

Desensitization Techniques to Reduce the Trauma Impact of Social Media Victims from Bullying

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Abstract

This research is an implementation of desensitization techniques to reduce the anxiety of children who experience the impact of bullying trauma. This was done at SDN Pinangasia 01 SDN. The subjects of this study were students of this school who were victims of social media bullying. When it comes to feeling for the victim they may experience a lack of self-confidence, or it could be a closed person, lack of associations, and other things. Therefore, desensitization techniques are used to solve this problem. There are four steps in this technique: opening, core, closing, and follow-up for the future. Data were collected through interview methods, observations, and documentation studies. The result of the action in the desensitization technique involves several stages the problem, diagnosis, prognosis, treatment, and subsequent action. The results showed that changes in behavior were shown after using desensitization techniques. Victims can manage to be better than ever.

Keywords: *Systematic Desensitization Techniques, the Anxiety of Victims of Bullying, Learners.*

Introduction

1. Background

Systematic desensitization (also known as pass exposure therapy or contraction) is a type of behavioral therapy used in psychology to help effectively overcome phobias and other anxiety disorders. The process of systematic desensitization occurs in three steps. The first step of systematic desensitization is the creation of a hierarchy that stimulates the anxiety stimulus. The second step is to learn relaxation or coping techniques. Once the individual has been taught this skill, he must use it in the third step to react and overcome situations in an

established hierarchy of fears. The goal of this process is for the individual to learn how to overcome, and overcome fear at every step of the hierarchy. (Hospital and Karnali, 2020). The research of Casas et al. (2013) shows that empathy is something that affects *bullying*. Individuals who care about the victim's situation, recognize the victim's feelings, and understand the impact that occurs as a result of violent behavior, will reduce the tendency to violent acts. Thus, empathy is something that is involved in social interactions and phenomena. On the other hand, the development of technology facilitates communication and interaction. Even though communication is established on online *platforms*, empathy still plays a role in interactions in the realm of social media. Individuals with low levels of empathy are seen as easily violent and humiliating on social media platforms. *Bullying* that occurs in online communication is *cyberbullying*, while *bullying* that occurs offline is called *traditional bullying*¹

It can also be summarized that *bullying* is an aggressive behavior carried out by a person or group of people. This is done repeatedly and occurs from time to time. Cause harmful and fatal physical, psychological, and social impacts on the victim. And if it is not treated immediately, it will hinder the optimal development of self-potential so that the child has difficulty interacting with his social environment in the future.²

Based on previous data, it is clear that the occurrence of *bullying* cases is very high in Indonesia, especially in the world of education, of course, it needs special attention. Verbal and non-verbal acts of violence are not allowed in Islam and Islam is a religion that teaches peace and certainly prohibits acts of violence, especially violence that occurs in the educational environment, which is an institution of educational creation and character building of learners³. The relief of the above researchers is that the cause of the impact on the victim is an association that sometimes they see people from the ugly side only or seeing that the victim is weak so that in that condition it can be used from its disobedience that is not harmonious among the bullies. Research conducted by Kwan and Skoric related to

¹Casas dkk, 2013.

² Aini, 2021

³Laily, 2021

bullying on the social media platform *Facebook* that bullying carried out offline has implications for the intensity of online bullying.⁴

The difference between the current research and the previous research is the difference between the previous research and research we are doing now is to use the interview method with one of the BK teachers at SDN Pinangsia 01 school. This topic was chosen to participate in helping to deal with the great influence on the mentality of a child who experiences it in his school who is supposed to be agave friends who can help each other. This bullying factor greatly affects the mentality of someone who experiences it, due to a change in attitude that continues to be afraid in terms of association. I have this research site because it helps solve the problem of the effects of bullying that occurs at a young age with counseling desensitization techniques.

The purpose of this study was to help overcome anxiety in students who were victims of bullying in their school environment. By consulting using desensitization techniques to apply to conductors experiencing symptoms of bullying, he formulated a problem created for researchers to address the impact of T techniques desensitization on bullying victims meeting changes and meeting future actions.

From the explanation of the problem above, the author decided that the application of desensitization techniques by extension workers from the Pinangsia Elementary School Educational Institution in reducing the impact of the trauma of bullying victims on social media was the focus of this study.

