Counseling on Prevention of Sexual Violence and Bullying at State Elementary School 100 Barru

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Abstract

Sexual violence is an act involving sexual coercion or harassment against someone without their consent. Bullying is aggressive behavior that is carried out repeatedly by one individual or a group of individuals with the aim of hurting, degrading, or intimidating the victim. Sexual violence and bullying often occur in school environments. Children and adolescents are vulnerable to being victims or perpetrators of these acts. However, due to the taboo nature of this issue, many cases go unreported so existing statistics may not reflect the true numbers. Sexual violence and bullying in schools have serious impacts on victims, including psychological trauma, anxiety disorders, depression, decreased academic performance, and even a high risk of suicide. An unsafe school environment can also affect the entire student population, hindering their learning and social development. Some factors that contribute to sexual violence and bullying in schools include institutional indifference to reporting and action, lack of awareness and adequate education, power imbalances, detrimental social norms, and negative media influences. Preventing sexual violence and bullying in schools requires collaboration between students, teachers, parents, school staff, and the community. This shared responsibility is essential to protecting children and adolescents from physical and psychological harm. With proper education, social support, and proactive action, we can create safe, inclusive, and supportive school environments for all individuals.

Keywords : Prevention; Violence; Sexual; Oppression

Introduction

With the advancement of technology today, people can get information anytime or anywhere they are. Various social media always inform the latest conditions that occur around them, even in the world. It's just that the information is not always good news but also news about violence, terror, demonstrations, and others. Likewise, television programs, people are treated to news about violence or soap operas and films that are not appropriate for children's development as if they were free of censorship. In addition, in the home environment, parental supervision of what programs children watch is lacking. Therefore, it is not uncommon to hear about violence committed by minors, because basically these children tend to imitate what they see. If this is allowed to continue, these children will have a bleak future because this is related to the formation of the character of the future generation. Regarding the current acts of violence, it has attracted the attention of many people. Therefore, efforts need to be made to avoid or at least reduce acts of harassment against adolescents, especially in the school environment.

The most common forms of harassment in the school environment are insults and extortion. In certain situations, abusive behavior will trigger repeated acts of violence such as moral harassment (taunts, bad nicknames, insults, threats), physical violence, extortion (seizure of property or coercion to buy money) to sexual harassment. Sometimes it is difficult to know the situation when harassment occurs in a child because the perpetrator acts in a disguised manner or like a normal fight. Adults around them are not too aware of this micro-violence phenomenon. So, the lack of understanding of the limits of rikas and the lack of awareness of abusive behavior causes harassment in adolescents to occur frequently. Counseling on rikas at the Integrated One Roof School I, in Selaawi Village aims to a). as an effort to prevent acts of violence between students, b). raise awareness among participants about what rikas violence is and the

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consequences it can cause, c). motivate students to do positive activities and also motivate teachers to be able to supervise their students with useful activities (H. Saefullah, 2017).

Education is an effort to develop human potential in various aspects such as physical, creative, emotional, and character, so that this potential can be actualized and useful in life (Ahmad et al., 2022). However, ironically, the educational environment which should be a place to instill good ethical and moral values has instead become a place where violent behavior is rampant. (Puspasari et al., 2022) For example, physical violence committed by teachers against students for minor mistakes, psychological intimidation between students in the form of harassment or bullying in front of peers, sexual harassment between students, and economic exploitation by parents against their children (Jurnal Studi Keislaman dan Pendidikan et al., 2023).

The Olwelus questionnaire on bullying or violence divides bullying into several aspects. Verbal aspect, namely words uttered by someone with the intention of hurting or laughing at an individual, by calling inappropriate names, spreading fake news, or telling lies. Indirect, namely the behavior of rejecting, leaving, or removing someone from a friendship group intentionally. Physical, namely giving physical actions that can offend or hurt someone such as being hit, kicked, pushed, terror behavior (Kurniawan et al., 2022).

