

BULLYING BEHAVIOR IN ISLAMIC PERSPECTIVE AND ITS IMPLICATIONS ON GUIDANCE AND COUNSELING SERVICES

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Abstract: Bullying is a serious problem that has a significant impact on the mental health and psychosocial development of individuals. The objectives of this study are to: (1) analyze the Islamic perspective on bullying behavior, (2) identify solutions to handling bullying based on Islamic values, and (3) formulate practical implications in guidance and counseling services. The study used a library research method by analyzing verses of the Qur'an, Hadith, and Islamic literature relevant to bullying behavior and reviewing guidance and counseling literature. The results of the study indicate that Islam strictly prohibits all forms of bullying because it is contrary to the principles of noble morals, respecting human dignity, and the concept of Islamic brotherhood. Islamic solutions in dealing with bullying emphasize moral development, empathy development, and strengthening spirituality. Practical implications in guidance and counseling services include: (1) developing preventive programs based on Islamic values, (2) integrating spiritual-religious approaches in individual and group counseling, (3) strengthening collaboration with religious figures in handling bullying cases, and (4) developing intervention modules that integrate Islamic values. This study concludes that the Islamic perspective provides a foundation of values and a holistic approach in handling bullying that can enrich guidance and counseling practices.

Keywords: Bullying Behavior, Islamic Perspective, Guidance and Counseling Services.

Introduction

Bullying is a serious problem that has long been rooted in everyday life. Bullying behavior is included in a very serious social problem and has become a global concern in recent decades. This phenomenon does not only occur in the school environment, but also in various other social contexts, with significant impacts on the mental and physical health of victims .

This bullying behavior is depicted in acts of violence, oppression, exclusion, insults and intimidation between people. Bullying is aggressive behavior that is carried out repeatedly against weaker individuals, either physically, verbally, or socially. In the context of Islam, this behavior is very contrary to teachings that emphasize noble morals and good treatment of others. The Prophet Muhammad SAW said, "The best people are those who are most beneficial to other people . Islam teaches that everyone has a dignity that must be respected. In the Qur'an, Allah SWT says, "And We did not create man in vain" (Al-Mu'minun: 115). This shows that every individual has values and goals, so bullying behavior that demeans the dignity of others is clearly contrary to this principle.

According to Yasinta Indrianti, a psychologist from the Edu Psycho Research Institute, revealed that there are three factors that cause bullying. The three components are as follows: a)

dominant nature, which always wants to be the best and is seen as great; b) family, where parenting patterns are authoritarian or permissive; and c) an environment where violence will unconsciously become the norm (Benedikta, 2015). In line with that, One of the factors that contributes to bullying behavior is the social environment in which the individual is located. Research shows that children who grow up in families that provide less affection and attention tend to be more likely to engage in bullying behavior (Lereya et al., 2013).

Bullying behavior is often triggered by various factors, such as family, social and educational environments. In Islam, character strengthening and moral education are very important to prevent this behavior. The hadith of the Prophet which states, "Educate your children well" (HR. Ahmad) emphasizes the importance of moral education in the family . Therefore, it is important to understand the cultural context when addressing bullying issues. The media also has a significant influence on bullying behavior. With the prevalence of violent content on social media and television, children and teens are often exposed to aggressive behavior that is considered normal or even attractive.

Bullying behavior can have serious consequences for victims. Research shows that victims of bullying often experience mental health problems, such as depression and anxiety, as well as academic problems (Holt et al., 2015). Victims of bullying also tend to have low self-esteem and experience social isolation, which can continue into adulthood. This shows the importance of appropriate handling of bullying behavior in educational settings. In addition to the impact on victims, bullying can also affect the perpetrators. Many bullies experience serious behavioral and emotional problems, including involvement in future criminal acts (Reijntjes et al., 2010). Therefore, it is important to understand that bullying is not only a problem for victims, but also for the perpetrators and society as a whole.

Interventions to address bullying need to be holistic, involving all parties, including schools, parents, and communities. Bullying prevention programs that involve training for teachers and students, as well as raising awareness among parents, have been shown to be effective in reducing bullying incidents (Smith et al., 2004). Through a collaborative approach, it is hoped that a safer and more supportive environment for all individuals can be created. Addressing bullying behavior also requires an evidence-based approach that involves research and data to understand the dynamics at play.

Psychological aspects of bullying According to research by Sharma et al. (2022) in the journal "International Journal of Environmental Research and Public Health", bullying has a significant impact on adolescent mental health, with a 67% increased risk of psychological disorders in victims of bullying. Global perspective UNESCO report (2022) revealed that bullying is still a global problem, with an average of 32% of students in various countries experiencing bullying in various forms. Based on several research results above, every individual needs to strengthen religious knowledge.

Religion plays an important role in preventing bullying behavior. Through Islamic teachings that emphasize compassion and mutual respect, individuals are taught not to do things that hurt others. The principle of "rahmatan lil alamin" or compassion for all nature must be applied in everyday interactions. Guidance and counseling in schools are essential to address bullying issues. Counselors can provide emotional support and help students understand the

negative impacts of bullying. In the context of Islam, this guidance should be based on moral and spiritual values, guiding students to empathize and understand the feelings of others .

