

SOCIAL CONFLICT RESOLUTION RELATED TO BULLYING CASES THROUGH THE DELIBERATION SYSTEM BASED ON PANCASILA PERSPECTIVE

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Abstract

This article discusses the review of Social Conflict Resolution Related to Bullying Cases Through the Deliberation System Based on the Perspective of Pancasila. Bullying can be physical, verbal, and mental. Bullying cases in Indonesia are increasing and need serious handling. Deliberation based on Pancasila values can be a solution to resolve bullying conflicts peacefully and constructively. A culture of deliberation needs to be promoted in schools and communities to create a safe environment and respect for human rights. This article discusses the importance of resolving bullying-related social conflicts through a deliberation system based on the perspective of Pancasila. Bullying conflicts create tension and hostility in society, and if not properly addressed can affect the school and workplace environment. This research uses a normative juridical research method by referring to literature and internet materials. Bullying is a form of physical and psychological violence that can be experienced by anyone, and has long existed in society. Bullying is increasingly widespread in educational institutions, influenced by family, environmental, peer group, and media factors. Victims of bullying experience psychological, physical, social and academic impacts. Perpetrators of bullying also experience psychological, social, academic and long-term impacts. The resolution of bullying conflicts can be done through deliberation based on the values of Pancasila, but if not, the conflict can be resolved through deliberation.

Keywords: Bullying, Eliberation, Health, Mental, Pancasila.

A. Introduction

Social conflict against bullying is still a serious problem among the community. Bullying, like a ghost lurking behind the joy of social interaction, continues to haunt various parties, especially among students. Bullying is intimidation or deliberate actions to dominate, hurt or exclude physically, verbally and mentally that are carried out repeatedly to make weak victims feel afraid and threatened. (Fadilah, Ariantini, and Ningsih 2023) According to psychological experts, *bullying* is an aggressive act that is carried out repeatedly and continuously, with an imbalance of power between the perpetrator and the victim, and aims to hurt and make the victim feel depressed (Ahiruddin, Rasyid, and Prasetyo 2023)

This phenomenon of bullying often occurs in all walks of life, including in schools, workplaces and communities. As a result of bullying that occurs in the current environment, there

are more and more cases of mental health disorders in society, including adolescents. In 2020, the World Health Organisation (WHO) stated that 37% of adolescent girls and 42% of adolescent boys were victims of bullying. Many adolescents do not know how to cope with the problems they are facing, and they prefer to suppress or close themselves off from the surrounding community. In the end, this has a negative impact on their own mental health (Aqillah and Wahyudi 2023)

Society is a place where individuals learn and develop. In adolescence, each individual tries to release dependence on family or parents to achieve independence. (Rizky Yusuf Lubis, Suryani, and Wahyuni 2024) Adolescents need a pleasant and supportive environment so that they can be accepted and recognised by society as adults. (Pahmi et al. 2024) But the bullying that is rife in society can hinder this process and cause great mental distress. (Sarila Ningrum, Khusniyati, and Izzatin Ni'mah 2019) This situation shows how important a positive community environment is to support a person's development, especially adolescents. (Putra 2023) Adolescents can develop their independence better and healthier in a safe environment. (Hayati 2024) Therefore, it is important to raise awareness in taking action against bullying practices in the community to maintain everyone's mental health. (Kusumardi 2024)

Case after case of bullying, both physical and verbal, is rampant, leaving deep wounds for victims, and triggering complex social conflicts. In this digital era, bullying is not only confined to face-to-face interactions, but has penetrated into the online realm, expanding its reach and impact. (Komariyah 2022) The impact of bullying is not only felt by the victim directly, but also affects social stability and harmony within the group. (Mega Kore and Adi Saingo 2024) In Indonesia, the resolution of social conflicts such as bullying cases can be pursued through a deliberative approach based on the values of Pancasila, as a state ideology that prioritises the principles of social justice, humanity and unity. (Effendi et al. 2024)

As the foundation of the Indonesian state, Pancasila provides a moral and ethical basis for dealing with various social issues, such as bullying. To resolve conflicts in a harmonious and dignified manner, Pancasila contains values such as Belief in One God, Fair and Civilised Humanity, Indonesian Unity, Democracy Led by Wisdom in Consultation and Representation, and Social Justice for All Indonesian People. All parties involved in the deliberative approach have the opportunity to speak openly and engage actively. (Weli Ornance Lake and Adi Saingo 2023)

