

Parent Training: Techniques for Preventing and Handling Bullying in Children

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Abstract.

This community service aims to empower parents in preventing and dealing with bullying in children. The specific goals of this program are to increase parents' knowledge about bullying, develop effective communication skills, and build a supportive family environment. The hypothesis put forward is that the training provided will increase parents' knowledge and skills in recognizing and handling bullying cases, as well as reducing bullying incidents among children. The methods used include lectures to convey basic material about bullying, group discussions to share experiences and handling strategies, as well as case simulations for direct practice in handling bullying. Evaluation is carried out through pre-test and post-test to assess the increase in participants' knowledge and skills. The expected result is an increase in parents' awareness and ability to prevent and deal with bullying, as well as the creation of a safer and more supportive environment for children. It is hoped that this training can contribute to comprehensive bullying prevention efforts and strengthen the role of parents in supporting children's welfare.

Keywords: Bullying, parent training and children.

I. INTRODUCTION

Bullying is a social problem that is increasingly rampant, especially among school children. This phenomenon not only has an impact on victims of bullying, but also on perpetrators and witnesses involved in the incident. Children who are victims of bullying often experience emotional problems such as depression, anxiety, and even long-term trauma that can affect their psychological development. On the other hand, children who are bullies also need special attention, because these behaviors can be an indication of other problems, such as impaired self-control, poor environmental influences, or lack of parental supervision. Unfortunately, many parents do not fully understand how to prevent and handle cases of bullying in children. The occurrence of bullying, namely the existence of students who feel powerful in the classroom, is also one of the causes of bullying. Students who feel empowered in class tell other students to comply with their requests when at school, such as telling them to buy food in the cafeteria. The student feels powerful in the classroom so that he can act arbitrarily against others such as committing acts of bullying (Mayasari et al., 2019). Meanwhile, research from (Borualogo et al., 2020) It shows that personal beliefs that support acts of violence have a positive influence on all three types of bullying, namely physical, verbal, and psychological. This means that students who have a belief that they can act aggressively against others, use violence as a way to stop disliking and have a belief that they will be considered cowards if they avoid fights, will increase their chances of bullying at school.

They often don't notice the signs that their child is experiencing or even committing bullying. Therefore, comprehensive education is needed for parents so that they can play an active role in identifying, preventing, and handling bullying appropriately. This training aims to provide skills to parents in recognizing the signs of bullying, as well as techniques for preventing and handling bullying in children. Techniques for preventing and handling bullying in children require a holistic and systematic approach, in which various parties, including parents, teachers, and schools, play an active role in creating a safe, comfortable environment, and supporting children's social and emotional development. Bullying prevention starts at home, with parents playing an important role in building open and effective communication with children, so that children feel heard and valued, and more easily talk about the problems they face, including if they are victims, perpetrators, or witnesses of bullying. In addition, instilling the values of empathy, tolerance, and

appreciation for differences is essential from an early age, as children who understand the importance of respecting differences are less likely to engage in bullying and are more likely to mediate when they see their friends experiencing violence or bullying. Anti-bullying program, which is a program in schools that is more of a preventive effort to prevent bullying.

This program contains the percentage of bullying cases at school, knowing who the victims and perpetrators are, including witnesses and parents of each child involved. The anti-bullying program also contains interventions that can be carried out on individuals, classes, and/or strategies that can be carried out on the design of the school environment, school strategies. (Tang et al., 2020) In terms of treatment, when bullying has already occurred, it is very important for parents and teachers to act immediately in the right way, starting with actively listening to the child without blame, implementing interventions that not only focus on punishing the perpetrator but also helping them understand the impact of their actions, as well as providing adequate emotional support to the victim to restore their confidence and security. Cooperation with schools and counsellors is strongly encouraged to ensure that every child involved in bullying, both as a victim and a perpetrator, receives comprehensive support to overcome the psychological impact and prevent similar incidents from happening again. This program will provide significant benefits for parents in their efforts to accompany and protect children from bullying. With this training, parents will be more sensitive to the signs of bullying, able to take preventive steps early, and have strategies to deal with bullying problems more effectively. In addition, this program is expected to create better communication between parents, children, and the school, so that a conducive learning environment can be created and free from bullying

II. METHODS

The activity began with the delivery of material on the meaning of bullying, forms of bullying (physical, verbal, social, and cyberbullying), as well as the impact of bullying on children's emotional and social development. This material will be delivered through interactive presentations and group discussions. Trainees will be trained to recognize signs that their child may be a victim or a bully. For example, behavioral changes, such as decreased academic achievement, loss of interest in school, or excessive fear, can be an indication that the child is experiencing bullying-related problems. Participants will learn various prevention techniques that can be applied at home, such as creating open communication between parents and children, teaching children to cultivate empathy and respect for differences, and monitoring children's activities, both in the real world and in the virtual world. In this session, parents will be taught the steps that can be taken when they know that their child is involved in a bullying case, either as a victim, perpetrator, or witness.

