

Effectiveness Service Guidance And Counseling in Overcome Behavior Bullying at School

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Abstract

Bullying is an aggressive act involving a power imbalance that significantly impacts both victims and perpetrators. This study explores the role of guidance and counseling (BK) services in addressing bullying through individual and group counseling, techniques like the Structured Learning Approach (SLA), and bibliotherapy. Additionally, BK services play a critical role in raising awareness among students, teachers, and parents through information programs and anti-bullying campaigns. This research employs a literature review method, analyzing relevant journals and studies published between 2017 and 2024. The analysis was conducted using keywords such as "guidance and counseling," "bullying," and "student resilience." Findings reveal that an integrated approach effectively reduces bullying incidents and fosters a safe and inclusive school culture. Collaborative support from schools, parents, and the community is crucial to the success of these services.

Keywords: Bullying, guidance and counseling, resilience, Structured Learning Approach, cyberbullying;

INTRODUCTION

Bullying is an aggressive act that is intentional, repeated, and involves an imbalance of power between the perpetrator and the victim. This issue has become a major concern in educational settings due to its significant impact on all parties involved. Bullying can take various forms, such as physical violence (e.g., hitting or damaging the victim's belongings), verbal bullying (insults, teasing, or calling derogatory names), and social bullying, which usually involves exclusion, spreading rumors, or publicly humiliating the victim. With advances in technology, this form of bullying has now also expanded into the digital realm, known as cyberbullying. This form is carried out through social media, instant messaging, or other digital platforms, and is often more difficult to control because the perpetrator can hide behind anonymity. The impact of cyberbullying is often deeper than traditional bullying due to its wide reach and long-lasting effects (Millennium & Flurentin, 2024).

The impact of bullying on victims is serious and includes a variety of physical and mental health problems. Many victims of bullying experience severe stress, loss of self-confidence, and mental health disorders such as depression and anxiety. In more severe cases, victims can even experience long-term trauma or even suicidal thoughts. Bullying also often impacts victims' academic performance due to fear or insecurity, which makes them reluctant to attend school.

On the other hand, bullies often exhibit problematic behavioral patterns. They typically exhibit high levels of aggression, lack empathy, and tend to have difficulty controlling their emotions. If these behaviors are not addressed properly, bullies can develop into individuals with a tendency toward violence or criminal activity later in life (Irawan et al., 2024).

Amidst the complexity of bullying issues, guidance and counseling (BK) services in schools play a crucial role. BK services help address bullying cases by providing support to victims and perpetrators and encouraging positive behavioral changes. One effective approach is individual counseling, which provides a space for victims to express their feelings and process traumatic experiences. Furthermore, group counseling is also useful for creating a sense of community and supporting both victims and perpetrators in understanding the impact of their actions. Techniques such as the Structured Learning Approach (SLA), which involves training in social skills such as conflict resolution, have proven effective in preventing bullying from an early age. This approach helps students learn how to resolve differences without resorting to violence or intimidation (Prasetyani, 2019).

In addition to focusing on response, guidance and counseling services also play a role in raising awareness among students, teachers, and parents about the importance of creating a safe and supportive school environment. Regular anti-bullying counseling programs or campaigns in schools can help students understand the consequences of such behavior and encourage them to become agents of positive change. One study found that a well-designed information service program significantly reduced bullying rates by increasing student awareness of the harmful effects of these actions (Andriati & Maulana, 2020).

Through an integrated approach, guidance and counseling services can not only address bullying cases that have already occurred but also prevent similar cases from occurring in the future. This approach requires the full support of teachers, parents, and the school community to ensure a safe, inclusive, and bullying-free learning environment.

This literature review section presents relevant research and literature to support the discussion on the role of guidance and counseling services in addressing bullying behavior in schools. The cited studies provide a comprehensive theoretical and empirical foundation, covering counseling-based interventions, specific techniques for reducing bullying, and awareness-raising programs in school settings.

