

ABSTRAK

Korban *bullying* sering merasa tidak berdaya, sebagai bentuk adaptasi, anak dapat belajar menyesuaikan diri agar tetap tenang dan tidak mudah terpengaruh. Penelitian ini bertujuan untuk mengetahui gambaran penyesuaian diri pada siswa korban *bullying* di lingkungan sekolah. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologis. Teknik pengumpulan data menggunakan wawancara, observasi dan dokumentasi. Pengujian keabsahan data menggunakan triangulasi sumber, triangulasi teknik dan triangulasi waktu. Informan dalam penelitian ini berjumlah empat orang yang merupakan siswa korban *bullying* di lingkungan sekolah. Hasil penelitian menunjukkan bahwa siswa korban *bullying* menyesuaikan diri dengan mengontrol emosi berlebihan, menyadari perubahan serta pemicunya, dan mencari cara untuk mengatasinya. Siswa korban *bullying* menerapkan mekanisme pertahanan diri dengan membela diri secara alami atau melapor ke pihak sekolah. Meskipun mengalami putus asa dan kehilangan harapan, strategi yang tepat membantu mengatasi frustrasi. Siswa juga berusaha mengambil keputusan rasional untuk mengurangi konflik dan meminimalkan risiko. Kesulitan konsentrasi yang berdampak pada akademik diatasi dengan belajar dari pengalaman. Selain itu, siswa korban *bullying* menyesuaikan interaksi sosial, melakukan refleksi diri, serta menyadari dampak lingkungan terhadap rasa aman di sekolah, menunjukkan sikap realistis dan objektif.

Kata kunci: Siswa, Korban *Bullying*, Penyesuaian Diri

ABSTRACT

Victims of bullying often feel helpless. As part of their adaptation, students learn to adjust by staying calm and not being easily influenced. This study aims to explore the self-adjustment of students who are victims of bullying in the school environment. The research uses a qualitative method with a phenomenological approach. Data were collected through interviews, observations, and documentation. Data validity was ensured through source triangulation, technique triangulation, and time triangulation. The study involved four participants who were students identified as victims of bullying at school. The results show that students adjust by controlling excessive emotions, recognizing changes and their triggers, and finding ways to cope. They apply defense mechanisms, such as defending themselves naturally or reporting incidents to school authorities. Despite feelings of hopelessness and despair, effective strategies help them manage frustration. Additionally, students make rational decisions to reduce conflict and minimize risks. They address academic difficulties, particularly concentration issues, by reflecting on past experiences. Furthermore, students adjust their social interactions, reflect on their experiences, and recognize the impact of their environment on their sense of safety at school. These behaviors show a realistic and objective approach to responding to their surroundings.

Keywords: Students, Bullying Victims, Self-Adjustment