

The Level of Sexual Bullying Behavior Among Early Adult in Kupang City

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Abstract. Adults can do sexual bullying that leads to aspects of sexuality physically or non-physically and occurs repeatedly. This study aims to determine the level of sexual bullying behavior in early adulthood in Kupang. Participants totaled 373 samples aged 18-25 years following the adult's criteria, according to Santrock (2012). The hypothesis is that early adult individuals tend to have high sexual bullying behavior and dimensions of sexual bullying. Collecting data using the Likert scale Sexual Bullying - ASBAE and distributed online, analyzed using descriptive statistical techniques and crossed with gender demographic data. The results showed the acquisition of the empirical mean of sexual bullying and sexual bullying dimensions smaller than theoretical means, where sexual bullying (57.4 <75), the dimensions of sexual bullying (verbal = 5.25 <6; physical = 9.61 <15; social = 26.97 <33; Cyber = 15.62 <21), and finally, gender influences the level of sexual bullying behavior and sexual bullying dimensions namely $P < 0.05$.

Keywords: (*Sexual bullying, early adulthood*)

Abstrak. Orang dewasa dapat melakukan *bullying* seksual yang mengarah pada aspek seksualitas secara fisik atau nonfisik dan terjadi secara berulang-ulang. Penelitian bertujuan untuk mengetahui tingkat perilaku *bullying* seksual dan dimensi *bullying* seksual pada individu dewasa awal di kota Kupang. Partisipan berjumlah 373 sampel berusia 18-25 tahun yang sesuai dengan kriteria usia individu dewasa awal menurut Santrock (2012). Hipotesis yang diajukan, individu dewasa awal memiliki perilaku *bullying* seksual dan dimensi *bullying* seksual yang cenderung tinggi. Pengambilan data menggunakan skala likert *Sexual Bullying - ASBAE* yang tersebar secara daring, dianalisis menggunakan teknik statistik deskriptif dan ditabulasi silang dengan data demografik jenis kelamin. Hasil penelitian menunjukkan perolehan mean empiris *bullying* seksual dan dimensi *bullying* seksual lebih kecil dari mean teoretis, dimana *bullying* seksual (57,4<75), dimensi *bullying* seksual (verbal= 5,25<6; fisik= 9,61<15; sosial= 26,97<33; cyber= 15,62<21), dan terakhir jenis kelamin memiliki pengaruh terhadap tingkat perilaku *bullying* seksual dan dimensi *bullying* seksual yakni $p < 0,05$.

Keywords: (*Bullying seksual, dewasa awal*)

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Introduction

Early adulthood is exploratory and experimental, where some individuals still have to explore what path or lifestyle they want to choose. Some individuals in early adulthood tend to have difficulty understanding new developmental task conditions to the point of feeling hopeless, experiencing mental fatigue, sadness, and even depression (Santrock, 2010).

Many things affect a person's maturity, from their condition to different demographic phenomena in each early adulthood. Not all early adult individuals have difficulty undergoing new developmental tasks, where some individuals can become emotionally stable, more able to control themselves, be responsible, and be more careful (Arnett, 2011). The more mature, the sexual maturity also increases. In this case, early adult individuals have a higher sexual orientation, which tends to engage in more intense sexual behavior than before, which is often carried out using power (Santrock, 2011).

Often early adults can also be involved in behavioral deviations such as drinking, violence, drug abuse, and even bullying (Jatmika, 2010 in Putro, 2017). An action is included in bullying behavior if it occurs continuously, with malicious intentions to hurt or make someone feel uncomfortable (Olweus, 1997). Refers to abuse or acts of physical or psychological aggression from time to time or sustained against a victim who cannot easily defend himself (Dupper, 2013).

Bullying can also be done by adults, whether in the school environment, work environment, politics, sports, social media, even at home. Early adult individuals feel strong and in control of things and even tend to get satisfaction from inflicting injury or suffering on victims who are unlikely to fight or seek help from others (Dupper, 2013). Bullying can also attack sexual aspects such as appearance, body parts, sexual orientation, or sexual activity of someone (Edinburgh Rape Crisis Center, 2020). This

type of bullying is called sexual bullying and on the first time introduced by Duncan in 1999 (Duncan, 2001).

