

Educational Program On Bullying In Islamic Perspective

Nova Ramadhini Rifmi Hasibuan¹, Leni Anggraini^{1*}, Indah Rosita Lana², Jumarni³

¹Faculty Of Medicine, Malikussaleh University

Jln. Cot Teungku Nie, Reuleut Tim., Kec.Muara Batu, Kabupaten Aceh Utara, Aceh - Indonesia

²Faculty Of Education and Educational Sciences, Mataram University, Nusa Tenggara Barat - Indonesia

³Faculty Of Education and Educational Sciences, Muhammadiyah Bone University, Sulawesi Selatan - Indonesia

*E-mail: leni.220620108@mhs.unimal.ac.id

Article history:

Received: January 2024

Revised: January 2024

Accepted: January 2024

ABSTRACT Bullying has become a habit in society. Making fun of, mocking, demeaning, insulting, and all forms of hurting others. This kind of action has existed since ancient times, even happened to the Prophet. This article focuses on examining the Qur'anic message about bullying and its solutions using the thematic interpretation method. Several verses that contain the meaning of words such as yaskhar, istahza'a, and their derivations are collected, then analyzed. The results of this study show that several verses of the Qur'an indicate that bullying did occur in earlier times, even before the Qur'an was revealed to the Prophet Muhammad. The process of bullying told in the Qur'an is diverse. However, through the stories in the Qur'an, lessons and wisdom can be taken for contemporary life. Solutions to bullying in this case are also divided into two classifications, namely solutions for perpetrators and solutions for victims of bullying. Some ways to prevent bullying according to the message of the Qur'an, among others by increasing taqwa, saying good things, calling with good calls. This research has a contribution in expanding the treasure of thematic interpretation studies of the Qur'an.

Keywords: *Thematic Interpretation, Bullying, Solution*

1. INTRODUCTION

The term bullying comes from the English language known as "Bulli" which means bully or bullying in Indonesian. According to the 5th edition of KBBI, the word "bulli" means "to bother someone constantly and make someone uncomfortable". With the advancement of technology, bullying does not only occur in the real world, but has become commonplace in cyberspace, and can even become a daily habit that unwittingly impacts our social comfort. The phenomenon of bullying in real life often occurs in schools, workplaces, and social environments. Nowadays, the phenomenon of bullying in cyberspace is getting out of control, and anyone from politicians, officials, artists, religious figures, clerics, to scholars has the potential to become a perpetrator or victim. In Islam, bullying is considered a violation of the moral and ethical values taught by the Qur'an and Sunnah.

The Qur'an explicitly emphasizes the importance of being kind, fair and compassionate to fellow human beings. The concept of ukhuwah Islamiyah or Islamic brotherhood highlights its significance in creating harmonious relationships free from violence or bullying. Bullying within the Muslim community is considered to undermine the desired unity and balance in society. In addition, Islam also emphasizes the importance of education and character building. Bullying in the Quran is described in seven terms including: yaskhar (insulting), talmizu (humiliating), istahza'a-yastahzi'u (berating or making fun of), itada-ya'tadi (enmity), zalama yazlimu (injustice), gatala-yaqtulu (killing), and fasada-yafsu (damaging).

2. METHOD

This psychoeducation activity begins with finding materials related to Islam. Then proceed with finding a place to collect respondents who will become subjects in psychoeducational activities. After obtaining the material and a place to collect respondents, the authors then carried out the implementation of the activity. Then after the implementation of the activities carried out, the compiler then made a report on the psychoeducation or community service activities carried out. The target of this psychoeducation activity is to analyze respondents' knowledge about bullying, its relation in Islam and the factors caused by bullying. The implementation of this activity was carried out at the Miftahul Jannah Islamic Education Foundation on Wednesday, December 13, 2023. The activity was carried out at 15:00- 17:00 WIB. This psychoeducation activity went well without any obstacles. This can be seen from the enthusiasm and contribution of the children at the orphanage during the activity.

The sequence of events carried out was the first to provide material about social contributions, which explained the meaning of bullying, forms of oppression such as destroying

other people's property, extorting money, taunting and threatening violence. Apart from that, we also explain the types of bullying and how to prevent it, such as caring for each other, always being alert, and being open to parents and teachers.

