



## STRENGTHENING MORAL EDUCATION TO REDUCE BULLYING AMONG STUDENS

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### Abstract:

This research stems from deep concerns. That, every day the bad news continues to increase regarding bullying behavior which causes many victims among students. This research aims to analyze the causes of bullying among students and provide options for how to overcome it. The method used is a qualitative approach based on literature study. The analysis was carried out descriptively. From research, it was found that students tend to bully because their personalities are still unstable. The research concluded that there is a general tendency for the average student to imitate easily and therefore needs to strengthen morals or character. The results of the research can make a positive contribution to efforts to achieve one of the educational goals as stated in Law Number 20 of 2003 concerning the National Education System.

**Keywords:** *Morals, Character, Bullying, Instability, Imitation*

### INTRODUCTION

Bullying behavior among students is worrying. There are many concerned parties. They include, among others, the students themselves, parents and teachers. Likewise the wider community, whether directly or indirectly related. Pay attention to some of the news in 2024 below. That, on June 1 2024, there was news: "56 Cases of Student Bullying Occurred in Sumedang until May 2024" (Vellayati, 2024). Meanwhile, on May 17 2024, the news was published: "Viral bullying action in Tanah Merah Depok, female junior high school student beaten" (Purba, 2024). Meanwhile, on March 12 2024, news appeared: "KPAI Received 141 Complaints of Child Violence Throughout Early 2024, 35 Percent Occurred in Schools" (Revanda, 2024).

Bullying among students is being watched by many parties. Note, for example, that on March 3 2024 there was this news: "The Chairman of PB PII Condemns Bullying Actions Against Students" (Anonymous, 2024).

What about in the previous year, 2023? Pay attention to the news on Kompas.id on January 1 2024. That, "Bullying Cases in Schools Will Increase in 2023" (Aranditio, 2024).

Regarding the problem above, namely bullying among students, we need to find a way to solve it. Among the urgent things to be proposed is strengthening moral education. This is important, because it is directly related to laws and regulations in Indonesia.

In Law of the Republic of Indonesia Number 20 of 2003 concerning the National Education System, in article 3, it is stated: National education aims to develop the potential of students to become human beings who believe in and are devoted to God Almighty, have noble character, are healthy, knowledgeable, capable, creative, independent, and become democratic and responsible citizens (Law Of The Republic Of Indonesia Number 20 Of 2003 Concerning The System National Education, 2003).

That, among the important goals of national education is for students to have noble and responsible morals. Then, regarding efforts to eliminate bullying, this study will concentrate more on the issue of strengthening morals.

Bullying among students is a serious problem that can have a negative impact on their psychological and academic development. Strengthening moral education could be an effective solution to overcome this problem. This article aims to explain the importance of strengthening moral education in an effort to eliminate bullying among students as well as implementation strategies that can be carried out by educators.

## **RESEARCH METHODS**

This type of research is qualitative. The research approach is library research. According to John W. Creswell, in qualitative research: First, rely on data in the form of text and images. Second, it has unique steps in data analysis. Third, it comes from different research strategies (W. Creswell, 2021).

In this study, the data came from news in the mass media. Data also comes from research results in journals and expert opinions in reference books. All data is then processed and analyzed.

The analysis steps begin with getting to know bullying. This includes why bullying occurs. Also, about the negative impact of bullying.

After that, the important values of the objectives of Islamic education were explained. This is very necessary so that efforts to combat bullying among students are more efficient and effective. Only after that, opinions were expressed in a number of studies about how to reduce bullying among students.

Next, invite discussion. The material consists of a selection of more technical steps on how bullying can be reduced by strengthening morals. Finally, a conclusion is presented.

## **RESULTS AND DISCUSSION**

### **Understanding Bullying**

Firstly, we need to know the boundaries of bullying. Nunung Yuliani researched "The Phenomenon of Bullying Cases in Schools". He said, bullying is negative behavior that is carried out repeatedly on purpose, with the aim of hurting or making someone feel uncomfortable (Yuliani, 2019).

Next, Arum Setiowati and Siti Irene Astuti Dwiningrum researched "Guidance and Counseling Service Strategies in Elementary Schools to Overcome Bullying Behavior". By relying on the opinion of Olweus (2019), the two researchers stated that bullying is an aggressive act that involves an imbalance of power, is carried out repeatedly or has the possibility of continuing to occur (Setiowati & Dwiningrum, 2020).

Next, Husmiati Yusuf and Adi Fahrudin researched "Bullying Behavior: Multidimensional Assessment and Social Intervention". According to them, bullying is an aggressive act carried out repeatedly with the intention of hurting other people, both physically and psychologically (Yusuf & Fahrudin, 2012).

Thus, it can be concluded that: Bullying is a negative (aggressive) action carried out by those who feel stronger repeatedly where the action is intentional

with the aim of physically and mentally hurting and making someone feel uncomfortable.