Research Methods

In this research method, we use qualitative methods contained in the results of interviews, observations, and documentation. We made observations with one of the BK teachers at SDN Pinangsia 01. In this study, we found stages in the desensitization technique to be performed on students who have experienced bullying trauma. The documentation we got from an interview with one of the BK teachers at SDN Pinangsia 01. From what was informed through one of the teachers of SDN Pinangsia 01, about some records of students who

⁴Kwan & Skorik, 2013

were bullied in their school, the teacher emphasized not to demean each other and was encouraged to befriend whomever it was. And give a warning to students who dare to bully their classmates or younger siblings. So as not to cause bad spread to other students about this.

This method uses systematic desensitization techniques in the case of victims of bullying at SD Pinangasia 01. These social conditions are from the point of view of teachers or resource persons who can explore and understand more deeply the cases of bullying that occur in schools. And the most effective option when experiencing this is usually the need for counseling. Information collection techniques through an in-depth interview with one of the teachers in the school to collect information about aspects related to the experience at school, the motivation to become a teacher, the approach to the student in communicating about the problems that are being experienced by the student in school or the obstacles that occur inside the classroom or outside the classroom.

Subjects are selected as purposive based on their activities as teachers in schools and their willingness to share their experiences approaching students in the classroom. Within the scope of research, we only need 1 sufficient source to adequately carry out our research.

The instrument we used was an interview of a BK teacher who had been recorded at SD Pianangasia 01. Information about the resource persons is those who have been registered as BK teachers, have a tenure as BK teachers, get certificates, and follow counseling guidance organizations. After getting the results of the interview with the speakers, then the next stage we match the data we have collected becomes the result of the discussion. Then a division of the implementation of the technique was carried out from our responsibilities related to the process of using the desensitization technique applied to BK teachers in schools.

Tabel. Attachments for interview questions we made from observation

DO NOT	QUESTION
1.	Is it before counseling that you do the relaxation of the client's respiratory muscles?
2.	Do you use meditation as a preparation before guidance?
3.	Does the practice of relaxation techniques in counseling make them no longer afraid?
4.	Can the way of identifying each case told and then reviewed and inferred adjust the level of anxiety?
5.	Is it a comfortable and calm situation that can easily control the anxious situation?
6.	Can the application of systematic desensitization in the intervention process require participants to remain calm even in a closed-eyed state?
7.	Can effective ways overcome anxiety that includes interpersonal situations be handled with desensitization techniques?
8.	Are you sure the action you take is based on sensitivity techniques?

Result

The results of the study based on the above instruments can be concluded as follows. First, the impact of trauma that occurs on victims of bullying that can cause anxiety in students can be reduced as they undergo stages of desensitization techniques. Second, after performing the desensitization technique stage, counseling will see the changes felt in students who experience bullying victims. Thirdly, after knowing the changes that have occurred in students, they will not feel the anxiety that occurs in front of them.

Discussion

How to identify each case can adjust the level of anxiety because anxiety events hinder the existence of a person's life, then counseling services control themselves, do not sink into anxiety, require adequate rest/refreshment, add to the

desired busyness, and dhikr as an effort to create inner peace and always pray for protection from the Almighty. Then in the process of desensitization techniques that begin with a state of comfort and calm can also control anxiety because if we feel comfortable and calm of course all our activities will be lighter, and vice versa if we feel uncomfortable then negative emotions will appear, and later make us anxious which ends up not calming down. A student is categorized as problematic if she shows symptoms of deviance or behavior that is not common to the child in general. This desensitization technique can also replace excessive anxiety and anxiety with a calmer feeling. The person who performs this technique will focus and continue to practice until finally the situation no longer causes feelings of discomfort. Getting better chances, especially in his mentality.

Definition of Bullying

Matson and Ollendick (in Sudarmawan, 2012) define Cognitive Behavioral Therapy as: "An approach to some procedure that specifically uses cognition as a major part of counseling. The focus of counseling is perception, beliefs, and thinking. In CBT counseling a technique called Systematic Desensitization is used. According to Lutfi Fauzan "The basic assumption of this technique is that the fear response (for example the fear response to heights) is a learned behavior and can be prevented by replacing the activity opposite to the fear response". Anxiety is a kind of anxiety, worry, and fear of something unclear. The anxiety that students experience in school is invisible to the surface because anxiety is a psychological process. Therefore, to determine whether a student is experiencing anxiety or not, a careful study is required by trying to identify symptoms or symptoms along with the factors behind such anxiety.