In the deliberation process, the principles of justice and humanity are strongly emphasised to ensure that the rights of all communities are respected and safeguarded. Deliberation as a form of Pancasila democracy allows for effective communication between perpetrators, victims, and related parties, with the aim of reaching a fair agreement and restoring disrupted social relations. Through deliberation, it is hoped that conflict resolution will not only be temporary, but able to build

collective awareness of the importance of mutual respect and honour between people. The approach to conflict resolution through deliberation also reflects an effort to implement the values of Pancasila practically in everyday life. By promoting dialogue, empathy and a sense of togetherness, conflicts arising from bullying can be reduced and resolved in a more humane and just manner. Therefore, it is important for every element of society, including educational institutions and families, to prioritise the values of Pancasila in educating and shaping the character of the younger generation, so that they are able to become noble individuals and play an active role in creating a safe and harmonious environment. In facing the challenging era of globalisation, the application of Pancasila values through the deliberation system can be an effective solution in dealing with the problem of bullying. Thus, the integration between local cultural values and universal principles can be realised in creating a more just, peaceful and civilised society.(Iswardhana 2020)

As material for study and comparison, there is still a need to know and dig deeper to identify problems that have not been revealed. Referring to other relevant research, such as research conducted by Yasherly Bachri, Marizki Putri, Yuli Permata Sari, and Ropika Ningsih from Universitas Muhammadiyah Sumatera Barat, with the title "Prevention of Bullying Behaviour in Adolescents" published in 2021.(Bachri et al. 2021) This study discusses efforts to prevent bullying and shows that there is an increase in adolescents' understanding of the meaning, impact, and prevention of bullying behaviour. The previous research that can be used as a comparison in this study, written by Jeane Neltje Saly, Aiska Rahima Az-Zahra, and colleagues from Tarumanegara University with the title "Analysis of Mediation Settlement of Student Bullying to Teachers in Schools: Violation of the Fifth Precept of Pancasila", which was published in 2023. The research discusses the implementation of Pancasila in increasing legal awareness and the dynamics that develop in society, including teachers, as well as discussing ethical aspects in the context of education and efforts to involve all parties in creating a safe and peaceful school environment in cases of bullying against teachers.(Tamamiyah 2024)

From the explanation above, it can be concluded that cases of bullying are not only experienced by teenagers, but the whole community, including teachers, can also experience bullying. This is very relevant to the title of the research that I am currently researching. In this context, previous studies can provide insight into the importance of the deliberative approach and the principles of Pancasila in resolving bullying conflicts, both involving adolescents and other community members, including teachers.

This research can complement the understanding of how a Pancasila-based approach can be effectively applied in preventing and resolving bullying conflicts at various levels of society. If

bullying occurs in the community and cannot be resolved through legal efforts or social sanctions, this problem can be resolved by deliberation in accordance with the culture of Indonesian society which is based on the values of Pancasila, namely the 2nd and 4th Precepts.

This article aims to explore and promote the use of the deliberation system as a method of resolving bullying-related social conflicts, based on the perspective of Pancasila. By emphasising the second and fourth precepts, this article seeks to show how the principles of just and civilised humanity, as well as wisdom in deliberation, can be applied to address bullying. Another aim of this article is to educate the public on the importance of deliberation in creating fair and peaceful solutions, as well as encouraging the active participation of all parties in the conflict resolution process.

Through the writing of this article, it is hoped that people can better understand the importance of applying Pancasila values in resolving social conflicts, especially bullying. It is hoped that the proposed deliberative approach can be widely adopted and become an effective alternative in dealing with bullying. Thus, it is hoped that a more harmonious, just and respectful social environment will be created, where each individual feels safe and valued. In addition, it is hoped that this article can encourage increased awareness of the need for a conducive and supportive environment to support the development of independence and mental well-being of people, especially adolescents.

B. Method

According to Sugiyono, research methods are basically a scientific way to get data with specific purposes and uses. (Krisnaldy and Deliana 2018) Based on this, there are four key words that need to be considered, namely scientific methods, data, goals, and uses. According to Darmadi, a research method is a scientific way to get data with specific useful purposes. The scientific method means that research activities are based on scientific characteristics, namely rational, empirical, and systematic. Based on the explanation above, it can be concluded that the research method is a scientific way to obtain data with specific purposes and uses.

