

## **FORM OF PARENTS' PREVENTION MEASURES ON CYBERBULLYING BEHAVIOR IN ADOLESCENTS**

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### **Abstract**

*This paper covers the forms of cyberbullying prevention measures in adolescents. Cyberbullying is sometimes still underestimated by some people, even though the impact of this cyberbullying will have a huge impact on teenagers. This study aims to describe several forms of cyberbullying prevention measures at the age of teenagers. The object of this research is the parents of teenage children. This study uses a quantitative method approach that will use an inductive mindset to conclude. Then, using a questionnaire for data collection methods. From the data collected through filling out the google form, it can be concluded that the form of parental action taken to prevent cyberbullying behavior is by providing education about social media to children, often communicating with children, and emotionally supporting children such as giving love. to children, applying time restrictions on the use of gadgets and in using social media to children, conducting social media checks. As well as telling children that they have to sort out what I should post on social media.*

**Keywords:** *Emotional Regulation, Group Counseling, Sociodrama*

### **Abstrak**

Tulisan ini mencakup bentuk-bentuk tindakan pencegahan *cyberbullying* pada anak usia remaja. *Cyberbullying* kadang masih dianggap remeh oleh sebagian orang, padahal dampak dari *cyberbullying* ini akan sangat berdampak pada diri anak usia remaja. Tujuan penelitian ini adalah untuk memaparkan beberapa bentuk tindakan pencegahan *cyberbullying* pada usia anak remaja. Objek dari penelitian ini adalah orang tua dari anak usia remaja. Penelitian ini menggunakan metode kualitatif yang nantinya akan menggunakan pola pikir induktif sebagai metode penarikan kesimpulan. Kemudian, menggunakan kuesioner untuk metode pengumpulan data. Dari data yang terkumpul lewat pengisian google form, dapat ditarik kesimpulan bahwa bentuk tindakan orangtua yang dilakukan untuk mencegah adanya tindakan perilaku *cyberbullying* yaitu dengan cara memberikan edukasi tentang media sosial kepada anak, sering melakukan komunikasi kepada anak, mendukung secara emosional kepada anak seperti memberi kasih sayang kepada anak, menerapkan pembatasan jam dalam penggunaan gadget maupun dalam menggunakan media sosial kepada anak, mengadakan pengecekan media social. Serta memberi tau kepada anak bahwa mereka harus memilah apa saya yang harus diposting di media sosial.

**Kata Kunci:** *Cyberbullying, Orang Tua, Pencegahan, Remaja*

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## **INTRODUCTION**

Cyberbullying is someone's actions such as making hate speech, mocking someone, insulting, and spreading untrue news to others through social media, be it Instagram, twitter

Facebook, TikTok, and so on. Sometimes, cases of cyberbullying still get very little attention from some people. Cyberbullying cases often get less attention, and there are even parties who do not consider it a serious matter (Syah & Hermawati, 2018).

Previous research conducted by (Setianingrum, 2015) revealed that current internet access allows a person to express himself without having to have social norms that apply when interacting directly, this is what makes it easy for people to take cyberbullying actions. The internet will not only provide access to personal social media accounts but will also make it easier for users to create anonymous accounts and fake accounts for certain purposes related to cyberbullying (Febriyanti, 2021).

Cyberbullying is also more often underestimated than bullying. Because bullying involves physical contact with the victim, cyberbullying does not involve physical contact with the victim. Cyberbullying is easier to do than conventional violence because the perpetrator does not have to face to face with other people who are the target (Mp, 2017).

Research conducted by (Mp, 2017) says that cyberbullying is all forms of violence experienced by children or adolescents and carried out by friends of their age through the cyber world or the internet. Then (Imani et al., 2021) said that bullying could be done by sending messages via SMS or email, and leaving bad comments on social media. Furthermore, he said that cyberbullying has a bad impact not only on victims but also on perpetrators.

Meanwhile (Martha, 2019) explains that cyberbullying behavior is an aggressive act that is carried out intentionally and repeatedly by individuals or groups using electronic media against a weak individual who is unable to protect himself. While research conducted by (Andriani, 2021) says that cyberbullying is another form of traditional bullying. The difference is that cyberbullying uses electronic devices that are connected to the internet. Cyberbullying occurs because the ratio of adolescent internet users has increased rapidly, especially on social networking sites, chat rooms, and instant messaging applications (Syah & Hermawati, 2018).

