's easy to joke around, try humor to divert the energy of the moment. Don't try to fight the bully.

Instead, stay away if possible and ask an adult for help. Tell a parent or trusted adult about the situation so they can help and make a plan to end it. Bullies tend to pick on kids when they're alone, so try to be around other kids and adults. Of the various solutions offered to deal with cases of bullying, the first is from the family or parents, who are the closest and often interact at home, with solutions to build better communication first with children, then find out how good parenting is used and implemented. For children, authoritarian parenting, or democratic parenting that makes the child comfortable with his situation always establishes good communication first.

Thus when this child experiences things that threaten him he is not afraid to tell his parents, then The solution from a teacher who is not far from the solution from parents at home is to establish good communication with students to make these students friends too so that students when feeling something that is deviant, not afraid to tell stories, provide constructive support to children, give students space to express their abilities, support in the form of verbal praise or in any form is something that is very important, an explanation of the dangers and consequences of bullying must also continue to be given information and provide an understanding of the negative impact on students that this is something that should not be done because it will harm fellow human beings, especially when in elementary school, all parties involved must be able to instill good characters in students, set a good example. Character values that can be instilled in students include responsibility, attentiveness, obedience, honesty, friendliness, and self-mastery.

Both teachers, parents, and society should not compare a student with other students who may have more achievements and other abilities in sports, arts, and languages. Even though there are children who are good in terms of academics, they must believe that each student has their own special qualities. As a teacher, you are required to behave fairly and be able to encourage students to find out what talents they really master, direct and provide support with student input into competitions that make these students find their identity, and provide understanding if you win and lose in every competition, provide an understanding that when we win we must be humble, not arrogant about our abilities today, do better tomorrow, and when you lose, don't feel discouraged, don't feel stupid, but provide an understanding that failing in life is normal and no problem.

Peers must continue to be instilled with an understanding of social inclusion and tolerance for fellow human beings, thus one is able to respect one another and respect one another, Someone who does not know the importance of differences will feel that someone who is different is strange and unnatural in everyday life. -a day. Thus, as humans, we must humanize other humans by not hurting one another, even insulting them because we are different, can human insult, and ridicule them, this is very inhumane.

D. The Relationship between Resolving the Impact of Bullying Using a Humanist Psychological Approach

Humanists explained that each person is basically unique, has individual potential and an inner desire to develop determines his behavior, From the several researchers above explaining and explaining the strategies undertaken to overcome the problem of this bullying, the researchers concluded and took the common thread or essence of the following solutions is to use this humanist approach, because by applying a humanist understanding where the goal of all is that humans are able to understand the meaning of diversity and are able to see the value of each individual person after that they will be aware of respecting each other.

In the book Education as a practice of liberation explained [22] Being human means establishing a relationship with others and the world, being human is experiencing the world as an objective reality, that does not depend on anyone and can be understood. Animals are immersed in reality and cannot identify themselves with the world. They are creatures who simply "make contact." Meanwhile, human isolation and openness to the world characterize humans as connected creatures. Humans are different from animals they not only exist in the world but also exist with the world.

The relationship between humans and the world has a different nature. Facing very different environmental challenges, even facing the same challenges, their responses are not limited to one pattern. In response to all this, humans organize themselves, choose the best answer, re-examine, act, and modify their actions. They do all this consciously, as seen when using a tool to solve a problem. Humans have an important relationship with the world. They understand objective data about reality (and the relationship between one data and another) through reflection, not just reflex like animals. And by offering critical awareness, they recognize transience. By crossing one dimension, humans can reach yesterday, know today, and discover tomorrow. And the dimension of time is a fundamental discovery in the history of human culture.

In an illiterate culture, the "crisis" of time, which is assumed to be infinite, prevents people from understanding time, thereby incapacitating them with historical sensibility. Cats have no history. Here it explains that humans are connected to the world where humans are connected to each other. The complete human is the human as the subject, and conversely, humans who only adapt are humans as objects, adaptation is the most fragile form of self-defense. Someone who adapts because he is unable to change the existing reality. When discussing humanism, Abraham Maslow is considered the founder of the theory of humanistic psychology.

