



Editorial

Optimizing the family role to prevent bullying behavior

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ABSTRACT

Bullying is a phenomenon resulting negative impacts on the perpetrators and victims. The prevalence of bullying is fairly high in several countries of Asia, America and Europe. The solution offered is an approach to solve bullying behavior problems that are implemented comprehensively by involving stakeholders; it does not only focus on individuals as the bullying perpetrators, but other parties including roles of individuals, families and the school environment which must have balanced proportions so that the children have adequate social functioning for their personality and behavior development which is in accordance with the community's expectations.

BULLYING PHENOMENON

The phenomenon of violence to children or known as bullying in schools is increasingly being exposed both through information in newspaper and television. Besides student brawls, there are cases of aggressive or violent behavior that have occurred in schools for a long time, but the cases do not get attention, not even considered as something serious. For example, the case of intimidation or extortion among students, and exclusion from classmates so that the students become reluctant to go to school because they feel afraid and threatened. As a result, it causes the children to become depressed at a medium stage and can affect their learning activity in the classroom.

The perpetrators of bullying in schools can be done by everyone, not only students, but also teachers who should implement their role as educators and are expected to provide more meaningful educational values for students as the next generation of the nation. Terrors in the form of physical or mental violence, exclusion, intimidation, harsh orientation program, is actually a classic example of what is usually called bullying. This behavior is often referred to as peer victimization and hazing, which is an attempt to hurt psychologically or physically against someone or group of people who are weaker by someone or group of people who are stronger¹

Family, especially parents, plays an important role in building the attitudes and behavior of children. Various problems can affect the interest of children to take part in learning activities at school. Correspondingly, the coercion of a group of individuals who is stronger, more senior, greater for individuals who are smaller, weaker and more

junior, can lead to extortion (asking for money or material forcibly), but can also be in other forms by asking victims to do something that they do not like at all, the coercion does not occur once or twice but it continues to even be inherited from one generation to the next so that it becomes a kind of habit and even culture of the group. The coercion behavior is usually referred as bullying or oppression carried out by peers (*peer group*).³

IMPACT OF BULLYING BEHAVIOR

The impact of bullying can lead to depression as a result of intimidation, consequently the psychological well-being of victims of bullying tend to be low because they will feel uncomfortable, fearful, inferior and worthless (Bullying victims also experience poor adjustments where they feel afraid or reluctant to go to school, withdrawing from friends, decreasing academic achievement due to difficulty concentrating in learning and even worse the victims having suicidal intentions when they face pressures in the form of insults or punishments. Students who suffer from bullying will experience difficulties in developing interpersonal relationships with others and rarely come to school, as a result they miss the lessons taught in class and have difficulty concentrating in learning so that it affects physical and mental health both in the short and long term.⁴

THE PREVENTION SOLUTIONS OF BULLYING

The solution to overcome the bullying problem is a program that sets the social system as the target of

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change and does not just focus on individual changes both from the side of the bullying perpetrators and victims. It should be understood that bullying is instrumental behavior. Unintentionally, these behaviors are rewarded by the school environment, both physical rewards such as goods and money given by the victim to the perpetrator, or non-physical rewards such as feelings of dominant, powerful and feared by other children who are considered weaker. Then bullying will be reduced significantly if the environment system does not provide any rewards, and instead gives punishment every time the bullying behavior arises⁵

In addition, efforts that focus on prevention will provide better results than focusing on curative. This is because of the high impact of suffering experienced by individuals after experiencing bullying. It generally occurs early in human life, therefore it should be started in early childhood⁶. Family-based intervention through parenting training can be provided in a form of facilitative parenting. Through parenting facilitative, parents learn about: how to be intimate to children, how to respond to their behavior, how to generate their self-confidence, how to guide them to overcome conflicts and how to support the stage of their growth⁷

Parenting training can be implemented through home visits to parents, but this only reaches a few families. The program should be able to accommodate more parents so that it can be beneficial for more children and parents. Therefore, the intervention which based on community, cost-effective, prevention and affordable primary care is needed. Parenting Community-based program provides a broader scope understanding to parents so it may reduce the stigma and obstacles that may arise in providing support and education to parents⁶

One program aimed at overcoming bullying is the bully busters program. The focus of this program is to change the social system, so that the emergence of bullying can be avoided⁸. The program has several main principles as follows: The first is that changing the environment has a more powerful impact than changing individuals. The second principle, prevention is better than intervention. This principle is a basic principle that is always applied in various problems that occur, however prevention of the bullying problem is certainly more important than intervening after the bullying occurrence. The third is that support and understanding from various parties, especially teachers and class management are required in changing the environment.

Parents' knowledge and understanding on parenting system for the children's growth and development as well as

their future is important. Parents need to have a skill in educating their children as well as knowledge of nurturing and guiding them. So that they can become qualified human resources in the future⁹. Therefore a parenting program is one of the ways that can be implemented to improve the quality of being a parent in the family. One of them is by realizing the attitudes and behavior of child-friendly parents such as friendly education, friendly nutrition, friendly care and protection so that the needs of their children are met properly, this will affect the phases of child development in a structured and orderly manner.

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