Anxiety with systematic desensitization correlates with it, while social anxiety disorder is a neurotic anxiety disorder towards the social environment characterized by fear or anxiety assessed by the surrounding environment. The counselor establishes a negative perception of himself with the helplessness of dealing with social contacts. This anxiety disorder can be reduced by the educational process of changing the cognition of the counselor through systematic

desensitization techniques by countering the conditioning of the negative response constructed by the counselor and replacing it with opposite activities to change the counselor's imagination to positive. Based on the foregoing, there is a close relationship between social anxiety disorder and systematic decentralization techniques, that is, systematic desensitization techniques are counseling techniques to help counselors transform the neurotic anxiety disorders they experience into normal anxiety.

In the dictionary of psychological terms, Chaplin defines anxiety as a mixed feeling of fear and worry about future feelings without a specific cause for fear. According to Priest, understanding anxiety, that is, anxiety or feelings of anxiety is a condition experienced when thinking of something unpleasant happening. In general, it can be concluded that anxiety is a state of intense fear or confusion as a result of anticipating threatening or challenging events.

The main principles of systematic desensitization techniques, that is, relaxation and converting negative responses into positive responses gradually, have managed to turn consequent anxiety disorder into normal anxiety. After treatment cycle 1, there was a change in 6 indicators, in cycle 2 there was a change in 2 indicators and in cycle 3 there was a change in 2 indicators, so after the treatment cycles 1, 2, and 3, all indicators increased.

The results of our research were found from the interview method with BK teachers from the Pinangasia 01 school. To the resource person who has stated the use of desensitization techniques to counselors from counseling, desensitization techniques are used to reduce anxiety experienced by victims of bullying, provide motivation in their lives, give positive directions to victims to build a strong mental return, and live life as usual.

According to Black and Jackson (2007, in Margaretha 2010), Bullying is a type of proactive aggressive behavior in which there is an intentionality aspect to dominate, hurt, or get rid of, an imbalance of strength both physically, age, cognitive abilities, skills, and social status, and is carried out repeatedly by one or several children towards another child. It can be inferred from the above theory bullying is the use of aggression to intentionally harm others both physically and mentally and is carried out repeatedly.

The impact of bullying is not only on the victim but its impact also on the bully and the victim of bullying. Korban is also *a bully who* has mental health problems. That the bully has minimal empathy intensity in the phenomenon of social interaction⁵. Mereka experiences abnormal, hyperactive, and pro-social behavioral problems when engaging in the process of social interaction. Both empathy and abnormal behavior, hyperactive, and pro-social behavior are closely related to the response of the offender when engaging with the surrounding social environment. Unlike victims, their level of mental health disorders is greater than that of perpetrators and victims of *bullying*. They are individuals who commit acts of bullying, but they are also victims of *bullying*⁶.

Definition Of Anxiety

Anxiety is an act of intimidating special circumstances and is an event that commonly occurs with chronological circumstances, changes, and updated knowledge that has disturbed it as feelings of anxiety, frustration, failure, sadness, and shame, it can automatically affect learning achievement. At a standard level, anxiety forms the coordination of the body's work moving faster in the body and mind until the way it responds to an object will quickly become more intense because it can feel activity or movement, hear, and see displayed and real in the movement of activities becomes more thorough and careful, so that anxiety can be a stimulus or encouragement for students to be able to complete work and academic tasks perfectly and thoroughly⁷.

The obstacles to self-development, and achieving optimal development of personal abilities are that he has, the process can occur at any time (*Division Of Counseling Psychology*). In the world of education in junior high school (SMP) is the beginning of emotional development and anxiety behavior in students who are still difficult to control properly.

Amin (2017) posits that systematic desensitization can be used to cure anxiety, cases of double phobia in children, chronic vomiting, fear of blood,

⁵(Violin at all. 2012).

⁶(Sled & Violin, 2016).

⁷ O'Connor,2007

nightmare habits at night, fear of driving a car, and fear of water. In addition, systematic desensitization techniques are also used to cure people who are not self-conscious, have excessive anxiety, and fear criticism or rejection from both groups and individuals rejections.

Symptoms that can be seen from students who experience anxiety are seen in terms of physicality in the hands and feet that are easy to sweat, tremble, headache, and abdominal pain. Viewed from a psychological point of view, students who experience anxiety often experience anxiety, fear, worry, confusion, and often insecurity. In responding to these problems and related to the obligations of school counselors, it is certainly necessary to have an effective counseling model to reduce the level of anxiety of these students, whose causes are very varied.