Each person's special experience is the most important phenomenon in the study and analysis of human behavior, according to the philosophical theories of humanism

and existentialism. He was always optimistic, developed a very positive perspective on others, and valued human intelligence, dignity, and kindness. Stable believed in human power and free will, he emphasized concepts such as choice, value, creativity, and self-actualization. Maslow also mentioned that every human being has needs that must be met and here he has a hierarchy of needs humans need a hierarchy because basically humans will fulfill their lives in stages in stages and the following is the hierarchy of needs according to Maslow [23] :

(1) Psychological needs, why is this need the most important because basically humans are the need to survive and fulfill psychological and biological needs such as eating, drinking, a place to live, air, and clothing, and especially sex needs and other biogenic needs , this is what Maslow thinks is a fundamental need, yes, it's true that living humans need food because humans have a feeling of hunger, someone will look for ways so that this first need can and can be fulfilled, whether it's by working, by making a living in whatever form and it could be that we have to empathize when someone has difficulty finding this basic need, thus we are aware of that humanity, there is a lot on social media now where people are able to help people who are having trouble finding food, but it is published sometimes there is On the positive and negative sides, the best thing to do is not to show kindness and you should be kind to fellow human beings sincerely and that will be called humanizing humans.

However, by being published, people out there should be able to realize that. With motivation, we have to work well so that later we are able to help fellow human beings. With Maslow's hierarchy of needs, the aim is to have gradual needs that people must understand. Maslow said that individuals behave to achieve their goals in life so that their lives are happy. Someone who is able to explore the abilities and potential that exist within him to be applied in his environment for the solution to this bullying act will be able to use Maslow's theory because with this theory we come to know that humans are.

Basically needing these physiological needs, the role of an old man and teacher must see the following needs because this will affect human behavior in behaving in society and their environment, The next need is (2) safety needs or can be called security needs, second this is a motivating factor for a person to behave behind what kind of behavior will be very behaving towards that individual, the needs here are not only related to physical security needs but with routine security needs, stability needs, and familiarity needs, as well as needs and control over one's life and environment.

For example the availability of health and the availability of a person in care, this is where the most important security is security in health, in what ways will a person fulfill this need by how they save, take part in any competition, make health insurance they will do everything for the sake of this need can be met, someone works and then they get sick they will go to the hospital for treatment so that physical recovery can be fulfilled, if we relate this to bullying it could be that the bullies do this because they want to be acknowledged and feel that everyone is afraid of them so that this person feels safe and no one is able to oppress him, but this makes the victim of this bullying feel that fear, and feel that he is insecure, because of that they respond by retaliating against the perpetrator in the hope that he will feel his safety is fulfilled and no longer being disturbed, therefore we must learn that someone wants himself to feel safe and

comfortable, don't disturb the comfort of other people. With the needs above, we will know that the third need is needs.

(3) social needs, namely our interactions with other people where someone wants good interaction, Humans with this third level of needs the need to be loved, affected, ownership, and accepted, it is true that someone definitely wants their needs to be fulfilled by interacting with fellow human beings, someone who feels unloved will look for where he will be loved, and this someone wants recognition from someone too, so it could be someone who is doing this bullying is he is hungry for recognition in his life he is never recognized and rarely appreciated.

Because of that, he seeks attention from his friends by bullying someone so that he is recognized as someone who is brave and is able to act more than other friends, I have experienced recognition from previous friends because when he was at school this teacher always praised only good and smart students, thus he also wants to be seen and acknowledged by the way he behaves badly and is naughty, because of that he is known by the teacher so that the teacher knows his name, such an incident is similar to this third need, which is Maslow's need. This need needs recognition and the solution we can take is to treat humans as they should. In line with the above needs related to the fourth Maslow's needs, these are needs (4) egoist needs, namely ego needs, when social needs are not fulfilled, Maslow's hierarchical level becomes operative, and below is the level that includes egoistic needs, namely:

- (1) ego needs which lead to self-reflection, such as self-acceptance, self-esteem, independence, success, and personal satisfaction.
- (2) The second egoistic needs are directed needs including the needs for prestige, reputation, status, and recognition from others. With this egoism, it is the same as seniority, this is very relevant to this matter because usually this senior wants himself to be acknowledged by his younger siblings, whose level of prestige is very high. the goal is to be appreciated and acknowledged which leads to this bullying, this is what makes a person usually the perpetrator of this bullying, and it could be because of the rivalry between groups that we often encounter where there is a group that highlights and is well-known in an environment suddenly shifted by other groups.

So that They feel uncomfortable so that they don't want their reputation to be threatened, In that way groups that feel competitive will continue to bully other groups, The solution to all of this is to just admit their existence by humanizing here, namely by showing individual potential by showing it with abilities and the potential that we have, don't let us fall with ridicule from friends or insults that don't sound good to us, we just keep falling into it, we should be able to get up by continuing to practice and show that with bullying there is nothing that can change us, we are not able to control what we cannot control, such as the views of others on us or even the words of other people who judge us, what we can control are ourselves, our abilities, what we can control, we can hone.