The difference between our research and previous research is that previous research describes some general preventive measures, while our research focuses on preventive measures taken by parents in dealing with cyberbullying in adolescents. Because, as we know, teenagers are very vulnerable to cyberbullying behavior (both as victims and perpetrators). As stated by (Setianingrum, 2015) that adolescence is a period of searching for identity and happiness in new things. The focus of our research is what are the factors and impacts of

cyberbullying, and how are the views and forms of parental precautions in dealing with cyberbullying in teenagers.

## **METHOD**

This study uses a quantitative method approach, which then uses questionnaires as a data collection technique. Our research uses a purposive sampling technique as a sampling technique, namely a non-random technique (not random). Purposive sampling is a non-random sampling method in which researchers ensure the citation of illustrations through a method of determining a special identity that fits the research objectives so that they are expected to respond to research cases (Ika, 2021). According to Arikunto (in Ika, 2021) said that purposive sampling is a method of collecting illustrations without being sourced from random, region or strata, but based on the presence of views that focus on certain goals.

The distribution of the questionnaires that we do is through the google form. The object is the parents of teenage children. This questionnaire is closed, that is, answers are already available and the respondent only needs to choose the answers that have been provided. Suharsimi (in Sari et al., 2020) said that a closed questionnaire or closed questionnaire is a questionnaire presented in such a way that the respondent only needs to put a tick (√) in the appropriate column or place. This is to make it easier for parents of teenagers to respond to our questionnaire.

There are 25 respondents in our study. Respondents will be asked to answer 18 questions by choosing several answer options that have been provided. The answer choices included strongly agree, very often, agree, often, disagree, rarely, strongly disagree, very rarely, yes, and no. After the data collection has been collected, we use an inductive mindset as a conclusion. We consider this method of inductive thinking appropriate to be used to describe some parental precautions against cyberbullying behavior in teenagers.

## **RESULTS AND DISCUSSION**

### **Results**

The following are answers from 25 respondents regarding the google form that we provide:

**Table 1.** Questioner Data

| No | Question  | Yes | No  |
|----|---|-----|-----|
| 1  | Do you set limits when your child is playing on social media? | 64% | 36% |
| 2  | Do you know about cyberbullying?                              | 96% | 4%  |
| 3  | In your opinion, is your child wise in using social media?    | 88% | 12% |

From the answers to the questionnaire, there are also scores for each answer from the respondents, which are as follows:

**Table 2.** Percentage

| No | Percent (%) | Score              |
|----|-------------|--------------------|
| 1  | 50 - 100 %  | Highly recommended |
| 2  | 40 - 50 %   | Quite recommended  |
| 3  | < 40 %      | not recommended    |

So, it can be concluded that several forms of parental precautions against cyberbullying in teenagers, which are highly recommended by the respondents, are by providing education about social media to children, often communicating with children so that children feel comfortable when telling stories to their parents, provide emotional support such as giving attention and affection to children, limiting hours in the use of gadgets and social media, checking children's social media every week, and also telling children if children need to be smarter in sorting out what to post and what to post. should not be posted on social media.

## DISCUSSION

In this day and age, accessing information is very easy with the presence of social media, and it will also be very easy to cause cyberbullying behavior, especially among teenagers. (Syah & Hermawati, 2018) said that cyberbullying is defined as an electronic method of repeatedly harassing, threatening, humiliating, and intimidating others. Furthermore, (Syah & Hermawati, 2018) said that cyberbullying is an act of intimidation, persecution, or intentional harassment that teenagers experience on the internet. This is supported by research conducted by (Setianingrum, 2015) which explains that cyberbullying is a form of bullying that is carried out through electronic media that contains insults, threats, slander, humiliation, or ostracism of

others in the form of short messages, pictures or videos in a video. chat rooms or through online media. So it can be concluded that cyberbullying is behavior such as making fun, insulting, humiliating someone, and so on through electronic media, which will make a person's psychological state disturbed.

