

ABSTRAK

HUBUNGAN BULLYING DENGAN PERKEMBANGAN EMOSIONAL REMAJA DI SMPN 3 KARANGNUNGGAL KABUPATEN TASIKMALAYA

Leli Nurlinda¹, Siti Rohimah², Gita Cahyani³

Fakultas Ilmu Kesehatan Universitas Galuh

Email: lelinurlinda13@gmail.com

Latar Belakang : Bullying merupakan salah satu bentuk perilaku agresif yang masih banyak terjadi di lingkungan sekolah dan berpotensi memengaruhi perkembangan emosional remaja. Studi pendahuluan di SMPN 3 Karangnunggal Kabupaten Tasikmalaya menunjukkan masih ditemukannya fenomena bullying verbal dan sosial yang berpotensi memengaruhi kondisi emosional siswa. **Tujuan :** Penelitian ini untuk mengetahui hubungan bullying dengan perkembangan emosional remaja di SMPN 3 Karangnunggal Kabupaten Tasikmalaya. **Metode :** Penelitian ini menggunakan desain deskriptif korelatif dengan pendekatan cross-sectional. Sampel penelitian berjumlah 82 siswa kelas VII, VIII, dan IX yang dipilih menggunakan teknik proportionate stratified random sampling. Variabel bullying diukur menggunakan kuesioner Illinois Bully Scale (IBS), sedangkan variabel perkembangan emosional diukur menggunakan kuesioner Difficulties in Emotion Regulation Scale (DERS). Analisis data menggunakan uji korelasi Spearman's Rank Correlation. **Hasil :** penelitian menunjukkan bahwa sebagian besar responden mengalami bullying pada kategori sedang (54%), sedangkan perkembangan emosional responden sebagian besar berada pada kategori baik (39%). Hasil uji statistik menunjukkan nilai koefisien korelasi Spearman sebesar -0,648 dengan nilai signifikansi $p=0,000$ ($p<0,05$), yang menunjukkan terdapat hubungan yang signifikan dan bersifat negatif dengan kekuatan korelasi kuat antara bullying dengan perkembangan emosional remaja. **Kesimpulan :** Terdapat hubungan yang signifikan antara bullying dengan perkembangan emosional remaja di SMPN 3 Karangnunggal Kabupaten Tasikmalaya, di mana semakin tinggi tingkat bullying yang dialami maka semakin rendah kualitas perkembangan emosional remaja. Pihak sekolah disarankan untuk mengembangkan program pencegahan bullying guna mendukung perkembangan emosional siswa yang optimal.

Kata Kunci: Bullying, Perkembangan Emosional, Remaja

ABSTRACT

THE RELATIONSHIP BETWEEN BULLYING AND ADOLESCENT EMOTIONAL DEVELOPMENT AT SMPN 3 KARANGNUNGGAL TASIKMALAYA REGENCY

Leli Nurlinda¹, Siti Rohimah², Gita Cahyani³

Faculty of Health Sciences, Galuh University

Email: lelinurlinda13@gmail.com

Background : Bullying is a form of aggressive behavior that still frequently occurs in the school environment and has the potential to affect adolescents' emotional development. A preliminary study at SMPN 3 Karangnunggal, Tasikmalaya Regency, found that verbal and social bullying still occurred and potentially affected students' emotional condition. **Objective :** This study aims to determine the relationship between bullying and adolescents' emotional development at SMPN 3 Karangnunggal, Tasikmalaya Regency. **Method :** This study used a descriptive correlational design with a cross-sectional approach. The sample consisted of 82 students from grades VII, VIII, and IX, selected using proportionate stratified random sampling. The bullying variable was measured using the Illinois Bully Scale (IBS), while the emotional development variable was measured using the Difficulties in Emotion Regulation Scale (DERS). Data were analyzed using Spearman's Rank Correlation test. **Results :** showed that most respondents experienced a moderate level of bullying (54%), while most respondents' emotional development was in the good category (39%). The statistical test showed a Spearman correlation coefficient of -0.648 with a significance value of $p=0.000$ ($p<0.05$), indicating a significant and negative relationship with a strong correlation strength between bullying and adolescents' emotional development. **Conclusion :** There is a significant relationship between bullying and adolescents' emotional development at SMPN 3 Karangnunggal, Tasikmalaya Regency, in which the higher the level of bullying experienced, the lower the quality of adolescents' emotional development. Schools are advised to develop bullying prevention programs to support students' optimal emotional development.

Keywords : Bullying, Emotional Development, Adolescent