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**COUNSELING TREATMENT FOR VICTIMS OF CYBERBULLYING WITH
ART THERAPY: A LITERATURE STUDY ON THE PERCEPTIONS OF
COUNSELING TEACHERS**

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ABSTRACT

Cyberbullying is an actual problem today, because of the technology as a very fast media used by teenagers to bully each other. This needs to be prevented and handled by Guidance and Counseling (BK) teachers, including with art therapy. In writing the handling of counseling for victims of cyberbullying with art therapy: a literature study on the perception of counseling guidance teachers. There are still many counseling teachers who have different opinions that art therapy can handle cyberbullying victims, this is stated in the research and the many differences in the perceptions of counseling teachers are caused by several factors such as: factors of thinking, factors of educational background of counseling teachers, factors of facilities and infrastructure, environmental and school factors. This research explains that Art therapy is a technique using art media, creative processes and the results of art to explore feelings, emotional conflicts, increase self-awareness, control behavior, develop social skills, improve reality orientation, reduce anxiety and increase self-esteem. This literature review research reveals the perception of counseling teachers about the use of art therapy for handling cyberbullying victims.

Keywords: persepsi, art therapy, korban cyberbullying

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INTRODUCTION

Cyberbullying has become a troubling issue as a negative impact of the development of information technology ((Li, Cross and Smith 2012). In a superpower like the United States viral cyberbullying cases that caused death, in 2023. One of the victims was Maya, a woman living in Missouri, United States. As reported in the United States information media. She ended her life in a tragic way, namely suicide by hanging herself a few weeks before her birthday (Schonfeld Ariel 2023).

In Indonesia, cyberbullying cases are also troubling where in 2020 the Indonesian Child Protection Commission (KPAI) recorded 119 cases of bullying against children. One year later, in 2021, KPAI recorded 53 cases of bullying in the school environment and 168 cases of bullying in cyberspace (cyberbullying), because this year schools are in the online learning process so that cases of bullying in the school environment are lower than cases in cyberspace (cyberbullying). Furthermore, in 2022 KPAI again reported 226 cases of bullying in the school environment, including 18 cases of cyberbullying. The latest in 2023, data from the Indonesian Child Protection Commission (KPAI) which recorded in 2023 an increase in the number of bullying cases of 1,138 cases (KPAI, 2024).

One of the parties who play a role in handling the problem of cyberbullying victims is the Guidance and Counseling (BK) teacher. One of the effective techniques used to help victims of cyberbullying is art therapy (Eugene Neglia, 2016). Triantoro & Astrid (2014) said that art therapy can reduce the anxiety level of cyberbullying victims.

Art therapy is a therapeutic technique in using art media, creative processes and the results of art to explore feelings, emotional conflicts increase self-awareness, control behavior, develop social skills, improve reality orientation, reduce anxiety and increase self-esteem (American Art Therapy Association, 2016). Through these art activities, it can be assumed that individuals will get a safe medium to facilitate communication through the exploration of thoughts perceptions beliefs and experiences. In addition, this therapy can also be interpreted as an activity to create works of art to meet psychological and emotional needs in individuals who are proficient in art or who do not have art skills art therapy can reduce symptoms of depression in sufferers, especially in cyberbullying symptoms.

Furthermore, research conducted by Issara Rizkya, R. (2020) stated that art therapy can help relieve symptoms of trauma and depression in children and adults, with this art therapy can describe as a fear related to communicating with other people experienced by victims of cyberbullying. When described, people who experience it tend to avoid social interaction whenever possible, speak less if needed, engage in less fluent conversations, and experience severe psychological distress.

Researchers are interested in seeing how the use of art therapy as a counseling treatment for victims of cyberbullying is seen from the perception of counseling teachers from existing research results. Jalaluddin Rakhmat (2011) asserts that perception is one of the psychological factors that play a role in shaping a person's behavior, so it is important to know how BK teachers perceive this relatively new technique in handling student problems at school. The results of previous research are needed to be guided so that they are followed up with field research in the next stage. In this study, the authors describe the perceptions of counseling teachers who still have different opinions about art therapy can handle cyberbullying victims. This is marked by several previous studies raised by the author in this paper.