Therefore we must be able to separate between what we can control and what we cannot control so that there will be no feelings of anxiety and excessive fear so that there are no thoughts of children committing suicide and so the feelings that will arise by someone who is experiencing bullying Finally, (5) the need for self-actualization,

according to Maslow, if someone is able to fulfill the fourth need, then that person will move to the fifth need, namely the need for self-actualization which refers to personal desires, to fulfill his potential to achieve everything he can achieve, like someone who wants to find new discoveries for cancer drugs because he is a scientist in any way he will look for this drug to be found. The humanist approach is one way for students to be able to accept themselves despite differences in themselves and as educators to be able to guide them to know how to develop their potential, especially to potentials that they do not yet know, with this approach that the bully does not feel that he is the greatest but There is a uniqueness or characteristic in each individual. Children learn out of curiosity, not because they are forced to. for example, children have a desire to achieve success in solving problems, which they perceive as success and a reward for themselves.

Therefore, learning should not be meaningless, it should also lead to self-development. Children learn because they want to know, not because they are forced to. For example, children have a desire to achieve success in solving problems, which they perceive as success and a reward for themselves.

3.2 Discussion

Based on research results obtained from various studies published in previous journals, we obtained data from several cases of the impact of bullying on students' self-confidence through a humanist approach, including the following:

1. Middle Schools in China

Based on data taken and researched by [24] with his journal entitled "Victims of Bullying and Adolescent Social Anxiety: The Role of Shame and Confidence". In their journal, researchers say a total of 4,790 middle school students in China received four scales, including the victim of bullying scale, the trauma-related shame inventory, the social anxiety scale, and the heartbreak scale. The results of the study show that victims of bullying have a direct and positive relationship with social anxiety.

In addition, the positive relationship between bullying victims and social anxiety is mediated by shame and self-confidence, respectively. Victims of bullying are also associated with social anxiety through shame and self-esteem. These results suggest that shame and self-esteem have important mediating effects in the relationship between bullying victims and social anxiety. More attention should be paid to dealing with negative emotions and self-evaluation in adolescents after being bullied.

2. Elementary school in Sukabumi district

Based on data taken in the article researched by [2] "The Impact of Bullying on the Self-Confidence of Elementary School Students (Case Study in Elementary Schools in Sukabumi Regency)" where the researcher stated that the practice of bullying has a significant impact on the level of self-confidence of students, especially for young children who are still in elementary school. the golden age where the attitudes of adults

have not yet reached maturity. They are still susceptible to influences that they themselves are not yet capable of.

Judge whether every action that occurs before their eyes is good or bad. Not only for two or three months but for years and even now cases of abuse are increasing in Sukabumi District. Of course, the number of years is not short. According to 2022, the most frequent acts of intimidation among the Regent community will be in the form of sexual harassment.

3. Kedungmundu state elementary school, Semarang.

Based on the data in the following journal with researchers [25] with the title "The impact of bullying on children's self-confidence" stated in his journal that the results of the study showed that there were many forms of bullying that occurred in the Kedungmundu Semarang public elementary school, namely verbal threats in the form of ridicule and humiliation of physical deficiencies, offending parents. Non-verbal bullying is in the form of kicking, hitting, pulling the hood, and fighting. Relational oppression takes the form of exclusion and neglect.

The impact of bullying on self-confidence is that victims of harassment have lowered self-esteem, but victims of bullying who feel more confident as a result of bullying behavior become a driving force. Victims of harassment have lower self-esteem, but victims of bullying who feel more confident as a result of the bullying behavior become a driving force.

4. Conclusion

With these results and discussion, the author concludes that bullying is a negative action where this action is deviant and the action is carried out aggressively with various forms and other types of bullying which attack continuously and are usually carried out by someone who tends to be bolder so they attack weaker. With this deviant behavior, bullying has a huge impact, in fact, not only on self-confidence but also on a person's psychology, a person's mental state, resulting in anxiety and fear experienced by the victim.

With these actions, the feelings that arise are the desire to be alone, feeling like you have no self-esteem, and feeling weak within yourself and helpless, The researcher concludes that the way to overcome this increasingly widespread bullying is to improve good communication and strong emotional relationships. must be built and foster empathy for children, as well as explanations and guidance to instill social inclusion, as well as explaining the dangers of bullying which have consequences in various aspects.

Even in the future, the researcher wants this solution to use a humanist approach where the position of humans is the same and to instill that humans have differences in religion, race, ethnicity, culture, etc., and to instill that humans have their own specialties and human are social creatures who need each other and thus the author wants various elements and groups to humanize humans with even small things to be able to reduce this act of bullying.

So that no one will be a victim anymore and with that, people will feel comfortable, especially in education. We definitely want this to be realized and resolved. Hopefully, this can help to reduce this act of bullying which is becoming more and more common day by day and with that, this act of bullying will not happen. happen again so that humans are able to respect each other, and appreciate them, without having to have any more ridicule and humiliation that can be detrimental.

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