# The Greatness of Nobull's Sociometry

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**Abstract.** Sociometry is a way of collecting data about interactions and social network relationships between individuals and groups. Each individual has a position and relationships that occur in relation to each other which can be measured qualitatively and quantitatively. This research was conducted at MTs Al Hikmah Proto Kedungwuni, Pekalongan City, with 122 class VIII students. This research is a qualitative research. This research aims to determine the bullying experienced by students using the NoBull sociometric instrumentation application. The results of processing the NoBull Sociometry application show that the total percentage scores are verbal bullying at 84%, physical bullying at 74%, social bullying at 66% and cyber bullying at 60%. From these data it can be concluded that almost all students in class VIII have been victims of bullying. This expertise in sociometry can support and make it easier for guidance and counseling teachers to identify victims of bullying at school, so that the work program of guidance and counseling teachers is right on target.

## **Keywords: Greatness, Nobull Sociometry**

## **INTRODUCTION**

Education has two goals, namely helping people become smart and encouraging them to become better. Thus, moral problems are fundamental problems that always exist in human life. However, the reality in the field is that there is a lot of deviant behavior, violations of norms, ethics and even laws among students. One example is bullying behavior, data released by the Indonesian Child Protection Commission (KPAI) and the Federation of Indonesian Teachers' Unions (FSGI) 2022 states that bullying has become a trend and a serious problem in the school environment in Indonesia.

This is proven by data collected by the Organization for Economic Cooperation and Development (OECD). This data shows that the level of harassment in Indonesia is 41.1%, placing Indonesia in the fifth highest ranking of seventy-eight countries. The number of bullying cases reported in 2022 increased drastically from 53 cases in 2021. These bullying cases not only endanger the victims physically and mentally, but also create a school environment that is unsafe and does not support children's learning processes (Butar & Karneli, 2022).

Data from the Federation of Indonesian Teachers' Unions (FSGI) from January to August 2023 recorded that 25% of bullying occurred in elementary schools (SD) and junior high schools (SMP). Not only that, the data also recorded that 6.25% of both Madrasah Tsanawiyah (MTs) and Islamic boarding schools were not immune from bullying. Meanwhile, the highest bullying occurred in Senior High Schools (SMA) and Vocational High Schools (SMK) at 18.75%.

According to psychologist Andrew Mellor, treatment that can hurt the victim carried out by the perpetrator of the action, and in this case the victim cannot fight back or defend himself, is said to be bullying. According to Sejiwa (2008) sexual harassment cannot be separated from the difference in strength or power between the perpetrator and the victim and is also followed by a pattern of repetition. School harassment is an action that can hurt the victim, the bully is often seen as having stronger power or authority than the victim, so this

behavior can occur repeatedly. Bullying is divided into several forms, such as: physical, verbal, non-verbal bullying directly or indirectly (Riauskina, Djuwita, & Soesetio, 2005).

Victims of bullying will experience negative impacts, such as low psychological well-being, namely a condition where the victim will be haunted by fear, anxiety, worry, lack of self-confidence, feelings of inferiority, and quite drastic changes in behavior and attitudes. This can also be seen from their relationships with other people who tend to withdraw or even close themselves off, a decline in academic achievement, and even someone deciding to commit suicide to avoid the pressure of bullying perpetrators (Coloroso, 2003).

Apart from victims, perpetrators of bullying can also experience impacts on their mental health. This can also come from the life background of the bully, such as a lack of ability to adapt, wanting to get attention that may not be received from his family (coming from a broken home) or perhaps not fulfilling the child's development period in several other areas (Karina , Hastuti, & Alfiasari, 2013).

Several cases of bullying that have gone viral from (2023) to 2024 now include, citing news on CNN Indonesia on March 2 2023, an elementary school student in Banyuwangi committed suicide because he could not stand being teased by orphans. Not only that, students with disabilities in Gunung Kidul even became victims of bullying from their friends. The incident started with the student being teased because he only had one hand (physical disability), he didn't accept it, a fight broke out until the student's little finger was broken (Jogja, 2024).

Not only in schools, bullying also occurs in Islamic boarding schools, even the Ministry of Women's Empowerment and Child Protection (KemenPPPA) said this was a loud alarm for religious Islamic boarding schools. From Kompas.com (2024) a male student in Kediri was found dead on February 23 2024, the victim was initially reported to have died due to a fall in the bathroom. However, an investigation by the police showed that the victim died due to abuse by a number of other students at the Islamic boarding school.

