

Legal Counselling on Bullying Prevention at State Elementary School Kowangan, Temanggung

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Abstract

The aim of this program is to provide education on bullying and to raise collective awareness of the importance of creating a school environment free from violence. Bullying is a form of misconduct that frequently occurs in society and can also be found within school settings. The problem-solving strategy was implemented through a legal counseling approach combined with participatory, two-way discussions with the target participants at SD Negeri Kowangan. The target group consisted of 80 students from grades 3 to 6. The results of the program indicate a significant improvement in students' understanding. By instilling legal awareness from an early age and conducting effective transformative socialization, the program successfully shaped students' mindsets to be more empathetic and responsible in addressing bullying within the school environment.

Keyword

Legal Counselling, Bullying, Kowangan State Elementary School, Law

Submitted:

October 8, 2025

Accepted:

November 10, 2025

Published:

December 31, 2025

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Abstrak

Tujuan penyuluhan ini adalah untuk memberikan pendidikan mengenai bullying dan meningkatkan kesadaran bersama mengenai pentingnya menciptakan lingkungan sekolah yang bebas dari kekerasan. Bullying merupakan salah satu bentuk kejahatan yang sering kali terjadi di masyarakat, tidak terkecuali juga dapat ditemukan di lingkungan sekolah. Strategi pemecahan masalah dilakukan melalui metode penyuluhan hukum dan diskusi partisipatif dua arah dengan mitra sasaran siswa di SD Negeri Kowangan. Sasaran dalam kegiatan ini yaitu siswa kelas 3 sampai 6 yang berjumlah 80 siswa. Hasil kegiatan menunjukkan peningkatan pemahaman siswa yang signifikan, melalui penanaman kesadaran hukum sejak dini dan sosialisasi transformatif efektif dalam membentuk pola pikir siswa yang empatik dan bertanggung jawab untuk menanggulangi bullying di lingkungan sekolah.

Kata Kunci

Penyuluhan, Bullying, SD Negeri Kowangan, Hukum

Introduction

Education is a vital foundation for shaping children's character and behavior. In the current educational era, one of the emerging issues is the occurrence of bullying among elementary school students.¹ Bullying is a form of violence that remains a major problem in Indonesian elementary schools to this day. This issue affects not only mental health but also the social and academic development of students.²

Generally, bullying can be categorized into several types. First, there is verbal bullying. This often occurs unconsciously, where an individual insults or mocks others with unpleasant words. The resulting impacts on the victim include decreased self-confidence, withdrawal from social interactions, and potential long-term psychological trauma. Second, physical bullying involves actions that cause physical injury, such as throwing objects or physical

¹ Nuraeni and I Made Sonny Gunawan, "Pemberian Layanan Informasi Sebagai Upaya Pencegahan Perilaku Perundungan Pada Siswa di Sekolah," *Jurnal Pengabdian Kepada Masyarakat* 6, no. 2 (2021): 64–68.

² Muhammad Na'im Al Jum'ah et al., "Sosialisasi Anti-Bullying dan Penguatan Nilai-Nilai Pancasila di SD Negeri 7 Mawasangka Timur," *Jurnal Abdimas Patikala* 5, no. 2 (2025): 1820–27.

threats. Third, social bullying occurs when an individual is intimidated or excluded from social groups, leading to loneliness for the victim. Fourth, cyberbullying is a form of bullying conducted via the internet by sending negative comments. Lastly, sexual bullying involves acts of sexual harassment, whether verbal or physical, which lead to negative effects.³

Based on the situation analysis at Kowangan State Elementary School, Temanggung, there are still signs of mild bullying behavior occurring in daily interactions among students, both verbally and physically. Some students do not fully realize that such actions can violate school regulations and harm their peers. Furthermore, the understanding of students at Kowangan State Elementary School regarding rights, obligations, and legal values still needs to be improved using methods appropriate for children aged 10 to 13 years. Therefore, socialization activities regarding the importance of early legal awareness to overcome bullying are essential and highly needed. Steps to prevent and resolve bullying issues require a comprehensive approach. Bullying behavior must be a concern not only for the victims but also for the perpetrators. The role of parents and teachers is crucial in monitoring and controlling actions that lead toward bullying. Elementary schools are places where bullying cases frequently occur, such as insulting a peer's appearance, replacing a parent's name with another name, and mocking friends who receive poor grades. Schools should be environments that teach politeness, good character, and respect for fellow school members. Elementary schools need to provide clear boundaries for good behavior to students in order to create a safe and comfortable environment.⁴