Parents will learn how to accompany children who are traumatized by bullying, as well as how to communicate with children who are bullies to stop these behaviors. Simulations of several scenarios of bullying cases will be carried out to train parents in making the right decisions and acting effectively in dealing with real cases. Group discussions will help participants share experiences and learn from each other. Each parent will be asked to draw up an at-home action plan that includes measures to prevent and handle bullying. Evaluation will also be carried out through pre-test and post-test to measure the increase in participants' understanding of the material presented. The subject of this service is the community of Pangkal Village, Sawoo Ponorogo District whose children are vulnerable or involved in bullying cases. The training was carried out in several sessions, which included: Introduction to the Concept of Bullying, Bullying Prevention Techniques: Train parents to create open communication with children and teach the values of empathy and good social skills. Bullying Case Handling: Provides practical steps for parents in dealing with children involved in bullying, both as victims and perpetrators, Involves parents in group discussions and simulations of real cases to reinforce the understanding and skills that have been learned.

III. RESULTS AND DISCUSSIONS

The results of the study showed that there was an increase in parents' understanding and skills in preventing and handling bullying after participating in training. Before the training, most parents do not fully understand the different forms of bullying, such as verbal, physical, social, and cyberbullying. After the

training, parents are able to recognize early signs of bullying, such as changes in the child's behavior, excessive fear of the school environment, or drastic changes in social interactions. In addition, this training also improves parents' ability to communicate with their children, so that they are more open to talking about the problems they experience at school. Parents are also more proactive in collaborating with schools to identify and resolve bullying cases, both with preventive and curative approaches..

1. Increased Understanding of Forms of Bullying

Parents who have been trained are able to distinguish between different types of bullying and their impact on children's development. They also learned that bullying does not only occur in physical form, but can also occur in verbal, social, and through digital media (cyberbullying). Verbal bullying involves ridicule, insults, or the use of words that degrade a person, while social bullying is more subtle, in the form of exclusion or the spread of rumors that can damage the victim's reputation and social relationships. Cyberbullying, which is increasingly rampant with technological developments, involves the use of social media, text messages, or other digital platforms to harass or humiliate someone online, whose impact can be broader and persistent, even outside of school hours. With an increased understanding of these different forms of bullying, parents and educators can be more aware of the signs of bullying that occur in various forms and be more responsive in making early interventions, either by providing emotional support to victims, teaching good social skills, or taking appropriate steps to stop bullying behavior before it becomes more serious.



2. Bullying Prevention Skills

After the training, parents understand the importance of building a close, trusting relationship with their children. Many parents report that they are starting to implement more open communication techniques, which allow children to feel comfortable talking about their problems at school. Bullying prevention skills are an important aspect that parents, teachers, and students must have in order to create a safe and positive environment, where every individual feels valued and protected from aggressive behavior or bullying. This skill involves the ability to recognize early signs of bullying, whether verbally, physically, socially, or through digital media, as well as the ability to respond appropriately to situations before the problem develops further.

One of the important prevention skills is to establish open communication between parents and children, where children are encouraged to share their experiences and problems at school without fear or shame. In addition, teaching empathy and the values of tolerance early on to children is also an effective strategy to prevent bullying behavior, as children who grow up with an understanding of the importance of respecting differences tend to have good social skills and are not easily involved in aggressive behavior. Teachers in schools can also play an important role by implementing anti-bullying programs that involve the entire school community, such as classroom discussion activities, role simulations, or self-control training, which help students learn how to manage emotions and resolve conflicts without violence. With effective bullying prevention skills, the school and home environment can be a more conducive place for children's social and emotional development, as well as reduce the risk of bullying that has a negative impact on all parties involved.



3. Handle Bullying Cases Effectively

This training helps parents develop bullying management strategies that focus on the psychological recovery of the victim's child, as well as positive intervention against the bully. Parents are trained to handle bullying situations without blaming the child excessively, but still provide an understanding of the adverse effects of the behavior. Effectively handling bullying cases requires a comprehensive and collaborative approach, where all parties involved—parents, teachers, counselors, and students—work together to address the issue in a constructive and solution-oriented way. The first step in handling bullying is to actively listen to the child, both as a victim and a perpetrator, without giving hasty judgments, so that they feel safe to talk about their experiences or behaviors. Once you have a clear understanding of the situation, it is important for parents and teachers to provide emotional support to victims of bullying so that they can regain confidence and a sense of security in the school environment as well as at home.

On the other hand, intervention against bullying perpetrators must also be carried out with an educational approach, where perpetrators are invited to understand the negative impact of their actions on others, and are given guidance to improve these behaviors. Effective management also involves creating a clear follow-up plan, such as continuous monitoring of behavior, providing appropriate but not destructive sanctions, and reconciliation efforts between victims and perpetrators to repair damaged social relationships. Collaboration between parents, schools, and counselors is essential in ensuring that every case of bullying is addressed in a way that not only stops aggressive behavior, but also promotes healthier psychological and social development for all children involved. This comprehensive treatment not only aims to protect victims, but also provides opportunities for perpetrators to learn from their mistakes, thereby creating a safer, more inclusive environment, and supporting the moral and emotional growth of all students.



IV. CONCLUSION

Parent training in techniques to prevent and handle bullying in children has proven to be effective in improving parents' understanding and skills to prevent and handle bullying cases. Parents who are trained are better able to recognize the early signs of bullying and are more effective in providing support to children, both as victims and perpetrators. This training program is expected to be implemented more widely in various communities that have a high level of vulnerability to bullying behavior in children, as an important step in creating a safe and conducive environment for child development.

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