

## ABSTRACT

**Background:** Adolescence is a period in which adolescents become matured physically and psychologically, so they are very susceptible to deviant behavior such as bullying actors and victims. Bullying victims usually use coping mechanisms to divert the feelings of stress faced by means of problem focused coping and emotional focused coping. In Indonesia bullying behavior in schools increased by 4% from 461 cases in 2014 to 478 cases in 2015. Yogyakarta Province has cases of violence against children aged 10-18 years conducted by peers at 50.8%

**Research Objective:** The purpose of this study was to determine the coping mechanism used by middle school students with a history of bullying.

**Research Method:** This type of research is descriptive. The subjects were 147 teenagers student at SMP Negeri 16 Yogyakarta and SMP Negeri 11 Yogyakarta who experienced bullying. The data collection technique was done by questionnaire The Revised Olweus Bully / Victim Questionner and Adolescent-Coping Orientation for problem experience. The sampling technique is simple random sampling.

**Results:** The results showed that the majority of respondents were dominated by class 2018 or class VII students (53.7%), women (55.1%), 13 years old (48.3%), living with fathers and mothers (98, 1%). The results of the analysis conducted show that adolescents with a history of bullying use problem focused coping (67.3%) in solving problems.

**Conclusion:** Most coping mechanisms used by adolescents when getting bullying behavior use problem focused coping. Teenagers who use problem focused coping are expected to be able to improve coping well when facing stressors so as not to lead to emotional focused coping behavior.

**Keywords:** Coping Mechanism, Adolescent, Bullying Histor.

## INTISARI

**Latar Belakang:** Masa remaja merupakan periode dimana ketika individu remaja menjadi matur secara fisik maupun psikologis, sehingga rentan sekali mengalami perilaku menyimpang seperti pelaku dan korban *bullying*. Korban *bullying* biasanya menggunakan mekanisme koping untuk mengalihkan perasaan stres yang dihadapi dengan cara *problem focused coping* dan *emotional focused coping*. Prevalensi perilaku *bullying* disekolah meningkat 4% dari 461 kasus ditahun 2014 menjadi 478 kasus ditahun 2015. Provinsi Yogyakarta terdapat kasus kekerasan pada anak usia 10-18 tahun yang dilakukan oleh teman sebaya sebesar 50,8%.

**Tujuan Penelitian:** Tujuan penelitian ini untuk mengetahui mekanisme koping yang digunakan siswa SMP dengan riwayat *bullying*.

**Metode Penelitian:** Jenis penelitian yang dilakukan yaitu deskriptif. Subjek penelitian ini 147 orang siswa remaja SMP Negeri 16 Yogyakarta dan SMP Negeri 11 Yogyakarta yang mengalami *bullying*. Teknik pengumpulan data dilakukan dengan kuisioner *The Revised Olweus Bully/Victim Questionner* dan *Adolescent-Coping Orientation for problem experience*. Teknik pengambilan sampel dengan simple random sampling.

**Hasil:** Hasil penelitian menunjukkan bahwa sebagian besar responden didominasi siswa kelas angkatan 2018 atau kelas VII (53,7%), perempuan (55,1%), usia 13 tahun (48,3%), tinggal bersama ayah dan ibu (98,1%). Hasil analisis yang dilakukan menunjukkan bahwa remaja dengan riwayat *bullying* menggunakan *problem focused coping* (67,3%) dalam menyelesaikan masalah.

**Kesimpulan:** Sebagian besar mekanisme koping yang digunakan oleh remaja ketika mendapatkan perilaku *bullying* menggunakan *problem focused coping*. Remaja yang menggunakan *problem focused coping* diharapkan dapat meningkatkan koping dengan baik ketika menghadapi stressor agar tidak mengarah ke perilaku *emotional focused coping*.

Kata kunci: Mekanisme Koping, Remaja, Riwayat *Bullying*.