

Strengthening Students' Personal Resilience to Overcome Bullying in Risk Schools

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ABSTRACT

The Community Partnership Program (PKM) aims to strengthen students' personal resilience to reduce bullying in schools. This PKM is urgent to be carried out based on the phenomenon of violence, such as: brawls, klithih, and bullying that are still happening in Yogyakarta. Yogyakarta is a special area that has the title of city of education, city of students, city of tourism, and city of culture, but is still overshadowed by cases of student violence. The phenomenon of violence in Yogyakarta captured the attention of the public and the media. In the psychological context, the problem of violence can be sourced from personal emotions. The 2013-2018 basic health research survey showed that mental health disorders experienced a significant increase. Specific data show that the number of mental-emotional disorders among adolescents increased from 6.1% in 2013 to 9.8% in 2018. While in the sociological context, the problem of violence in Yogyakarta is related to social conditions in various educational ecosystems where 21% students aged 13 to 17 years in the Special Region of Yogyakarta (DIY) experience bullying. Violence is a complex problem at the personal/individual and social/collective levels. The chain of violence can be broken down into the community macrosystem (social violence), the family microsystem (domestic violence), and the school microsystem (school violence). Not all schools in Yogyakarta are categorized as superior, qualified, and child-friendly, but there are also risky schools where students are involved in toxic and aggressive activities. To moderate it, problem solving solutions need to use a comprehensive, holistic, multidimensional, sustainable, and synergistic approach between institutions. The partner in this PKM is the Yogyakarta City Youth and Sports Education Office. This PKM focuses on the main problem faced by partner institutions, in the form of violence among students. The solution offered is in the form of psycho-social intervention through strengthening students' personal resilience through in-house training at risky junior high schools in Yogyakarta. This PKM has a main focus area to encourage a) the revival of Yogyakarta tourism which was tarnished by cases of street violence, b) technology and medical devices, particularly related to efforts to develop well-being, mental health, and the peace of school residents, and c) digital technology, through PKM based on science and technology research results.

Kata Kunci: *personal resilience, bullying, risk school*