

PROGRAM STUDI S1 KEPERAWATAN

FAKULTAS KEPERAWATAN

INSTITUSI KESEHATAN PAYUNG NEGERI PEKEANBARU

SKRIPSI, 3 FEBRUARY 2025

Wiana Tri Agus Susanti

21301139

Hubungan Kesejahteraan mental terhadap Kejadian *Bullying* pada Remaja Sekolah Menengah Pertama di SMP Negeri Pekanbaru tahun 2024.

Xii + 53 Halaman + 14 Tabel + 1 Skema + 15 Lampiran

ABSTRAK

Bullying merupakan permasalahan yang banyak terjadi terutama di kalangan remaja Sekolah, kasus *bullying* sampai saat ini masih terus terjadi di Lingkungan sekolah, salah satu penyebab tingginya angka *bullying* adalah rendahnya kesadaran remaja akan kesejahteraan mental dan kejadian *bullying*. Tujuan penelitian ini untuk mengetahui apakah ada Hubungan Kesejahteraan Mental Terhadap Kejadian *bullying* pada Remaja di SMP Negeri 15 Pekanbaru Tahun 2024. Penelitian dilaksanakan pada 4- 6 desember 2024. Jenis penelitian ini merupakan penelitian Kuantitatif dengan desain korelasi melalui pendekatan studi *cross sectional*. Jumlah sampel pada penelitian ini yaitu 138 orang yang diambil dengan menggunakan teknik *stratified random sampling*. Instrumen penelitian yang digunakan yaitu dengan menggunakan kuesioner *Psychological well being* pada Kesejahteraan Mental dan kuesioner *Olweus bully/ victim Questionnaire* pada Kejadian *bullying*. Uji analisis dengan menggunakan uji korelasi Spearman. Hasil analisis Kesejahteraan mental ditemukan nilai mean 173,68, nilai median 172, standar deviasi 22,036, nilai min 123, dan max 238, Pada Kejadian *bullying* di temukan nilai mean 86,66, nilai median 85, standar deviasi 10,999, nilai min 64, dan nilai max 116. Hasil penelitian ini terdapat hubungan negatif yang lemah ($p \text{ value} = 0,001$; $r = - 0,298$) antara Kesejahteraan Mental terhadap kejadian *bullying* pada remaja di SMP Negeri 15 Pekanbaru, artinya semakin tinggi Kesejahteraan mental remaja maka semakin rendah kejadian *bullying*. Yang berarti didapatkan adanya hubungan antara Kesejahteraan mental terhadap Kejadian *bullying*. Rekomendasi penelitian ini adalah perlu diberikan intervensi kesejahteraan mental pada remaja agar menurunkan angka kejadian *bullying*.

Kata kunci : Kesejahteraan Mental, Kejadian *Bullying*

Refrensi: 66 (2019- 2025)

NURSING PROGRAM STUDI

FACULTY OF NURSING

INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU

Research, 3 February 2025

Wiana Tri Agus Susanti

21301139

The Relationship of Psychological Well-Being to the Incidence of Bullying in Junior High School Adolescents at Pekanbaru State Junior High School in 2024.

Xii + 53 Pages + 14 Tables + 1 Scheme + 15 Appendixes

ABSTRACT

Bullying is a problem that occurs a lot, especially among school teenagers, bullying cases until now still continue to occur in the school environment, one of the causes of the high bullying rate is the low awareness of adolescents about mental well-being and bullying incidents. The purpose of this study is to find out whether there is a Relationship between Mental Well-Being and the Incidence of Bullying in Adolescents at SMP Negeri 15 Pekanbaru in 2024. The research was carried out on December 4-6, 2024. This type of research is a quantitative research with a correlation design through a cross sectional study approach. The number of samples in this study was 138 people who were taken using the stratified random sampling technique. The research instruments used were by using the Psychological well-being questionnaire on Mental Well-being and the Olweus bullying/victim questionnaire on bullying incidents. The analysis test was carried out using the Spearman correlation test. The results of the analysis of mental well-being were found to have a mean value of 173.68, a median value of 172, a standard deviation of 22.036, a minimum value of 123, and a max value of 238, in the event of bullying, a mean value of 86.66, a median value of 85, a standard deviation of 10.999, a mean value of 64, and a max value of 116. The results of this study showed a weak negative relationship (p value = 0.001; $r = - 0.298$) between Mental Well-being and the incidence of bullying in adolescents at SMP Negeri 15 Pekanbaru, meaning that the higher the mental well-being of adolescents, the lower the incidence of bullying. Which means that there is a relationship between mental well-being and bullying incidents. The recommendation of this study is that it is necessary to provide mental welfare interventions to adolescents in order to reduce the incidence of bullying.

Keywords: Psychological Well-Being, Bullying Incidents

Refrance: (2019- 2025)