The Relationship between Bullying and Mental Health in Adolescents at SMP Negeri 2 Air Putih Indrapura in 2024

Lili Tumanggor[1], Friska Ginting P[2], Agustina Devi Yanti Pardede[3*]
[1,2,3] Nursing Study Program, Sekolah Tinggi Ilmu Kesehatan Santa Elisabeth Medan,
Indonesia
Email: agustinapardede8@gmail.com[3]*

Alamat: Jl. Bunga Terompet No.118, Sempakata, Kec. Medan Selayang, Kota Medan, Sumatera Utara
20131
Korespondensi penulis

Abstract. *Introduction : Bullying is aggressive behavior carried out by a person or group of people against another person or group of people who are weaker. Mental Health is a problem with emotional development, behavior and development. The aim of the research is to determine the relationship between bullying and mental health among teenagers. This research uses a quantitative research design. The research method used was cross sectional. The sampling technique in this research uses random sampling with the number of respondents are 159 people. The instrument used is questionnaire sheet. This study uses Independent variable Bullying and dependent variable mental health. Data analysis in this study uses the chi-square test. The results of this study show that there is bullying behavior as many as (82.4%) and mental health was in the disturbed category as many as 129 respondents (81.1%). The statistical test results are obtained with a p-value of 0.000, a value >5. These results indicate that there is a significant relationship between bullying and mental health for respondents. It is necessary for students to respect each other without looking at their background, physique or any differences to be good friends, get along well, support each other, provide assistance and try not to bully weak friends and the school is expected to pay more attention to bullying actions that occur in school environment.*

Keywords : Adolescent Social Behavior; Bullying; Mental Health; Psychological Disorders; Relationships

1. INTRODUCTION

Adolescents are residents in the WHO age range of 10-19 years, and adolescents are residents in the Indonesian Health Regulation No. 25 of 2014 with an age range of 10 to 18 years. Teenagers aged 10-24 years who are still single can be found at the BKKBN (Population and Family Planning Agency). Indonesia's 2010 population census found that 43.5 million people, or nearly 18% of the total population, were between the ages of 10 and 19. In contrast, adolescents are estimated to be 1.2 billion, or 18% of the world's population worldwide (WHO, 2014).

Bullying is the act of intimidating or angering someone who is considered helpless. Oppression is violent behavior that appears to be directed at one or more weaker or helpless individuals through coercion or psychological manipulation. Bullying usually believes that they are strong enough to do whatever they want to their victim, making the victim feel vulnerable, helpless, and always afraid. Bullying is defined as a pattern of behavior in which a student intentionally hurts another student on several occasions (Hatika Mutiasari & Linda Yarni, 2023)

In Indonesia, *bullying* has become a widespread issue at the elementary, secondary, and university levels. A total of 369 complaints, or nearly 25% of the 1,480 complaints in the education sector, have been submitted to the Indonesian Child Protection Commission (KPAI) related to this problem. Bullying is seen as a type of violence in schools and is more common than reports of illegal levies, student fights, or prejudice in the classroom. Every child has the right to be protected from violence and has the right to preserve their life, body, and development, in accordance with the 1945 Constitution of the Republic of Indonesia article 28B paragraph (2). Bullying and other forms of violence against children still occur despite laws and regulations that protect children (Article, 2023)

Bullying was first defined by Olweus in 1973 as aggressive behavior that is repeated over time with the aim of causing pain or distress to a person; this occurs in a relationship where there is no growing difference in power or balance of power. Incidents of bullying and the parties involved in the act of bullying, including the actions of the victim, are inseparably linked (Faizah & Amna, 2017)

According to Yunanto (2019), adolescent mental health can also be likened to a roller coaster in terms of the emotional and psychological components that go through ups and downs, which sometimes go up and down. Negative behaviors such as truancy, difficulty completing assignments at school, and increased confrontations with peers and older adults will result from this. The ability to recognize mental abilities increases along with public awareness of mental health problems. A person can take various preventive measures, such as visiting health facilities before the first symptoms appear and will cause various psychiatric problems at a more serious level, by developing mental health literacy (Hanis, 2021)

According to WHO (2003), the concept of mental health consists of well-being, perceived self-efficacy, autonomy, competence and recognition to realize the potential and intellect of the person. Mental health is also explained by *the movement of The World Federation for Mental Health* (1948) mental health refers to a state that allows individuals to experience optimal development in physical, intellectual, and emotional aspects, and does not conflict with the interests of others, while according to the World Federation for Mental Health (Rahmawati, et al., 2022) defines mental health as a state that allows the best development at all levels physical, intellectual, and emotional as long as they consider the circumstances of others.

