ABSTRACT

EGI FATMA TULIABU. The Relationship Between Bullying Behavior and Mental Health of Seventh Grade Students at SMPN 3 Limboto Barat, Gorontalo Regency. Supervised by FIRMAWATI as the chair and NUR UYUUN I. BIAHIMO as a member.

Bullying is an intentional aggressive act by individuals or groups in power against others, which could trigger mental health disorders such as depression in adolescents. Its impact could disrupt the mental health of teenagers, lower their self-esteem, and affect their emotional well-being and social interactions. Bullying behavior among students occurs due to several factors, such as family, past experiences, and the school environment. The objective of the research was to analyze the relationship between bullying behavior and the mental health of seventh-grade students at SMPN 3 Limboto Barat. The research design was quantitative with a descriptive-correlational approach. The results indicated a statistical value or pValue = 0.003 < 0.05 (Chi-Square Test), thus concluding that there was a relationship between bullying behavior and the mental health of students at SMPN 3 Limboto Barat. The conclusion highlighted a significant relationship between bullying behavior and the mental health of students at SMPN 3 Limboto Barat. Although the majority of students had good mental health, the high incidence of bullying indicated the need for increased attention to prevention and intervention efforts. Schools suggested strengthening bullying prevention and intervention programs by involving the entire academic community and providing psychological support for students. Future researchers advised broadening the research scope for more representative results that could generalized.

Keywords: Bullying, Health, Environment, Mental, Schoo

ABSTRAK

EGI FATMA TULIABU. Hubungan Perilaku *Bullying* Dengan Kesehatan Mental Siswa Kelas VII SMPN 3 Limboto Barat Kabupaten Gorontalo. Dibimbing oleh FIRMAWATI sebagai ketua dan NUR UYUUN I. BIAHIMO sebagai anggota.

Dampak yang diakibatkan oleh *bullying* sangat luas cakupannya antara lain depresi, kegelisahan dan masalah tidur yang mungkin akan terbawa hingga dewasa, keluhan kesehatan fisik, seperti sakit kepala, sakit perut dan ketegangan otot, rasa tidak aman saat berada di lingkungan sekolah dan penurunan semangat belajar serta prestasi akademis. Perilaku *bullyin*g pada siswa terjadi karena beberapa faktor seperti keluarga, pengalaman masa lalu dan lingkungan sekolah. Tujuan penelitian untuk menganalisis hubungan perilaku *bullying* dengan kesehatan mental siswa kelas VII SMPN 3 Limboto Barat. Desain penelitian kuantitatif dengan pendekatan deskriptif-korelasi. Hasil penelitian menunjukan nilai statistik atau pValue=0.003<0.05 (Uji Chi-Square), maka dapat disimpulkan bahwa terdapat Hubungan Perilaku Bulying Dengan Kesehatan Mental Siswa Kelas VII di SMPN 3 Limboto Barat. Berdasarkan hasil tersebut, penulis mengharapkan sekolah dapat memperkuat program pencegahan dan penanganan bullying dengan melibatkan seluruh civitas akademika, termasuk guru, siswa, dan orang tua.

Kata Kunci*:* Perilaku *Bullying, Kepribadian, Lingkungan Sekolah, Kesehatan*