

Integration of Guidance Counseling Services and Islamic Education in an Effort to Prevent Cyberbullying in Students at School

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Abstract. *Counseling guidance in Islamic education can play an important role in reducing cyberbullying among students in schools. One way that can be done is by teaching religious values that teach about tolerance, taste, and respect for differences. Human resource management based on religious culture can help improve the quality of education and create humans who are devoted to the Almighty. In addition, it is also mentioned that Islamic religious education can help in overcoming juvenile delinquency, discussing the basics of counseling guidance that can help in providing religious guidance services in schools. In addition, it also discusses the tactics of moral akidah teachers in overcoming cyberbullying through instilling Islamic values in this study using literature review. Researchers use literature searches, this study is information that researchers seek by tracing the literature that is in accordance with the problems presented. Researchers seek information to solve problems that arise from reading various appropriate references. Testing credibility by using triangulation of different sources and times. Religious guidance can play an important role in reducing bullying by shaping moral values, empathy, and tolerance among students. Through this approach, students are expected to understand the importance of respecting differences and tolerance.*

Keywords: *Counseling Services; Islamic Education; Cyberbullying.*

Abstrak : Bimbingan konseling dalam pendidikan Islam dapat berperan penting dalam mengurangi cyberbullying di kalangan siswa di sekolah. Salah satu cara yang dapat dilakukan adalah dengan mengajarkan nilai-nilai agama yang mengajarkan tentang toleransi, rasa, dan menghargai perbedaan. Manajemen sumber daya manusia yang berbasis budaya religius dapat membantu meningkatkan kualitas pendidikan dan menciptakan manusia yang bertaqwa kepada Yang Maha Kuasa. Selain itu, disebutkan juga bahwa pendidikan agama Islam dapat membantu dalam mengatasi kenakalan remaja, membahas tentang dasar-dasar bimbingan konseling yang dapat membantu dalam memberikan layanan bimbingan agama di sekolah. Selain itu juga membahas tentang taktik guru akidah akhlak dalam mengatasi cyberbullying melalui penanaman nilai-nilai keislaman dalam penelitian ini menggunakan kajian pustaka. Peneliti menggunakan penelusuran literatur, kajian ini merupakan informasi yang peneliti cari dengan menelusuri literatur-literatur yang sesuai dengan permasalahan yang disajikan. Peneliti mencari informasi untuk memecahkan masalah yang muncul dari membaca berbagai referensi yang sesuai. Menguji kredibilitas dengan menggunakan triangulasi sumber dan waktu yang berbeda. Bimbingan agama dapat berperan penting dalam mengurangi perundungan dengan membentuk nilai-nilai moral, empati, dan toleransi di kalangan siswa. Melalui pendekatan ini, siswa diharapkan dapat memahami pentingnya menghargai perbedaan dan toleransi.

Keywords: Layanan BK; Pendidikan Islam; Cyberbullying.

INTRODUCTION

Adolescence is a critical period in a person's development cycle. During this period, many changes occur in a person in preparation for entering adulthood. Adolescents are the age group of 10-20 years, who can no longer be said to be children, but also cannot be said to be adults (KPAI, 2018). This happens because this period is full of turmoil of change, both biological, psychological, and social changes, in this condition of full responsibility, it often triggers conflicts between adolescents and themselves (internal conflicts), or with others that are not resolved properly, so that it will have a negative impact on the development of the adolescent in the future, especially in the maturation of his character and not infrequently triggers mental disorders (Nadhirah et al., 2022). To prevent these negative impacts, it is necessary to know the changes that occur and the characteristics of adolescents so that adolescents can go through this period optimally and are able to become mature adults both physically and mentally. Adolescence is a period where psychological and social aspects are developing in finding their identity (Yusniarti, 2023). Bullying has become a global issue affecting educational institutions around the world, including Islamic educational institutions. Research and empirical reports show that bullying not only harms victims physically and emotionally, but also negatively impacts students' academic achievement, mental well-being, and social development (Ngarifin & Halwati, 2023). In addition, cyberbullying behavior that is contrary to religious values undermines the essence of Islamic education which should teach compassion, brotherhood, and respect for others. Islamic educational institutions have a responsibility not only in delivering lesson materials, but also in shaping the character and morals of students in accordance with religious values. However, in the midst of the development of the times, the issue of bullying in the context of education is still a serious concern, even in educational institutions based on Islamic values (Herlinda, 2018). Bullying reflects actions that are contrary to religious teachings that teach compassion, brotherhood, and respect for others. Although Islamic education has the potential to be a solution to this problem, there is often a gap between religious teachings and the reality of student behavior (Purwasih et al., 2021). Factors such as cultural changes, the influence of social media, and social pressure can be the causes of bullying behavior in Islamic educational environments. Therefore, a holistic approach that integrates religious values is needed (Prasetiawan et al., 2019).