These methods are expected to improve student behavior and create a safe and positive learning environment for all students. Based on the results of the initial survey conducted at SMP Negeri 2 Air Putih in November in Grade 8 with a total of 146 students and in the initial

survey interviews were conducted as many as 60 students had been found to be bullying and victims of bullying, based on the initial survey the researcher found bullying as many as 18 students and bullying victims as many as 17 students and students who were victims of bullying said they felt less confident, shy and withdrawn, afraid to join other friends

2. RESEARCH METHOD

This type of research is a quantitative research with a *cross sectional* approach. The *cross sectional* approach is a study that shortens the time it takes to measure or observe data on both independent variables and one-time bound variables. The design of this study is to identify the relationship between bullying and mental health in adolescents at SMP Negeri 2 Air Putih Indrapura in 2024.

Sampling is carried out using a *random sampling technique* using purposive based on the assumption that the researcher wants to solve, understand and find out what is learned from the selected person (Patton, 1990). The sample size was calculated using the vincent formula (Pratiwi et al, 2022). The sample of this study was 159 students.

The independent variable of this study is the bullying behavior of SMP Negeri 2 Air Putih Indrapura students in 2024. The dependent variables of this study are the mental health of students of SMP Negeri 2 Air Putih Indrapura in 2024.

The Bullying Questionnaire includes 22 statements with a choice of answers using a *Likert* scale. The *likert* scale used to measure an attitude, with the answer Never (1), 1-2 times (2), 3-4 times (3), 5-6 times (4), 7 times or more (5), The class length was obtained as many as 22. Using P = 22 so that the results obtained by the research from "Bullying" with the category: There is bullying behavior = 66 – 110 No bullying behavior = 22 – 65

The Mental Health Questionnaire using a questionnaire includes 25 statements using a nominal scale with alternative answers Yes (1) and No (0). This instrument includes 25 statements divided into 5 indicators, namely cognitive symptoms, anxiety symptoms, depression symptoms, somatic symptoms, and symptoms of decreased energy. Where the value of P = class length, with a range of 13 (the difference between the highest and lowest grades) and many classes of 2 classes, namely undisturbed and disturbed, the class length of 13 is obtained. Using p=13 so that the results of the research from Mental Health are: Undisturbed: 0 – 12 and Disturbed: 13 - 25

The questionnaire of bullying victims has a high level of dependence, as can be seen from the reliability score of 0.9126 and the validation range of 0.3733-0.7003 made by (Ajeng

Ayu Lestari, 2016). Meanwhile, for the mental health variable, a measuring tool made by (Yuni Sartika Sinaga, 2019) was used with a Cronbach's Alpha result of 0.70.

A statistical technique known as the Chi Square technique was used in the data analysis in this study. If the data being studied is ordinal, then this test is used to determine whether the relationship between the independent variable and the bound variable is strong or not. If one of the two variables is ordinal scale, then it is also applied (Nursalam, 2015). There are requirements that must be met to use the Chi Square Test, such as the absence of cells with an actual frequency value (also known as the actual count (Fo) or an observation value of 0 (zero); if the contingency form is 2x2, so that no cell has an expected frequency or is said to have an expected count (Fh) < 5; if the shape of the table is > 2x2, e.g. 2x3, so that the number of cells of the expected counting frequency (Fh) < 5 should not be more than 20%; if the contingency table is 2x2 or more, but does not meet the previous requirements, then you must use the Fisher Exact Test alternative test with the help of the SPSS application tool. This test research helps the hypothesis in determining the relationship *between Bullying* and Mental Health in adolescents at SMP Negeri 2 Air Putih in 2024.

3. RESULT AND DISCUSSION

Table 1. Distribution of Respondents Based on Demographic Data (Age, Gender) at SMP Negeri 2 Air Putih Indrapura in 2024

Respondent Characteristics	(*f*)	(%)
Age:		
12-14	140	37,7
15-16	19	17,3
Total	**159**	**100**
Gender		
Male	58	36,5
Female	101	63,5
Total	**159**	**100**

Table 1 obtained data that of 159 respondents based on the majority age of 12-14 years, 140 people (37.7%). In the characteristics of the female gender, 101 people (63.5%) and 58 people (36.5%) of men (36.5%).

Table 2. Distribution of Respondents Based on the Distribution of Bullying Frequency in Adolescents at SMP Negeri 2 Air Putih Indrapura in 2024

Bullying	(f)	(%)
No Behavior	28	17,6
Behavior	131	82,4
Total	159	100

Table 2 was obtained from the results of a study on the distribution of bullying frequency in adolescents at SMP Negeri 2 Air Putih Indrapura, there was no bullying behavior as many as 28 people (17.6%). Meanwhile, there were 131 bullying behaviors (82.4%).