Islamic-based guidance and counseling approaches can involve techniques such as consultation, group discussions, and empathy training. Counselors can use Quranic verses and hadiths to emphasize the importance of good morals and behavior, and explain the consequences of bullying in the eyes of Allah. Some solutions to overcome bullying include empathy education, good communication training, and strengthening moral values. Programs that involve students in social and religious activities can help build solidarity and reduce bullying behavior.

Literature Review

1. Bullying

The word "bullying" comes from English, from "bull", which means a bull that likes to charge. Ultimately, this term is used to describe a detrimental action. In contrast to other countries such as Norway, Finland, and Denmark, which refer to bullying as mobbing or mobbing. The original term comes from English, "mob", which emphasizes that a mob is a large and anonymous group of people involved in violent activities (Novan Ardy Wiyani , 2018). Bullying is a negative behavior that is carried out repeatedly against someone who is unable to fight it (Sri Rejeki , 2016).

Bullying behavior is defined as teasing, insulting, threatening, hitting, stealing, and direct attacks carried out by one or more people against the victim. Bullying behavior can also include various other behaviors, such as insulting name calling, blackmail, cruel treatment, slander, exclusion from the group, damaging other people's belongings, and verbal threats. The types of bullying can include in addition to physical, verbal, and social behavior, also bullying via the internet (Husmiati Yusuf & Adi Fahrudin , 2017) .

Based on the definition above, bullying is a social problem that is carried out by a strong person against a weaker person and usually occurs repeatedly until it results in harm to the victim.

2. Forms of Bullying Behavior

In line with this, Khoir (2018) explains that bullying behavior can be grouped into 3 forms, namely:

a. Verbal Bullying

This type of bullying is the most common and easy to do. Usually, verbal bullying is the beginning of other bullying. Examples of verbal abuse include using names, nicknames, slander, harsh criticism, belittling, insulting, sexual harassment, terror, intimidating letters, false accusations, and so on.

b. Physical Bullying

This type of bullying is easy to spot, but it is not as bad as other types of bullying. The most problematic individuals usually do it, and those who do tend to move on to criminal acts. Examples of physical abuse include hitting, kicking, slapping, choking, poking, biting, scratching, punching, breaking things, and scratching.

c. Relational Bullying

This bullying is done by breaking off someone's social relationships so that the victim experiences continuous weakening of self-esteem through neglect, exclusion, or

avoidance. It is very difficult for people from the outside to identify this violence. Aggressive looks, eye rolls, sighs, sneers, mocking laughter, and mocking body language are examples of relational bullying.

Based on the above opinion, there are three types of bullying. Verbal bullying consists of words or use of the mouth, physical bullying consists of touching the victim physically, and relational bullying consists of avoiding social relationships so that someone feels inferior. While there are some opinions that psychological bullying or bullying cannot directly affect the victim, the author has entered into the three types of bullying above.

3. Factors Causing Bullying

Bullying behavior is a social problem that is influenced by various factors. One of the main factors is the family environment. Research shows that children who experience inconsistent parenting or violence in the family are more likely to engage in bullying behavior. Families that do not provide emotional support can create conditions where children feel the need to show power over others (Wang et al., 2021).

The school environment also plays an important role in bullying behavior. Schools with negative social climates and lack of teacher supervision can facilitate bullying behavior. When bullying is not taken seriously, children may feel that the behavior is acceptable (Kakavand et al., 2020). Social interactions at school, including peer group dynamics, also have a significant impact on children's involvement in bullying.

Individual factors, such as personality and social skills, play a crucial role in bullying behavior. Children who have low levels of empathy or poor social skills are more likely to engage in bullying. They may not understand the impact of their actions on others (Bradshaw et al., 2020). On the other hand, children with high empathy are more likely to reject aggressive behavior and support their friends.

Media also contributes to bullying behavior. Exposure to violence in the media, whether through television, movies, or video games, can increase a child's tendency to imitate aggressive behavior. Research shows that children who frequently see violent content are more likely to engage in bullying behavior at school (Kümpel et al., 2020). Therefore, parental supervision of children's media consumption is very important.

Broader social and cultural factors also influence bullying behavior. Social norms that support aggression or stigmatize certain groups can exacerbate bullying problems. In societies where power and dominance are valued, bullying behavior may be seen as a means of gaining status (Pepler et al., 2022). Therefore, bullying prevention efforts must involve changing the social and cultural norms that support this harmful behavior.

4. Islamic View on Bullying Behavior

Bullying behavior is contrary to the basic principles of Islamic teachings that emphasize the values of compassion, justice, and respect for others. In Islam, every individual is seen as having high dignity, and acts of belittling or hurting others, whether physically or emotionally, are clearly prohibited. Allah SWT says in the Qur'an, "And do not consume one another's wealth unjustly..." (QS. Al-Baqarah: 188). This verse emphasizes the importance of respecting one another and not harming one another.