In the midst of modernization and globalization, Islamic educational institutions also need to find a balance between tradition and developments. The implementation of an Islamic-based anti-cyberbullying program will not only maintain religious values, but will also provide an inclusive and contextual view of Islamic teachings in the current context (Samriana & Saputri, 2022). The implementation of Islamic values in anti-cyberbullying programs in Islamic educational institutions is very relevant because these values should be a guideline for behaving and interacting between

individuals in the educational environment. In Islam, the concept of morals and ethics is an important aspect that must be applied in every aspect of life, including in relationships between individuals. However, the reality shows that there is a gap between these values and the practice of bullying behavior that is detrimental and destructive (Marhaely et al., 2024).

Anti-cyberbullying education based on Islamic values has great potential to address this problem. However, this effort needs to be directed strategically and in depth so that it does not become just a slogan. It is important to understand how Islamic values can be integrated into effective and sustainable anti-bullying education. In this context, there has not been much research that comprehensively examines how anti-bullying programs that emphasize Islamic values can be implemented well in Islamic educational institutions. Indonesia, with a majority Muslim population, has the opportunity to integrate religious teachings into all aspects of life, including education and handling social issues such as bullying. However, the successful implementation of Islamic values in anti-bullying programs requires a deep understanding of the theological and practical aspects of Islam, as well as the development of strategies that are relevant to the dynamics of modern education. Therefore, research on.

"Implementation of Islamic Values in Anti-cyberbullying Programs in Islamic Educational Institutions" is expected to provide concrete and practical guidance for Islamic educational institutions

METHODOLOGY

The implementation of writing this article uses a library research data collection method, collecting data by searching for sources from various sources such as books, journals, and existing research, that qualitative research is carried out with a research design whose findings are not obtained through statistical procedures or in the form of calculations, but aims to reveal phenomena holistically contextually by collecting data from natural settings and utilizing the researcher as a key instrument (Nurhafiza et al., 2023).

This literature study is also used to study various books that focus on general understandings related to individual life experiences related to phenomena or concepts related to cyberbullying and their implications for guidance and counseling. In addition, the results of previous similar studies are also reviewed to obtain a theoretical basis related to the problem of cyberbullying in students. This research method is descriptive, which aims to describe and systematically describe the problem being studied (Millenium & Flurentin, 2024).

There are several steps to search for literature studies as follows: (1) Identification of Literature Sources: Searching for each variable in the subject encyclopedia, (2) Literature Selection: Selecting descriptions of the required material from available sources, (3) Literature

Review: Checking the index containing variables and problem topics, (4) Secondary data analysis: Searching for articles, books, and biographies to obtain relevant materials, (5) After obtaining relevant information, researchers review and compile library materials according to the order and relevance being studied, (6) The information materials that have been found are then read, compiled, and rewritten in their own language, not copy paste from the articles that have been obtained (Nurhafiza et al., 2023). Researchers compile and rewrite the information in the form of essays. The objects in this study consist of two, namely formal objects and material objects, in this study using material objects in the form of data sources, in this case the integration of BK services and Islamic education in efforts to prevent cyberbullying in students at school.