Internet access that is very easy at this time is very at risk of causing cyberbullying behavior. The internet will not only provide access to personal social media accounts but will also make it easier for users to create anonymous accounts and fake accounts for certain purposes related to cyberbullying (Febriyanti, 2021). Furthermore, Suharni (in Febriyanti, 2021) said that cyberbullying can be done by anyone through social media and can be experienced by anyone, including teenagers.

From the data that has been collected, it can be concluded that parents believe that the child is wise in using social media. This is supported by 88% of respondents who think yes, and 12% of respondents who think no. Then when asked whether they knew about cyberbullying or not, 96% of respondents answered yes, and 4% of respondents answered no. So, it can be concluded that most parents already know what cyberbullying is.

However, when asked whether they had ever heard their child tell if he had experienced cyberbullying or not, as many as 8% of respondents answered often, 16% of respondents said it was rare, and 76% of respondents thought it was very rare. So it can be concluded that there are still those who experience cyberbullying in teenagers. However, a study conducted by (Mp, 2017) said that victims themselves are often lazy to confess, this is because if they confess usually their access to the internet (and cellphones) will be limited. So, it can be concluded that communication between parents and children is included in the low class, this is also supported when they are asked whether their children often tell them about their social life or not, as many as 12% of respondents who answered very often, 28% of respondents who answered often, 56% of respondents who answered rarely, and 4% of respondents who answered very rarely. This is because many teenagers are less open and do not have a good relationship with their parents. Lack of communication can cause a child to become defensive, reject their responsibilities, and increase their anger. These traits can influence problematic behavior and relationships with deviance such as cyberbullying (Syah & Hermawati, 2018).

Based on the data that has been collected, as many as 4% of respondents think very often, 24% of respondents think often, 60% of respondents think rarely, and 12% of respondents think it is very rare if parents often check or supervise children when they are playing. social. This shows that parents rarely supervise their children when they are playing on social media. Pinariya dan Lemona (in Wijayanti et al., 2020) explains that when teenagers have easier access to information through social media, it will be easier for them to spread cyberbullying messages to others. Furthermore, Pinariya dan Lemona (in Wijayanti et al., 2020) added that this makes it difficult for parents to monitor their children's internet activities even though they are not yet mature enough to filter all information, including negative content on the internet.

This shows that a lack of attention or supervision from parents can be the cause of cyberbullying behavior. This is agreed by 16% of respondents who think strongly agree, 80% of respondents who think agree, and as much as 4% think they disagree. This is supported by (Syah & Hermawati, 2018) who said that in terms of cyberbullying, parents are expected to always be careful in supervising their children surfing in cyberspace. They also supported by Wang et al. (in Syah & Hermawati, 2018), who said that cyberbullying perpetrators are teenagers with free parenting and limited parental monitoring, and lack of emotional attachment to their parents, compared to teenagers who have never been involved in cyberbullying.

The next factor that causes bullying behavior is the past of a person. For example, in the past someone was a victim of cyberbullying behavior, then he felt revenge for what the person who cyberbullied had done to him and chose to take revenge for that person's actions. This is also supported by research conducted by (Sartana & Afriyeni, 2017), which says that the various motives of bullies are to convey feelings of irritation to the victim, hope that the victim knows his mistake, want to bring down and humiliate the victim, feel hurt and want to take revenge. revenge, to seek attention, and to seek pleasure.

The next factor is the friendly environment. The circle of friends can be very influential and can cause changes in a person's behavior. Moreover, teenagers are still at the stage of imitating the environment around them. (Antama et al., 2020), said that adolescents are imitating behavior, adolescents have a tendency to see and learn various things from the surrounding environment, such as family, relatives, and peers. (Antama et al., 2020) also added that cyberbullying occurs because of the weakening of social control from family, friends, and society.

Cyberbullying of course has a very dangerous impact on children. Based on the results of Triyono's research, Rimadani (in Sukmawati & Kumala, 2020) it is known that victims experience various physical effects of cyberbullying, namely physical impacts such as headaches, sleep disturbances, or difficulty sleeping which result in the victim's body health such as sometimes feeling sleepy in the morning. days, the eyes are red, puffy eyes, and the eyes feel like they are being stabbed the victim also loses his appetite and feels nauseous, where these things are interconnected with each other so that the victim feels unwell. Cyberbullying has a very serious impact on victims, such as feeling disappointed, sad, depressed, frustrated, depressed, feeling worthless so victims withdraw from their environment because they do not have confidence in themselves (Syah & Hermawati, 2018). One of the most worrying impacts of cyberbullying is the tendency to commit suicide the victim (Rahayu, 2012). So it can be concluded, that the impact of cyberbullying behavior is very dangerous both mentally and physically in children. The worst impact of cyberbullying behavior is that it can trigger someone to commit suicide.