The Role of Guidance and Counseling Services in Increasing the Resilience of Bullying Victims

Guidance and counseling (BK) services play a strategic role in helping students who are victims of bullying recover psychologically. Resilience is an individual's ability to bounce back after experiencing stress or trauma. In the context of bullying, resilience is crucial for students to overcome psychological impacts such as stress, anxiety, or even depression. Individual counseling allows students who are victims of bullying to express their emotions and feelings in a safe environment, significantly aiding the recovery process.

Additionally, group counseling offers social support, allowing students to share experiences with fellow victims and feel less alone in their situation. Research shows that resilience-based interventions delivered through guidance and counseling services can improve students' mental resilience, reduce anxiety levels, and build their confidence to face challenges at school (Irawan et al., 2024).

Another study conducted by Millenium and Flurentin (2024) also highlighted that resilience-based guidance and counseling services are effective in addressing the psychological impact of bullying. By improving students' ability to cope with stress, these services not only aid victims' recovery but also enhance students' skills in facing future challenges (Millennium & Flurentin, 2024).

Effectiveness of Specific Techniques to Reduce Bullying Behavior

In addition to addressing victims, guidance and counseling services also play a crucial role in preventing and reducing bullying behavior. Various innovative techniques have been implemented within guidance and counseling services to address bullying with a more creative and effective approach:

a. Structured Learning Approach (SLA)

The Structured Learning Approach is a method designed to improve students' social skills through simulations, role-playing, and structured training. This technique is effective in training students to resolve conflicts constructively, understand others' perspectives, and control aggressive behavior. In research conducted by Prasetyani (2019), SLA was proven to reduce aggressive behavior among junior high school students. This program also helps improve students' communication skills so they can resolve conflicts without resorting to violence (Prasetyani, 2019).

b. Bibliotherapy

Bibliotherapy is a technique that uses reading materials such as books, stories, or articles to help students understand the impact of bullying and develop empathy. By reading relevant stories, students are encouraged to reflect on their actions and understand how their behavior affects others. This technique also helps victims process their experiences and overcome the trauma they have experienced. Research by Wati (2018) shows that bibliotherapy can foster more positive behavior in students and reduce their tendency to engage in bullying (Wati, 2018). Furthermore, this technique is effective in raising students' awareness of the importance of respecting differences and building harmonious relationships.

c. Behavioral Counseling Techniques with Positive Reinforcement

This technique aims to change students' aggressive behavior by rewarding positive behavior. A study showed that the use of positive reinforcement techniques in behavioral counseling is effective in reducing aggressive behavior, including bullying. In research conducted by Indayani et al. (2014), this technique was proven help students understand the consequences of their actions and encourage them to replace negative behaviors with more constructive ones.

Raising Awareness through Information Services Programs

Preventing bullying in schools requires awareness from the entire school community, including students, teachers, and parents. Information service programs serve as tools to provide a deeper understanding of the impact of bullying, the importance of building empathy, and how to create an inclusive environment. Programs such as focus groups, seminars, or anti-bullying campaigns can help students understand the negative consequences of their actions and encourage them to become agents of positive change. Research conducted by Andriati and Maulana (2020) shows that well-designed information service programs can significantly reduce bullying incidents. These programs provide students with a deeper understanding of the social and psychological consequences of bullying, while also encouraging them to be more aware of their school environment.

Furthermore, Rofiqoturrohman (2019) in her research demonstrated that group-based information service programs are effective in raising students' awareness of the importance of respecting peers and creating healthy social interactions. Through ongoing counseling, students are not only encouraged to understand the impact of bullying but also encouraged to become agents of change by stopping negative behaviors they encounter in the school environment.

METHOD

This study used a literature review approach by analyzing various journals and relevant studies published between 2017 and 2024. Literature sources were obtained from platforms such as Google Scholar, national journals, and academic articles. The analysis was conducted by filtering keywords such as "guidance and counseling", "bullying", "student resilience," and "school intervention."

RESULTS AND DISCUSSION

Effectiveness of Counseling-Based Interventions

Individual counseling services play a crucial role in helping bullying victims overcome the trauma they have experienced. In individual counseling sessions, victims are given a safe space to express their feelings without fear of judgment. This process allows them to process negative experiences, reduce psychological distress, and find ways to cope with the situation they are facing. Individual counseling also helps victims develop healthier coping mechanisms, boosts self-confidence, and encourages them to return to positive interactions in the school environment.