RESULTS AND DISCUSSION

Bullying is an act of physical or mental abuse of power by an individual or group against a victim who is considered weak. This can be physical, verbal or mental. The results of the study obtained regarding the forms of cyberbullying carried out are physical cyberbullying and non-physical cyberbullying. Physical cyberbullying such as pushing and pinching, while non-physical cyberbullying such as teasing, isolating and humiliating. The psychological impact on students causes physical and psychological disorders for their victims, including lack of self-confidence, having excessive fear, preferring to be alone, and withdrawing from the social environment, even making them lazy to go to school (Alfarina & Widiasmara, 2022). The results of the study that are in line with the results of this study are the results of the study conducted by Manilet (2020) which was conducted at SMP Negeri 4 Ambon, the forms of bullying that occurred in the school included physical and verbal bullying or over cyberbullying (open intimidation), and Cyberbullying (bullying through cyberspace). there are differences between male and female students, the form of bullying behavior of female students tends to be over cyberbullying, while male students tend to be more inclined to verbal bullying. Cyberbullying is the act of using digital technology to harass, threaten, or intimidate individuals or groups. Male students are more inclined to excessive forms of bullying. Cyberbullying is the act of using digital technology to harass, threaten, or intimidate individuals or groups. According to the context of international law, cyberbullying can be classified as a cybercrime that refers to any form of detrimental action via the internet or other digital devices. In the context of Indonesia, cyberbullying is regulated in the Electronic Information and Transactions Law (UU ITE) which emphasizes that any form of insult, defamation, and unauthorized dissemination of false information or personal information via electronic media is an unlawful act. The forms of cyberbullying are very diverse and include a variety of negative actions. Online defamation, for example, involves the use of words or images that demean or harass others via social media platforms or instant messaging applications. Online harassment is a more repetitive and intense act, where the perpetrator continuously sends threatening or harassing

messages or comments. Unauthorized distribution of personal information, known as doxxing, is another form of cyberbullying where a person's sensitive information, such as their home address or phone number, is released publicly without their consent (Mamun, 2023). Research from various institutions shows that the impact of cyberbullying is very serious, including mental health disorders such as anxiety, depression, and in extreme cases, suicidal tendencies. Efforts to address cyberbullying require a holistic approach that includes education, strict policies, and support for victims to recover from psychological trauma. Better integration of security technology on digital platforms is also key to preventing and dealing with cyberbullying effectively (Yulieta et al., 2021).

Cyberbullying behavior that occurs in adolescents, in the form of: (1) flaming by leaving negative comments related to the victim's physical appearance or commonly known as body shaming and belittling the victim's abilities either through the comments column feature or private messages (chat). In this form, it usually occurs between two or more people who in its implementation use various words that have bad meanings and (2) Outing & trickery in the form of mocking actions carried out through media in the form of photos or images that have been edited in various ways or in today's era known as memes to be added with derogatory words to then be uploaded to get various reactions from other internet users such as providing responses by leaving a comment and so on (Yulieta et al., 2021).

This is in line with Fauziah (2016) who defines that cyberbullying actions carried out by individuals are identical to comments and texts that tend to or have meanings to belittle, harass, embarrass and so on. Cyberbullying through images or Outing & trickery carried out by teenagers is mostly followed by words containing sarcasm or ridicule that have been arranged in such a way according to the perpetrator's wishes and in the next stage are posted on social media. From the modified images or stickers, it will invite reactions from other members to give responses which will then be accompanied by negative comments that are insulting or laughing at the victim.

Factors Causing Cyberbullying

- a. Dislike of the victim's personality or persona The subject shows that the subject as the perpetrator dislikes the victim due to several reasons, such as the victim's posts on social media that do not match the perpetrator's expectations. In addition, the perpetrator's view of the victim is the idea that it is okay to cyberbullying someone if the individual makes a mistake or is not in line with the perpetrator. In this case, the perpetrator sometimes has high expectations of the victim so that if the victim posts something that does not match the perpetrator's expectations or tastes, the perpetrator will show his dislike of the victim by leaving hateful comments. In line with the opinion of Syahidah (2017), it was found that the perpetrator cyberbullies someone because of the assumption that cyberbullying occurs because of the nature or characteristics in the victim that are contrary to the perpetrator's self and deserve to be bullied.

