

**PELATIHAN “REMAJA KUAT”
DALAM PENANGANAN KORBAN *CYBERBULLYING*
(STUDI KASUS PADA SISWA SMA NEGERI 9 YOGYAKARTA)**

ABSTRAK

Penelitian ini bertujuan untuk: (1) Mengetahui dampak negatif *cyberbullying* bagi para korban; (2) Mengetahui efektivitas program ketrampilan sosial dalam menangani korban; (3) Mengetahui perbedaan efektivitas pelaksanaan program pengembangan ketrampilan sosial “Remaja KUAT” didalam menangani korban *cyberbullying* antara kelompok intervensi dengan kelompok kontrol.

Jenis penelitian ini adalah penelitian eksperimental, dengan metode penelitian *quasi eksperiment* atau eksperimen semu, dengan desain *true* desain penelitian *pre-test and post-test with control group design*. Jumlah sampelnya 24 responden dengan teknik *total sampling* (12 intervensi dan 12 kontrol dengan *random sampling*). Kelompok intervensi diberikan intervensi berupa pelatihan “Remaja KUAT” dan tidak melibatkan perlakuan pada kelompok kontrol (*untreated control group design*). Pengukuran dilakukan dengan *pre-test* dan *post-test* pada kedua kelompok tersebut. Pengukuran dilakukan dengan membandingkan skor harga diri peserta pada saat *pre-test* dan *post-test* antara kelompok eksperimen dan kelompok kontrol.

Hasil eksperimen menunjukkan bahwa Program “Remaja KUAT” (*Know yourself, Upgrade your thought, Active and positive dan Trying to make a better social life*) secara signifikan dapat meningkatkan harga diri korban *cyberbullying* pada kelompok eksperimen dibandingkan dengan kelompok kontrol ($t=-3,174$; $p<0,004$).

Hasil dari penelitian ini menyatakan bahwa H_0 ditolak dan H_a diterima artinya terdapat efektivitas pelatihan “Remaja KUAT” dalam menangani korban *cyberbullying* SMA Negeri 9 Yogyakarta. Hasil eksperimen menunjukkan bahwa Program “Remaja KUAT” secara signifikan dapat meningkatkan harga diri korban *cyberbullying* pada kelompok eksperimen dibandingkan dengan kelompok kontrol ($t=-3,174$; $p<0,004$).

Diharapkan kepada remaja di dalam penggunaan gadget dan media sosial dilakukan dengan bijak dan santun. Kampanyekan gerakan anti-*cyberbullying* lewat media sosial milik kita dan dalam lingkungan pertemanan kita sehari-hari.

Kata Kunci: korban *cyberbullying*, ketrampilan sosial, harga diri

THE TRAINING OF “REMAJA KUAT” IN THE TREATMENT OF CYBER BULLYING VICTIMS (A CASE STUDY ON THE STUDENTS OF SMA NEGERI 9 YOGYAKARTA)

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ABSTRACT

This research aims at: 1) finding out the negative impacts of cyber bullying towards the victims; 2) finding out the effectiveness of the social skill program in treating the victims; 3) finding out the difference of the social skill development program implementation effectiveness between the intervention group and the control group.

This research was quasi experimental, with the true design of pre-test and post-test including control group design. The sample of this research was 24 respondents selected through total sampling technique (12 intervention respondents and 12 control respondents by random sampling). The intervention group was given the intervention of “Remaja KUAT” training, while the control group was excluded in this training. The measurement was conducted through pre-test and post-test which was implemented on those two groups. The measurement was by comparing the score of the experiment and control group respondents’ self-esteem during the pre-test and post-test.

The experiment result shows that the program of “Remaja KUAT” (Know yourself, Upgrade your thought, Active and positive dan Trying to make a better social life) has significantly been able to increase the experiment group cyber bullying victims’ self-esteem. This increase is higher than the control group one ($t=-3,174; p<0,004$).

This result indicates that H_0 is denied and H_a is accepted, meaning that there is effectiveness of “Remaja KUAT” training in treating the cyber bullying victims in SMA Negeri 9 Yogyakarta. The experimental result shows that “Remaja KUAT” program has significantly been able to increase the experiment group cyber bullying victims’ self-esteem. This increase is higher than the control group one ($t=-3,174; p<0,004$).

It is expected that teenagers would like to use their gadgets and social media wisely and politely. Anti-cyber bullying action needs to be encouraged within people’s social life.

Key Words: Cyber Bullying Victims, Social Skills, Self-Esteem