

The Impact of Bullying on Self-Confidence of Grade V Elementary School Students

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Abstract. Bullying in the educational environment is a severe problem, especially in the environment of elementary school students. Bullying is an aggressive act committed by an individual or a more substantial group against another, weaker individual, deliberately and repeatedly, to harm the victim either physically or emotionally, and can harm the psychological development of elementary school students. Elementary school should be a safe and supportive place for children to develop their identity and social skills for future interactions. This literature review uses an integrative review design to determine the impact of bullying on the self-confidence of elementary school students. Where the results of the literature review show that there is a significant influence on the confidence of victims of bullying, which is very low, and children who are victims of bullying are found to experience Learning disorders in their academic activities. Therefore, we need to encourage victims and perpetrators to engage in positive activities and give them love, trust, and understanding of the impact of bullying

Keywords: Bullying, Self Confidence, Elementary School Students

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INTRODUCTION

Bullying is a social problem that is widespread in various countries, including Indonesia. (Olweus, 2013) defines bullying as an aggressive act that is carried out repeatedly an imbalance of power exists between the perpetrator also the victim. Elementary schools, as should be a safe place for student development, often become arenas for bullying. According on UNICEF report (Jelita et al., 2021), 50% of Indonesia children aged 13 to 15 years report having been victims of bullying.

(Budhi, 2020) in his book states that "Bullying culture can develop anywhere as long as there is the interaction between humans, starting from schools, workplaces, households, and the environment." Bullying that occurs in educational environments is a serious problem, especially in elementary school students. Elementary schools should be a safe place to support children in developing their identity and social skills for future interactions. Schools are very influential in educating the younger generations. Not only creating a sound generation, it turns out that schools can also be a places where violence occurs, whether by teachers against students, students against teachers, or students against other students (Emi et al., 2021).

Bullying affects not just the victim's mental health, but also their self-confidence and social development. Bullying is an act that can damage a person's mentality, both physically, psychologically, socially, and emotionally, from a person that will be carried into adulthood. Which affects the victim's belief in themselves, their trust, and their empathy (Aulannisa & Mustika, 2024). Self-confidence is an attitude or feeling of trust in one's abilities and being

aware of the abilities that one has so that individuals who have this confidence feel calmer and less anxious about their actions (Krisdiyani, 2024). Self-confidence is an essential asset in every individual because, basically, individuals who have good intellectual intelligence but do not have self-confidence will have an impact on their lives (Azmi et al., 2021).

The results of the study entitled "The Relationship of Bullying to Self-Confidence Students Through a Humanist Approach" by (Anjani et al., 2024) stated that bullying has a significant impact not only on self-confidence but also affects a person's psychological and mental health, which can cause anxiety and fear for victims of bullying. Furthermore, there is research (Marsela & Fitriyeni, 2024) with research entitled "The Impact of Verbal Bullying on Self-Confidence." the results that can be concluded that there is an evident effect of verbal bullying on students' self-confidence, where most students are in the medium to low category.

Previous research has discussed the impact of bullying on mental health in general. However, specific research on its impact on the self-confidence of fifth grade elementary school students is still limited. Of this age, students are at a critical stage of identity development and social interaction. This research aims to complement this by exploring the link between bullying experiences and self-confidence of fifth grade students.

METHODOLOGY

This study employs a literature review research method using an integrative review design. The integrative review method is used to analyze and synthesize findings from various previous studies related to the impact of bullying on elementary school students' self-confidence. This method allows researchers to comprehensively examine the phenomenon of bullying and its psychological effects by integrating relevant research results. Through a qualitative descriptive approach, this literature review aims to describe the influence of bullying on students' self-confidence and identify the academic and emotional consequences experienced by bullying victims.

RESULTS OF LITERATURE REVIEW

1. Bullying

Bullying is an aggressive act committed out by an individual or group to harm another party physically, verbally or emotionally Komnas HAM (Human Rights). These actions include physical, verbal, relational and cyber bullying. Bullying not only affects the victim's social development, but also causes emotional disorders such as anxiety and depression (Afni et al., 2024).