Table 3. Results of Analysis of the Relationship between Bullying and Mental Health in Adolescents at SMP Negeri 2 Air Putih Indrapura in 2024

Bullying	Mental Health		Total	P-Value
	Uninterrupted	Annoyed		
No Behavior	30 (18,9%)	0 (0%)	30 (18,9%)	0,000
Behavior	0 (0%)	129 (81,1%)	129 (81,1%)	

The results of the study after the *Chi Square Test* were carried out with a p value of 0.000 so that the > value was 0.05. So it is said that there is a significant relationship between bullying and mental health.

According to the diagram above in this study, 159 students of SMP Negeri 2 Air Putih were told that if there was a significant relationship between bullying and mental health (81.1%), this study supports a number of previous studies that showed a link between bullying and mental health, including research showing that bullies suffer from mental health problems such as psychological tension and high levels of depression, anxiety disorders, and a number of social problems (Wulandari et al., 2024) Bullying has a negative impact on adolescents' mental health; poor mental health can impact adolescents' social and academic performance, as well as other elements of their lives. Their capacity to interact with others and their sense of self-worth can be greatly affected by bullying.

Bullying has a great negative influence on the mental health of its victims, which can impact many aspects of their lives. Research shows that being the target of bullying can have a bad impact on a person's mental health, especially in the younger generation. The onset of psychological problems such as sadness, anxiety, and sleep disorders is one of the main impacts of bullying. One of the impacts of bullying that often befalls its victims is depression. They

often experience sadness, lose interest in things they used to enjoy, and feel hopeless. This may have an impact on their general quality of life and may lead to self-harming ideas or actions (Wahani, 2022).

Another common impact of bullying is anxiety. Victims often experience fear, anxiety, and anxiety in various environments, especially in educational environments. This may make it difficult for them to focus while studying or interacting with others, and it may also increase the likelihood that they will experience more severe anxiety problems later in life. Sleep disorders are another impact that victims of bullying often face. They may wake up frequently at night, have trouble sleeping, or even persistent nightmares. This sleep disorder can interfere with their general physical and mental health and cause fatigue and poor concentration (Saputri, 2020).

Based on research conducted on students of SMP Negeri 2 Air Putih in 2024, with a total of 159 respondents, it was found that there was no bullying behavior for 30 people (18.9%). Meanwhile, there were 129 bullying behaviors (81.1%) with 129 people (81.1%) and 30 people (18.9%) who were undisturbed with their mental health.

Bullying has a great negative influence on the mental health of its victims, which can impact many aspects of their lives. Research shows that being the target of bullying can have a bad impact on a person's mental health, especially in the younger generation. The onset of psychological problems such as sadness, anxiety, and sleep disorders is one of the main impacts of bullying. One of the impacts of bullying that often befalls its victims is depression. They often experience sadness, lose interest in things they used to enjoy, and feel hopeless. This may have an impact on their general quality of life and may lead to self-harming ideas or actions (Wahani, 2022).

The author assumes that Researcher's assumption that bullying has a bad impact on health, the relationship between bullying and mental health shows that there is a negative and significant relationship. The higher the bullying, the greater the mental disorder in a person so that it can have an impact on a person's psychology, The impact of bullying makes the victim afraid to gather with other friends, depressed, feel inferior, and be more quiet

This research supports a number of previous studies that show a link between bullying and mental health, including research showing that perpetrators of bullying suffer from mental health problems such as psychological tension and high levels of depression, anxiety disorders, and a number of social problems (Wulandari et al., 2024)

4. CONCLUSIONS AND SUGGESTIONS

Based on the results of the research obtained with a population of 451 and a sample of 159 respondents who were randomly selected regarding the Relationship between Bullying and Mental Health Incidence in Adolescents at SMP Negeri 2 Air Putih Indrapura in 2024 The distribution of bullying incidence from the research results, there was no bullying behavior as many as 30 people (18.9%). Meanwhile, there were 129 bullying behaviors (81.1%).

The results of the mental health research with mental health were disturbed by 129 people (81.1%) and 30 people (18.9%) were not disturbed. It was concluded that regarding the Relationship between Bullying and Mental Health Incidents in Adolescents at SMP Negeri 2 Air Putih Indrapura in 2024, if there is a significant relationship between bullying and mental health, with a p-value of 0.000 or > 0.05.

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