Bullying does not only occur in big cities, in Pekalongan cases of bullying also occur in elementary schools. Police said the fight was triggered by one of the students who was often teased by his friend who was good at martial arts, the victim was slammed on the floor until his head bled. However, until this news was released, the school chose to remain silent (Tribunnews.com, 2023). Various methods have been taken by the school and parties related to children to stop bullying behavior. However, in reality, this is still felt to be less effective because according to existing data we still often hear news of bullying in schools.

Guidance and counseling teachers to determine the quality and quantity of students' social relationships with their friends in organizations or agencies through no bull sociometric analysis (Moningkey, Bogar, & Hermanto, 2020). Sociometry is a non-test tool that can be used by counseling and guidance teachers to carry out personal social guidance. It is very likely that bullying behavior originates from friendship groups, whether in the school or class environment. Therefore, this is considered important. Social relationships and interactions must be built well, and sociometry tries to find out this within a group (Siregar, 2019). Initially, Moreno and Jenning developed sociometry with the assumption that a group has a structure that describes the relationships between the individuals within it. The results of processing the sociometric application show a pattern of relationships, intensity and position of each student (Komalasari, Wahyuni, & Karsih, 2011).

Research conducted by Irman and Tuti Kumala Sari (2022) regarding data collection on students' social relationships through sociometric applications and its implications for improving interpersonal skills in counseling services, however, this research used role playing techniques. So the effectiveness of the sociometric application has not yet emerged.

Research conducted by Trikayani and Dwi Noviarini (2019) shows the results of using a sociometric application that can be used to improve the social relations of class XII TKJ B

SMKS Nuris Jember students. However, the limitations of this research are the lack of literature and there are still very few guidance and counseling teachers who utilize sociometric applications in providing guidance and counseling services. Therefore, researchers are interested in researching the use of "NoBull Sociometry" to detect bullying in students at school. Remembering that this sociometry application is the newest application of the previous sociometry application. There are several advantages of "NoBull Sociometry" including (1) Can be used online or manually (2) Sociometric analysis as a victim (3) Sociometric analysis as a perpetrator (4) Sociometric analysis as a victim and perpetrator (5) There is a prevention concept and mechanism bullying (6) Can be printed directly (pdf).

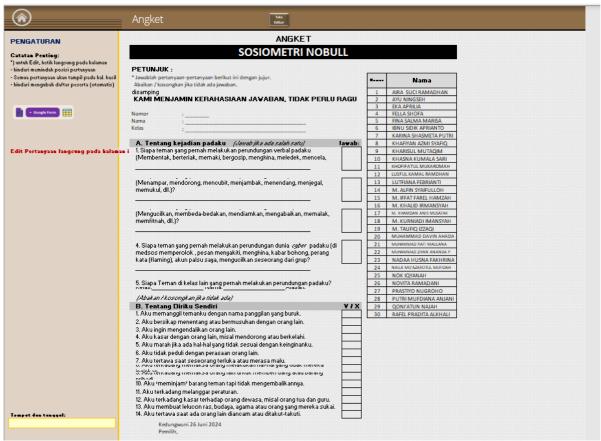
The benefit of using "NoBull Sociometry" is that the results can be given to students and parents and reported to the principal and homeroom teacher to help guidance and counseling teachers in working on a strategy to prevent and eradicate bullying in schools. The results of this sociometry are very useful for guidance and counseling teachers in the follow-up to providing counseling services both individually and in groups for victims and perpetrators of bullying.

### **METHOD**

In this case, the researcher used qualitative research using the method of using "NoBull Sociometry" for class VII students at MTs Al Hikmah Proto for the 2023/2024 academic year. Sociometric questionnaires were given to students manually and then the results of the analysis were used by researchers to see the benefits and how effective this application was in detecting bullying at school. The following is the appearance and form of questions from the NoBull Sociometry questionnaire.



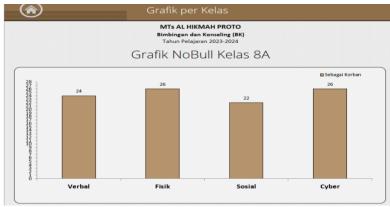
NoBull Sociometry



NoBull Sociometry Questionnaire

### **RESULTS AND DISCUSSION**

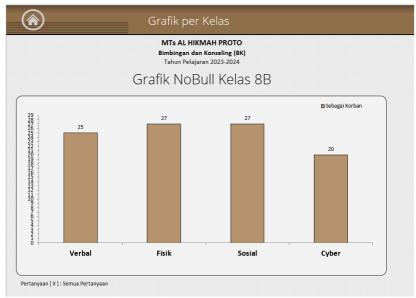
This research was conducted at MTs Al Hikmah Proto Kedungwuni, Pekalongan City, as many as 122 class VIII students filled out the "NoBull Sociometry" questionnaire and then the data was processed and analyzed by the guidance and counseling teacher. The results of the research show that there is still bullying behavior, data obtained in class A, totaling 30 students, was 80% verbal bullying, 87% physical bullying, 73% social bullying, 87% cyber bullying with details of 24 students being victims of verbal bullying, 26 students became victims of physical bullying, 22 students became victims of social bullying and 26 students became victims of cyber bullying