Ebrahim Elrefaey (Krisdiyani, 2024) states that bullying is an abuse of power that results from an imbalance of power between individuals. Many factors, including physical stature, personality, number of students, or social hierarchy, cause this power imbalance. Bullying is repeated harassment-physical, psychological, social, or verbal-by those in power or those unable to resist formally or situationally, with the aim of creating fear for their benefit or satisfaction. Bullying is a condition in which someone abuses their power or strength. There are four types of bullying behavior: physical, verbal, and mental bullying. Physical bullying is the behavior of hurting a person/group by using force, such as slapping or stomping them. Verbal bullying is the act of hurting someone with words such as slandering or pitting; and last is mental bullying, such as terrorizing someone/group (Putri et al., 2024).

From the several definitions above, it can be concluded that bullying is an aggressive act committed out by a more substantial individual or group against another individual who is weaker than him, intentionally and repeatedly, with the aim of hurting the victim either physically or emotionally.

According to Coloroso (Firmansyah et al., 2021), bullying is divided into three types, namely: (1) Physical Bullying, (2) Verbal Bullying, (3) Relational Bullying, and as time goes by, there is also (4) Cyber Bullying.

The perceived imbalance is most likely related to objective factors such as physical strength or numerical differences but may also be related to differences in confidence, popularity/status in the peer group, and the like (Olweus, 2013). Factors that influence students to engage in bullying behavior at school, according to (Widya et al., 2016), are factors from individuals and families. Individual factors themselves allow students to become bullies because students were previously victims of bullying by their seniors. A bad family background, lack of parental affection, imperfect education, and lack of supervision at home cause students to potentially engage in bullying behavior at school. Then the factors that cause children to tend to become victims of bullying are those who are weak, small, lack confidence, and have difficulty socializing (Najah et al., 2022).

2. Self-Confidence

Self-confidence is an individual's belief in his ability to face challenges and achieve goals (Krisdiyani, 2024). Factors that influence self-confidence include life experiences, social support, and family parenting patterns. Children who are often victims of bullying tend to have low self-confidence, which can hinder their ability to interact and achieve at school (Permatasari et al., 2023).

Self-confidence is a belief in one's ability to achieve targets, desires, and goals despite facing various challenges and problems and carrying them out with full responsibility. Self-confidence is the nature of being confident and believing in one's abilities so that one does not depend on others and is able to express oneself fully (Amri et al., 2018). Also mentioned is that self-confidence is the most essential aspect of individual character because a lack of self-confidence can cause many problems in one's social life (Sestiani & Muhid, 2021). According to Thursan Hakim (Tanjung & Amelia, 2017) the characteristics of a confident person include: (1) Always being calm in doing everything; (2) Having sufficient potential and abilities; (3) Able to neutralize tensions that arise in various situations; (4) Able to adjust and communicate in various situations; (5) Have mental and physical conditions that are sufficient to support appearance; (6) Have sufficient intelligence; (7) Have expertise or other skills that support their lives, such as foreign language skills; (8) Have the ability to socialize; (9) Have an excellent educational background; (10) Have life experiences that forge their mentality to be solid and resistant in dealing with various trials of life; (11) Always react positively in dealing with various problems, such as staying strong, patient, and steadfast in facing life's problems.

From the several definitions above, it can be concluded that self-confidence is a good attitude that can help individuals to have a good assessment of themselves and their surroundings. Indicators of self-confidence are (1) believing in one's abilities, (2) acting independently in making decisions, (3) having a positive self-concept, and (4) daring to express opinions (Purwa Ningsih et al., 2021). In line with that (Yuliyanto Aan, 2024), in his book, he writes the indicators of self-confidence according to Adharini & Herman, including the following: 1) Confident in his abilities: (a) have the confidence to be able to chapter (b) skills to express ideas or ideas; (2) Think and act positively in dealing with problems: (a) able to get up if you fail (b) always a reason and act realistically; (3) Showing optimism, calmness, and unyielding nature: (a) able to defend opinions with solid arguments (b) optimistic hopes or ideals; (4) able to adapt and socialize: (a) having empathy for friends who are experiencing difficulties (b) being able to express and exchange ideas with friends and teachers (c) being able to adapt to study partners.

