

## ABSTRAK

**Latar belakang:** Perundungan digambarkan sebagai permasalahan interaksi sosial antara individu dan lingkungannya. Walaupun intensitas berinteraksi tinggi antar teman memberi peluang perundungan, di sisi lain dapat menjadi sumber dukungan yang lebih mudah diakses dan efektif serta berkontribusi besar dalam keberhasilan program pencegahan perundungan. Sebuah pesantren memiliki kader santri sebaya sebagai upaya mencegah perundungan sehingga dalam memahami kompleksitasnya diperlukan analisis kognitif, lingkungan, perilaku serta interaksinya.

**Tujuan:** Mengeksplorasi dukungan kader santri sehat sebagai strategi pencegahan perundungan bagi santri di pondok pesantren.

**Metode:** Penelitian kualitatif dengan studi kasus deskriptif. Pemilihan partisipan secara *critical case purposive sampling* dengan 8 kader sebagai informan utama dan 12 informan pendukung (perwakilan puskesmas setempat, direktur kesehatan pesantren, ketua pos kesehatan pesantren, koordinator Pengabdian Kader Santri Sehat, guru konseling, perawat, 2 pengurus asrama dan 4 teman sebaya kader). Pengumpulan data melalui wawancara dan observasi yang dianalisis tematik dengan *software Atlas.Ti* selama bulan Februari-April 2024. Keabsahan data dengan triangulasi sumber, *peer debriefing*, dan *member checking*.

**Hasil:** Faktor kognitif kader yang terdiri dari pengetahuan, sikap dan harapan mendorong kader berperilaku preventif terhadap perundungan ditinjau dari pengetahuan luas kader mengenai perundungan dan perannya, serta persepsi keseriusan dan manfaat yang tinggi untuk pencegahan. Faktor lingkungan kader terdiri dari norma sosial dan akses yang disediakan pesantren membentuk karakteristik baik pada kader dan ketersediaan fasilitas mendukung kader mewujudkan iklim sekolah positif. Faktor perilaku kader seperti keterampilan dan efikasi diri mendorong keberanian kader bertindak dan mencegah perundungan.

**Kesimpulan:** Faktor kognitif, lingkungan dan perilaku saling memengaruhi kader santri untuk memberi dukungan sebagai pencegahan perundungan di pesantren.

**Kata kunci:** perundungan, pencegahan, pesantren, kader

## ABSTRACT

**Background:** Bullying has been described as a problem of social interaction between individuals and their environment. Although the high intensity of interaction between friends provides an opportunity for bullying, on the other hand it can be a more accessible and effective source of support and contribute greatly to the success of bullying prevention programs. A pesantren has a cadre of peer students as an effort to prevent bullying so that in understanding its complexity, cognitive, environmental, behavioral and interaction analysis is needed.

**Objective:** To explore the support of healthy santri cadres as a bullying prevention strategy for santri in boarding schools.

**Methods:** Qualitative research with descriptive case studies. Participants were selected by critical case purposive sampling with 8 cadres as main informants and 12 supporting informants (local puskesmas representative, pesantren health director, head of pesantren health post, coordinator of Healthy Santri Cadre Service, counseling teacher, nurse, 2 dormitory administrators and 4 cadre peers). Data were collected through interviews and observations that were thematically analyzed with Atlas.Ti software during February-April 2024. Data validity was based on source triangulation, peer debriefing, and member checking.

**Results:** Cadre cognitive factors consisting of knowledge, attitudes and expectations encourage cadres to behave preventively against bullying in terms of cadres' extensive knowledge of bullying and its role, as well as perceptions of seriousness and high benefits for prevention. Cadre environmental factors consisting of social norms and access provided by pesantren form good characteristics in cadres and the availability of facilities support cadres to realize a positive school climate. Cadre behavioral factors such as skills and self-efficacy encourage cadres' courage to act and prevent bullying.

**Conclusion:** Cognitive, environmental and behavioral factors mutually influence santri cadres to provide support as prevention of bullying in pesantren.

**Keywords:** bullying, prevention, pesantren, cadres