

Bullying and Suicide in Adolescents

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Abstract

The aim of this research is to explore the experiences of students who experience bullying which results in suicide attempts. This research is a qualitative study with an interpretive penomenological approach and data analysis using IPA (interpretative phenomenological analysis) with a sample size of 4 teenagers. The resulting theme is based on the results of the research: they feel hurt because they are bullied by their peers so they attempt suicide.

Keywords: *bullying, suicide, teens*

Abstrak

Tujuan dari penelitian ini adalah untuk mengeksplorasi pengalaman siswa yang mengalami perundungan yang mengakibatkan percobaan bunuh diri. Penelitian ini merupakan studi kualitatif dengan pendekatan penomenologi interpretative dan analisis data menggunakan IPA (interpretative phenomenological Analysis) dengan jumlah sampel 4 orang remaja. Tema yang dihasilkan berdasarkan hasil penelitian merasa sakit hati karena mengalami perundungan oleh teman sebaya sehingga mereka melakukan percobaan bunuh diri.

Kata kunci: perundungan, bunuh diri, remaja

INTRODUCTION .

Research results from international NGOs and the International Center for Research on Women (ICRW) (2015) show that 84% of children in Indonesia experience violence at school. UNICEF data also states that 1 in 3 Indonesian children experience violence. This indicates that every child has the potential to become a perpetrator or victim of aggressiveness that leads to crime

According to Stuart (2014), many things influence suicide, including biological factors, social environment, sexual orientation. According to Cho and Haslam (2010), these risk factors can influence each other. This is in line with

research by Ibrahim et al. (2014), in Malaysia which shows that there is a relationship between psychological factors such as stress, anxiety and depression with suicidal ideation. This is also in line with the research results of Lee et al. (2013), who stated that the risk of suicide is higher in male adolescents compared to female adolescents.

Based on the results of this research, the researchers were interested in conducting research on the topic of the relationship between bullying and suicide in adolescents.

METHOD

The research design used in this research is research qualitative with a phenomenological approach. The number of participants involved in this research consisted of 4 teenagers who had attempted suicide self. This research uses theory (Creswell, 2014), namely that participants are given the opportunity to explore their subjective or phenomenological experiences when they have carried out attempted suicide. The aim of this research has been to find the essence or a the essence of the participant's conscious experience, describing, analyzing and interpret data in depth, complete and structured. A phenomenological approach was chosen to understand individual experiences everyday life, to find the essence of a phenomenon and use it (Polit & Beck, 2010) .

RESULTS

According to the KBBI, bullying is hurting other people both physically and psychologically, in the form of verbal, social or physical violence repeatedly and from time to time, such as calling people names with nicknames they don't like, hitting, pushing, spreading rumors and threatening. The context of bullying in this research was peers at school who triggered participants to think about suicide. This theme is formed from 2 sub-themes, namely hurt by bullying friends at school and surrender to the situation.

DISCUSSION

Theme 1 Participants who experienced bullying in this study also expressed feelings of sadness, discomfort, resignation, hopelessness, helplessness in dealing with feelings of pressure, and anxiety because the perpetrator controlled the participant.

This condition results in feelings of helplessness in defending oneself when facing bullies (Rigby, 1993). Another study conducted by the Cyberbullying Research Center found that cyberbullying victims had a higher tendency to commit suicide compared to face-to-face bullying. This shows that bullying can happen to anyone, anytime and anywhere, even causing the worst conditions, such as the results of this study where teenagers attempted suicide which was triggered by peer bullying at school. The participants in this research were all victims of bullying. Things that are often expressed include feelings of hurt, feeling that one's self-esteem has been trampled on, but being powerless to fight back and choosing to remain silent. This is categorized as a form of adaptive self-defense such as remaining silent, accepting and acting assertively. This is confirmed by the results of Setiyaningrum's study (2013), that victims of bullying cannot do anything when bullied by peers at school. The results of a study (Utomo, 2016) show that victims of bullying occasionally try to fight back against the bullies, but the helplessness they experience causes the victims of bullying to prefer not to fight back when they are subjected to bullying, hoping that other friends will not join in the bullying (Wardani et al. , 20 19)

. Teenagers who are victims of bullying experience psychological and social impacts. The psychological impacts received include being embarrassed, quiet, confused, angry, afraid, and hurt, while the social impacts experienced include not wanting to play, being lazy about studying, being lazy about playing, not being comfortable studying group assignments, and wanting to change classes. This is in line with research by Ikhsani (2015), which states that one of the negative impacts of bullying is that the victim will feel sad, annoyed and even uncomfortable just studying at school. This is in line with this



research which shows that the psychological impacts that participants received were sadness, discomfort and annoyance. This is in continuity with the results of Trisnani (2018), which states that if the victim of bullying does not comply with the perpetrator's request, the victim will show a fearful reaction and eventually comply. It even makes the victim afraid to go to school because his parents often make fun of his name. Setiawan's research (2019), based on the results of observations made on victims of bullying, shows that victims of bullying have a tendency to be alone and feel inferior about socializing due to the lack of support and motivation from peers.

CONCLUSIONS AND RECOMMENDATIONS

The core theme of this research is that participants feel hurt due to bullying. And this research can provide readers with information and understanding regarding the feelings and hopes of teenagers Which had attempted suicide as a result of bullying.

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