

The Impact of Bullying and its Relationship with Mental Emotional Disorders in Elementary School Children

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Abstract: Bullying cases often occur in the world of education. Be it college level, high school, junior high school, even elementary school. Bullying at the primary level is usually caused by environmental factors. Child could have hear adults utter offensive language and aimed at for others, so that the child imitates what is being done by the person in front of him. Bully case usually often raises negative impact For people being bullied nor oppressor itself. Like a mental breakdown, to be insecure with circumstances, became often oppressive, and so forth. The aim of this research is to find out cases of bullying that happens in the world education, especially especially elementary school children as well as the impact to emotional mental disorders primary school children. Method used in this research is literature review method by collecting fill in and analyze sources which then linked to research. Research results show the case of bullying often happens because the influence of the family environment, where the lack of attention parents attention against the child so that the child can do anything to get attention from his parents. While in the environment community and surroundings, child imitates what is being done by adults whitout knowing whether mentioned case good to do or not and cases of bullying themselves very impactful to emotional mental disorders the son who made it the child gets scared with the surrounding Environment.

Keywords: bullying, mental, emotional

JEL Classification:

INTRODUCTION

In general, bullying case often occur in the world of education. Rampant bullying in children when this started to happen. Even cases of bullying just didn't happen or the level high School, but it often happens too in elementary school children. Bullying is a behavior in form insult yells of beating which is something done carried out by school age children done to peers.

This bullying act can involve individuals or groups abuse that their power repeatedly. Bullying case in education primary school few and far between exposed orang hidden. Even when the child experiencing bullying the parents only ask to be "steadfast" however actually bullying case this can be "traumatic" for the child. As an adults, we can't ignore the effects of bullying that happens to children.

One of the example the case is a public elementary school student in the district Wirosari, Regency grogoban initials RS have depression weight over be expected become a victing of bullying by his friends. Ironically RS bullied during 2years or since hehe sat down on the bench IV primary school. Personal RS then changed. RS often shut himself up, afraid to meet people so that he no longer wants to go to school. Of the example cases, bullying involves 3 characters namely the perpetrator who did bullying, individualis or groups who sees bullying, and victims of bullying. The perpetrator who does the bullying looked at that his friends the weak deserve to become victims of bullying. That's where bullying starts. Bullying by the perpetrator has a negative impact for the victim. Some negative impact bullying to the victim ie, anxiety, depression, social with drawal, feel lonely, can lead to suicided, decrease in academic achievement, and the use of drugs

and alcohol. However, when bullying action perpetrator are often oblivious the mistakes they did. Children and adolescents (perpetrator) who didn't realize that has done bullying will continue to bullying untuk the goal is achieved namely popularity, gain power over others take revenge and so on.

Case of bullying deservedly get special attention of Educational practitioner, because of the impact bullying is fatal. Even children can commit suicided because bullying. Most children feel depressed, even many children who are victims of bullying tend to be silent or un willing tell about them naturally. Children who experience bullying tend to be difficult to receive lessons which is given.

Because the (victim's) child just focus how to them so as not to be bullied again.

LITERATURE REVIEW

First Literature

The word bullying comes from the English word bull, which means bull. A bull is termed as an act like the nature of a bull that likes butting around. Bullying in Indonesian is called menyakat which means to disturb, tease, and hinder others. According to the American Psychological Association, bullying is the aggressive behavior of a person who intentionally causes injury or discomfort to another person. Bullying is usually done by one or a group of people who are stronger than people who are weaker. Many people think of bullying as just hitting or kicking. However, bullying is not just like that. Giving threatening letters or spreading disgrace to others is also bullying.

METHODOLOGY

Research Strategy

This research method uses literature or literature review methods and is descriptive in nature, namely the most basic research to describe existing phenomena, in accordance with the realities of life today. The method used is library data collection, reading and taking notes. The data obtained were then analyzed so as to get the conclusion of the literature study. Literature research is research that is categorized as a scientific work because data collection is carried out with the analyzed strategy.

DISCUSSION

Analysis

The word bullying comes from the English word bull, which means bull. A bull is termed as an act like the nature of a bull that likes butting around. Bullying in Indonesian is called “menyakat” which means to disturb, tease, and hinder others.

Bullying is an act or behavior in a way that hurts physically, verbally or emotionally / psychologically by a person or group of people who feel physically or mentally weaker repeatedly without any resistance which aims to make the victim suffer.

According to the American Psychological Association, bullying is a form of someone's aggressive behavior that is intentionally and causes injury or discomfort to other people. Bullying is usually done by one or a group of people who are stronger than people who are weaker. Many people think of bullying as just hitting or kicking. However, bullying is not just like that. Giving threatening letters or spreading disgrace to others is also bullying. It can be concluded that the act of bullying itself is a negative behavior that is carried out repeatedly consciously and deliberately with the aim of hurting others

physically and emotionally. Examples of bullying behavior are mocking, ostracizing, inciting, frightening, threatening, oppressive, lame, or even physically attacking.

