

**KARAKTERISTIK DAN KETERAMPILAN *SELF-HELP*
KORBAN BULLYING**

SKRIPSI

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
Sarjana Pendidikan dalam Bidang Ilmu Bimbingan dan Konseling



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ABSTRAK

Diesta Hanifa Nurpratiwi (1704689). Karakteristik dan Keterampilan *Self-help* Korban *Bullying*

Penelitian ini dilatarbelakangi oleh fenomena seseorang yang mengalami kesulitan setelah pernah menjadi korban *bullying* di usia sekolah. Dampak dari *bullying* dapat menyebabkan gangguan terhadap kesehatan mental atau fisik dalam jangka waktu yang pendek maupun panjang. *Bullying* merupakan suatu pengalaman menyakitkan, dan dalam proses penyembuhan dari dampak *bullying* yang dirasakan, terdapat upaya bantuan bimbingan dan konseling yang komprehensif ataupun bantuan dari tenaga profesional agar seseorang yang pernah menjadi korban *bullying* tidak mengalami hambatan yang berkepanjangan dalam proses pencapaian tugas perkembangannya. Selain upaya bantuan tersebut, ada pula upaya bantuan diri yang dikenal sebagai *self-help*. *Self-help* membantu seseorang untuk mengidentifikasi bagaimana dirinya akan membantu diri sendiri dari pengalaman pahit yang menyakitkan dan memengaruhi kesehatannya. Penelitian ini dilakukan dengan metode studi deskriptif kualitatif menggunakan model Miles & Huberman yang bertujuan untuk mengeksplor karakteristik dan keterampilan *self-help* dari korban *bullying* dalam menghadapi dampak dari *bullying* yang pernah mereka alami di usia sekolah. Hasil menemukan bahwa karakter *self-help* korban *bullying* belum terpenuhi secara utuh dan keterampilan *self-help*nya belum mumpuni.

Kata kunci: *Self-help, bullying*

ABSTRACT

Diesta Hanifa Nurpratiwi (1704689). *Bullying Victims' Skills Characteristic of Self-help*

The impact of bullying can cause disturbances mentally or physically in the short and long term. In healing from the perceived impact, there are efforts to help the victims with comprehensive guidance and counselling or assistance from professionals so that they do not have to experience prolonged obstacles in achieving their developmental tasks. In addition to these professional efforts, someone is also capable of helping themselves, and this capability is known as self-help. Self-help is the capability of someone to identify how they will cope and overcome the impact of bullying in their daily life. This study used the Miles & Huberman model through qualitative and descriptive research methods to explore the characteristics and self-help skills of bullying victims. Results found that the self-help character of bullying victims has yet to be fulfilled and their self-help skills are still lacking in most ways.

Keywords: *Self-help, bullying*


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