According to the UNICEF report (Jelita et al., 2021) explained that violence against children is common in Indonesia; 40% of 13-15 year olds reported being physically assaulted at least once a year, 26% reported receiving corporal punishment from parents or caregivers at home, and 50% of children reported being bullied at school. Meanwhile, based on data from the KPAI (Indonesian Child Protection Commission) regarding the recapitulation of the number of child complaint cases based on child protection clusters in 2011-2018, children in conflict with the law (10,186), family and alternative care (5,618), education (3,184), pornography and cyber and crime (2,845), trafficking and exploitation (1,956), religion and culture (1,394), social and

children in emergencies (1.39), civil rights and participation (733), other child protection cases (599).

Then, based on the findings of the interview performed by (Jelita et al., 2021) with the Principal of Kedungmundu Elementary School Semarang found that there were students that were bullied experienced verbal, nonverbal, and relational bullying. The severity of these bullying cases varied at all grade levels, from grades I to VI, with grades IV and V recording a higher and more severe frequency of cases. Typical forms of verbal bullying include teasing, taunting parents' names, inappropriate calls, and physical insults, for example, calling their friends "black," while physical bullying includes hitting, kicking, pinching, and throwing eggs or flour at children who are celebrating their birthdays. In agreement with the findings of Jelita's investigation, there are also findings from interviews and observations conducted at SD Negeri 013 Ujungbatu (Aulannisa & Mustika, 2024), with the results showing that bullying that occurs is not only in the form of physical violence but also includes verbal and non-verbal bullying. The forms of bullying identified include ridicule, reproach, slander, awkward attitudes, manipulation, and exclusion. Examples of bullying behaviors that occurred included taunting friends with "rabies" and "stupid," as well as threats to give money. Victims were often excluded from the group for refusing the perpetrator's requests. However, there were no reports of physical bullying..

DISCUSSION

The results showed that students who were bullying victims experienced a significant decreased confidence. The most frequently reported form of bullying is verbal bullying, such as teasing and insults, followed by relational bullying in the form of exclusion. The impacts of bullying include difficulties in socializing, feelings of insecurity, and decreased motivation to learn.

This research is consistent with the findings of (Anjani et al., 2024) which reveals that bullying significantly affects the mental and emotional health of victims. However, this research adds that the impact of bullying on self-confidence is more pronounced in fifth grade students because they are in the transition phase towards adolescence, where self-identity is starting to form.

Bullying is a social phenomenon that often occurs in school environments, especially among children fifth-grade elementary school children, who are at a crucial stage of psychological development and are often the targets of bullying, both verbally and physically. The impact of this behavior not only disrupts the teaching and learning process but can also reduce children's self-confidence. According to (Hamidah, 2020), bullying is a desire to harm manifested through

actions that make someone suffer. Factors that influence students to engage in bullying behavior at school, according to (Widya et al., 2016), are factors from individuals and families.

The factors that underlie bullying are from themselves. For example, students who have been victims of bullying, especially by seniors, have the potential to become perpetrators of bullying, and external factors such as low-income family background, lack of affection from parents, inadequate education, and minimal supervision at home can increase the possibility of students being involved in bullying behavior at school. Meanwhile, according to (Yamada & Setyowati, 2022), the factors that cause vulnerable children to become victims of bullying involve several factors, namely: (1) children who are new to their environment; (2) children who are the youngest in school; (3) children who tend to be shy; (4) children from poor or rich families; (5) children who come from ethnic groups or ethnicities that are considered inferior by the bully; (6) children who have experienced trauma; (7) children who tend to be obedient; (8) children whose behavior is perceived as disturbing to others; (9) children who are reluctant to engage in physical conflict; (10) children who have unique intelligence or talent; (11) children whose religion is considered low by the perpetrator; (12) children who have physical differences from others; (13) children who are fat or thin; (14) children who are in the wrong place at the wrong time.

One of the impacts of bullying on the victim is the impact on the victim's social-emotional behavior. The victim will be emotionally unstable due to the victim's unhealthy environment, and the victim will be too lazy to socialize with others. The impact of bullying on victims, according to (Aulannisa & Mustika, 2024), is the impact on the victim's socio-emotional behavior. The victim will have unstable emotions due to the victim's unhealthy environment, and the victim has a sense of laziness in socializing with the surroundings.

A good social environment, such as support from family and friends, also plays an essential role in forming self-confidence, which can then protect individuals from the negative impacts of bullying. Lauster (Rais, 2022) reveals the characteristics of a self-confident person, namely: independent, selfless, quite tolerant, ambitious, optimistic, not shy, sure of one's own opinion, and not excessive. Factors that influence self-confidence, according to Ghufron and Risnawita (Safika & Trihastuti, 2020) first, are internal factors. Internal factors consist of Self-Image, Self-Assessment, Physical Condition, and Life Experience. External Factors: Education, Work, Environment, and Life Experience.

