

Family Functioning Against Problem Solving Coping Adolescent Victims of Bullying

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Abstract— Bullying generally has a negative impact on the victim's mentality. Victims of bullying have a negative impact on themselves and the environment if not addressed immediately. Family functioning is one of the factors that can minimize the occurrence of bullying. Through problem solving coping, children imitate what parents usually do in solving a problem. This research uses descriptive qualitative methods, using interviews and observations as data collection techniques. The results of this study indicate that problem solving in the family plays an important role in family functioning, along with the selection of coping strategies used in solving a problem. Coping strategies used by a child are innate constructs from parents and tend to be stable over time.

Keywords— Family Functioning; Problem Solving Coping; Bullying

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I. INTRODUCTION

Bullying is a phenomenon that is still popularly discussed today. The assumption that it is considered normal for verbal and non-verbal violence proves that there are still many who are not aware of the impact of the dangers of bullying. KPAI (Indonesian Child Protection Commission) noted that from 2011-2019 it was reported that there were 37,381 complaints of violence against children. A total of 2,473 bullying both in educational institutions and social media. Factors that influence bullying, both as perpetrators and victims, include the impact of family, the influence of social media, and also environmental factors. Therefore, problem solving coping from the family will be able to minimize bullying.

The family is the first place where children get lessons and knowledge about how to behave and act in daily life. Likewise in adolescence, the problems at this age are so complex because at this time a developmental transition occurs which includes biological, cognitive and socio-emotional changes (Santrock, 2007). Not infrequently during adolescence, complex problems are encountered in which adolescents no longer want to be treated like children but from a socio-emotional point of view, adolescents have not been able to solve complex problems (Hurlock, 1980), so it is not uncommon for disagreements to occur and they have not been able to find a solution. problem solving that is often vented through negative behaviors such as fights, drug use, and drinking.

The process that takes place in the family can be seen through how the family carries out family functions. Families that are able to carry out their functions properly are a form of functional family or called family functioning (Yusuf, 2012).

Walker (Walker, 1978) explains the concept and instrumentation of family functioning in which the explanations of the concepts and indicators of family functioning have been divided into six functional areas, namely: the role of the family, the expression of family emotions, interdependence/family individuation, distribution of family power, family communication, sub-systems. family.

Family functioning can build positive communication between each family member so that it creates an emotional bond, attachment, mutual respect, fulfillment of needs, carrying out roles, helping to solve problems, and providing freedom but still providing control over the activities of each family member. Research conducted by Crowe and Lyness (Crowe & Lyness, 2014) shows that there is a significant relationship between family functioning and seeking support coping when facing a problem, each family member seeking support from one another. Each family

member can provide an affective response such as showing an emotional response to a stimulus that is raised and has a role to provide input in helping to solve a problem.

Problem solving in the family plays an important role in family functioning, along with the selection of coping strategies used in solving a problem. Coping strategies used by a child are innate constructs from parents and tend to be stable over time (Pollard & Kennedy, 2007). Children imitate what parents usually do in solving a problem.

II. RESEARCH METHOD

This research uses the interview method, by having conversations with sources with the intention of getting reliable information. The interview method is carried out by two or more people with the interviewer as an information seeker and the interviewee as a resource person (Moleong, 2002).

This study also uses the observation method by observing and also systematically recording the symptoms that appear on the object of research.

In this study, 3 informants were selected using a purposive sampling technique, namely based on the criteria determined by the researcher, namely: (1). Adolescent boys or girls aged 15 – 18 years, (2). Adolescents who are subjected to physical bullying (for example, such as being beaten, smacked, kicked, pinched), psychological bullying (such as being ostracized, humiliated in public, viewed as cynical), or verbal bullying (such as being scolded, ridiculed, given nicknames).

III. RESULT AND DISCUSSION

The results of the study found that there is an important role of family functioning on coping strategies for adolescent victims of bullying . problem solving coping from family functioning is able to suppress bullying. This shows that the better the functioning of the family, the easier it will be for adolescents to solve the problems they are experiencing.

The results of this study are reinforced by research conducted in New York on children where family dysfunction is significantly associated with high anxiety in children (McGinn et al., 2010).

The results of the interview show that two out of three children who claim to have been bullied because they feel they can't defend themselves, they feel weak and feel alone, besides that they have almost the same family background, in their daily life, it turns out that in their family they are usually ignored, received little attention so that there is no role model that can be imitated for problem solving coping. While one subject gave information related to his experience when he was bullied by his friend, but he was able to solve the problem through discussing and asking for advice from his parents, so that the child's confidence emerged to be able to face every problem.

Bullying experienced by adolescents can be associated with several family functions, namely communication between family members. If the family uses a clear, direct and open communication pattern, the child will grow up with good social development. Children are able to communicate and socialize with the surrounding environment. The ability of children to communicate with their families can be a model for teenagers to socialize with their peers so that children are more confident when dealing with friends and reduce the level of bullying in the surrounding environment. Adolescents who are raised in families that do not have a sense of mutual love, cold attitude, do not care about other family members so that there is little attention and support tend to grow up to be children who are less affectionate as adults and find it difficult to express their feelings so that when faced with situations socially, he feels social anxiety (Angley et al., 2016). so it will be easier to get intimidated from the environment. Children with social anxiety disorder show that both parents have low warmth and high control over their children, so children have low self-confidence in solving any problems they face (Chapman & Woodruff-Borden, 2009).

From the interviews, it was found that family functioning had a significant impact on problem solving coping adolescent. In childhood, the coping strategies used were emotional focused coping because parents still helped in solving problems. As a teenager, parents no longer take a big part in solving a problem in adolescents, with the learning process from teenagers parents can choose the right coping strategy which is used. Coping strategies used in solving problems are related to one aspect of family functioning, namely problem solving. The right pattern of family functioning is to help each other in order to maintain effective family function. Other family members can provide a response in solving a problem. When parents give examples of how to solve a problem, children respond and imitate (Cocoradă & Mihalaşcu, 2012).

Family functioning has an important role in the selection of appropriate coping strategies to deal with bullying experienced by adolescents, this is based on a study of the results of previous studies regarding the relationship between family functioning, coping strategies and bullying. Adolescents who experience bullying are teenagers with one of the characteristics due to family dysfunction and avoidance coping used.

IV. CONCLUSION

Based on the results of the description above, it can be concluded that there is an influence of family functioning on coping strategies for adolescent victims of bullying. *problem solving coping* from family functioning is able to suppress bullying.

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