Based on the anxiety paradigm faced by students, the Behavioral Counseling Model with Systematic Desensitization Techniques is predicted to be able to minimize the level of student anxiety in the learning process

The anxiety experienced by students can cause problems in living their lives if they are not conditioned properly. The anxiety experienced by students can interfere with them in going through their learning process. Anxiety experienced when facing exams will be able to interfere with students' concentration in doing the test, allowing low learning achievement. In addition, students who cannot control themselves well when they know they did not pass the exam, then the student may be stressed or commit unwanted negative actions. Anxiety is a psychic process that does not appear on the surface, so to determine whether the child is experiencing anxiety or not, careful supervision is needed by trying to recognize the symptoms or symptoms and the factors that surround them.

It should be noted that the anxiety symptoms that can be observed on the surface are only a small part of the real problem, like an iceberg in the ocean, which if dived deeper may find much more complex problems. In schools that are the object of this study, broadly speaking, several complex problems can be identified related to the learning process, namely: learning difficulties, deviant behavior, and student anxiety in facing exams. In this study, what was studied was

the problem of student anxiety in facing semester exams, especially in difficult subjects.

This is the focus of the research, because according to the results of initial observations, many students at each grade level feel anxious when facing exams, especially in lessons that are considered difficult and later at the time of UAN. Many factors trigger the onset of anxiety in students. Too high curriculum targets, low learning climate. In addition, students who cannot control themselves well when they know they did not pass the exam, then the student may be stressed or commit unwanted negative actions. Students can cause problems in living their lives if they are not conditioned properly. The anxiety experienced by students can interfere with them in going through their learning process. Anxiety experienced when facing exams will be able to interfere with students' concentration in doing the test, allowing low learning achievement. In addition, students who cannot control themselves well when they know they did not pass the exam, then the student may be stressed or commit unwanted negative actions. Anxiety is a psychic process that does not appear to be surface, so to determine whether students experience anxiety or not, careful study is needed by trying to recognize the symptoms or symptoms and the factors that surround them. It should be noted that the symptoms of anxiety that can be observed on the surface are only a small part of the real problem, like an iceberg in the ocean, which if dived deeper may find much more complex problems. In schools that are the object of this study, broadly speaking, several complex problems can be identified related to the learning process, namely: learning difficulties, deviant behavior, and student anxiety in facing exams. In this study, what was studied was the problem of student anxiety in facing semester exams, especially in difficult subjects. This is the focus of the research, because according to the results of initial observations, many students at each grade level feel anxious when facing exams, especially in lessons that are considered difficult and later at the time of UAN.

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well when they know they did not pass the exam, then the student may be stressed or commit unwanted negative actions.

Forms of Anxiety According to Freud there are three forms of anxiety, namely:

- a. Moral anxiety, which is the anxiety that a person feels when a threat comes not from the outside world or the physical world, but from the social world of the superego that has been internalized into a person. This moral anxiety is another word for shame, fear of getting sanctioned, and guilt. Anxiety in this form is a fear of one's conscience.
- b. Realistic anxiety, that is, the fear of danger from the external world and the level of anxiety according to the threat that exists. In everyday life anxiety in this form is called fear. This is what Freud meant in German, namely (fear) whose translation was considered "fear" seemed too common. For example, if a person throws a poisonous snake in front of another person then that person will experience this anxiety.
- c. Neurotic anxiety, this anxiety is a feeling of fear that arises due to stimuli of ideas, if a person has ever felt a loss of ideas or nervousness, then unable to control himself, reason, and even thoughts and behaviors then the person is experiencing neurotic anxiety. Neurotic anxiety is another word for feeling nervous.⁸

Bullying behavior can be caused by a wide variety of factors. There is no single explanation for why a person engages in bullying behavior, although many researchers have examined the reasons and how learners are bullying. There are still many things to research and retrace. One of them is about forms of bullying. As for the factors involved in this, be it the personal factors of the child himself, family, environment, and even school all take part. Priyanka (2010:16) says that: three factors cause children to behave bullishly:

1. The risk factor of the family for bullying, namely the parenting style that is too harsh so that the child becomes familiar with the threatening atmosphere and makes violence a common thing to do.

⁸ Paulus Roy Saputra, "MATH ANXIETY AND THE WAY REDUCING IT" 3, no. 2 (2014): 79–80.

2. Risk factors of association, namely children associating with children who commit bullying and violence to get appreciation from their peers.
3. Another factor is that children imitate bullying behavior from various media that are commonly consumed by children, such as television, movies, or video games.