#### Unstable Mentality Causes Bullying

Siti Nurdiana, Fenti Dewi Pertiwi, and Eny Dwimawati researched "Factors Associated with Bullying Experiences at SMK Negeri 2 Bogor, West Java Province in 2018". The result is that emotional instability in students can be a factor that allows bullying to occur among them (Nurdiana et al., 2021).

Janice Aurellia Prajogo, Deddi Duto Hartanto, and Cindy Muljosumarto researched "Designing 'Anti-Bullying' Public Service Advertisements for Children Aged 13-15 Years in Surabaya". Among the conclusions is that bullying most often occurs at the age of 13-15 years, namely adolescence, where their emotions tend to be unstable (Prajogo et al., 2015).

It appears that there are significant causes for the emergence of bullying behavior. That, bullying is often carried out by those with unstable souls.

#### **Imitative Attitudes Foster Bullying**

Fuaddilah Ali Sofyan, Cherrysa Ariesty Wulandari, Levi Lauren Liza, Lidia Purnama, Rini Wulandari, and Nabilah Maharani researched "Forms of Bullying and How to Overcome Bullying Problems in Elementary Schools". The result was that subjects carried out bullying because they imitated friends' behavior, followed existing patterns in the social environment, and were driven by the desire to take revenge (Sofyan et al., 2022).

Iswatun Khasanah researched "The 'Friends' Program as an Alternative Program for Handling Bullying in Early Childhood". As a result, children carry out bullying because they imitate or imitate behavior from the environment around them (Khasanah, 2015).

Wiwit Viktoria Ulfah, Salasatun Mahmudah, and Rizka Meida Ambarwati researched "The Endless Phenomenon of School Bullying". Among the results, in the world of education, bullying cases often occur due to various factors, such as parents who pamper their children too much, disharmonious family conditions so that children feel neglected, or because children imitate the bullying behavior of their group friends and are exposed to violent shows. on the internet or television (Ulfah et al., 2017).

From a number of studies above, there is a strong impression. That many bullies commit disgraceful acts because they imitate them. Those who imitate are their friends or their environment.

#### **Negative Impact of Bullying**

Ulfa Suryani, Yola Yolanda, Rizka Ausrianti, Asriwan Gucci, Annisa Khairani, and Ria Oktariana researched "Building Children's Character from an Early Age through Assertiveness in Reducing Bullying in Groups of School Age Children at SDN 31 Pasir Kandang, Pasir Nan Tigo Village". They concluded that bullying in the school environment is a social problem that is now increasingly occurring. This action has a negative impact on students' psychological and social conditions, which in the end can disrupt their teaching and learning process at school (Suryani et al., 2022).

In 2019 Hanifatur Rizqi and Hosnu Inayati researched "The Psychological Impact of Bullying on Adolescents". The result is that common bullying includes verbal and physical intimidation. Teenagers often become victims because they have behavior that is considered different from their friends or because of their low academic achievement (Rizqi & Inayati, 2019).

In 2023 Putri Aprilia researched "The Relationship Between Emotional Intelligence and Student Bullying Behavior". That, there is a significant relationship between emotional intelligence and bullying behavior in class XII

students at SMK PGRI 2 Salatiga. Specifically, this relationship is negative, meaning that the higher the emotional intelligence, the lower the tendency for bullying behavior (Aprilia et al., 2023)

### **Goals of Islamic Education**

Let's look at the following opinions. In Muhammad Fadlil Al-Jamali's study, the aims of education according to the Al-Qur'an can be summarized as follows: 1). Teaching humans about their role in relationships with others and the personal responsibilities that must be carried out in life. 2). Guiding people to understand social interactions and their obligations in maintaining order in social life. 3). Providing understanding to humans about the universe, encouraging them to learn lessons from its creation, and to use nature wisely. 4). Introducing humans to the Creator, namely Allah, and instilling the obligation to worship Him.

Muhammad Fadlil Al-Jamali explained that although the four goals are interconnected, it can be understood that the first three goals function as a path to the final goal, namely knowing Allah (makrifatullah) and fearing Him (takwallah). Thus, it can be concluded that the essence of Islamic education is knowing Allah and increasing devotion to Him. Meanwhile, understanding of self, society, and the rules of nature is only a means of returning to Him. Therefore, Islamic education aims to form humans who are devoted to Allah and achieve His pleasure (Al-Jamali, 1993).

Relatedly, Abdullah bin Mubarak wrote the right poetry to describe the relationship of human love to Allah and easy proof of this. The hadith expert wrote: If your love for Him is true// you will definitely obey Him// Because lovers will definitely obey those they love// (Farid, 2023).

Next, according to Zamroni, the main value produced by education is the individual's ability to be themselves with full responsibility, carry out what needs to be done, determine the time of implementation, and choose the right way, regardless of whether they like the task or not.

Zamroni also said that education bears great responsibility towards the nation, state, and humanity to produce individuals who are whole, free from fear, and have a high humanitarian spirit. This will lead the nation and state to a life of dignity and respect. As God's most perfect creature, humans with these characteristics can only be formed through a holistic and transformative education process (Zamroni, 2014).