Bullying (known in Indonesian as "penindasan/risak") is any form of oppression or violence carried out intentionally by one person or a group of people who are stronger or more powerful against another person, with the aim of hurting and is carried out continuously. There are many definitions of bullying, especially those that occur in other contexts such as at home, work, society, virtual communities. However, in this case, it is limited to the context of school bullying or bullying at school. Children who are most vulnerable to face a higher risk of being bullied are often children from marginalized communities, children from low-income families, children with different appearances or body sizes, children with disabilities, or migrant and refugee children (Aqila & Farihin, 2024).

The term bullying, actually does not only occur in children but also in adults. Incidents of bullying that occur in society have varying scales, ranging from very small to very severe. In addition, some cases of verbal bullying are associated or covered up with elements of comedy or jokes that make the victim feel uncomfortable. For example, victims of bullying on a high scale or intensity are ostracized by people at school because they have certain differences, perhaps in terms of physical, cognitive, or material. Based on the many causes and conditions of bullying, it is important for the community to learn more about bullying. Hopefully, by knowing more about bullying, we can suppress this behavior so that there are no more victims of bullying. One of them is done through Community Service which is carried out in elementary schools. This sees the actions of elementary school children who encourage teachers to work together with students to promote early sex socialization and current bullying problems (Sihite, 2023) Educators in elementary schools have witnessed perpetrators being encouraged to kick, pull hair, hit, scratch, pinch, blackmail, lock someone in a room, and steal other people's belongings. Acts of cynical harassment include committing physical violence against the victim in addition to belittling, threatening, taunting, and sticking out the tongue.

Why can a victim then accept, even agree with the perspective of the perpetrator who once harmed him? One reason can be explained from the survey results: most victims are reluctant to tell their experiences to parties who have the power to change their way of thinking and stop this cycle, namely the school and parents. Victims usually keep the bullying they suffer a secret because they are afraid that the perpetrator will intensify their bullying. As a result, victims can increasingly absorb the "philosophy" of bullying obtained from their seniors. In the cognitive scheme of victims studied by Riauskina et al., victims have the perception that the perpetrators bully because of tradition, Revenge because they were treated the same (according to male victims), Want to show power, Angry because the victim did not behave as expected, Get satisfaction (according to female victims), Jealousy (according to female victims), The victims also prepare themselves to become victims of bullying because: Striking appearance, Not behaving appropriately, Behavior is considered impolite, Tradition, One of the most obvious impacts of bullying is physical health. Some of the physical impacts that are usually caused by bullying are headaches, sore throats, flu, coughs, chapped lips, and chest pain. Even in extreme cases such as the incident that occurred at IPDN, these physical impacts can result in death. Other impacts that are less visible, but have long-term effects, are decreased psychological well-being and poor social adjustment. From research conducted by Riaukina et al., when experiencing bullying, victims feel many negative emotions (anger, resentment, annoyance, depression, fear, shame, sadness, discomfort, threat) but are powerless to deal with them. In the long term, these emotions can lead to feelings of inferiority that they are worthless (Widyawati, 2014).

In general, the impact of violence on children is divided into two based on the time period, namely short-term and long-term effects. Short-term impacts are mainly related to physical problems such as injuries, illnesses or disabilities, as well as emotional disturbances and behavioral changes. Meanwhile, the long-term impacts on children are divided into three according to the type of violence they experience. Physical violence can have an impact on disabilities that can interfere with the function of the body's limbs. Sexual violence can have an impact on unwanted pregnancies, sexually transmitted infections and disorders or damage to reproductive organs. In emotional violence, victims can experience emotional disturbances that can ultimately cause problems in various aspects of their lives. (Fath & Iswara, 2021).

Research conducted by Jun Sung (2019) (Junita & Hafnidar, 2022), Showing bullying behavior or bullying causes depression, stress, and even higher suicidal tendencies in young people. The case that befell a student of Plastic Surgery Specialist Education (PPDS) Airlangga University who allegedly committed suicide due to bullying at the end of August. Previously, at the beginning of this year there was a suicide case of a 15-year-old Junior High School (SMP) student in Jakarta who was also suspected of experiencing verbal violence at school. However, the impact of bullying experienced by children when they are still young will have a bad impact on their psychological condition even dozens of years later when they are adults (Qurotul Ahyun dkk., 2022). Generally, victims of violence tend to doubt that what happened to them was a form of violence, especially in verbal form. (Safaruddin dkk., 2024) Because victims of verbal violence tend not to be aware of the violence and also ignore the impacts that may arise. (Azizah & Dewi Riyanti, 2019).