1. Systematic Desensitization Techniques

Systematic desensitization is a gradual process of gradually introducing the situation in fear. Sulaiman Zein argues that systematic desensitization is a behavioral counseling technique that focuses on helping to calm the counselor from the tension experienced in a relaxed state⁹. The behavioral approach of seeing the human being or the human personality is a behavior that is formed based on the results of the experience of the interaction of the individual with his environment. The exam anxiety faced by students is caused by uncontrolled cognitive, affective, and motor behavior manifestations. Then the console is asked to associate a relaxed state with the experience of generating an imagined or visualized negative response. Desensitization is a method of reducing emotional responses to frightening or unpleasant stimuli by introducing conditions that are contrary to the response¹⁰.

Please note that the problem does not only occur in individuals but is quite possible for everyone. Based on the number of individuals faced, guidance can be divided into two, namely individual guidance and group guidance. Individual Guidance refers to guidance services provided to one person only, while group guidance is provided to several or many people.

2. Stages or Steps of Systematic Desensitization Technology

In the counseling process using desensitization techniques, relaxation of the respiratory muscles is one way to rest physical and mental functions, so that the child will relax. Relaxation as part of systematic desensitization can be a

⁹(Putu Agus, 2020).

¹⁰(Millikin & Coklat Janzen, 2013)

major response inhibitor used in Wolpe's behavioral therapy approach. In relaxation, the muscles of the body must be moved, which include the muscles of the arms, hands, biceps, shoulders, neck, face, abdomen, and legs. The counselor gradually gives the counselor an idea of a stimulus that generates anxiety when the client is in a relaxed state. The existence of meditation is used as a preparation before counseling to get the expected and maximum results. So you should, before doing meditation practice, first do enough preparation, both physically and mentally. The practice of relaxation techniques in counseling makes the client feel no longer afraid, it will even reduce anxiety, worry, and anxiety. Relaxation techniques can help people relax and thus improve various aspects of physical health. And relaxation itself is an activity to relax tension in the body which will later have an impact on reducing mental tension. Relaxation is a momentary attempt to forget anxiety and fear, and capture thoughts by channeling excess energy and tension through pleasurable activities.

The application of systematic desensitization teaches muscle relaxation exercises that then teach participants how to control anxious situations to relax by imagining a pleasant place or situation and relaxing tense muscles. Desensitization techniques are very effective to overcome anxiety in a person. Since this desensitization technique is effective for reducing social anxiety disorder in schools and the effectiveness of this technique also needs to be supported by the distribution of extracurricular interests, the participation of teachers and friends, as well as a strong desire to overcome the disorder experienced, and individuals who experience social anxiety disorder have low self-confidence so need to be motivated.

According to Corey, the steps of the systematic desensitization technique are as follows:

- 1) Preparatory stage
- 2) This technique begins with a situation of behavioral analysis of stimuli that can generate anxiety such as rejection, jealousy, disapproval, or trauma. Time is provided for regulating the level of consular anxiety in a particular region.
- 3) During the first therapeutic meeting the counselor is trained to perform relaxation consisting of contractions, and gradually shortening the muscles into a state of complete relaxation.

- 4) The process of systematic desensitization involves a state in which the client is completely relaxed with his eyes closed.
- 5) Evaluation of techniques, researchers perceive the positive changes experienced, which include physical, psychic, and emotional changes.

Based on the implementation of the procedure the above stages are as follows:

- a) Provide a reason and an overview
- b) Identify the situation that caused emotional tension
- c) Create a hierarchy of situations
- d) Choose and practice replies or alternative responses
- e) Scene presentation (visualization/imagination of items)
- f) Home assignments and follow-ups.

It can be concluded that the desensitization technique is a technique that aims to eliminate or eliminate behaviors that cause anxiety or fear by relaxing conditions or situations from the imagination. low levels to the highest levels or threatened by generating emotional calm.

Conclusion

The conclusions drawn from this study are from the formulation of the problem and the results that we get from the use of desensitization techniques in anxiety disorders students who have experienced trauma to victims of bullying around their environment or school can be to report the incident to the teacher and to reduce the impact of anxiety, students are advised to listen to the advice of the BK teacher and are encouraged to using systematic desensitization techniques to gain motives and directions to build an even bolder soul to deal with the problem of bullying on him and eliminate the traumatic conditions that occur to him. After performing the stages of the systematic desensitization technique, the changes in the student will be noticeable again. Furthermore, the effectiveness of this technique needs to be supported by channeling interest in extracurricular activities, the participation of teachers and friends, as well as the counselor's strong desire to overcome the disorder he is experiencing. Furthermore, in this case, the individual who has a social anxiety disorder has such low self-confidence that he needs to be motivated.

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