Additionally, group counseling provides an opportunity for victims to share their experiences with other students who have similar issues. Through shared discussion and support, victims feel more heard and understood, which helps reduce the sense of isolation often experienced as a result of bullying. These group forums also allow students to learn from others' experiences and find solutions that can be applied to their own lives. Research by Ramadhani and Sari (2018) showed that a combination of individual and group counseling significantly reduced the anxiety levels of bullying victims. Furthermore, this approach also improves students' ability to adapt to their social environment at school, making them feel more comfortable and secure in carrying out daily activities.

A Proactive Approach to Prevent Bullying

A proactive approach is crucial in preventing bullying in schools. One proven effective method is the Structured Learning Approach (SLA), designed to train students' social skills through simulations and role-playing. This technique involves scenarios that simulate real-life conflict situations, where students are taught how to resolve conflicts without resorting to violence. SLA focuses not only on reducing aggressive behavior but also on helping students understand how their actions affect others. This training involves developing empathy, emotional control, and effective communication.

Research by Prasetyani (2019) showed that this method resulted in significant improvements in the social skills of participating students. Students who previously exhibited aggressive behavior were able to demonstrate more constructive behavioral changes after participating in this training. By using this approach sustainably, schools can prevent bullying before it occurs, creating a safer and more inclusive environment for all students.

School and Parent Collaboration

Collaborative support between schools and parents is a key factor in the success of guidance and counseling services in addressing bullying. Teachers, counselors, and parents must work together to create a supportive environment for victims and motivate perpetrators to change their behavior. Programs that involve parents, such as consultation and counseling sessions, provide a better understanding of their role in addressing bullying. Through this collaboration, parents can be involved in helping their children develop better social and emotional skills, both as victims and perpetrators.

Research by Irawan et al. (2024) emphasized that joint parent consultation services can create a more comprehensive approach to addressing bullying. For example, through this collaboration, parents can learn how to provide more effective emotional support to their children, while schools can provide advice on how to handle conflict at home. This collaboration also helps create a sense of collective responsibility between schools and families to ensure that bullying is not only addressed at school but also prevented at home.

Well-designed guidance and counseling services are not only effective in addressing bullying but also have a long-term impact on creating a more positive school culture. Consistent implementation of these programs can reduce bullying incidents and build awareness among students about the importance of empathy, social responsibility, and healthy communication. Students who participate in guidance and counseling services, whether as victims, perpetrators, or general participants, tend to have a better understanding of how to build positive interpersonal relationships.

Studies show that students who have received guidance and counseling services experience significant improvements in empathy, communication skills, and emotional control. They are also better able to deal with conflict constructively in the future. Research by Ramadhani and Sari (2018) confirmed that students involved in long-term guidance and counseling programs have a lower risk of engaging in bullying behavior, both as perpetrators and victims. In other words, guidance and counseling services can create lasting behavioral changes and build a foundation for healthier social interactions in schools.

These results and discussion indicate that guidance and counseling services, which include individual counseling, group counseling, a proactive approach, and collaboration between schools and parents, are highly effective in addressing bullying. Beyond providing short-term solutions, guidance and counseling services also create long-term impacts by building an inclusive and supportive school culture. With consistent implementation and support from the entire school community, these services can transform patterns of social interaction in schools and create a bullying-free environment.

CONCLUSION

Guidance and counseling services have proven effective in addressing and preventing bullying in schools through various strategic approaches, such as individual and group counseling, Structured Learning Approach techniques, and information service programs. The success of guidance and counseling services requires the full support of schools, parents, and the community to create a safe and inclusive environment for students. With effective collaboration, these services can have a long-term impact on students' mental and social health.

1. Guidance and counseling teachers need to receive regular training on the latest techniques in dealing with bullying, such as the use of technology-based approaches or the integration of digital literacy to deal with cyberbullying.
2. School guidance and counseling programs should be evaluated regularly to ensure their effectiveness. Evaluation data can be used to develop new strategies that better meet students' needs.
3. bullying programs that involve students, such as peer mentoring and bullying awareness campaigns, can help create a more supportive and inclusive environment.

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