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METHOD

This research uses the type or approach of a library study (Library Research). Library study is a study used in collecting information and data with the help of various kinds of materials in the library such as documents, books, magazines, historical stories, and so on. According to (Syaodih, 2009) this type of research is library research, which is a series of studies related to library data collection methods, or research whose research objects are explored through various library information (books or scientific journals). Library research or literature review is a study that critically examines the knowledge, ideas or findings contained in a body of academic-oriented literature. To conduct a literature review, it is important to identify the research question or problem for which relevant and useful answers will be sought. The steps taken in a literature review include: (1) Identifying the research question or problem to be solved, (2) Searching for research relevant to the topic, using various sources such as academic databases, books, and national and international journal articles, (3) Writing the literature review, which should summarize the main points of the research and (4) providing a critical analysis of the current state of knowledge on the topic.

In the context of the given research, the literature review is an important step that helps ensure that new research is based on existing knowledge and contributes to the overall understanding of the topic.

RESULT AND DISCUSSION

Art Therapy For Cyberbullying Treatment

Art therapy consists of two words art and therapy. Art shows the meaning of authenticity, individuality, creative process, spontaneity, use of texture color, graphic materials, and imagination, while therapy shows a caring, listening process, healing, moving towards wholeness, change and development and emphasizes human understanding (Yona Mita Soma & Yeni Karneli, 2020). The term art therapy is sometimes used to indicate a form of art therapy or expressive therapy in general, but is often used to indicate a form of creative therapy that is visual art drawing or painting. Bollu mentioned that art therapy is one of several types of expressive therapy.

Art therapy or the use of drawing as one of the therapeutic modalities began to be recognized in the 1940s. Initially this therapy was practiced and developed based on psychoanalytic theory, especially Freud's hypothesis and Jung's concept. Freud in Nina Nursetia Ningrum, Apsari Wiba Pamela (2022) states that symbols are representations of personal unconsciousness that can be presented in the form of paintings, poetry, dance, music, and other forms of creative expression. The activity of the emergence of images and symbols is seen by Jung as having healing power. Based on this assumption, individuals are encouraged to express their creative side, in this case drawing spontaneously and making free associations with their creations. Once completed, the therapist looks at the shapes, colors, relationships, and symbols expressed and uses them to help foster the client's self-awareness.

Fasya (2019) explains that cyberbullying is intimidation by someone to another person carried out through chatrooms, social media, e-mail, websites in forms such as slander, humiliation, threatening or leaking disgrace about someone. Cyberbullying is defined as an act of intimidation that involves the

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use of email, instant messaging, websites, chatrooms, and anything in cyberspace (Aniek Wirastania: 2016) Cyberbullying is the same act as traditional bullying but carried out via the internet or cyber world. Although it does not occur face-to-face, cyberbullying can also disturb a person's psychological condition because of the blasphemy they receive. Cyberbullying can be experienced by anyone regardless of age, profession or gender.

Cyberbullying comes from the word bully. In Indonesian, the word bully literally means a bully, a person who bullies weak people. Examples of bullying behavior include mocking, spreading rumors, inciting, excluding, scaring (intimidation), threatening, bullying, extorting, or physically attacking (pushing, slapping, hitting) (Fasya Syifa Mutma: 2019). Cyberbullying is a form of bullying or violence in the form of mocking, telling lies, hurling abusive words, spreading rumors or making threats or aggressive comments made through media such as email, chat rooms, instant messaging, websites (including blogs) or short messages (SMS). Cyberbullying is aggressive, intense, repetitive behavior carried out by individuals and individuals using forms of technology and electronic utilization as a medium to attack certain people.

According to Mufadhhal Barseli (2023) there are three things that distinguish traditional bullying from cyberbullying. First, traditional bullying is an action that is carried out directly face-to-face, but Cyberbullying is not. The perpetrator uses the internet and technology as a medium, so the perpetrator does not have to meet the victim face to face and the perpetrator also cannot see the victim's emotional reaction. Secondly, in Cyberbullying, the perpetrator cannot physically attack the victim, but rather the victim's psyche. Lastly, unlike traditional bullying, Cyberbullying can arise at any time and can quickly spread bad news about its victims with the help of internet technology. The development of information and telecommunication technology also affects people's behavior. In the past, the term "your mouth is your tiger" has changed to "your finger is your tiger". It is from these tiny fingers that people post insults, hate speech, vulgarity, hoaxes, and fake news that harm others. The most common case is cyberbullying through social media until the victim experiences depression.

The impact felt by victims after receiving cyberbullying behavior includes feeling uneasy, withdrawing from the social environment, feeling ostracized by the environment, disturbed physical and mental health. cyberbullying that is carried out continuously through social networks by known and unknown people will bring stress. In the end, feelings of depression, anxiety, and loss of self-confidence lead to post traumatic stress disorder (PTSD).