- b. Invitation from friends to do cyberbullying. The subject does cyberbullying based on the influence of friends. Initially, the subject's friend does cyberbullying to someone and then invites other friends to do the same thing. This factor is triggered by conformity in the peer group. The perpetrator who is still a teenager will follow the same activities or activities as his friend, such as when his friend makes a cyberbullying comment to someone, the perpetrator will follow his friend and assume that it is something normal or not a problem for him to do.
- c. Unharmonious family relationships, Subjects are in a less harmonious family environment so that a family interaction relationship is created that is full of indifference to each other. Parental indifference to the subject has an impact on adolescent internet activities so that there is no special supervision given by their parents in social media activities, so that adolescents feel that they have unlimited freedom because of the lack of supervision from adults. In accordance with the results of Maya's research (2015) it shows that one of the reasons cyberbullying acts appear in adolescents is due to a lack of attention from parents. Harmonious and good relationships between family members, both children and parents, are very influential in preventing the emergence of cyberbullying behavior.

Cyberbullying Tools and Media

One of the tools most often used as a medium for cyberbullying in this study is a cellphone, by using a cellphone the perpetrator will download a social media application and then use the features provided by the social media to hurt the victim by sending various kinds of harassing text messages or sending edited images of the victim to be used as stickers. There are many types of social media available, the data found in the field, the three subjects have special applications that are most often used to carry out cyberbullying. These applications are WhatsApp and Instagram with the most widely used features being status (story) and also private chat provided by the social media. In accordance with Rahayu's research (2012), in the implementation of cyberbullying, the means or tools of information technology that have the most users are social media sites and also chat or private text messages (Yusliwidaka et al., 2021).

According to Dewi et al., (2020), there are five factors that influence cyberbullying in adolescents, namely individual factors, family, friends, school and internet use. Individual factors are the main key to cyberbullying. A person's involvement in cyberbullying can be determined by themselves. Individuals who are considered weak have a fairly high risk of cyberbullying, which can later affect the individual's mental health (Ningrum & Amna, 2020). Family factors, especially parents, play an important role in shaping a person's character. Character that is manifested in the form of a person's actions, attitudes and behavior will influence adolescent involvement in cyberbullying. Parental competence in educating a child through appropriate parenting patterns is needed to reduce the risk of adolescent involvement in cyberbullying (Setiawan et al., 2020).

Parental competence includes paying attention, controlling emotions, improving communication, supervising children's actions and giving gifts or rewards (Mandiraa & Stoltz, 2021). Educational factors in schools also influence the occurrence of cyberbullying. Schools must focus on improving digital literacy skills and preventive measures must emphasize education on the use of internet communication technology. Internet usage factors require an active role from all parties, especially monitoring, guidance and direction in the use of social media from both parents and teachers at school. In addition, ethical media competence is also needed in internet use so that teenagers can use the internet positively for their needs (Putro et al., 2022).

Impact of Cyberbullying

The impact of cyberbullying is not only felt by the victim but also the perpetrator. Cyberbullying perpetrators are generally very difficult to identify because the perpetrators can carry out these actions through features provided by social media such as anonymity and are rarely known. Based on research conducted by Putranto (2018), the impact of cyberbullying on perpetrators is the emergence of aggression in themselves and acting intimidatingly (Sakiruddin Istiqomah, 2024). The emergence of aggression and acting intimidatingly in adolescents will certainly be an obstacle in their development, especially in the personal social aspect, perpetrators will have difficulty getting along with peers and even being shunned if in every social interaction they show an intimidating attitude. IDAI (2016) explains that when adolescents have conflicts with the social environment around them, and are not handled properly, it will have a negative impact. In line with research conducted by Chang (2013) shows that usually someone who becomes a perpetrator will feel afraid and ashamed and even a decrease in self-esteem when meeting their friends at school because many people will join in cursing the actions of the perpetrator against the victim. In addition to the emotional impact, cyberbullying perpetrators can go to prison if the cyberbullying they do has crossed the line and if it violates the ITE Law (Sabila et al., 2024).