Cases of sexual violence and bullying in schools are still a black mark in the world of education that is difficult to erase. Every year, news about victims of sexual violence and bullying always appears in national and international media (Hafizah dkk., 2022) Various efforts have been made by various parties to reduce the number of victims of sexual violence and bullying, one of which is through the child-friendly school program. This program includes the preparation of prevention strategies and handling of cases that occur in schools (Idris dkk., 2023) This activity aims to provide knowledge to students about the rampant cases of sexual violence and bullying both in the school environment and their social environment (Dewi Sapitri et al., 2022) In addition, this program also aims to form Anti-Bullying Agents in schools as part of efforts to realize Child-Friendly Schools. Schools are also expected to be able to create policies related to bullying in learning and school ecosystems (Juhriati et al., 2023).

The phenomenon of sexual violence in the school environment is increasingly occurring and increasing even though there are legal provisions for perpetrators of violence, but existing laws and regulations do not yet provide firm legal consequences for perpetrators and protection for victims. (Hatta, 2018) Sexual violence can be eliminated in various ways, such as creating clear and effective policies, increasing awareness of the dangers of sexual violence through outreach activities to all school residents and providing strict punishments for perpetrators of sexual violence (Wafa et al., 2023).

One of the solutions offered and implemented by the Community Service Team is to provide counseling related to bullying and sexual violence to students by collaborating with the Principal and teachers and related parties in providing counseling on understanding the prevention of bullying and unconscious sexual violence in the environment of State Elementary School 100 Barru.

Method

This community service activity was carried out on Wednesday, November 8, 2023 in the classroom of SDN 100 Barru, Tanete Riaja District, Barru Regency, South Sulawesi Province. The participants of the activity consisted of 20 students of SDN 100 Barru. The method of implementing the activity used is a method that is adjusted to the field of science, the personnel involved, and the presenters. This method consists of a presentation by the presenter and a question and answer discussion. In this community service activity, the school will hold counseling on the rights and obligations of students regarding the prevention of sexual violence and bullying. This counseling can be in the form of an explanation of applicable laws and regulations, such as laws and regulations that protect children from acts of violence and bullying. In addition, students will also be given counseling on actions related to sexual violence and bullying that can be considered violations. This helps students understand the legal implications of these actions and encourages them to behave responsibly. Existing programs and policies are evaluated periodically to ensure their effectiveness and relevance. Conduct periodic reviews of the school environment to identify areas where violence and bullying have the potential to occur and take preventive measures.
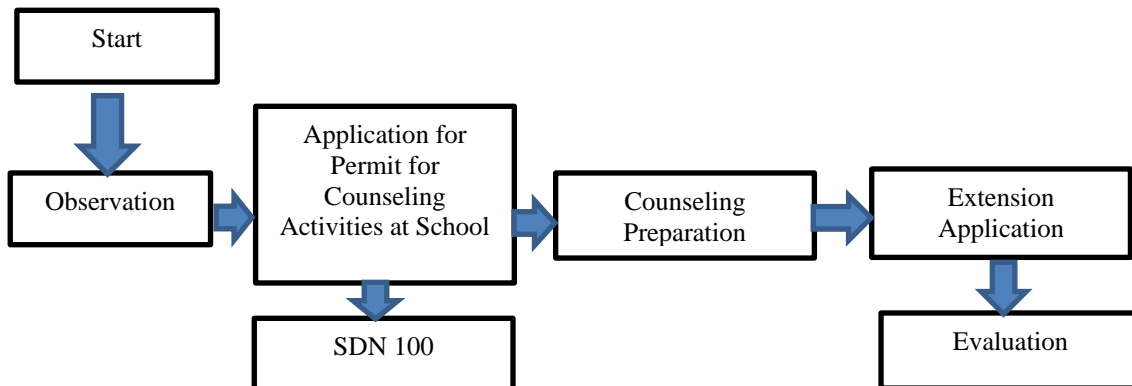
Figure 1. Research process