NoBull Class 8A Charts

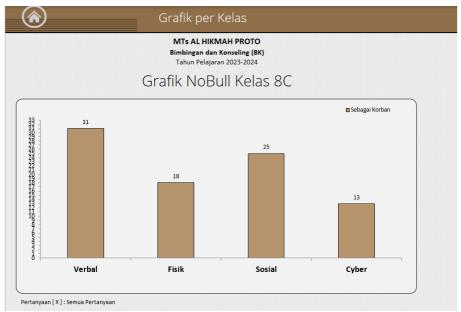
Class B, with 30 students, experienced verbal bullying at 83%, physical bullying at 90%, social and cyber bullying at 67%. With details, 25 students were victims of verbal bullying, 27

students were victims of physical and social bullying and 20 students were victims of



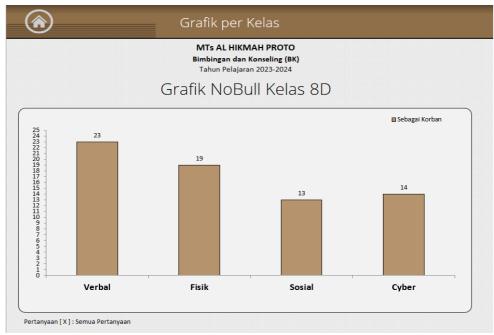
NoBull Class 8B Charts

Class C, consisting of 34 students, obtained data on verbal bullying of 91%, physical bullying of 53%, social bullying of 74% and cyber bullying of 38%. With the following details, 31 students were victims of verbal bullying, 18 students were victims of physical bullying, 25 students were victims of social bullying and 13 students were victims of cyber bullying.



NoBull Class 8C Charts

For the last class, namely D, there was verbal bullying at 82%, physical bullying at 68%, social bullying at 46% and cyber bullying at 50%. With details, 23 students were victims of verbal bullying, 19 students were victims of physical bullying, 13 students were victims of social bullying and 14 students were victims of cyber bullying.

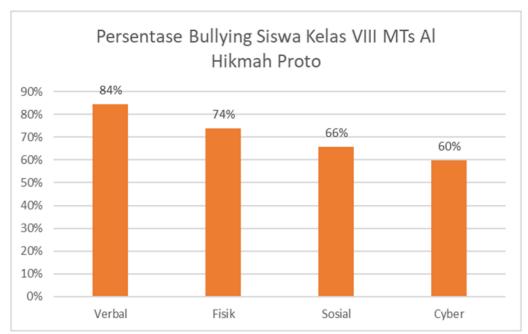


NoBull Class 8D Charts



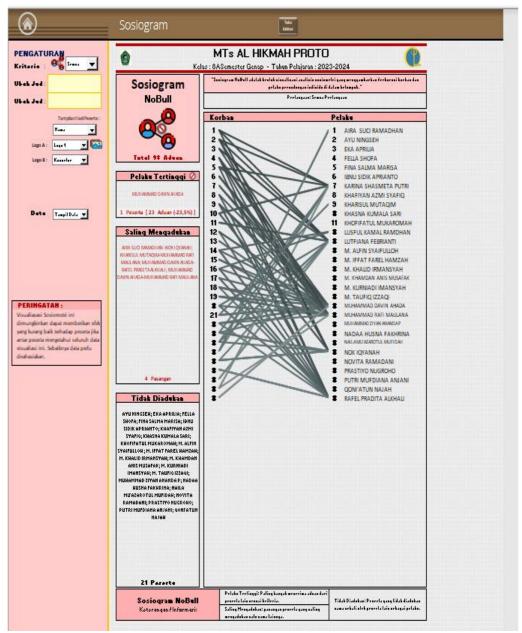
NoBull Graph for Class VIII MTs Al Hikmah Proto Students for Academic Year 2023/2024

From the graphic image above, it can be seen that in almost every class VIII A-D there is still quite a high percentage of bullying behavior. Meanwhile, if we summarize all class VIII students at MTs Al Hikmah Proto, it can be seen that the highest percentage is verbal bullying at 84%, physical bullying at 74%, social bullying at 66% and cyber bullying at 60%. From these data it can be concluded that almost all students in class VIII have been victims of bullying.