Guidance and Islamic Education Services

Guidance and counseling is a professional job and must be carried out based on the rules, and these rules must be in accordance with scientific demands (Hidayah et al., 2023). In guidance and counseling, these rules are known as the principles of guidance and counseling, namely the rules that must exist in the implementation of guidance and counseling services, the principles of guidance and counseling include: the principle of confidentiality, the principle of voluntariness, the principle of openness, the principle of contemporary, the principle of independence, the principle of activity, the principle of dynamism, the principle of integration, the principle of normativeness, the principle of expertise, the principle of transfer, and the principle of tutwuri handayani (Rahmi, 2024). In line with the explanation above, the principles of guidance and counseling are twelve and all are interrelated with each other, the first is the principle of confidentiality, this is the basis or

key to all principles of guidance and counseling where everything that the client talks to the counselor should not be conveyed to others (Hasanah et al., 2022). In addition, the integration of Islamic education can also be one of the individual's self-control (Alaydrus, 2017). Spiritual therapy including prayer and dhikr appears as a method of Islamic spiritual therapy that applies by bringing students closer to the spirituality and religion they adhere to (Akhmad et al., 2019). From various contributions such as the values of Islamic religious education, it greatly influences the development of self-control of students, such as having awareness in worship and participating in religious activities without coercion (Habibah, 2020). This is reinforced by the fact that Allah has created humans as the best creatures and the best form. So that only faith in Allah will provide happiness, peace, tranquility or even anxiety for humans, restlessness (Purwasih et al., 2021).

From an Islamic perspective, this hurtful act is a reflection of the decline in morals and religious values in social interactions. Many factors can influence the actions taken by these students which are clearly contrary to Islamic teachings. These acts of oppression reflect that the individual has no sense of tolerance, respect, and loss of respect for others (Khatulistiwa et al., 2024). The collapse of these students' morals can not only damage themselves, but can also damage others and their future. Islam itself has taught us how to always do good to all creatures on earth. Hadith narrated by Tarmizi, Rasulullah said that "the most perfect believer is one who has good morals (Alfarina & Widiasmara, 2022).

Regarding cases of cyberbullying that occur to students at school, it is very sad. Schools that are considered a comfortable place to study, a place to play with friends that can even be a source of happiness for children, but become the most frightening place. Children who are victims must receive protection, and the perpetrators must also receive guidance and assistance. In this case, it cannot be viewed as only one party, either the victim or the perpetrator, because both need guidance and assistance (Sawal et al., 2022).

The general goal according to Mubarak (2000) is to help clients to have knowledge about their position as Allah's creatures and have the courage to do good, right and beneficial deeds for life in the world and the hereafter. However, the specific goals of Islamic counseling itself are:

1. Helping clients to face problems
2. If the client already has a problem, then the goal is to help the client to face the problem at hand
3. If the client has been successfully cured, then the goal of this Islamic counseling is to maintain the soul and be able to develop his potential so as not to fall into the source of problems for himself and others.

Based on several views of western counseling experts, counseling is an activity of giving advice with or in the form of suggestions and recommendations in the form of communicative

discussions between clients. He then explained that Islam and its teachings contain guidance to guide humans to build their personalities to be Resilient, mentally healthy, calm, and always able to adapt to their environment.

Implications

Through the results of observations that have been carried out by researchers, the adolescent subjects who carry out cyberbullying consider their actions only as entertainment without realizing the criminal law consequences that await and the negative impacts that will be felt by both the victim and the perpetrator (Setiowati & Dwiningrum, 2020). Lack of understanding of adolescents and not a few of these adolescents who carry out various types of cyberbullying behavior without realizing that they are carrying out cyberbullying. Cyberbullying can occur anywhere and is not limited to school or home, even for many adolescents the home is no longer a safe haven from someone's intimidation, (Brunswick, 2016). Cyberbullying that occurs outside of school is caused by adolescents who use cellphones and have free access to social media accounts outside of school, coupled with the lack of supervision from parents who are less concerned with internet activities carried out by adolescents on their social media (Tohari et al., 2023). Maulida (2011), argues that one of the causes of cyberbullying in individuals is the self-concept of adolescents, interactions between peers or playmates, and patterns of relationships between children and parents can influence a person's personality, both good and bad. It was found that cyberbullying often occurs in schools, starting from cyberbullying between students and public figures to cyberbullying between students (Ngarifin & Halwati, 2023). Based on this explanation, it can be concluded that there is a degradation or decline in moral quality so that adolescents who have good morals and character have not been created. Adolescents who are still studying need to get character education from Guidance and Counseling (BK) at school. BK has an important role in the education system in line with what has been emphasized by ASC (American School Counselor) (2011), in the process of developing student character, BK is an important component as a policy maker, especially regarding character development in schools. If it is felt that cyberbullying behavior can no longer be overcome by the BK at school, then the BK teacher can transfer the case or refer it to other teachers or staff to a mental hospital (Marbun et al., 2024). As explained by Bhakti (2017), BK teachers must have an understanding of professionalism in implementing BK services that require collaboration with other parties so that BK can become a medium for connecting and channeling good things or feelings to students, teachers in other fields, and not excluding parents who are involved with each other.

