

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
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Hubungan Perilaku *Bullying* dengan Kesehatan Mental Pada Remaja di SMAN 9 Kota Pekanbaru

xiii+ 45 halaman + 6 Tabel + 3 Skema + + 9 Lampiran

ABSTRAK

Bullying pada remaja dapat berdampak pada kesehatan mental sehingga diperlukan upaya pencegahan di lingkungan sekolah. Fenomena *bullying* di Provinsi Riau, juga masih menjadi perhatian. Sejumlah penelitian yang dilakukan pada remaja di wilayah Riau menunjukkan bahwa *bullying* verbal merupakan bentuk *bullying* yang paling sering dialami siswa, disusul *bullying* psikologis dan *bullying* fisik. Korban *bullying* cenderung mengalami penurunan interaksi sosial, stres, kecemasan, rasa tidak aman, serta gangguan psikologis lainnya. Tujuan penelitian untuk mengetahui hubungan perilaku *bullying* dengan kesehatan mental pada remaja di SMAN 9 Pekanbaru. Jenis penelitian adalah kuantitatif dengan pendekatan *cross-sectional*. Populasi penelitian ini remaja kelas X dan XI di SMAN 9 Pekanbaru dengan sampel sebanyak 89 responden yang dipilih menggunakan teknik stratified random sampling. Variabel penelitian Perilaku *Bullying* dengan Kesehatan Mental Pada Remaja dan Instrumen penelitian adalah kuesioner, pengumpulan data primer. Data dianalisis secara univariat dan bivariate. Hasil penelitian sebagian besar responden memiliki perilaku *bullying* kategori sedang sebanyak 50 orang (56,2%), sedangkan kesehatan mental sebagian besar berada pada kategori rendah sebanyak 69 orang (77,5%). Hasil uji statistik menunjukkan terdapat hubungan signifikan antara perilaku *bullying* dengan kesehatan mental dengan $p\text{-value} = 0,000$ ($p < 0,05$). Kesimpulan terdapat hubungan yang signifikan antara perilaku *bullying* dengan kesehatan mental pada remaja di SMAN 9 Pekanbaru. Diharapkan sekolah dapat meningkatkan pencegahan *bullying*, pengawasan interaksi siswa, serta deteksi dini masalah kesehatan mental melalui optimalisasi peran guru BK.

Kata Kunci : Perilaku *Bullying*, Kesehatan Mental Pada Remaja
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The Relationship Between *Bullying* Behavior and Mental Health Among Adolescents at SMAN 9 Pekanbaru

xiii + 45 pages + 6 tables + 3 schemes + 9 appendices

ABSTRACT

Bullying among adolescents can negatively affect mental health, highlighting the need for preventive efforts in school environments. Bullying remains a concern in Riau Province. Several studies conducted among adolescents in Riau have shown that verbal bullying is the most commonly experienced form, followed by psychological and physical bullying. Victims of bullying tend to experience decreased social interaction, stress, anxiety, feelings of insecurity, and other psychological problems. This study aimed to determine the relationship between bullying behavior and mental health among adolescents at SMAN 9 Pekanbaru. This quantitative study used a cross-sectional approach. The study population consisted of tenth- and eleventh-grade students at SMAN 9 Pekanbaru, with a sample of 89 respondents selected using stratified random sampling. The research instrument was a questionnaire, and primary data were collected. Data were analyzed using univariate and bivariate analyses with a significance level of $\alpha = 0.05$. The results showed that most respondents had a moderate level of bullying behavior, with 50 respondents (56.2%), while most had a low level of mental health, with 69 respondents (77.5%). Statistical analysis showed a significant relationship between bullying behavior and mental health, with a p -value of 0.000 ($p < 0.05$). In conclusion, there was a significant relationship between bullying behavior and mental health among adolescents at SMAN 9 Pekanbaru. Schools are expected to strengthen bullying prevention, monitor student interactions, and conduct early detection of mental health problems by optimizing the role of school counseling teachers.

Keywords : Bullying Behavior, Mental Health, Adolescents
References : 26 (2016–2023)