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**“COUNSELING RESONANCES ON**  
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**THE EFFECTIVENESS OF MULTICULTURAL COUNSELING TO REDUCE**  
**BULLYING IN SCHOOLS**

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**ABSTRACT**

*Indonesia is a multicultural country with various ethnicities, religions, teachings, and various understandings so that it has the opportunity to open up opportunities for various understandings to influence. In this age of development, bullying often occurs in various aspects, ranging from verbal, cyber, and verbal. This often happens to children and adolescents where they often indirectly bully their peers which makes the victims sometimes feel uncomfortable. The perpetrators of bullying sometimes forget the aspects of diversity and eliminate diversity. Bullying that occurs quite often is racial bullying, it becomes their mockery because it is considered a mere joke even though it can hurt someone's heart, this can have an impact on his daily life because he feels that he is less perfect than other races and tribes. The provision of multicultural services is considered quite important to be given to help in the formation of children's personalities. Therefore, this research was conducted using the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) method. Therefore this study can show that the use of multicultural counseling in reducing interracial bullying can disappear and can foster a child's civilized attitude towards misunderstanding differences.*

**Keywords:** Multicultural counseling, Bullying, tribe, religion, teachings and understanding.

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## **INTRODUCTION**

Counseling is the process of helping someone to overcome problems that can hinder their development in achieving maximum development. This can be done when the relationship with the client is already well underway so that the client can provide any needs he wants, potential in himself that can be developed, and motivation in themselves in overcoming the problems they experience. Someone who is given service assistance comes from a different culture, this requires a deep understanding when conducting counseling services.

Multicultural counseling itself is counseling that helps in overcoming cultural differences between counselors and counsees, this counseling emphasizes the importance of the differences and uniqueness of an individual. A series of processes in providing assistance by looking at culture related to the values and identity of a person are incorporated with cultural strategies in the service delivery process. This includes recognizing and respecting the cultural diversity, values, norms, and beliefs of the client and seeing how influential culture is in shaping the client's identity and understanding of the world.

The purpose of multicultural guidance and counseling in schools is expected to provide support and guidance to students where students in schools from diverse backgrounds and different cultural and ethnic backgrounds. So far, cultural diversity can affect individual behavior and also affect all human activities including in counseling activities. Counselors should also consider cultural aspects in conducting counseling activities, but in reality, counseling is often carried out without any consideration of the cultures that exist in Indonesia.

In schools, this has not received deep attention so that the application of multicultural counseling does not run in accordance with existing procedures. Bolton (in Nugraha, 2012) explains that the counseling process carried out so far by counselors is only on psychological aspects, and there is still very little attention to diverse cultural backgrounds.

In the environmental aspect, the use of multicultural counseling guidance services is rarely encountered so that many people do not understand what multicultural counseling is, and many victims of bullying are also due to a lack of understanding of this multicultural counseling. The impact of bullying occurs everywhere and has an impact on everyday life. Nowadays bullying can occur in various aspects ranging from verbal and physical which is now reinforced by the increasingly widespread social media networks on all lines ranging from children to adults. This has positive and negative impacts, which can be misused in bullying someone. On the one hand, it is also positive, which can help educate directly through social media, with various forms ranging from posters, videos, etc. This can facilitate the use of counselors. This can make it easier for the use of counselors to provide services through digital so that it can level out misunderstandings about bullying problems.

Bullying itself can be from various aspects through aspects of race, religion, ethnicity, and certain groups, this is facilitated due to rapid and widespread social development so that indirectly bullying is considered a trivial matter for some people, even though it has an impact on daily life and also has an impact on the psychological and mental development of victims of bullying, as a result many people who are victims of bullying are reluctant to do counseling and are afraid of meeting people and may even do things that are not in accordance with existing norms.

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## RESEARCH METHOD

This study uses the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) method which is done to assess a systematic review and meta-analysis. PRISMA itself is organized from a checklist that contains guidance on what items are required to be present and carefully described in a systematic review and meta-analysis. The PRISMA method has 4 strategies, namely identification, screening, eligibility, and inclusion. The PRISMA stages themselves will be explained in more detail below :

- 1) Identification
  - Data collection that will be used is sourced from Google Scholar and pdf drive.
- 2) Screening
  - Initial screening is carried out to find titles that are in accordance with the problems to be discussed.
  - The final screening is in the form of the method used
- 3) Eligibility
  - Review of previously screened journals that are in accordance with the discussion of the problem to be discussed.
- 4) Inclusion of
  - The final stage by conducting a literature study of the facts that have been obtained in the previous stages