This activity aims to examine the definition, impacts, elements, and preventive measures of bullying through socialization activities held at Kowangan State Elementary School (SDN), Temanggung. Students from grades 3, 4, 5, and 6, along with teachers at the school, participated in this activity with the goal of providing education on bullying and raising collective awareness regarding the importance of creating a violence-free school

³ Hermi et al., "Sosialisasi Anti-Bullying: Ayo Saling Menolong," *Jurnal Madaniya Pustaka* 4, no. 1 (2023): 413–18.

⁴ Fatmasari Tetra Dewi et al., "Edukasi Anti Bullying Bagi Siswa di Sekolah Dasar," *Jurnal Indonesia Mengabdi* 6, no. 2 (2024): 145–54.

environment. By involving all parties in the educational process, it is hoped that a culture supporting bullying prevention measures will be formed. This socialization is expected to enhance students' understanding, encourage mutual respect, and support the creation of a learning environment that is safe, comfortable, and possesses a positive character at Kowangan State Elementary School, Temanggung.

Method

This activity was held at Kowangan State Elementary School on Saturday, December 13, 2025. A total of 80 students, ranging from grade 3 to grade 6, participated in the event. The method used in the implementation of the activity was legal counseling for young children and two-way participatory discussion between the speakers and the participants. This participatory approach ensured student understanding through Q&A sessions and simple quizzes to measure material absorption.

Preparation

The preparation of activities begins with a thorough preparation stage to ensure the activities run effectively and on target. At this stage, coordination is conducted with the authorities at Kowangan State Elementary School to determine the time, location, and number of participants who will attend the counseling. Additionally, activities are adjusted to the characteristics of elementary school students to ensure the delivery methods are suitable for their age and level of understanding. The planning stage also includes exploring and analyzing partner problems by identifying potential or existing forms of bullying that frequently occur within the school environment. Information is gathered through communication with teachers and educators regarding social interactions among students. This analysis aims to determine the students' level of understanding regarding bullying and its impacts, allowing the counseling materials to be developed in a relevant and contextual manner based on the actual conditions faced by students at the school.

Material Preparation

The preparation of legal counseling materials is carried out based on the results of the problem analysis obtained during the planning stage. The materials are developed in a

simple, communicative, and easy-to-understand manner for elementary school students. The speaker, Rifai Riwandana Anjas, S.H., M.H., compiled materials covering the definition of bullying, types of bullying that frequently occur in the school environment, and examples of bullying behavior in students' daily lives. Furthermore, the materials emphasize the dangers of bullying for victims, perpetrators, and the school environment, from both psychological and social perspectives. Legal aspects related to bullying are introduced educationally without instilling fear, but rather to foster legal awareness from an early age. Bullying prevention materials are delivered by emphasizing empathy, mutual respect, and the importance of having the courage to report to teachers or trusted adults.

Implementation

The development of legal counseling materials is conducted based on the results of the problem analysis obtained during the planning stage. Materials are designed to be simple, communicative, and easy to understand for elementary school students. The speaker, Rifai Riwandana Anjas, S.H., M.H., developed materials covering the definition of bullying, types of bullying that frequently occur in the school environment, and examples of bullying behavior in students' daily lives. Additionally, the materials emphasize the dangers of bullying for victims, perpetrators, and the school environment from both psychological and social perspectives. Legal aspects related to bullying are introduced educationally without instilling fear, but rather to foster legal awareness from an early age. The prevention materials emphasize values of empathy, mutual respect, and the importance of having the courage to report to teachers or trusted adults.