Based on the title and problems contained in this research, this research clearly relies on normative juridical research or library research. The normative juridical research method is library legal research conducted by examining library materials or secondary data only. (Benuf and Azhar 2020) Consists of primary legal materials, secondary legal materials and tertiary legal materials. In this normative juridical research, the author will refer to books, archives related to research and also the internet to solve the research problems that the author raises. This research will examine

how to resolve social conflicts related to bullying cases through a deliberation system based on the perspective of Pancasila.

C. Results And Discussion

Social conflicts in society related to bullying cases are a reflection of power imbalances, unhealthy social norms, and lack of application of human values. Bullying creates tension and hostility among individuals and groups, making victims feel isolated, depressed and insecure.(Marfita 2024) If bullying is not properly addressed, it can worsen social dynamics, fuelling distrust and discontent among the community. In addition, these conflicts often affect school and workplace environments, where bullying undermines co-operation, hinders effective communication, and reduces individual productivity and well-being.

Bullying has always been a hotly debated topic in society. This problem has long existed and developed in society. According to Wicaksana, bullying is a form of long-term physical and psychological violence perpetrated by individuals or groups against someone who is unable to protect themselves.(Ningsih Saputri 2023) Bullying is not a new phenomenon and has occurred all over the world, not only in Indonesia, and can be experienced by anyone. Bullying is rampant in elementary schools to high schools, even in universities, although in relatively small numbers.(Windrati et al. 2023) In general, bullying can be physical, verbal, and mental or psychological. Physical bullying includes actions such as slapping, stomping, spitting, punishing, and throwing things. Verbal bullying includes cursing, insults, nicknames, shouting, accusations, and spreading gossip.(Tamamiyah 2024)

According to data from the Indonesian Child Protection Commission (KPAI) and the Federation of Indonesian Teachers' Unions (FSGI) in the Agoes & Lewoleba report (November 2023), cases of bullying in Indonesia in 2022 reached 226 cases, an increase from 119 cases in 2020 and 53 cases in 2021.(Kandia 2024) Physical bullying is the most common type experienced by students in Indonesia, reaching 55.5%, followed by verbal (29.3%) and psychological (15.2%) bullying. Based on education level, primary school students are the most victimised (26%), followed by junior high school students (25%) and high school students (18.75%).(Mutia Annur 2024)

The high number of bullying cases has reached an alarming level. School, which should be a place to learn and make friends, has become a frightening and dangerous environment for students.(Marfita 2024) Bullying in schools is not only caused by one factor, but is influenced by

various aspects that affect individual behaviour directly and indirectly.(Chaidar and Latifah 2024) Bullying often results from deviance and violence associated with childhood experiences. The phenomenon of bullying should not be underestimated, as it can have a serious impact on the mental and physical health of the victim, and can even lead to death.(Kandia 2024)

Thus, the high number of bullying cases shows a concerning situation. School, which should be a place to seek knowledge and friends, has instead become a terrible and dangerous place for students. Bullying in schools is influenced by various factors that affect the victim directly and indirectly, and affect the formation of one's behaviour. Bullying is usually caused by deviance and violence experienced in childhood.(Marfita 2024)

If the problem of social conflict in the community related to bullying is not quickly resolved, the bullying that occurs will be able to damage the mentality of the community, especially students, especially teenagers. The term "mental health" is taken from the concept of mental hygiene. The word mental is taken from the Greek language, the same meaning as psyche in Latin which means psychic, soul or psychiatry.(Syahfitri and Putra 2021) According to WHO (*World Health Organization*), mental health is a condition of well-being in which people are aware of their abilities, able to manage their stress and adapt well, can work productively, and contribute to their environment.(Pribadi et al. 2022) Mental health is an important foundation for adolescents because mental health will affect how adolescents themselves view themselves, the environment, and understand their surroundings.

