

The Impact of Bullying on Students' Academic Achievement: A Literature Review

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ABSTRACT

Bullying in educational settings is a phenomenon that is still prevalent and can have a serious impact on the psychological and academic development of students. The method used is a literature study by reviewing a number of relevant scientific articles, journals, and research reports. The results of the study show that students who are victims of bullying tend to experience a decline in learning motivation, concentration, and self-confidence, which ultimately has a negative impact on their academic achievement. In addition, bullying can also trigger psychological problems such as anxiety and depression, which worsen students' learning conditions. Therefore, schools, teachers, and parents need to play an active role in creating a safe and supportive learning environment to effectively prevent and deal with bullying. This study is expected to serve as a basis for the development of policies and programs to prevent bullying in schools.

1. Introduction

Bullying is one of the social problems that still often occurs in schools. This action can take the form of physical, verbal, psychological violence, and even social intimidation that is repeatedly carried out by individuals or groups against other students who are considered weaker.

The term "bullying" is widely known in society, especially in this day and age. Many cases occur as a result of bullying behavior. Bullying refers to the use of violence, threats, or coercion to abuse or intimidate others. Bullying can occur anywhere, especially in school environments, and can take physical, emotional, or electronic (cyberbullying) forms. (Sunanih, 2025). Bullying occurs regardless of place and time. It can happen anywhere, and as long as the perpetrator feels safe to bully, it will happen repeatedly. Ironically, schools, which should be the safest place for students to learn, have become the most risky places for bullying to occur. As a result, many students feel that school is a scary place that causes deep trauma. (Rahman, H., 2023). The more evil there is, the more oppression there is. Bullying itself is the act of intimidating someone through attitudes, actions, and words. So, bullying is not limited to physical abuse, but also psychological abuse. Excluding and gossiping about someone are also acts of bullying (Nunuk Sulisrudatin, 2015). Bullying cases in schools are very concerning for educators and parents. Schools should be places where children receive education and positive character building, but sometimes they become places where bullying occurs and disrupts students' motivation to learn. Therefore, effective measures are needed to prevent and deal with bullying in schools so that students can learn optimally and achieve the expected learning objectives. (Candrawati, R., & Setyawan, A. 2023). The impact experienced by victims of bullying includes various disorders, such as low psychological well-being, where victims feel uncomfortable, fearful, humble, and worthless; poor social adjustment, where victims feel afraid

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to go to school or even refuse to go to school; withdrawal from social interactions, declining academic performance due to difficulty concentrating on studies, and even suicidal thoughts rather than having to face pressure in the form of insults or punishment. The most common forms of bullying are verbal, physical, and relational. Verbal bullying takes the form of calling someone bad names, yelling, threatening. Physical bullying takes the form of pushing, hitting, fighting, taking belongings, locking someone in the bathroom. Meanwhile, relational bullying takes the form of exclusion and slander. (Wisnu Sri Hertinjung 2013).

2. Literature Review

Bullying is usually an aggressive act in which the perpetrator likes to hurt the victim in an unbalanced manner, causing the victim to feel depressed. This act is repeated until the victim suffers mental damage (Hertinjung, 2013). Bullying can cause physical and psychological harm to others, and bullying behavior usually occurs repeatedly on a small or large scale. Bullying has a negative impact on children who are bullied and must be dealt with thoroughly. Bullying can affect students' motivation to learn, reduce their enthusiasm for learning, and their desire to participate in learning. It can also affect social interactions at school (Sukmawati 2021). Yusuf (2012) In his research, he states that bullying behavior develops from various complex environmental factors. There is no single factor that causes bullying. Bullying can be caused by several factors, including individual, family, peer, school, and media factors. Individual factors include personality, while family factors include excessive discipline or arguments. Peer factors include tolerance of peer conflicts, and school factors include weak disciplinary oversight, such as school punishments that are not constructive, as well as the role of the media. All of these factors lead to bullying behavior (Arisanty Latifah, 2024).

Research related to bullying in schools: its impact on students' mental health and academic achievement. Graduate Program, Islamic Education Studies (PAI) Mamba'ul 'Ulum Islamic Institute (Iim) Surakarta. The results of the study show that bullying in schools is a complex problem that is not only related to individual behavior, but also to the social and cultural dynamics of the school. Based on the definitions put forward by Olweus (1993) and Smith & Sharp (1994), Bullying is not a single incident of violence, but rather a pattern of aggressive behavior that is repeated and creates an imbalance of power between the perpetrator and the victim. In the school environment, bullying can be carried out by fellow students, and in some cases, even by teachers or educators. Bullying is also a form of failure on the part of the school environment to create a sense of security and inclusiveness for all students. When bullying occurs, victims not only lose their sense of physical security, but also their psychological and emotional security, which ultimately affects their quality of life and ability to learn. (Catur Priyanto, 2025).