To prevent the emergence of cyberbullying behavior, it is necessary to provide education about social media for parents to their children. This is agreed by the respondents as much as 68% think strongly agree, and 32% think to agree. This is also in line with what was conveyed by Hinduja dan Patchin (in Rastati, 2016), who stated that there are several important ways to prevent cyberbullying, namely by educating them on how to use the internet responsibly. Then, this is also supported by Utami and Baiti (in Wijayanti et al., 2020) who said that the prevention of cyberbullying in adolescents should be done by providing additional lessons regarding media introduction, such as media literacy and inviting several related parties to control wrong things. can result from the negative impact of using social media, as well as the dangers of cyberbullying.

Furthermore, as we know that communication between children and parents is very important in shaping the child's personality, as many as 52% of respondents who think agree and 48% of respondents who answer agree that communication between children and parents is a form of preventing cyberbullying behavior. As stated by (Malihah & Alfiasari, 2018) parents need to invite teenagers to communicate optimally so that they can avoid various deviant behaviors because parents can understand, control, and teach children.

The next effort is emotional parental support, such as giving attention and affection to children, being a good listener to children, being a good adviser when children are in trouble,

giving praise when children achieve something, and providing full support for choices made. chosen by children as long as it is still good for them, and so on. as many as 36% of respondents who think strongly agree, 60% of respondents who think they agree, and 4% of respondents who think they do not agree if emotional parental support is an inhibitory action or a preventive measure from cyberbullying behavior in children. As stated by Wang, Iannotti, and Nansel (in Malihah & Alfiasari, 2018) which state that parental support for children will suppress or prevent bullying and victimization from happening physically, verbally, socially, and electronically.

The next prevention effort that can be done by parents is by telling children to sort out what can be posted on social media and what cannot be posted on social media. This is supported by 36% of respondents who think strongly agree, 56% of respondents who think agree, and as many as 8% of respondents who think they disagree. This is supported by (Syah & Hermawati, 2018), saying that parents can help children understand what information should be private, ask children to think before posting something in cyberspace, provide direction on the importance of privacy settings, parents and teachers can visit and learn social media accounts like children have. Then it is also supported by (Natalia, 2016) who says it is very important for someone to think in advance about what he wants to post to be disseminated to the public.

Then another form of preventive action is by applying time restrictions on the use of gadgets in children. This is agreed by as much as 28% of respondents who think strongly agree, 60% of respondents think to agree, and 12% of respondents think they disagree. Some parents have also implemented time restrictions on the use of gadgets, namely 64% of respondents who answered yes and 36% of respondents who answered no when asked whether they gave restrictions to children when playing social media.

Finally, a form of preventive action that can be taken by parents in dealing with cyberbullying behavior in teenagers is by applying to check their gadgets or children's social media every week. As many as 28% of respondents strongly agree, 60% of respondents think that they agree and 12% of respondents disagree when asked whether they agree with implementing hours restrictions on the use of gadgets or social media as a form of effort to prevent cyberbullying behavior. This is intended so that parents know whether their children are wise in using social media, and if parents find behavior that should not be done on social media, parents can immediately reprimand the child so that the behavior is not repeated.

## CONCLUSION

Based on the research above, it can be concluded that the easier it is to access the internet today, the easier it is to cause cyberbullying behavior, especially in teenagers. Some of the factors that trigger cyberbullying are the lack of openness of children to parents, lack of communication between children and parents, lack of supervision from parents, children's friendship environment, and the past experienced by someone.

Then, several preventive actions are highly recommended from the results of the questionnaires that have been collected, namely by frequently communicating with children, providing emotional support to children, providing understanding about social media to children, and telling children which ones can be posted on social media. and which ones are not, implementing restrictions on the use of gadgets, and checking social media which is carried out every week.

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