

THESIS

**THE EFFECTIVENESS OF SCHOOL-BASED BULLYING PREVENTION
PROGRAM**

SYSTEMATIC REVIEW



By:
MASUNATUL UBUDIYAH
NIM. 131914153045

MASTER IN NURSING STUDY PROGRAM
FACULTY OF NURSING
UNIVERSITAS AIRLANGGA
SURABAYA
2020

IR – PERPUSTAKAAN UNIVERSITAS AIRLANGGA

THESIS

**THE EFFECTIVENESS OF SCHOOL-BASED BULLYING PREVENTION
PROGRAM**

SYSTEMATIC REVIEW



**By:
MASUNATUL UBUDIYAH
NIM. 131914153045**

**MASTER IN NURSING STUDY PROGRAM
FACULTY OF NURSING
UNIVERSITAS AIRLANGGA
SURABAYA
2020**

COVER SHEET

**THE EFFECTIVENESS OF SCHOOL-BASED BULLYING PREVENTION
PROGRAM**

THESIS SYSTEMATIC REVIEW

**To Obtained the Title of Master of Nursing (M. Kep.) in Master in Nursing
Study Program, Faculty of Nursing, Universitas Airlangga**

MASUNATUL UBUDIYAH

NIM. 131914153045

MASTER IN NURSING STUDY PROGRAM

FACULTY OF NURSING

UNIVERSITAS AIRLANGGA

SURABAYA

2020

STATEMENT OF ORIGINALITY

This thesis is based on my original research and using citations and references from selected and current resources.

Name : Masunatul Ubudiyah

Student Number : 131914153045

Date : November 5th 2020

Sign : A 6000 Indonesian postage stamp with a signature over it. The stamp is yellow and green, featuring the Garuda Pancasila emblem and the text 'METERAI TEMPEL', '6000', and '6000 RUPIAH'. The serial number 'E07AHF110107457' is visible. A handwritten signature in black ink is written over the stamp.

THESIS SUPERVISOR APPROVAL SHEET

**THE EFFECTIVENESS OF SCHOOL-BASED BULLYING PREVENTION
PROGRAM**

MASUNATUL UBUDIYAH
NIM. 131914153045

**THE THESIS RESULT HAS BEEN APPROVED
ON NOVEMBER 5th 2020**

By:

Supervisor I



Prof. Dr. Nursalam, M. Nurs (Hons)
NIP. 196612251989031004

Supervisor II



Dr. Tintin Sukartini, S.Kp., M.Kes
NIP. 197212172000032001

Coordinator of Master of Study Program



Dr. Tintin Sukartini, S.Kp., M.Kes
NIP. 197212172000032001

THESIS VALIDATION SHEET

This thesis is submitted by:

Name : Masunatul Ubudiyah
NIM/ Student Number : 131914153045
Study Program : Master of Nursing
Title : The Effectiveness of School-Based Bullying
Prevention Program

This thesis result has been examined and granted by a committee of examiners in
Master in Nursing Study Program, Faculty of Nursing, Universitas Airlangga
On November 5th 2020

Committee of examiners

1. Head of Examiner: Ferry Efendi, S.Kep., Ns., M.Sc., PhD
2. Examiner I : Prof. Dr. Nursalam, M. Nurs (Hons)
3. Examiner II : Dr. Tintin Sukartini, S.Kp., M.Kes.
4. Examiner III : Dr. Retno Indarwati, S.Kep.Ns., M.Kep.
5. Examiner IV :Eka Mishbahatul M. Has, S.Kep., Ns., M.Kep.



Coordinator of Master of Study Program



Dr. Tintin Sukartini, S.Kp., M.Kes.
NIP. 197212172000032001

PREFACE

This thesis is a requirement for the Master of Nursing Program in Faculty of Nursing, Universitas Airlangga, Surabaya, Indonesia. The title of this thesis was “The Effectiveness of School-Based Bullying Prevention Program” Various obstacles and difficulties were encountered by the author in the process of preparing this thesis, but hard work as well as guidance and direction from various parties, in the end, this proposal can be completed.

I would also like to thank the faculty for extending their knowledge, providing me with support, guidance, and cooperation from the various views of the people who are valuable for the accomplishment of this study. I would like to express my sincere gratitude to:

1. Prof. Dr. Ah. Yusuf, S.Kp., M.Kes, as the Dean of Faculty of Nursing, Universitas Airlangga, who has provided facilities to attend education in the Master Study Program.
2. Prof Dr. Nursalam, M. Nurs (Hons) as the former dean of Faculty of Nursing, Universitas Airlangga, and my thesis supervisor members who have encouraged and supported me both academically and emotionally throughout this process. Thanks for your patient when the guidance process, precious advice, and suggestion for my thesis. His knowledge and support have been an uplifting part of this process.
3. Dr. Tintin Sukartini, S.Kp., M. Kes, as the Coordinator of Master Study Program and as supervisor II, this thesis would not have been possible. Thanks for your patient when the guidance process, precious advice, and suggestion for my thesis. Her knowledge and support have been an uplifting part of this process.
4. Dr. Retno Indarwati, S.Kep.Ns., M.Kep, Ferry Efendi, S.Kep.Ns., M.Sc, Ph.D., and Eka Mishbahatul M.Has S.Kep., Ns., M.Kep. as the examiners that has provided advice, guidance and motivation in completing the thesis in the form of this systematic review.