3. Methodology

This article uses library research, more commonly known as literature research. Data collection techniques involve reviewing books, journals, articles, and other writings relevant to the topic of discussion.

4. Results and Discussion

4.1 Definition of bullying according to experts:

Bullying comes from the word bully, which refers to the act of "threatening" someone else (who is generally weaker than the perpetrator), causing physical and psychological harm to the victim. Bullying is aggressive behavior that is deliberately repeated to attack a weak target or victim who is easily insulted and unable to defend themselves. Bullying is also defined as long-term physical and psychological violence committed by an individual or group against someone who is unable to defend themselves in a situation where there is a desire to hurt or frighten that person or make them feel depressed. (Wicaksana, I. 2008).

According to Sejiwa, bullying is a situation in which physical or mental power/authority is abused by a person or group, and in this situation the victim is unable to defend or protect themselves. (Sejiwa. 2008). According to Rigby (1994), bullying is a desire to hurt that is expressed through direct actions by a stronger, irresponsible individual or group, usually repeatedly and deliberately, with the aim of causing the victim to suffer.

Types of Bullying:

- 1) Verbal, abuse is the most common form of bullying used by both girls and boys. Verbal abuse can take the form of name-calling, insults, slander, harsh criticism, humiliation, and statements with sexual overtones or sexual harassment. In

addition, verbal bullying can take the form of taking pocket money or belongings, rude phone calls, threatening letters, false accusations, and gossip.

- 2) Physical bullying is the most visible and identifiable type of bullying among other forms of bullying. Types of physical bullying include hitting, choking, elbowing, punching, kicking, biting, pinching, scratching, and spitting on the bullied child to the point of pain, as well as damaging and destroying the clothes and belongings of the bullied child. The stronger and more mature the bully, the more dangerous this type of attack is, even if it is not intended to cause serious injury. (Ati'Maulana Anifah, 2023).
- 3) Socially isolating, spreading rumors, or damaging the victim's reputation.
- 4) Cyberbullying: using digital media such as social media, text messages, or email to harass or intimidate others. The rapid growth of social media among teenagers has given rise to several issues that deserve special attention. One of these is cyberbullying. Cyberbullying is the act of hurting a person or group using digital technology. Examples include bullying that occurs on social media or applications that provide communication tools for their users. (Dijiwai et al., 2023).

4.2 The Impact of Bullying on Academic Achievement:

How can students develop their abilities if their environment is uncomfortable due to bullying? Bullying in schools is far from the goals of national education. Bullying must be minimized to the point where schools are free of bullying. Education administrators should create policies in their respective schools regarding bullying violations. They should establish rules, such as moderate, light, and severe punishments for bullying behavior. These penalties apply to anyone (students, teachers, principals, administrative staff, gardeners, etc.) involved in the school environment. The benefit of these regulations is to deter perpetrators of bullying. Schools can certainly implement these regulations; it is just a matter of how they are applied. Look at disciplined schools that can implement regulations such as no smoking and no entry for latecomers. schools, etc. Of course, sanctions can be imposed on perpetrators of bullying. It is up to school administrators to pay attention to the dangers of bullying. Referring to the Regulation of the Minister of Education and Culture of the Republic of Indonesia No. 82 of 2015 concerning efforts to combat and prevent violence in schools, including violence against students, violence in schools, during school activities, outside of school, and fights between students. Of course, schools must pay attention to bullying. Bullying is a form of violence, and it can also shape the character and behavior of students in a negative way, which can have adverse effects after they graduate and create future generations with poor morals. A generation with poor morals has the potential to worsen the state of religion, nation, and country (M. Agus Samsudi, 2020). The effects of bullying include unwanted mental, academic, and physical health problems. Victims of bullying will also feel intimidated, lonely, and experience anxiety and depression. If bullying in schools is not immediately addressed, it will have an impact on the victim's participation and academic achievement (Edery, 2016). In their daily lives, victims of bullying will begin to withdraw from their social circles because they feel worthless and inferior. Victims will also find it difficult to adapt to the school environment and experience a decline in concentration, even to the point of no longer wanting to go to school due to the trauma they have suffered as a result of bullying (Andra Ningsih et al., 2023). The most crucial case is when victims feel so desperate that they choose to commit suicide rather than face the pressure from the bullies. Santrock (2011) also emphasizes that the psychological impact of bullying is not only felt in the short term but can last into adulthood. Students who experience bullying often have difficulty forming healthy social relationships, and in some cases may experience identity disorders and low self-esteem.

5. Conclusion

This study shows that the impact of bullying on students' academic achievement can make students feel uncomfortable and insecure, thereby reducing their motivation to learn and making it difficult for them to concentrate on their studies. This leads to a decline in academic performance and increased absenteeism due to discomfort in the school environment.

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