Social conflicts related to the rampant cases of bullying in Indonesia today can be resolved by holding a deliberation process to find the best way to solve the bullying problem. This deliberation can be done based on the values of Pancasila. Indonesia as a nation has a culture of deliberation that is distinctive and has unique values that cannot be equated with the values of other nations in the world. According to Rifa'i, the term deliberation comes from the Arabic word "*shura*", which was later adopted into the Indonesian language. *Shura* means to confer or deliberate. Supriyanto explains that shura means bringing together different opinions on a matter by reviewing it from various points of view to get the best and most correct final result.(Manoban 2023) According to the Big Indonesian Dictionary (KBBI), deliberation is a joint discussion aimed at reaching a decision to resolve a problem.(Manoban 2023)

Musyawarah, in the context of this research, can be interpreted as a conflict resolution approach based on the values of Pancasila that offers some significant strengths in dealing with cases of bullying. Musyawarah allows all parties involved to voice their respective opinions, focus on solutions, and build consensus. Pancasila values such as humanity, unity, and social justice encourage participants to consider the impact of bullying and seek fair solutions.(Sofiyana and dkk

2021) While deliberation requires time and skilled facilitators, and has limitations in addressing power imbalances and cultural incompatibilities, it offers advantages over other conflict resolution methods. It focuses on consensus, is grounded in positive values, and allows for community engagement. To promote a culture of deliberation in schools and communities, several strategies can be implemented, such as including deliberation education in the school curriculum, training teachers and school staff, involving parents and communities, creating public spaces for deliberation, and encouraging deliberation practices in daily life.

By implementing these strategies, a culture of deliberation can be preserved in schools and communities, and become an effective tool to resolve bullying conflicts peacefully and constructively, in accordance with the values of Pancasila. Through a deliberative approach that is based on the values of Pancasila, particularly the second and fourth precepts that prioritise the principles of humanity and wisdom in deliberation. The second precept of Pancasila, "Fair and Civilised Humanity", emphasises the importance of respect for human rights and fair treatment of others. In dealing with bullying cases, this principle requires us to see each individual as a human being with equal dignity and rights. Conflict resolution through deliberation should take into account justice for both victims and perpetrators, ensuring that victims get the necessary protection and support, while perpetrators are given the opportunity to understand their mistakes and improve themselves. Thus, the deliberation process can create solutions that are based on humanity and justice.

The fourth precept, "Democracy Led by Wisdom in Consultation/Representation," emphasises the importance of decision-making through a deliberative process that is wise and involves the participation of all relevant parties. In the context of resolving bullying cases, a deliberative approach allows for open dialogue between the perpetrator, victim, and other parties involved. Through this process, all parties are given the opportunity to express their views and interests, so that the decisions taken are the result of mutual agreement that reflects collective wisdom.

Bullying is increasingly widespread in educational institutions, as seen from the number of students who are victims and report the problem to parents and teachers. Bullying behaviour is influenced by several factors. Firstly, family factors, where family harmony problems can be a trigger to find an outlet, one of which is by bullying. Second, environmental factors are very influential in shaping a person's attitude. A bad environment can influence a person to do bad behaviour, especially if the victims do not have a strong self-defence. Third, peer group or gang factors also influence bullying. Some perpetrators bully to prove that they can fit into a certain group, even though the perpetrator is actually uncomfortable with the behaviour. Fourth, the media

also plays a role in this bullying case. Media coverage of cases of violence can provide encouragement to perpetrators to do the same.(Haslan, Sawaludin, and Fauzan 2022)

According to Ariesto, there are several factors that cause bullying, including: Firstly, coming from a troubled family, where parents often over-punish their children or live in a home environment filled with stress, aggression and conflict. Secondly, educational institutions also play a role in this issue, as they often ignore the existence of bullying in schools. This can provide encouragement to perpetrators who bully to continue to do so without any barriers from the school. Third, peer group factors also influence, where perpetrators are encouraged to bully when interacting with peers both at school and in the community. Fourth, social environmental conditions, especially poverty, can also be a factor that triggers bullying.(Haslan, Sawaludin, and Fauzan 2022)

The impact of bullying ranges from physical to psychological, often lasts for a long period of time, and affects individual lives and social relationships. The following is an in-depth analysis of the impact experienced by victims and perpetrators of bullying.