Based on research conducted by Alif Nurhayati (2022), it is stated that it examines the Application of Art Therapy Techniques in overcoming Trauma in Child Victims of Physical, Psychological, and Sexual Violence. Meanwhile, the research conducted by the researcher examines the BK Teacher's Perception of the Use of Art Therapy and the second variable, namely Handling Victims of Cyberbullying in Junior High School. Then research conducted by Gopalakrishnan & Sundram (2014) states that there is a relationship between cyberbullying and anxiety with the results obtained, namely, men show higher anxiety 44.89% than women 40.82%.

Furthermore, research conducted by Hinduja & Patchin (2010) with the results of 20% of cyberbullying victims have thought about trying to commit suicide and 19% reported trying to commit

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suicide. This is because if the anxiety caused by cyberbullying is not handled and overcome properly, the anxiety will increase and cause the victim to become depressed and can even commit suicide. Furthermore, research conducted by (safaria & yunita 2014) states that one of the most useful aspects of art therapy to help people who experience bullying is to provide an outlet for emotional expression without requiring verbal expression. Because bullying often occurs in younger age groups, it is beneficial for younger generations who may not have developed verbal communication skills that allow them to engage in talk therapy. However, in the research conducted by the author, the results that have been carried out by previous researchers have differences, namely not all counseling teachers understand that art therapy can overcome cyberbullying problems. This is influenced by many things such as the different backgrounds of counseling teachers which result in different mindsets about handling cyberbullying victims.

Perception Of Counseling Teachers

Perception is a step in understanding or giving meaning to information that comes from a stimulus. This stimulus is obtained through the process of sensing objects, events, or relationships between symptoms, and then processed by the brain. The use of the term "perception" generally refers to the experience of an object or event that we experience. This process is defined as a stage that combines and organizes our sensory data (through sensing) so that we can be aware of our surroundings, including awareness of ourselves. (Jalaluddin Rakhmat 2011)

Perception occurs when a person receives a stimulus from the outside world captured by the sense organs, then the stimulus is processed by the brain. During this process, a thinking process takes place which ultimately results in understanding. According to Bimo Walgito, perception is a process that begins with sensing, namely the receipt of a stimulus by an individual through a sense organ or sensory process. This process does not stop just like that, but the stimulus continues, and the next stage is the perception process. The counseling teachers who are the main respondents in this study have different views or opinions, this can be seen from several factors. According to Adam in Fitri Jayanti, someone has differences in perception, this difference can be influenced by several factors, namely:

1. Input process, which is the process of initiating an excitatory request.
2. Selectivity, namely in receiving stimuli, human abilities are limited, meaning that humans pay attention to core stimuli only.
3. The closing process, namely the state of a person in receiving stimuli is always limited, to the problem of always filling what is still free with his own experience. This happens when he already feels that he has understood the situation.
4. Context, perception occurs in a unit in a unitary content context or context can be a physical form factor, emotional context, and social environment.

Pay attention to and accept others who have the same beliefs and values as him. From the various factors described above, perception is closely related to a person's view or interpretation of something based on experience, data and facts he knows. This definition implies that perception is a form

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of prejudice against a certain object through the process of organizing, interpreting the stimulus received in the form of events, experiences, information.

Based on research conducted by Chintya Risfian Guta (2017), it is stated that in handling bullying, he sees the suitability of handling using art therapy techniques. because art therapy can regulate feelings and emotions in victims of bullying or bullying. Then the research conducted by Fahrizal Nugraha (2021) examined the title: Teacher Perceptions of Preventing Cyberbullying in Elementary Schools Through Cultivating Tolerance Values. Explaining that the counseling teacher views that cyberbullying is related and can be prevented through instilling the value of tolerance at school. This begins with an art therapy approach to be more effective in the counseling teacher's self-approach to victims of bullying. However, there are still many differences of opinion that occur in the field. This is due to several factors, namely: (1) different mindset factors (2) different educational backgrounds (3) unstable physical and mental health.

CONCLUSION

Based on the results of the analysis conducted by previous researchers, there are still differences in perceptions about art therapy techniques for handling cyberbullying victims. This is due to three factors, namely: (1) different mindset factors (2) different educational backgrounds (3) unstable physical and mental health. In this writing, the researcher has limitations in researching such as cost, time, because the author is still undergoing lecture activities. However, other researchers say that art therapy is effective for handling cyberbullying victims. Therefore, the research conducted by researchers can still be continued into new research related to or can continue this research. Research that can be continued such as: the application of art therapy for handling cyberbullying victims.

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