Evaluation

The evaluation of the legal counseling activity is conducted to determine the extent to which students understand the delivered material regarding the dangers and prevention of bullying. This evaluation is carried out directly through simple question-and-answer sessions with the students, tailored to their age group. The speaker asks questions regarding the definition of bullying, examples of bullying behavior, the negative impacts of bullying, and the steps that can be taken to prevent or report such actions.

Results and Discussion

The legal counseling activity regarding bullying was conducted at Kowangan State Elementary School (SD Negeri Kowangan) on December 13, 2025, from 08:00 to 10:00 WIB. This activity was targeted at and attended by students from grade 3 to grade 6. The implementation of this counseling activity consisted of preparation, the counseling session itself, and evaluation.

Preparation

The preparation stage for the legal counseling on bullying at Kowangan State Elementary School began with a problem identification process with the partner as an initial step to understand the actual conditions and needs within the school environment. The counseling team conducted an initial approach by establishing communication and coordination with the school to ensure that the planned activities were relevant and targeted. During this stage, the counseling team conducted direct interviews with the Principal of Kowangan State Elementary School, Mr. Dimas, as well as several teachers directly involved in daily teaching activities and student guidance. These interviews aimed to gather information regarding the dynamics of social interaction among students, the types of behavior that frequently emerge, and the extent of the students' understanding regarding bullying behavior and its impacts.



Figure 1. Interview process

Based on the results of the interview with Mr. Dimas and the teachers, it was revealed that although Kowangan State Elementary School has a relatively conducive environment, the

potential for bullying remains, whether in verbal or non-verbal forms, or mocking behavior that children often perceive as joking. The school reported that some students are still unable to distinguish between playful joking and actions that can hurt a friend's feelings. Furthermore, it was discovered that children do not yet fully understand the long-term impacts of bullying on both the victim and the perpetrator. Therefore, the school considers providing early understanding regarding the dangers and prevention of bullying to be a vital necessity, particularly for students in grades 3 through 6, as children at this age begin to actively interact and form social behavior patterns.

The findings presented by the school served as the foundational consideration for the counseling team in designing the activity. The team determined that students from grades 3 to 6 are in the appropriate developmental phase to be given an understanding of empathy, mutual respect, and the importance of maintaining proper conduct when interacting with peers. At this stage, the counseling team focused not only on prevention but also on instilling awareness that every action has consequences, including legal ones, which were delivered using simple language suitable for children. Thus, the counseling is expected to shape positive attitudes and behaviors from an early age

Once the interview and information-gathering process was complete, the counseling team proceeded to the material preparation stage. The materials were developed based on the needs identified from the interviews with the principal and teachers. The team compiled the material into a PowerPoint presentation titled "Recognizing the Prevention and Dangers of Bullying". The preparation was done systematically using easy-to-understand language, accompanied by simple examples closely related to the students' daily lives at school. These materials include the definition of bullying, common forms of bullying in schools, the negative impacts of bullying, and preventive steps (Figure 1).



Figure 2. The material preparation

Then, after conducting the interviews, the team proceeded with material preparation (Meeting 2). During this preparation stage, the counseling team also ensured that the materials developed were not only informative but also educational and interactive. Visual displays were made engaging to capture the students' attention, ensuring that the messages conveyed were well-received. Through thorough preparation involving problem identification, school interviews, and the development of materials tailored to the participants' characteristics, it is expected that the legal counseling on the dangers and prevention of bullying at SD Negeri Kowangan will run optimally and provide real benefits for the students.

Implementation of Program

The legal counseling activity concerning the dangers and prevention of bullying at SD Negeri Kowangan was conducted on December 13, 2025, from 08:00 to 10:00 WIB. The event took place within the school environment in an orderly and conducive atmosphere, receiving full support from the school authorities. The counseling was attended by 80 students from grades 3 to 6, who were identified as the appropriate age group for early education on positive social behavior and legal awareness. From the beginning, students appeared enthusiastic as they followed the program, which opened with a brief introduction of the speaker to create a familiar and comfortable setting.