Someone who has done bullying, he will think that the action he is doing is a normal thing and will bullying another time. This is influenced by self-satisfaction which affects one's morale. There are 3 categories of bullying behavior, including:

1. Physical Bullying Bullying is bullying that can be seen directly between the bullying perpetrator and the victim. Forms of physical bullying : pushing, slapping, grabbing, punishing the victim without any obvious fault. Physical bullying has the potential for physical injury, mental illness, and even death.
2. Verbal Bullying This form of bullying can be picked up through hearing. Forms of verbal bullying, namely : insult, curse, humiliate in public, spread gossip, slander. Usually this form of verbal bullying makes victims lose selfconfidence, becomes antisocial, irritable and tends to be gloomy.
3. Mental / Psychological Bullying Mental bullying is the most impactful or dangerous form of bullying because victims are sometimes ignored by some. This form of bullying, namely : looked cynical, looked threatening, excluded, and sneered. this form of bullying tends to be the hardest to detect on the outside and often goes unnoticed.

Victims of bullying are prone to experience violence, violence can occur both inside and outside the school environment. Peer

bullying is one of the biggest factors. Sometimes peers have a negative influence on children's lives. Suppose there are peers who think that bullying is not a big problem and it is only natural that it is done to their friends.

The next factor is the spectacle, the spectacle is often an easy target to destroy the child's mentality. Children are often influenced by the shows they watch. Especially the shows that are not educational. Children are good imitators, children tend to imitate the scenes they watch. Mimicking his movements, he said, even to the actions of his opponent. No wonder so many children today are precocious. Family is also one of the factors causing bullying. Bullying perpetrators are generally children whose parents do not pay attention to them because they are busy with their respective jobs. When children are not paid enough attention by their parents, the child will tend to do bullying to get the attention of the parents, the child cannot be selective in choosing peers and also the shows they watch.

The impact of bullying in general is that victims experience mental health stress. Mental health is the science of mental health that deals with a healthy spiritual life, and views life as a complex psychophysical totality. Victims were often ridiculed, shunned by classmates, and threatened. As a result, the victim will become anti-social, quiet, like to be alone, afraid of crowds, afraid of schoolmates, and doesn't even want to go to school. The thing that is of concern is the mental condition of the victim because in the case of bullying it makes the victim uncomfortable in the classroom.

The impact of bullies generally has high levels of self-confidence, tends to be aggressive, irritable and has low tolerance. Children who commit bullying will not have

healthy relationships with other people, have no empathy, and think that they are strong and liked by many people so that it will affect the pattern of their social relationships in the future.

The impact of bullying for students who witness bullying if allowed to do so, other students will think that bullying is a natural act. Children will tend to join in and join in bullying for fear of themselves being bullied targets or victims. Children do not want to know about the condition of their friends or other people.

In particular, the effects of bullying can be detrimental to mental health. The victim will experience trauma or fear of the perpetrator, depression which causes the victim to experience decreased concentration, decreased self-confidence, a desire to bully as a form of revenge, social phobia characterized by fear of being seen or noticed in public, excessive anxiety, dropping out of school, suicide .

Result

The role of parents is very important in dealing with bullying cases that occur in children. Every parent must have a basic education or knowledge in shaping the child's personality properly. Parents must be able to direct their children to make the best use of their time, so that they fill their time with activities that support their personality enhancement. Parents must be able to take the time to communicate with children, ask children about their social environment and conditions at school.

The teacher's role in bullying that occurs in students is as a person who guides or gives advice and directs students so that they can overcome and minimize bullying that occurs in the school environment. If the children's delinquency has led to criminal activity, they

should be given special guidance, so that they can avoid more evil acts.

CONCLUSION

Bullying is an act or behavior by means of hurting in a physical, verbal or emotional /psychological form by a person or group of people who feel weaker physically or mentally over and over again without financial resistance aimed at making people suffer. Bullying also has a negative impact on victims, perpetrators, and people who witness bullying itself. The most frequent impact is the mental health impact of each victim. Victims of bullying become more closed, anti-social, afraid of crowds, do not trust people around them and are afraid of friends who have bullied them. The bully will become a person who is stubborn, feels powerful, is disliked by many people, and becomes a different person than before. Meanwhile, people who watch bully will be people who don't care about their friends or other people's circumstances to secure themselves regardless of whether their friends need help or not. It is better for parents to pay more attention to their children's interactions, both in the home and school environment. Parents ask if the child has problems with friendships or school. If bullying occurs at school, teachers must pay extra attention to their students so they don't bully their friends and don't close their eyes to bullying cases that occur in the school environment. The community also has a role so that children are free from bullying cases, namely by paying attention to children who are playing around them so that bullying cases do not occur.

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