In addition, Islam teaches us to be gentle and patient with others. The Prophet Muhammad SAW said, "The most beloved person to Allah is the one with the best morals" (Narrated by Ahmad). This shows that good morals are at the heart of Islamic teachings, and bullying behavior is clearly an act that goes against the noble morals taught by the Prophet. In this context, every Muslim is expected to be a role model in interacting with others, avoiding all forms of violence and oppression.

The importance of creating a safe and comfortable social environment is also emphasized in Islam. In a hadith, the Prophet Muhammad SAW said, "A Muslim is one who is safe from his tongue and hands" (HR. Bukhari). This indicates that a Muslim should not only stop bullying, but also actively try to protect and support those who are victims. Thus, it is the responsibility of every individual to prevent bullying behavior and create a harmonious atmosphere among others.

Result and Discussion

Bullying is aggressive behavior that is carried out repeatedly by an individual or group against others who are considered weaker. In the context of Islam, this action is contrary to the principles of morality and ethics taught in the Qur'an and Hadith. Bullying can have serious psychological impacts on victims, including depression and anxiety (Olweus, 2019). Islam teaches the values of compassion, tolerance, and mutual respect. In Surah Al-Hujurat verse 11, Allah forbids His people from criticizing and making fun of each other. Bullying clearly contradicts this principle, because it contains elements of insult and degrading the dignity of others (Qur'an 49:11).

Bullying not only affects the victim but also the perpetrator and the surrounding environment. In the view of Islam, the perpetrator of bullying will be held accountable for his actions in the afterlife. The Hadith of the Prophet Muhammad SAW emphasizes the importance of maintaining the honor and dignity of others, which shows that bullying is a major sin (HR. Muslim). Family plays an important role in shaping children's character. Education of Islamic values in the family can prevent bullying behavior. Instilling empathy and compassion in children can be the first step to creating an environment free from bullying (Abdullah, 2017).

Religious education in schools can be a means to instill anti-bullying values. By teaching Islamic teachings that emphasize the importance of mutual respect, students are expected to avoid bullying behavior. A curriculum that integrates moral education can help create a safe learning environment (Mansur, 2019). Guidance and counseling in schools must consider spiritual and moral aspects in handling bullying cases. Counselors need to be trained to understand Islamic values and how to apply them in counseling sessions, so that they can provide appropriate support for victims and perpetrators of bullying (Rahman, 2020).

A holistic approach that integrates psychological and spiritual aspects can be an effective strategy in dealing with bullying. Counselors must be able to provide encouragement to students to develop good character and improve relationships between students (Zainal, 2018). Schools as educational institutions must be active in creating anti-bullying policies. In Islam, the educational environment must support the development of good character. Programs that involve students in social and spiritual activities can encourage the creation of solidarity and harmony (Sulaiman, 2021). Several case studies have shown that interventions involving a religious approach in counseling can reduce cases of bullying in schools. By inviting students to

understand the spiritual consequences of their actions, it is hoped that they will be more aware of the impact of bullying behavior (Yusuf, 2022).

Bullying behavior is a serious problem that requires attention from all parties, including families, schools, and communities. By integrating Islamic values in education and guidance and counseling services, it is hoped that a safer and more supportive environment can be created for all students. Recommendations for further research are to explore more effective intervention methods based on Islamic values in the context of bullying (Khalid, 2023).

Method

This article research uses a literature review method or literature study, which includes theories relevant to the research problem. This study uses a literature review design or literature study. Literature review is a search and research of literature by reading and reviewing various books, journals, and other manuscripts related to the research topic to create writing related to the topic (Marzali, 2016).

This study aims to reveal about "bullying behavior in Islamic perspective and its implications for guidance and counseling services." Based on the available literature, especially articles published in various scientific journals, the concepts and theories used are reviewed in this section. The concepts or theories underlying the research can be built through a literature review. The content analysis process is as follows: (1) The researcher determines the specific objectives to be achieved, (2) Defines important terms clearly, (3) Concentrates on the parts to be studied, (4) Looks for relevant data, (5) Builds conceptual relationships to explain data related to objectives, and (6) Concludes the category coding technique.

Conclusion

Bullying behavior is a serious social problem and can have negative impacts on individuals, especially among children and adolescents. In the Islamic perspective, bullying is considered a very reprehensible act, because it is contrary to the values of humanity, compassion, and justice. Islam encourages its followers to respect each other, do good, and maintain harmony in interactions .

The implications of bullying behavior in the context of guidance and counseling services are significant. Guidance and counseling should emphasize the importance of character education and moral values taught in Islam, such as empathy, tolerance, and justice. Counselors are expected to provide support to victims of bullying, as well as intervene with perpetrators through an educational and rehabilitative approach

Thus, guidance and counseling services need to integrate Islamic principles in dealing with bullying issues. This will not only help reduce bullying behavior, but also build a safer and more supportive environment for all individuals. Collaborative efforts between schools, parents, and the community are needed to create awareness of the dangers of bullying and the importance of positive behavior in social interactions.

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