5. All facilitators and lecturer of Master Nursing Study Programs, for their transferring knowledge and practice, necessary arrangement and emotional supports and kindly to help throughout studying in Faculty of Nursing, Universitas Airlangga and completing my thesis.
6. All respondents, school partners and all parties involved in the preparation of this thesis which I cannot mention individually.
7. My parents and families who always give prayers all the time for the smooth preparation of the thesis, always strengthen, provide support, and motivate in completing the preparation of this thesis.
8. All my friends, especially Mr Dayat, Mr Rifky, Miss Dluha, Miss Diah and all of my friends from Master XII Faculty of Nursing, Universitas Airlangga, for the help, time, supports for everything that I need throughout my study, and conducting my thesis.
9. May Allah SWT repay all the kindness that has helped the author. The author realizes that this thesis is still far from perfection; therefore, constructive criticism and suggestions from various parties are highly expected by the author for future improvement. Hopefully, this research can be useful for the research profession and the general public. Aamiin Ya Robbalalamin.

Surabaya, November 2020

Author

**APPROVAL SHEET OF THESIS PUBLICATION FOR ACADEMIC
INTEREST**

As an Universitas Airlangga Academic Community, I signed below:

Name : Masunatul Ubudiyah
NIM : 131914153045
Study Program : Master's Degree of Nursing
Department : Nursing Management
Faculty : Faculty of Nursing
Type of Creation : Thesis

For the development of science, agreed to provide to the Universitas Airlangga **Non-Exclusive Royalty-Free Right** on my scientific work entitled: **“The Effectiveness of The School-Based on Bullying Prevention Program”** along with existing devices (if needed). With **Non-Exclusive Royalty-Free Right**, Universitas Airlangga keeps media/format, manage a natural form of databases, maintain and publish my final thesis for fixed list my name as author/creator's as the owner of copyright along with supervisors.

So, this is my statement for the truth,

Made in : Surabaya

Date : November 5th 2020



Masunatul Ubudiyah

SUMMARY

THE EFFECTIVENESS OF SCHOOL-BASED BULLYING PREVENTION PROGRAM

Bullying is aggressive treatment by someone to hurt another person, done repeatedly and aims to show the strength of the perpetrator to the victim. Various types of bullying that can occur in youth groups, from verbal, social to physical bullying such as kicking, hitting and other physical incidents. In general, the victims of bullying has the opportunity to experience emotional and social consequences that are detrimental to students who are victims of bullying expressing feelings that lead to depressive symptoms, where students feel anxious due to treatment from their peers. School programs to reduce the incidence of bullying in schools are designed to suit different conditions and needs and problems. Several supporting systematic reviews of bullying prevention programs in schools have been conducted before. The various interventions were carried out, but it was necessary to analyze the interventions and identify the most effective and significant components of each intervention.

The study used a systematic review method that describes the results of evidence-based assessments of bullying prevention programs with several methods of implementing at schools. This research was conducted by searching for articles in the Scopus, Science Direct, ProQuest, PubMed, and SAGE databases. Article searches performed using keywords and Boolean operators (AND, OR NOT, or AND NOT) to specify searches so that articles that match the research objectives are obtained. Keywords in this systematic review adjusted to the Medical Subject Heading (MeSH), namely “bullying”, “adolescent”, “prevention”, “school program”. Searches are limited to English and data sources are limited to articles published from 2015-2020. The Centre for Review and Dissemination and the Joanna Briggs Institute Guideline in selecting and determining the quality of the studies summarized. Reporting systematic review is written using the checklist from PRISMA guideline. The quality of the studies used in this study was obtained through a search strategy using the PICOS framework method.

The PISMA guideline that used to selection process for articles resulted in 216 articles from five databases. Duplicate publications and articles did not fit with inclusion criteria removed, leaving a total of 188 articles. The next screening stage was adjusted to the research theme by identified the title of the article and obtaining 117 articles. The researcher then identified abstracts from 56 selected articles and excluded 61 articles, excluded the articles based on the results identified by the population, the interventions and outcomes of each study, and 56 articles were selected. Following discussion, an agreement was reached on the selection of

eligible studies. Further assessment is carried out by assessing the articles in full text from 56 articles to 24 selected articles based on the exclusion results, and then the researcher determines 25 articles that correspond to the eligibility level for systematic review writing standards. During the screening process, common reasons for exclusion included irrelevant study are not bullying on adolescents or do not happen in school. A total of 25 studies met the inclusion criteria and were eligible for quality assessment.

Each country has different programs to handle bullying cases in their schools, although with the same achievement or hope, namely reducing the incidence of bullying. In this systematic review, all the methods were summarized and rated to seek the most feasible method for bullying prevention in Indonesia. Several considerations for choosing the possible method include the availability of resources, the student's background and demographic characteristics, and the beneficial aspect of the method. This summary program was also resulting in a module that has been consulted by experts. In Indonesia, there is a school health-promoting school, which is reducing the incidence of bullying. The program explains that there are three main points, namely health education, health services and a healthy school environment. Supporting this issue, the adapting method should follow the recommendation and focus on bullying prevention programs based on the school. This includes learning together program, social-emotional learning programs, multi-component program, social behavior, attitude grouping and peer tutoring prevention program.

In general, various efforts to prevent bullying in schools have strengths among elements, ranging from human resources (consist of students, teachers, school principals or policymakers at schools), school environments and other student facilities or activities. The involvement of all these parties requires mutual support, starting from the student level, such as students must have good self-oriented, which is developed through social-emotional learning, peer tutoring and a good attitude. Policymakers included teachers and headmaster, should have policies to prevent bullying cases in schools, such as the existence of strict rules in preventing bullying. Besides that, parental support also positively influences creating a positive, prestigious and comfortable school environment.