Bullying dramatically affects a child's self-confidence. Children who have been bullied will have a loss of self-confidence and be frightened to socialize with friends outside of their familial context. Children who are bullied will fall behind and lack the excitement and joy to play with their peers. They would feel unprotected. They will also lack confidence when socializing with

their friends (Permatasari et al., 2023). Students who have been bullied do not dare to express their feelings to other people (Krisdiyani, 2024). The causes of a person's declining self-confidence include environmental influences, often being underestimated by friends, and parenting patterns (Rahmah & Purwoko, 2024)

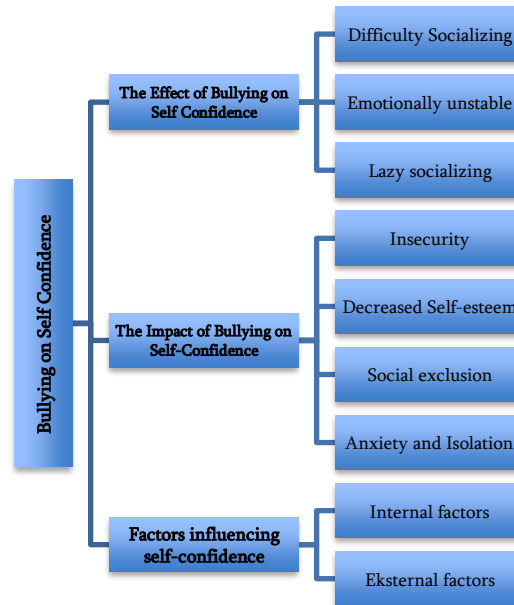


Table 1. Chart Of The Influence Of Bullying On Self-Confidence

Types of Bullying: (1) Physical Bullying, is an aggressive act that involves physical violence such as hitting or pushing. Victims tend to experience physical and emotional trauma, which can damage their self-confidence because they are afraid of interacting with their surroundings. (2) Verbal bullying, includes teasing, insults, or derogatory remarks. This often causes victims to feel unappreciated, so their self-confidence decreases drastically. (3) Relational Bullying is a form of social exclusion that makes the victim feel unwelcome in the group. The impact is seen in the victim's inability to establish healthy social relationships. (4) Cyberbullying is bullying carried out through digital media. Victims often experience deeper shame and stress due to extensive exposure on social media, which greatly damages self-confidence.

Causal Factors: (1) Internal factors include feelings of insecurity or lack of ability to deal with social pressure. Children with weak internal factors are more vulnerable to bullying and tend to have low self-confidence. (2) External factors are a school environment that does not support or lack of supervision from teachers which can increase the risk of bullying. This creates an atmosphere that is not conducive to the development of self-confidence.

Impact of Bullying on Self-Confidence: Decreased self-confidence, victims of bullying usually feel unable to face challenges, which worsens their self-confidence in academic and social

environments. Difficulty Socializing, victims tend to withdraw from social interactions due to fear and shame, which hinders the development of their self-confidence.

Causes of Low Self-Confidence: Environmental influences, including exclusion from friends or negative attitudes from the surrounding environment. Children who feel unwelcome will lose confidence in their ability to contribute to the environment. Parental parenting, authoritarian or less supportive parenting can also reduce a child's self-confidence. Children who do not receive emotional support from their parents tend to be more vulnerable to the negative impacts of bullying.

This chart explains how various forms of bullying, their causes, and their impacts contribute to students' lower self-confidence. By understanding this relationship, intervention steps such as self-confidence training, strengthening the role of parents, and creating a positive school environment can be implemented to help students who are victims.

CONCLUSION

The impact of bullying on the self-confidence of fifth-grade elementary school students is very significant and complex. Bullying, which is an aggressive act that occurs repeatedly, can damage a child's mental and emotional health. Bullying has a significant impact on the self-confidence of fifth grade elementary school students. Students who are victims of bullying often feel isolated, lose self-confidence, and are reluctant to participate in social and academic activities. Therefore, it is important to create an inclusive and supportive school environment through collaboration between the school, family and community

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