3. RESULT AND DISCUSSION

This activity was attended by 40 children from the Miftahul Janah Foundation Orphanage. With the end of the psychoeducation session on bullying, the children now have a deeper knowledge about this harmful phenomenon. Through the discussion, they understand that bullying is not only a physical problem, but also includes deep emotional impacts. At the beginning of the session, we interacted with the participants by asking them how much knowledge they had about bullying. This step aimed to gauge their initial level of understanding of the topic. We gave them the freedom to provide answers, creating an inclusive atmosphere and respecting the diverse experiences and knowledge of the participants.

During the presentation, participants were given further information and explanations about the concept of bullying, its impact, and how to prevent it. We try to explain systematically so that participants can follow the development of the topic well. After the delivery of the material is complete, the next step is to invite participants to review what has been learned. We give them the opportunity to answer questions, give responses, or even express personal opinions related to the material that has been learned. At the end of the session, our goal is to ensure that each participant has a clear and deep understanding of the material presented.

We invite them to voice any final thoughts and questions, creating an opportunity for participants to share their final thoughts on the topic. This process not only increases participant engagement but also ensures that the material is not only passively received, but also well understood and reviewable. The activity highlighted the urgency of building a sense of empathy, and empowering individuals to become agents of change in preventing actions that are harmful. Detrimental to this. In the context of Islamic values, we understand that every individual is respected and protected, and we are emphasized to be agents of kindness and justice. The outcome of this session is expected to create a safer, wiser, and more caring environment for the welfare of others.

All of the participants were satisfied with this activity on the dangers of bullying. All participants felt that this activity was useful for themselves and could increase their knowledge. In addition, they can find out the dangers of bullying, how to prevent it, and how to behave in order to prevent this bullying from happening in their school environment. Overall, this activity is considered very useful, both for schools and students involved in this activity.

According to the responses from some of the Panti children, this activity was very good, they got additional knowledge about what bullying is, the types of bullying, and the impact of bullying on them and they got an idea of how to act for themselves and their friends against bullying. They realized that they had been bullying their friends. Then there is also one of them who has experienced being a victim of bullying. From their experience, they intend to start preventing bullying from their friends to their school environment. Providing material about bullying is expected to reduce or eliminate the occurrence of bullying in the school, strengthen the concern between friends with one another.



Figure 1. Author presentation about of bullying



Figure 2. Panti children

4. CONCLUSION

Bullying is an act of bullying, exclusion, intimidation by one person to another whether verbal or physical. These behaviors can include verbal abuse, physical violence or coercion, and can be directed repeatedly against a specific victim, perhaps on the basis of race, religion, gender, sexuality or ability. It is not because of a prior problem, but rather out of an attitude of superiority that makes it seem as if the perpetrator has the right and ownership to demean their victim. In the view of Islam, bullying is an act that is contrary to human values and religious teachings. Islam encourages its followers to be fair, compassionate, and respectful of others. Therefore, bullying does not only harm the victim physically and psychologically, but also violates the moral principles in Islam. So, we as Muslims are expected not to commit acts of bullying. We must make peace and form a society of love and respect for our fellow human beings.

REFERENCES

- Fithrotin., Ishlaha, N. (2022). Bullying Dalam Al-Quran (Analisis Terhadap Ayat-Ayat Bullying Dengan Pendekatan Maqashidi). *Jurnal Ilmu Al Quran Dan Tafsir*. 5(2). 187-200. <https://doi.org/10.58518/alfurqon.v5i2.1393>
- Maisah, S. (2020). Bullying Dalam Perspektif Islam. *Al-Tarbawi Al-Haditsah : Jurnal Pendidikan Islam*. 4(1). 147-163.
- Saefulloh, A. (2016). Bullying Dalam Pandangan Islam. *Jurnal Sosio Didaktia*. 3(2). 1-11. <https://osf.io/2v84t/download/?format=pdf>
- Sari, K., S. (2020). Bullying Dan Solusinya Dalam Al-Quran. <https://ejournal.uinsaid.ac.id/index.php/ajipp/article/download/2421/pdf/9592>