Program Sadar dan Perangi *Bullying* untuk Menurunkan Intensi

Bullying Murid Sekolah Dasar: Studi Eksperimen Kuasi

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Abstract. Bullying cases are often experienced by school students in Indonesia. This research aims to reduce the bullying intentions of elementary school students by *Program Sadar dan Perangi Bullying. Program Sadar dan Perangi Bullying* provides knowledge about bullying and empathy training, so it is expected to reduce the bullying intention of participants. Participants were 39 elementary school students in grades 4 and 5 who had moderate bullying intentions. The research design uses a quasi experimental research design untreated control group design with dependent pretest and posttest samples. The research instrument used were the *Program Sadar dan Perangi Bullying* module and the bullying intention scale. In addition, the empathy scale and bullying knowledge were also used as manipulation checks. The data was analyzed using mixed design anova. The results showed that the experimental group experienced a decrease in bullying intentions ($MD=-75$; $p<0.050$). Based on this, the conclusion of the study is that *Program Sadar dan Perangi Bullying* can reduce bullying intentions of elementary school students.

Keywords: Program Sadar dan Perangi Bullying, intention, bullying, elementary student

Abstrak. Kasus *bullying* banyak dialami oleh murid sekolah di Indonesia. Penelitian ini bertujuan untuk menurunkan intensi *bullying* murid Sekolah Dasar dengan melakukan Program Sadar dan Perangi *Bullying*. Program Sadar dan Perangi *Bullying* memberikan pengetahuan tentang *bullying* dan pelatihan empati, sehingga diharapkan dapat menurunkan intensi *bullying* partisipan. Partisipan merupakan murid kelas 4 dan 5 Sekolah Dasar dengan jumlah 39 orang yang memiliki intensi *bullying* kategori sedang. Desain penelitian adalah eksperimen kuasi *untreated control group design with dependent pretest and posttest samples*. Instrumen penelitian yang digunakan adalah modul Program Sadar dan Perangi *Bullying* serta skala intensi *bullying*. Selain itu, skala empati dan pengetahuan *bullying* juga digunakan sebagai *manipulation check.* Data dianalisis menggunakan *mixed design* anova. Hasil menunjukkan bahwa kelompok eksperimen mengalami penurunan intensi *bullying* ($MD=-75$; $p<0,050$). Berdasarkan hal tersebut, kesimpulan penelitian ini adalah Program Sadar dan Perangi *Bullying* dapat menurunkan intensi bullying murid Sekolah Dasar.

Keywords: Program Sadar dan Perangi Bullying, intensi, bullying, murid Sekolah Dasar