

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
IKES PAYUNG NEGERI PEKANBARU**

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**Hubungan Kejadian *Bullying* Dengan *Self Resilience* Pada Remaja
Dipondok Pesantren Al-Ihsan *Boarding School* Kota Pekanbaru**

Xiv + 62 Halaman + 9 Tabel + 1 Skema + 11 Lampiran

ABSTRAK

Bullying adalah tindakan kekerasan, penindasan, atau intimidasi yang dilakukan satu pihak terhadap pihak lainnya baik itu dilakukan individu maupun kelompok. *Bullying* dapat terjadi disekolah umum dan juga di pondok pesantren baik berupa fisik maupun verbal. Adapun efek dari *bullying* ini terbelang sangat buruk dapat menimbulkan trauma serta menurunkan *self resilience* seseorang terutama pada remaja. Penelitian ini bertujuan untuk menganalisis hubungan kejadian *bullying* dengan *self resilience* pada remaja di Pondok Pesantren Al-Ihsan *Boarding School* Kota Pekanbaru. Penelitian ini merupakan penelitian kuantitatif dengan desain *cross sectional*. Penelitian ini dilakukan tanggal 15 – 17 Juli 2024 dengan jumlah sampel 105 remaja dengan teknik *simple random sampling*. Pengumpulan data dilakukan dengan menggunakan kuesioner untuk menilai kejadian *bullying* dan *self resilience* yang sudah dilakukan uji validitas dan reliabilitas pada 20 orang responden dengan karakteristik yang sama dengan responden. Analisis yang digunakan adalah analisis univariat dan bivariat dengan uji statistik *chi square*. Hasil analisis univariat kejadian *bullying* menunjukkan sebanyak 75 (71,4%) remaja mengalami *bullying* dan *self resilience* remaja dengan kategori tinggi sebanyak 58 (55,2%). Hasil analisis bivariat didapatkan p value 0,77 artinya H_0 gagal ditolak maka dapat disimpulkan tidak ada hubungan yang signifikan antara kejadian *bullying* dengan *self resilience* pada remaja di Pondok Pesantren Al-Ikhsan *Boarding School* Pekanbaru. Rekomendasi untuk remaja dapat dilakukan edukasi terkait kejadian *bullying* dan dampaknya sehingga remaja dapat terhindari dari bentuk-bentuk perilaku *bullying* baik sebagai pelaku maupun korban dan terusmeningkatkan *self resilience* mereka.

Kata Kunci : *Bullying*, Remaja, *Self Resilience*

Daftar Pustaka : 38 (2015–2024)

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**The Relationship between Bullying Incidents and Self-Resilience
in Adolescents at the Al-Ihsan Islamic Boarding School, Pekanbaru City**

Xiv + 62 Page + 9 tabel + 1 Scheme + 11 Attachment

ABSTRACT

Bullying is an act of violence, oppression, or intimidation carried out by one party against another party, either individually or in groups. Bullying can occur in public schools and also in Islamic boarding schools, both physically and verbally. The effects of bullying are quite bad, it can cause trauma and reduce a person's self-resilience, especially in adolescents. This study aims to analyze the relationship between bullying incidents and self-resilience in adolescents at the Al-Ihsan Boarding School Islamic Boarding School in Pekanbaru City. This study is a quantitative study with a cross-sectional design. This study was conducted on July 15-17, 2024 with a sample of 105 adolescents using a simple random sampling technique. Data collection was carried out using a questionnaire to assess the incidence of bullying and self-resilience which had been tested for validity and reliability on 20 respondents with the same characteristics as the respondents. The analysis used was univariate and bivariate analysis with the chi square statistical test. The results of the univariate analysis of bullying incidents showed that 75 (71.4%) teenagers experienced bullying and 58 (55.2%) teenagers had high self-resilience. The results of the bivariate analysis obtained a p value of 0.77, meaning that H_0 failed to be rejected, so it can be concluded that there is no significant relationship between bullying incidents and self-resilience in teenagers at the Al-Ikhsan Boarding School Pekanbaru Islamic Boarding School. Recommendations for teenagers can be given education related to bullying incidents and their impacts so that teenagers can avoid forms of bullying behavior both as perpetrators and victims and continue to improve their self-resilience.

Keywords: Bullying, Teenagers, Self Resilience

Bibliography: 38 (2015–2024)