

## PENERAPAN PROGRAM "SAHABAT PERANGI *BULLYING*" (SHARING) GUNA MENURUNKAN INTENSI PERILAKU *BULLYING*

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### ABSTRACT

The study aims to examine the effect of the program "Sahabat Perangi *Bullying*" toward the intention of bullying behavior. The program trained 11 high school students as peer facilitators to deliver materials of the training using presentation methods. Untreated Control Group Design with Pre-test and Post-test was used in this study. Seventeen students participated in the experimental group and 23 students in the control group. Data collection was conducted using the scale of Bullying Behavior Intention. After the intervention phase, the mean scores showed significant differences between pretest and posttest within the experimental group. Meanwhile, there was no significant difference within the control group. The program contributed to a decrease in bullying behavior intention by 84,1%.

**Keywords:** bullying, the program "Sahabat Perangi *Bullying*", adolescence

### ABSTRAK

Penelitian ini bertujuan untuk melihat pengaruh program "Sahabat Perangi *Bullying*" terhadap intensi perilaku *bullying*. Program "Sahabat Perangi *Bullying*" melatih 11 orang siswa SMA sebagai fasilitator teman sebaya guna menyampaikan materi terkait *bullying* dengan menggunakan metode presentasi. Desain eksperimen penelitian yang digunakan adalah *Untreated Control Group Design with Pre-test and Post-test*. Subjek penelitian terdiri dari 17 siswa pada kelompok eksperimen dan 23 siswa pada kelompok kontrol. Pengumpulan data menggunakan skala Intensi Perilaku *Bullying*. Setelah tahapan intervensi dilakukan, subjek pada kelompok eksperimen menunjukkan perubahan yang signifikan pada skor intensi perilaku *bullying* dari *pretest* ke *posttest*. Sedangkan kelompok kontrol mengalami perubahan yang tidak signifikan. Program "Sahabat Perangi *Bullying*" memberikan kontribusi terhadap penurunan intensi perilaku *bullying* sebesar 84,1%.

**Kata kunci:** *bullying*, program "Sahabat Perangi *Bullying*", remaja