The presentation was delivered by Rifai Riwandana Anjas, S.H., M.H., serving as the primary speaker. During the session, the material was presented using simple, communicative language easily understood by elementary school children. The speaker

explained in detail the definition of bullying and the forms it commonly takes in the school environment, such as mocking, exclusion, physical violence, and other verbal actions. Additionally, the speaker provided supplementary material regarding extortion and student brawls as part of the efforts to increase early childhood legal awareness. This material was delivered through an educational approach so that students understand that such behaviors are unjustified actions that can harm both themselves and others (Figure 3).



Figure 3. Presentation session on the topic

During the counseling, the speaker also emphasized the negative impacts of bullying for victims, covering psychological, emotional, and social aspects. These impacts were explained through simple examples closely related to the students' daily lives, allowing them to more easily understand and feel the importance of maintaining proper conduct when interacting with peers. The speaker encouraged students to understand the feelings of bullying victims and to foster empathy and concern for their fellow friends. With this approach, students are expected not only to understand that bullying is a wrong act but also to realize the consequences that can arise from such actions.

The counseling materials were tailored to the needs and developmental levels of elementary school-aged children, in terms of language, examples, and delivery methods. Throughout the activity, the atmosphere was made interactive by providing opportunities for students to ask questions and answer simple questions from the speaker. This aimed to increase active student participation and ensure that the delivered material could be well-understood.

Through the implementation of this counseling, it is expected that the students of SD Negeri Kowangan will have a better understanding of the dangers of bullying, the importance of prevention, and early legal awareness to create a school environment that is safe, comfortable, and mutually respectful.

Evaluation of Program

The evaluation stage in the legal counseling activity regarding the dangers and prevention of bullying at SD Negeri Kowangan was conducted to measure the students' level of understanding of the material previously delivered. This evaluation was carried out directly after the material presentation session ended, with the aim of determining the extent to which students were able to understand, remember, and re-explain the basic concepts related to bullying. At this stage, students were asked to answer several questions prepared by the speaker, such as questions regarding the definition of bullying, forms of bullying that frequently occur in the school environment, and the impacts of bullying on victims. These questions were delivered using simple language appropriate for the age level of elementary school students to ensure they were easy to understand and answer. In the implementation of the evaluation, students were given the opportunity to answer orally and in turns (Figure 4).



Figure 4. Evaluation process through QnA session

The responses provided by the students indicated that the majority were able to explain the definition of bullying as behavior that harms others, both physically and through words. Additionally, students could identify various forms of bullying, such as mocking, hitting,

extorting, threatening, and excluding friends. When asked about the impacts of bullying, students were able to express that it can make victims feel sad, afraid, insecure, and reluctant to come to school. These answers reflect a good understanding of the dangers of bullying and the consequences it entails

Through this evaluation process, a clear increase in student understanding was observed compared to before the counseling was conducted. Students were not only able to state the definition and forms of bullying but also began to show awareness of the importance of mutual respect and not harming their peers. Some students were even able to provide daily school-life examples related to bullying and share opinions on how to prevent it. This demonstrates that the counseling materials were well-received and thoroughly understood by the students. Overall, the evaluation stage served as an important indicator of the legal counseling's success. The results show that students experienced an improved understanding of the dangers and impacts of bullying, as well as an initial awareness to reject and prevent bullying behavior in the school environment. Thus, this counseling activity is expected to have a positive impact on shaping students' attitudes and behaviors to be more caring, empathetic, and legally conscious from an early age.

Conclusion

Based on the implementation of the legal counseling activities concerning the dangers and prevention of bullying at SD Negeri Kowangan, it can be concluded that this activity ran well and provided a positive impact on students. The planned counseling successfully increased the understanding of students in grades 3 through 6 regarding the definition of bullying, the forms of bullying, and the negative impacts inflicted upon victims. The materials, delivered in simple language and through interactive methods, made it easier for students to understand that behaviors such as mocking, hitting, extorting, and fighting are unjustified actions. Furthermore, this activity fostered legal awareness and a sense of empathy in students from an early age. Evaluation results showed that students were able to re-explain the materials presented and understood the dangers of bullying for themselves

and others. Therefore, this counseling is expected to contribute to creating a school environment that is safe, comfortable, and free from bullying behavior.

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