

ABSTRAK

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Program Studi : Kedokteran
Judul : Hubungan Bullying Terhadap Gangguan Kesehatan Mental Pada Mahasiswa/I Universitas YARSI Dan Tinjauannya Menurut Pandangan Islam

Latar Belakang : *Bullying* dapat dikategorikan sebagai masalah kesehatan masyarakat yang umum terjadi, kira-kira 32% anak sekolah di 38 negara melaporkan pengalaman viktimisasi teman sebaya yang diikuti dengan stress tekanan emosional besar, sementara 10% dari mereka sampai mengembangkan perilaku yang dapat membahayakan diri sendiri. pada tahun 2018, di Indonesia, lebih dari 40% siswa melaporkan ditindas setidaknya beberapa kali sebulan. Efek negatif yang dapat ditimbulkan dari tindakan *bullying* sudah tidak lagi diragukan, pada selama masa kanak-kanak atau remaja bisa menjadi faktor risiko pada kesehatan fisik yang buruk, gangguan kesehatan mental, tindakan menyakiti diri sendiri secara sengaja, dan sampai bunuh diri. Dalam islam, perbuatan *Bullying* terhadap sesama kaum muslim adalah termasuk tindakan yang tercela dan harus dihindari. Dalam Islam, memelihara kesehatan jiwa penting bagi umat Muslim dan Islam pun sudah mengajarkan tentang kesehatan jiwa dalam ajarannya dan Seorang muslim harus paham tentang cara menggapai jiwa yang tenang dan memelihara Memelihara kesehatan jiwa. Tujuan adalah untuk mengetahui hubungan antara *Bullying* dengan gangguan Kesehatan mental pada mahasiswa/I Universitas YARSI dan tinjauannya menurut pandangan Islam.

Metode : Penelitian yang akan dilakukan merupakan penelitian analitik dengan desain non-eksperimental yang dikumpulkan melalui pengisian kuesioner. Penelitian ini bersifat analitik dan dilakukan dengan desain non-eksperimental. Kuesioner diberikan kepada setiap mahasiswa/I dan gangguan Kesehatan mental serta Riwayat viktimisasi *Bullying* didata untuk melihat ada tidaknya Hubungan.

Hasil : Pada penelitian ini menunjukkan hasil terdapat hubungan yang bermakna antara *Bullying* dengan gangguan Kesehatan mental dengan didapatkan mayoritas responden yang pernah menjadi korban bully mengalami depresi yaitu sebanyak 56.5%.

Kesimpulan : Ada hubungan antara *Bullying* dengan gangguan Kesehatan mental pada mahasiswa/I Universitas YARSI.

Kata Kunci : *Bullying, Kesehatan Mental, Depresi, Gangguan Cemas, NSSI*

ABSTRACT

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Title : *The Relationship Of Bullying With Mental Health Disorders In YARSI University Students And Its Review According To Islamic*

Background : *The term bullying or oppression is familiar to the Indonesian people, coupled with the rampant cases of bullying that occur in teenagers today, it is very concerned about the mental health of Indonesian teenagers. The negative effects that can result from bullying are no longer in doubt, during childhood or adolescence it can be a risk factor for poor physical health, mental health disorders, intentional self-harm, and can even lead to suicide. Although bullying cases have a high prevalence not only in Indonesia, the impact of bullying, especially on mental health, rarely gets serious attention, even though if this continues with high intensity, it will have a negative impact on the victim and the surrounding environment. Therefore, it would be interesting to explore the relationship of a history of bullying victimization to mental health disorders.*

Methods : *This research is non-analytic with a cross sectional approach and the collection uses random sampling with questionnaire interviews. Analysis Using univariate and bivariate SPSS. The sample in this study were active students of YARSI University batch 2018 and 2019 totaling 350 students, while the inclusion criteria were students who were willing to fill out questionnaires and had experienced offline lectures.*

Result : *It was found that most of the respondents did not have a history of being victims of bullying, namely 304 respondents (86.9%). It was found that 119 students (34%), anxiety disorders (96 people) (27.4%) and self-harm were 22 people (6.3%). The majority of respondents who had been victims of bullying experienced depression as many as 26 people (56.5%). Respondents who had been victims of bullying experienced anxiety disorders as many as 18 people (39.1%). Meanwhile, the majority of respondents who did not have a history of bullying victims did not experience depression, 69.4%. Respondents who have been victims of bullying and self-harm are 7 people (15.2%).*

Conclusion : *The results of this analysis prove that negative life events contribute to the development of internalizing and externalizing psychopathology. A history of being a victim of bullying, as a negative life event, leads to the development of mental health disorders. It can be concluded that a history of being a victim of bullying or cyberbullying affects a person's mental health, especially in the form of depression or self-harm.*

Keywords: *Bullying, Mental Health Disorder, Depression, Anxiety Disorder, Self-Harm*