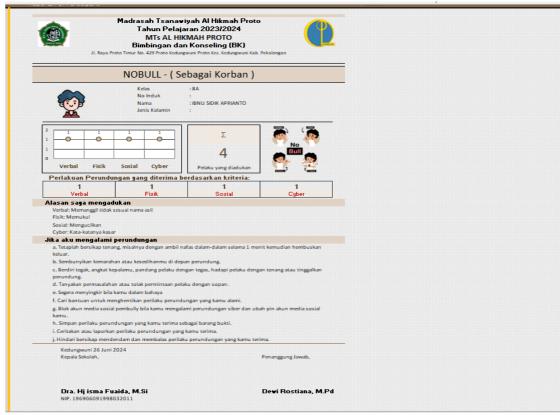
Graph of the Percentage of Bullying for Class VIII Students at MTs Al Hikmah Proto for the 2023/2024 Academic Year

A sociogram itself is a form of visualization of sociometric analysis that depicts the frequency of individual victims and perpetrators of bullying in a group. The following is an example of a sociogram for class VIII A MTs Al Hikmah Proto for the 2023/2024 academic year, there is information stating that students with "The Most Complaints" (the highest perpetrators of bullying), "Complaints against each other (pairs who complain about each other) and "No Complained" (participants who were not complained about at all by other participants).



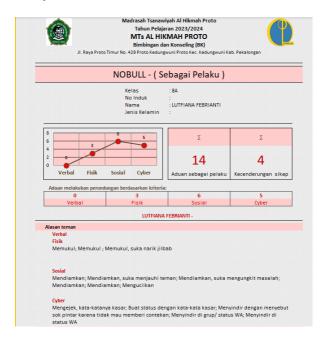
Sociogram VIII A MTs Al Hikmah Proto Academic Year 2023/2024

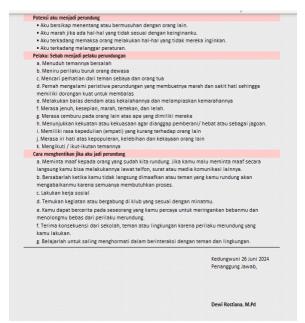
The results of Nobull Sociometry include individual reports as victims and perpetrators. Below is the report form of students who have become victims, showing the form of bullying that students receive, whether verbal, physical, social or cyber, along with the number of bullies. Apart from that, the data that appears is the reasons why students who are victims are bullied and some tips or things that students can do when they experience bullying.



Report form for students who are victims of bullying

Meanwhile, the image below is a report form of students who are perpetrators of bullying. From the data obtained, there is information about the number of complaints and reasons that students received from their friends, whether it was verbal, physical, social or cyber bullying. Apart from that, this form of report can also analyze how the student became a bully and how to stop being a bully.





Report form for students who are perpetrators of bullying

#### **CONCLUSION**

The results of NoBull Sociometry are very useful and can help guidance and counseling teachers, especially in providing treatment and providing follow-up services in the form of individual and group counseling for victims and perpetrators of bullying. Apart from that, guidance and counseling teachers can consult reports on individual results of students who are victims or perpetrators of bullying with the Principal/Madrasah and Class Teacher and even other subject teachers so that they can use the information as best as possible. As with the approach to students, providing appropriate punishment and also educating perpetrators so that they do not repeat bullying, providing classical guidance on the dangers and impacts of bullying can be done by bringing in parties from outside the school who are experts in their fields to attract more student interest.

This NoBull Sociometry Report can also be used as a self-introspection for students who are victims so that they have the courage to express what they are experiencing and dare to speak out about the treatment of friends who commit acts of bullying. Meanwhile, for the perpetrator, it is hoped that he can minimize and stop behavior that makes him uncomfortable and endangers his friends.

Students' guardians or parents who know the results of the NoBull Sociometry report are also expected to be able to collaborate with the school to pay more attention and supervision to their children when they are outside of school (at home) and can provide examples of good words and behavior or attitudes for students when they socialize at school. and in the community environment.

However, there are several things to pay attention to when using the NoBull Sociometry application, including, this questionnaire can only be given to students who already know each other, have awareness and motivation to learn from the guidance and counseling teacher themselves so they can use NoBull Sociometry effectively. It would be better if the results of NoBull Sociometry could determine which students could be categorized as receiving special treatment or treatment, both individually and in groups.

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