

ABSTRAK

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Hubungan Perilaku *Bullying* dengan Kesehatan Mental pada Remaja di SMP Salafiyah Kota Pekalongan

Latar Belakang: Bullying didefinisikan sebagai perilaku tidak menyenangkan oleh individu atau kelompok yang menyebabkan seseorang merasa tidak nyaman, terluka, dan tertekan baik secara verbal, fisik, atau sosial, baik secara langsung maupun online, itu semua akan berdampak pada kesehatan mental korban, pelaku dan mereka yang melihat perbuatan bullying tersebut.

Metode: Penelitian ini merupakan penelitian korelatif dengan pendekatan *cross-sectional* dan sampel sebanyak 267 siswa di SMP Salafiyah Kota Pekalongan. Teknik pengumpulan data menggunakan kuesioner *Olweus Bully/Victim Questionnaire (OBVQ)* untuk perilaku *bullying* dan kuesioner *Strengths and Difficulties Questionnaire (SDQ)* untuk kesehatan mental. Analisis univariat pada data numerik menggunakan nilai mean, median, dan modus. Sedangkan data kategorik menggunakan distribusi frekuensi. Analisis bivariat yang digunakan adalah uji korelasi *spearman rank*.

Hasil: Mayoritas sebanyak 85 (31,8%) responden pernah menjadi keduanya (pelaku dan korban) bullying dengan kesehatan mental abnormal, dengan hasil responden memiliki skor kesulitan dengan hasil nilai *P-Value* sebesar $0,985 > 0,05$ menunjukkan tidak ada hubungan perilaku bullying dengan kesehatan mental. Dan mayoritas sebanyak 212 (79,4%) responden pernah menjadi keduanya (pelaku dan korban) bullying dengan kesehatan mental normal, dengan hasil responden memiliki skor kekuatan dengan hasil nilai *P-Value* sebesar $0,829 > 0,05$ menunjukkan tidak ada hubungan perilaku bullying dengan kesehatan mental.

Simpulan: Tidak ada hubungan antara perilaku *bullying* dengan kesehatan mental di SMP Salafiyah Kota Pekalongan.

Rekomendasi: Diharapkan dapat menjadi bahan kajian bagi profesi keperawatan untuk menginformasikan tentang pencegahan perilaku *bullying* dan kesehatan mental.

Kata Kunci: Perilaku *Bullying*, Kesehatan Mental, Remaja

Daftar Pustaka: 56 (2015-2024)

ABSTRACT

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The Relationship Between Bullying Behavior and Mental Health Among Adolescents at Salafiyah Junior High School, Pekalongan City

Background: Bullying is defined as unpleasant behavior by individuals or groups that causes a person to feel uncomfortable, hurt, and pressured, whether verbally, physically, socially, or through online means. Such experiences can significantly impact the mental health of victims, perpetrators, and witnesses of bullying.

Methods: This study employed a correlational research design with a crosssectional approach. A total of 267 students from Salafiyah Junior High School (SMP Saqlafiyah), Pekalongan City, were included as the sample. Data collection was conducted using the Olweus Bully/Victim Questionnaire (OBVQ) to assess bullying behavior and the Strengths and Difficulties Questionnaire (SDQ) to evaluate mental health. Univariate analysis of numerical data was performed using mean, median, and mode values, while categorical data were analyzed through frequency distribution. Bivariate analysis was conducted using the Spearman rank correlation test.

Results: Most respondents, 85 students (31.8%), had experienced being both perpetrators and victims of bullying and exhibited abnormal mental health, as indicated by a difficulty score. However, the Spearman rank test yielded a p-value of 0.985 (> 0.05), indicating no significant relationship between bullying behavior and mental health. Furthermore, 212 respondents (79.4%) who had experienced being both perpetrators and victims demonstrated normal mental health, with a strengths score, and the p-value obtained was 0.829 (> 0.05), again indicating no significant relationship between bullying behavior and mental health.

Conclusion: There is no significant relationship between bullying behavior and mental health among adolescents at SMP Salafiyah, Pekalongan City.

Recommendation: These findings are expected to serve as a reference for the nursing profession to inform efforts in preventing bullying behavior and promoting mental health among adolescents.

Keywords: Bullying Behavior, Mental Health, Adolescents

References: 56 sources (2015–2024)