

## CYBERBULLYING PREVENTION AND INTERVENTION IN SMK KARYA UTAMA

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**Abstract:** Technological developments have increased youth's use of social media, and online communication platforms have brought young people into contact with another type of bullying, cyberbullying. Platforms that are often used for cyberbullying cases include WhatsApp, Instagram, and Facebook. Preventing cyberbullying among high school students requires a comprehensive approach that involves students, parents, educators, and the community because the impact of cyberbullying can lead to self-harm, those around them and suicide. Lectures and discussion are used as the method of choice for cyberbullying prevention and intervention. The purpose of this community service activity is to increase student knowledge about cyberbullying, improve attitudes, and reduce student cyberbullying behavior at Karya Utama Pahang Tanjung Balai Vocational School.

**Keywords:** cyberbullying; intervention; prevention

**Abstrak:** Perkembangan teknologi telah meningkatkan penggunaan media sosial oleh kaum muda, dan platform komunikasi online telah membawa kaum muda untuk berhubungan dengan jenis intimidasi lain, cyberbullying. Platform yang sering digunakan untuk kasus cyberbullying antara lain WhatsApp, Instagram, dan Facebook. Mencegah cyberbullying di kalangan siswa sekolah menengah memerlukan pendekatan komprehensif yang melibatkan siswa, orang tua, pendidik, dan masyarakat karena dampak dari cyberbullying ini dapat berujung kepada menyakiti diri sendiri, orang sekitar maupun bunuh diri. Ceramah dan diskusi digunakan sebagai metode terpilih untuk pencegahan dan intervensi cyberbullying. Tujuan dari kegiatan pengabdian masyarakat ini adalah untuk meningkatkan pengetahuan siswa tentang cyberbullying, memperbaiki sikap, dan mengurangi perilaku cyberbullying siswa di SMK Karya Utama Pahang Tanjung Balai.

**Kata kunci:** intervensi; pencegahan; perundungan siber

### INTRODUCTION

Social media technologies incorporate models such as magazines, Internet forums, weblogs, social blogs, microblogging, wikis, social networks, pictures, videos, and more. With applying some of these models, there are six types of social media: (1) Projects Collabora-

tive, like Wikipedia. (2) Blogs and Microblogs, such as Twitter and Tumblr. (3) Community content, such as YouTube and DailyMotion. (4) Social Networking Sites, such as Facebook. (5) virtual game-world, such as World of Warcraft. (6) Virtual social worlds, such as Second Life according to Monica Hidajat et al. (Hidajat et al., 2015).

Utilization of Information Technology in the world now it's like a double-edged sword. There are many advantages and benefits that we can get from it, but in the other hand there are few losses in the form of negative things that accompany the use of this information technology. One negatives impact that arise with this is the emergence of a phenomenon called cyberbullying. (Rahayu et al., 2013)

According to Ade Nursanti et al, 2019, Cyberbullying adalah perilaku intimidasi yang dilakukan oleh seseorang maupun kelompok untuk menghujat dan mencemooh seseorang melalui media telekomunikasi. It means cyberbullying is bullying behavior by someone or groups to blaspheme and ridicule someone through the media telecommunication. Cyberbullying is harassment that occurs through the use of technology (computers, mobile phones) and the Internet (e-mail, social networks, messengers)

According to Aboujaoude et al, 2015 in Heni Aguspita Dewi, 2023. It means cyberbullying is a behavior that is carried out repeatedly by individuals or groups by sending aggressive messages containing hostility with the aim of hurting people others conducted through electronic media (Aboujaoude et al, 2015).

There are five influencing factors cyberbullying in adolescents is a factor individuals, families, friends, schools and internet usage according to Heni Aguspita Dewi, 2020. (Dewi et al., 2020). Oppression through electronic media can cause public health problems, especially adolescents in the form of anxiety, stress, low self-esteem and others etc. Even more severe impacts can result in young people or teenagers being affected by cyberbullying will have low ability in the academic field and can occur increased incidence of school truancy; or the risk of

suicide. According to Widyastuti Yanzami UM, in Paramita (Septianawati et al, 2023).

The purpose of this community service activity is to increase students' knowledge about cyberbullying, improve attitudes, and reduce students' bullying behavior about cyberbullying at SMK Karya Utama Pahang, Tanjung Balai to prevent and intervention of health problem that can occurs.

Based on the results Center for Digital Society (CfDS) as of August 2021 entitled Teenager-Related Cyberbullying Case in Indonesia which was conducted on 3,077 junior high and high school students aged 13-18 in 34 provinces in Indonesia. The results stated that 1,895 students (45.35%) claimed to have been victims, while 1,182 students (38.41%) were perpetrators. Stated by [tribunnews.com](http://tribunnews.com). Preventing cyberbullying among high school students requires a comprehensive approach involving students, parents, educators, and the community.

## METHOD

Lectures and discussion are used in this community service activity for 1 day on 31<sup>st</sup> May 2023 in SMK Karya Utama Pahang, Tanjung Balai.

Lecture Method is a learning methods that are widely used from generation to generation in various. This type of educational model certainly has many advantages and not a few too the drawbacks. (Wirabumi, 2020) Lectures is a traditional and common method of teaching in which an instructor (lecturer or teacher) delivers information or knowledge to a group of learners (students or audience). The primary purpose of a lecture method is to impart knowledge, explain concepts, and present in-

formation on a specific topic. It is typically a one-way communication method, where the instructor speaks while the learners listen and take notes.

The discussion method is a way of presenting lessons in which students are presented with an issue to be discussed and addressed or solved together collectively. The problem could be in the form of a statement or a question.

According to Pupuh Faturrohman et al in Irwan et al, 2018. It means that discussion method is a way of educating that seeks to solve the problem at hand, both two or more people each submit their arguments to strengthen their opinions.

A question and answer session become a part of method that used in this community services to acquire complete and comprehensive knowledge. It is hoped that from this not only discussion but also the question and answer sessions, they can interact with each other for exchange of information as well as complement each other's knowledge acquired by one another each other. According to Koen hendrawan et al in 2022.

**DISCUSSION**

Community service is a 3-hour (180-minute) event that was held on May 31, 2023. where the material is about understanding, elements, forms, characteristics, causes, effects, and prevention related to cyberbullying. Some students gave questions about related matters with prevention and intervention of cyberbullying. Explanation of cyberbullying provide insight and understanding of the dangers and impacts of Cyberbullying is understandable.

By carrying out this community service in the form of lectures and discussions, it can increase knowledge about

the dangers of using sophisticated technological means on social media. Students enthusiastically participated in the activity from start to finish including enthusiastically asking various questions.

Here some pictures of the activities taken place:



Picture 1. Lectures Session



Picture 2. Discussion Session



Picture 3. Photo Session With Participants



Picture 4. Community Service Teams

## CONCLUSION

This community service activity in SMK KARYA UTAMA Pahang, Tanjung Balai is given to the students to improve their understanding of the hazards and impact of cyberbullying. As well as not only providing explanations regarding elements, forms, characteristics, causes, effects, and prevention related to cyberbullying but also to pay high attention when using social media such as facebook, instagram, twitter and so on.

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