### **The Role of Moral Strengthening to Reduce Bullying**

Fakrur Rozi wrote a dissertation entitled "Antibullying Education Values in the Sunnah of the Prophet and Its Contextualization for Character Education". Among the conclusions obtained, that in the sunnah of the Prophet Muhammad SAW, there are five anti-bullying values, namely: justice, equality between fellow human beings, brotherhood, love and affection, and peace (Rozi, 2019).

Lia Mega Sari wrote a thesis entitled "The Effectiveness of Islamic Counseling with Role Play Techniques to Reduce Bullying Behavior of Students at SMP Negeri I Kalasan Sleman Yogyakarta". The results of her research, increasingly show that the implementation of Islamic counseling services using role play techniques has proven effective in reducing bullying behavior in students at SMP Negeri I Kalasan Sleman Yogyakarta (Sari, 2019).

Armi Sari Pratiwi Batubara, Adelia Endarwati, Nurhasania Siagian, Sri Yunita, and Hodriani studied "The Role of PPKn Teachers in Preventing Bullying in Class VIII Students of SMP Negeri 3 Percut Sei Tuan in the 2020/2021 Academic Year". In conclusion, PPKn teachers play an effective role in preventing Bullying among class VIII students of SMP Negeri 3 Percut Sei Tuan in the 2020/2021 academic year (Batubara et al., 2022).

From a number of studies above, it appears that strengthening moral education is very beneficial for efforts to eliminate bullying. The method, first, can be through the introduction of the Sunnah of the Prophet Saw. Second, providing Islamic counseling with role play techniques. Third, not only involving Islamic religious teachers but also PPKn teachers.

## **DISCUSSION**

How to organize students' morals so that they are far from bad behavior (one of which is bullying)? The following steps are worth discussing. First, don't be arrogant. Regarding this, Ahmad Dahlan reminded that most humans have an arrogant and arrogant character. They make their own decisions. Humans always throw "razors" at each other, assuming that it is most appropriate for them to cause harm to other people (Hadjid, 2013).

Second, make more friends. According to Luqmanul Hakim, if a person has good morals, he will have many friends and few people who are enemies. Difficult things will become easy and angry hearts will become soft (Asy-Syahari, 2005).

Third, teachers must set an example, especially in terms of aligning words with actions. According to Fu'ad Asy Syalhub, a difference between a teacher's speech and behavior will only leave a student confused. Apart from that, this attitude will only make students behave unstable. Morals are commendable attitudes that a teacher must have. Then he orders his students to have good morals (Syalhub, 2006).

Fourth, the learning method through stories or tales is useful for strengthening moral education. According to Fu'ad Asy Syalhub, In general, stories are liked by humans. Stories also have an amazing influence to attract the attention of listeners and make someone remember the events in a story quickly. Stories can have a big influence on the behavior of students, especially if the story is true -really happened and contains important issues (Syalhub, 2006).

Fifth, keep practicing controlling your lust. According to Ibn Qayyim Al-Jauziyah, humans are tested by lust. While other living things are not. In fact, humans face various dynamics of life that change at all times. So humans are equipped with two controls, namely reason and religion. Humans are ordered to adjust all activities and events experienced with these two controls. Then obey his decision. Humans must also practice managing their lust so as not to be at risk. On the contrary, little by little leave the risky lust (Al-Jauziah, 2020).

Sixth, have a sense of shame. M Alfan Alfian quoted Hamka who in his book *Modern Tasawuf* stated that shame will not live in a human's character, if he does not have self-respect (nerves). A sense of honor is the center of shared happiness and peace in relationships (Alfian, 2014).

Seventh, have a strong belief in monotheism. Monotheism which is instilled in such a way through the religion taught by the Prophet SAW forms the morals of his followers. A steadfast and firm morality. This is because there is no place to fear, a place to surrender, and a place to take shelter, except Allah (Hamka, 2016).

Eighth, have the awareness that everyone must have good manners or morals. This is because it can be the main factor in the standing and strength of a country. At the end of the introduction to the book *Lembaga Budi* that he wrote, Hamka felt the need to quote a poem from Syauqi Bey: The house is upright because of the joints // the joints of the house collapse perish // the joints of the nation are the mind // the mind collapses, the nation collapses // (Hamka, 2018).

## **CONCLUSION**

Bullying is a negative action. In fact, Bullying is an attitude that is very detrimental to others, especially if it happens to students. The negative effects that victims of Bullying experience range from mere feelings of discomfort to death.

Bullying is carried out by some students because they are still unstable. Related to unstable souls, the attitude of imitating then becomes the next factor in Bullying. For that, awareness through education must continue to be carried out.

Among the things that can be done, even the most important, is to strengthen moral education. Teachers must make moral education the main choice in efforts to eliminate bullying. This is because various studies support this solution.

The next thing, interesting to be a topic of discussion: In an effort to strengthen moral education, what kind of learning method is the most relevant? So, apart from classical methods such as lectures, various other options such as through story telling and providing analogies are also interesting to use.

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