Results and Discussion

The service went smoothly and successfully. Parents and students of SDN 100 Barru listened attentively when the speaker delivered the material. In the consultation, the speakers talked about the rampant sexual violence and bullying in schools. Children and adolescents are vulnerable to becoming victims and perpetrators of these crimes. However, because it is considered taboo, many incidents go unreported and the available statistics may not reflect the actual numbers. Sexual violence and bullying in schools have serious impacts on the victims. They can experience psychological trauma, anxiety disorders, depression, low academic achievement, and even a higher risk of suicide. An unsafe school environment impacts all students and can hinder learning and social growth. Several factors that cause sexual violence and bullying in schools include systematic indifference to reporting and action, lack of awareness and proper education, imbalance of power, detrimental social norms, and negative media influences. Preventing sexual violence and bullying in schools requires cooperation from students, teachers, parents, school staff, and the community. Important preventive measures include:

a. Comprehensive education about sexuality, personal boundaries, consent, and gender equality.
b. Establish clear school policies and procedures to combat violence and bullying.
c. Strong law enforcement and protection for victims who report incidents.
d. Encourage open and responsive communication between teachers, students, and parents.
e. Foster an inclusive school culture that respects differences and promotes empathy and understanding.

Preventing sexual violence and bullying in schools is a common challenge to protect children and young people from physical and psychological harm. With proper education, social support, and proactive action, we can create a safe, inclusive, and supportive school environment for everyone. In this activity, speakers also explain the rights of victims of sexual violence and bullying to provide understanding to students. Explain the consequences faced by perpetrators of sexual violence and bullying. During this consultation, students will be informed about potential sanctions such as criminal charges, surveillance, and other restrictive measures. Explain the role of the law in preventing sexual violence and bullying. This includes an explanation of how penalties and regulations can affect school policies, complaint procedures, and a safe school environment. This outreach activity will help students understand the importance of laws that protect against sexual violence and bullying, as well as gain practical knowledge about their rights and responsibilities. It is hoped that by increasing students' understanding of the law, they will be able to be more proactive in protecting themselves and supporting prevention activities in schools.

Figure 2. Counseling to Students

Figure 3. Counseling to Students

Figure 4. Counseling for Principals and Teachers

Conclusions

Preventing sexual violence and bullying in schools is a shared responsibility that requires cooperation from students, teachers, parents, school staff, and the community. There are several important points to keep in mind in this effort:

1. Awareness and Education: Comprehensive education on sexual violence, bullying, consent, gender equality, and social skills is essential to equip students with knowledge and understanding. Awareness of these issues needs to be raised through comprehensive education programs.
2. Safe School Environment: Creating a safe and inclusive school environment is essential to preventing sexual violence and bullying. Clear school policies and procedures, strong enforcement, and safe reporting mechanisms should be in place.
3. The role of students as bystanders: Involving students in the prevention of sexual violence and bullying can have a positive impact. By forming a group of trained watchdogs or peer helpers, students can support and assist other students.
4. Community Partnerships: School-based prevention efforts can be strengthened by partnering with community agencies and organizations that have expertise and experience in preventing sexual violence and bullying. These partnerships can provide additional support and useful resources.
5. Legal Advice: Legal advice provides students with an understanding of their rights and responsibilities, the legal consequences for perpetrators, and the role of the law in prevention. This knowledge will help students act responsibly and engage with relevant legal authorities. Preventing sexual violence and bullying in schools is a commitment to creating safe, inclusive and violence-free learning environments. A holistic approach that combines education, policy, student engagement, community partnerships and legal literacy can reduce incidents of sexual violence and bullying and provide better protection for children and young people in schools.

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