Based on the context of preventive efforts and reduction of cyberbullying in adolescents, the implementation of character building in adolescents will not be optimal if it only relies on formal academic education in the classroom. However, psychoeducational character education is also

needed, namely BK (Apriyanti et al., 2024). In this case, as a form of implementation of the developmental aspects of students in SKKPD, namely the aspect of emotional maturity. The form of developmental tasks is to develop knowledge and skills in line with the needs they have. The following are the results of Islamic counseling research that influence the behavior of perpetrators. The results of research conducted by (Rohmah, 2019) the perpetrators realized that cyberbullying occurred because of immature behavior. So that after Islamic counseling, the perpetrators were more responsible and could control their emotions better. Then the perpetrators of cyberbullying became increasingly aware that when they did cyberbullying it was a mistake. There are changes every week, the perpetrators of cyberbullying are able to realize that what they have been doing is not right, and begin to improve their behavior so that they are able to control their emotions, even now it is rare to carry out cyberbullying (Rohma, 2019).

Several research results state that Islamic counseling is an effective technique in reducing cases of cyberbullying in schools. Among them is a study conducted by (Permatasari, 2019) that with the implementation of this counseling, the victim experienced a change in himself before the counselee was given counseling, where previously the counselee often said rude things, belittled, criticized and cursed. However, after counseling, the changes that occurred were that the counselee was able to control his emotions and reduce his harsh words.

Changes in behavior in cyberbullying perpetrators are that the perpetrators are more careful in speaking, taking action against friends, respecting friends more, and starting to reduce violence when joking with friends. Meanwhile, behavioral changes from victims of cyberbullying to individuals who are more patient, think more positively, are forgiving, and even no longer vengeful, even victims also begin to increase their potential, and their enthusiasm for learning also increases (Barkah & Kusuma, 2019). Aggression against students at school, namely with the responsibility to educate faith, the responsibility to educate the mind, the responsibility to educate patience and soul. This method can be done in schools, so that it can reduce cases of cyberbullying and can create a comfortable educational atmosphere for all students. In line with the results of research conducted by Mahmudi (2016) Preventive and curative efforts that can be made to solve the problem of cyberbullying are by inviting students to increase their understanding and experience of religious teachings according to their respective beliefs or religions, one of the existing religions is the teachings of Islam by making Islamic counseling as an alternative in solving problems at school. The application of Islamic counseling in schools as an effort to foster mental health has also been carried out by North Luwu State High School, and the results obtained. Students who participate in Islamic counseling are enthusiastic and enthusiastic in activities with religious nuances, participate in implementing and establishing synergy between all teachers and

counselors to create a religious atmosphere, and can optimize Islamic counseling activities (Alfarina & Widiasmara, 2022).

CONCLUSION

Regarding the various explanations above, it can be concluded that cyberbullying is a behavior that is clearly prohibited by the Positive Law of the country. behavior that is clearly prohibited by the Positive Law of our country and also Islamic religious law. and also Islamic religious law. This is a result of the consequences caused by cyberbullying behavior, namely cyberbullying which is very detrimental to others and ourselves. And endanger others and ourselves, then all our actions must be accounted for, in the end. Cyberbullying behavior is a form of ethical violation in the development of current technology. Although it does not provide direct effects like other acts of aggression, cyberbullying has traumatic and psychological effects on its victims. for its victims. This is also exacerbated by the lack of awareness in our environment, regarding the impact of cyberbullying. Therefore, with the existence of various materials that have reviewed the overall problem of cyberbullying, it is hoped that it can increase our awareness of the dangers of cyberbullying cyberbullying behavior that is currently rampant.

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