

# Implementasi EMaeL (edukasi, manajemen marah, latihan empati) untuk mencegah perilaku bullying pada anak usia sekolah di Kelurahan Curug Kecamatan Cimanggis Kota Depok = Implementation of (EMaeL) (education, anger management and empathy training) for preventing bullying behavior of school age children in Curug Village Cimanggis District Depok City.

Dini Tryastuti, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20478587&lokasi=lokal>

---

## Abstrak

Bullying merupakan perilaku kekerasan yang dilakukan oleh individu ataupun kelompok terhadap seseorang yang dianggap lemah serta dilakukan secara berulang-ulang. Perilaku bullying dapat memberi dampak negatif terhadap pelaku maupun korban. Angka kejadian bullying selalu bertambah sehingga memerlukan perhatian yang serius dari tenaga kesehatan. Karya ilmiah akhir ini bertujuan untuk memberi gambaran implementasi EMaeL Edukasi, Manajemen marah, Latihan empati untuk mencegah perilaku bullying pada anak usia sekolah di Kelurahan Curug Kecamatan Cimanggis Kota Depok. Pelaksanaan intervensi EMaeL dilakukan di komunitas khususnya di setting sekolah dan di keluarga selama satu tahun. Hasil intervensi EMaeL menunjukkan terjadi peningkatan rata-rata pengetahuan, sikap dan tindakan pencegahan bullying dan penurunan rata-rata tindakan bullying. Setelah dilakukan analisis lebih lanjut didapatkan hasil yaitu terdapat perbedaan yang signifikan pada pengetahuan, sikap, tindakan pencegahan bullying dan tindakan bullying sebelum dan sesudah intervensi  $p = 0,00$   $p = 0,02$   $p = 0,02$  dan  $p = 0,00$ . Intervensi EMaeL dapat diaplikasikan sebagai salah satu bentuk upaya pencegahan bullying di sekolah.

<hr>

Bullying is violent behavior acted frequently by individual or group to the weak individual. Bullying behavior may give the negative effect for both a bully and a victim. Incident of bullying has increased therefore it need to get the serious attention from health workers. The aim of KIA to give description of EMaeL implementation for preventing bullying behavior of school age children in Curug Village Cimanggis District Depok City. The implementation of EMaeL was conducted in community especially in school setting and family for one year. The result of EMaeL implementation shows an increase in average knowledge, attitude, and action of preventing bullying behavior the result also show an decrease in average bullying behavior. After further analysis show that there were significant differences in knowledge, attitude, and action of preventing bullying behavior and average bullying behavior  $p = 0,00$ ,  $p = 0,02$ ,  $p = 0,02$  and  $0,00$ . EMaeL implementation effectly increased knowledge, attitude, and action of preventing bullying behavior and decreased bullying behavior. This intervention should be sustainable in order to prevent bullying behavior.