The Impact of Bullying on Victims:

1. **Psychological Impact:** Victims of bullying often experience severe psychological distress, such as anxiety, depression and low self-esteem. Victims are also prone to post-traumatic stress disorder (PTSD), sleep disturbances, nightmares and social isolation, all of which can impair their emotional and mental development and affect academic and social performance;(Fadli 2021)
2. **Physical Impact:** The physical impact of bullying can include injuries from physical violence, as well as chronic health problems such as headaches, stomachaches, and eating disorders. The chronic stress experienced by victims can also weaken the immune system, increasing the risk of developing diseases;(Wona et al. 2024)
3. **Social Impact:** Victims of bullying often withdraw from social activities and become more introverted. They may lose interest in activities they were previously interested in, and begin to avoid social interactions to avoid further bullying. This isolation can worsen the victim's mental state and reduce opportunities to build important social skills;(Sari et al. 2024) and
4. **Academic Impact:** Bullying can disrupt the victim's concentration and interest in learning, leading to a decline in academic performance. The victim may also feel unsafe at school, leading to high absenteeism or even dropping out. Continued insecurity and fear experienced in the school environment may hinder the victim's future intellectual and professional development;(Eka Purba Dharma tari, Karpika, and Setiyani Subardjo 2024)

The Impact of Bullying on the Perpetrators:

1. Psychological Impact: Although often perceived as the stronger party, bullies can also experience negative psychological impacts, such as insecurity, anxiety, or previous traumatic experiences. This can result in the perpetrator experiencing behavioural disorders and emotional control issues;(Fadli 2021)
2. Social Impact: Bullies may have problems establishing and maintaining healthy relationships, as their bullying behaviour may lead to isolation by peers and reduced participation in social activities. This can make it difficult for the perpetrator to establish positive interpersonal relationships in adulthood;(Putri Nurmayani 2023)
3. Academic Impact: Bullies can also experience disruptions in education, as aggressive behaviour and lack of respect for rules can lead to decreased academic performance and frequent involvement in disciplinary problems, even expulsion;(Putri Nurmayani 2023) and
4. Long-term Impact: Without appropriate intervention, bullying behaviour can continue into adulthood and result in legal problems and employment difficulties. Bullies are also more likely to engage in criminal and violent behaviour in the future, which can damage their ability to work with others in a professional environment.(Putri Nurmayani 2023)

Efforts to resolve social conflicts related to bullying cases through deliberation based on the values of Pancasila emphasise the importance of open and participatory dialogue that reflects the principles of just and civilised humanity and wisdom in deliberation. In deliberation, all parties involved, including perpetrators, victims, and communities, are given the opportunity to express their views and experiences. This approach prioritises empathy, respect for human dignity, and the search for fair and sustainable solutions. If deliberation does not result in an agreement, alternative solutions such as mediation, conciliation, arbitration, and adjudication may be taken. Mediation involves a neutral third party to facilitate dialogue, while conciliation focuses on efforts to restore good relations between the disputing parties. Arbitration involves a third party rendering a binding decision, and adjudication uses the formal court system to resolve disputes. All these methods aim to achieve a fair and peaceful resolution, in line with the spirit of Pancasila in creating social harmony and justice for all citizens.

While deliberation is an effective approach in resolving social conflicts and reflects the values of Pancasila, this method has some weaknesses. One of them is the reliance on the willingness of all parties to participate openly and honestly. If one party, especially the bully, is not willing to admit fault or does not have the goodwill to improve, deliberation can be ineffective. In addition, deliberation takes quite a long time and does not always result in binding decisions, which can slow down the conflict resolution process. If all efforts such as mediation, conciliation, arbitration, and adjudication fail to deter the perpetrator and the bullying continues, then the last

step that can be taken is through legal channels. Involving law enforcement ensures that perpetrators get appropriate sanctions and provide firm legal protection for victims, while providing a stronger deterrent effect to perpetrators to prevent the recurrence of similar acts in the future. This legal remedy is in line with the principle of justice in Pancasila, ensuring that every individual receives appropriate protection and treatment in the face of bullying.

D. Conclusion

From the summary of the articles discussed, bullying is a serious problem that affects various aspects of life, especially in the educational environment with physical, verbal, and mental forms that have significant impacts on victims and perpetrators. Conflict resolution through deliberation based on Pancasila values is proposed, but legal alternatives can also be taken if deliberation is unsuccessful. The importance of the community's role in the prevention and handling of bullying is the main focus, with awareness of creating a safe environment that supports mental health as the key to addressing this issue. The role of parents and teachers is also vital in fostering students' learning independence and creating a positive educational environment. A culture of Pancasila deliberation needs to be promoted in schools and communities to peacefully resolve bullying conflicts and avoid tensions that can negatively impact school and workplace environments.

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