## RESULT AND DISCUSSION

Table 1 Literature Review

Author Name, Article Title, Type of Literature	Year	Purpose	Findings
(Khairunisa, Firman, & Rizka Ahmad), The implementation of multicultural counseling in overcoming bullying is a literature study, Type of research and uses data from KPAI.	2021	Explains what bullying is, what its characteristics are, the causes of bullying perpetrators doing this, the impact and effects of bullying victims, and how to anticipate bullying by using multicultural counseling, and the paradigm of multicultural counseling in reducing bullying.	The use of multicultural counseling in providing understanding to all is important so that bullying does not occur between human individuals and in order to understand and have tolerance for differences in thought and understanding between individuals, small groups and large groups.
(Vivi Uvaira Hasibuan, Wiwik Lestari, Fitri Yani, & Stelly Martha Lova), Bullying Education for Elementary School Children in Multicultural Education, Type of research is a bimbingan klasikal.	2023	Explained about the results of the observation, which began with giving fairy tales, giving survey instruments and giving good results, namely the understanding of	Giving dogeng with examples of differences can change children's views about differences and can appreciate these differences more so that children can better understand the concept

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		differences from a child so increased and also they can be more respectful among their friends.	of multiculturalism, children can also have a view of the future that not only meets with their friends at school but will meet many people who are not known out there so that children can understand and appreciate differences in understanding and opinions.
(Santa Idayana Sinaga), Stop Bullying with Multicultural Education, Type of research is a literature study.	2022	Explains what bullying is like, tips that can be done so that children do not have bullying behavior, provides an understanding of what multicultural education means.	The use of multicultural counseling is considered effective in building work habits, interpersonal relationships, general views on life so that they are able to understand differences and without any emphasis and weaknesses or strengths between one another.
(Hamidsyukrie ZM, Syafruddin, Muhammad Ilyas, Imam Malik, Ananda Wahidah , & Syifa Miftahul Amalia), Application Of Multicultural Values To Prevent Bullying Practices In Students At Mataram High School type of research observation and provision of classical guidance (counseling).	2024	Explained the results of the observation, then gave a questionnaire to find out how deep their understanding of bullying was, then provided classical guidance (counseling) using multicultural values so as to find out how deep their understanding of multiculturalism was.	The counseling/classical guidance given had an impact on several students so that their thoughts about understanding differences were getting better, and provided an understanding so that the implementation of these activities could continue so that there was no bullying about differences.

Based on the analysis of the four journals above, it can be seen that in Indonesia bullying is still rampant in schools. In general, it occurs because of differences in ethnicity, religion, race, and artargolongan. Indonesia has a variety of differences in terms of ethnicity, religion, race, between groups so that these differences are often the beginning of bullying.

Related to the incidence of bullying (Dian Fitri Nur Aini, 2018), stated that according to IRCW (International Research Group on Women) the incidence of violence against school children in Indonesia was 84% in 2015, the highest in Asia. Based on a survey by the Child Protection Commission (KPAI) from 2011 to 2014, there were 369 complaints related to bullying. KPAI data is now related to bullying cases, 87.6% are prone to occur in early adolescence and boys are more at risk of experiencing it than girls (Desiree, 2013; Aisiyai, 2015).

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In 2016, KPAI announced that Indonesia was facing a bullying crisis, with the number of bullying cases among adolescent children increasing by 100% (KPAI 2017). Based on data from the Indonesian Child Protection Commission (KPAI), there were 67 incidents of bullying in 2014 and 79 incidents in 2016. This means that the incidence of bullying is increasing. According to research cited (Huneck 2007) (Bakhrudin All Habsy, 2017: 92), at least once a week children experience being kicked, pushed, hit, or ostracized at least 10 to 16%.

In overcoming problems related to bullying, the four journals above agree, saying that multicultural counseling is the right approach to reduce bullying behavior that is rampant in schools. With multicultural counseling, students are taught to understand and appreciate the differences that exist around them.

### **CONCLUSION**

The conclusion of the results of the PRISMA STUDY above is that there is very little literature that discusses the use of multicultural counseling in overcoming bullying but in its use multicultural counseling is also effective in helping to solve problems in bullying because sometimes the lack of understanding of differences in ethnicity, race, religion, and group organizations that make them bully and sometimes they bully arbitrarily as if they are the most correct, this makes their views that are not dominant feel excluded due to these differences he also feels a lack of tolerance for differences. So that the use of multicultural counseling is very helpful in solving the problems of those who feel not dominant and when counseling is done, the average of them feels very helped and makes themselves feel that differences are not an obstacle instead sometimes they feel that due to these differences they make a uniqueness that makes positive things in themselves.

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