Sexual bullying is considered a relatively new concept that bridges the gap between bullying and dating deviant acts that usually occur in adolescence, young adulthood (Fredland, N.M, 2008). Rigby (2003) sexual bullying is rarely known among the public, even though sexual bullying is an act of aggression equal to sexual harassment. Kemenpppa (2016), with the title of the article "JANUARY - THE BULLYING RATAS KPP-PA" categorizes sexual harassment as one of the categories of bullying because sexual harassment is the behavior of physical or verbal aggression. Rigby (2003) sexual oppression and sexual harassment are all forms of physical or non-physical intimidation that occur from time to time by attacking aspects of a person's sexuality or gender. Abusers are like bullies who abuse their power.

Sexual bullying can happen to men or women in different or same age groups. Besides, the LGBT community (lesbian, gay, bisexual, and transgender) also experience bullying such as negative attitudes or verbal, physical, and elements of homophobia or transphobia. The Indonesian National LGBT Report (2013) wrote of one case of bullying against LGBT youth, often through social media.

Awareness Cooperation Tackling (ACT, 2015, dalam *Addressing Sexual Bullying Across Europe*, 2015) Even though the term sexual bullying has not familiar in the community, this phenomenon is increasingly happening due to the development of smartphones and social media. The impact can be in the form of anxiety, humiliation, depression, illness, difficulty sleeping, causing an increased use of alcohol, cigarettes, and illegal drugs, as well as self-injury and suicide.

Tempo (2020), which has the title "Harassment must be handled openly", stated that one of the cases of sexual bullying that was uncovered last June in his diocese was an altar boy at the Church of Santo Herculanus, Depok.

FaseBerita.ID (2021), with the title "Involved in Sexual Bullying Cases, Fugitive Girls Arrested at Midnight Hotel reported that the Padangsidempuan City Police Criminal Investigation Unit had secured the perpetrators who have been fugitives in the last few months. The suspect and his friends committed sexual bullying in a hotel

room on August 3, 2020. A victim is a man with special needs. The suspects carried out the beatings, kicked the victim's buttocks while asking the victim to make facial expressions that were arousing, and even immersed the victim in a hotel bathroom while being recorded by the suspect with the initials H, a transgender woman.

The indication of sexual bullying is increasing from year to year is in line with the article Sulaksono (2017) entitled "Do not be afraid to report cases of sexual bullying. Deputy Chairperson of Commission VIII DPR RI, Dading Ishak stated that sexual bullying is increasingly occurring due to the iceberg phenomenon. However, the victims did not dare to reveal their bad experiences because society gave them a bad stigma. Moreover, it is not uncommon for cases of sexual bullying that victims receive comes from their family or immediate environment, so that victims are increasingly depressed and confused in taking their stand. Moreover, it is not uncommon for cases of sexual bullying that victims receive comes from their family or immediate environment, so that victims are increasingly depressed and confused in taking their stand.

Departing from the explanation that has been explained, the author wants to describe quantitatively the extent to which the tendency of sexual bullying occurs in the community of Kupang City, especially in early adult individuals who are considered to have maturity in emotions, behavior, and sexuality.

Method

The approach used in this research is the quantitative descriptive method. The sampling technique in this study used convenience sampling and obtained 373 early adults who live in Kupang City and And 18-25 years old according to the criteria for early adult individuals according to Santrock (2012), where early adult individuals were categorized, in the 18-25 year age group contain 25 statement items for sexual bullies. Data collection used a Likert scale from Sexual Bullying In Young People Across Five European Countries - Addressing Sexual Bullying Across Europe Project (ASBAE, 2015). This study used 25 statement items for sexual bullying of perpetrators.

The data obtained were processed with the help of statistical software SPSS 16.0 and Microsoft Excel 2010. Starting from conducting frequency distribution to see the distribution of participants based on gender and age, then describing sexual bullying behavior and dimensions of sexual bullying in research subjects, followed by conducting t-tests on variables and cross-tabulation on sex with variables. The scale was adapted, without changing the original message of the scale, but only by translating the whole item of the scale from the original language, namely English in Indonesian, was carried out by two translators, namely an English teacher and a psychologist. Translators are used from different fields because this study discusses psychological variables that require understanding from a psychological expert, namely a lecturer like a psychologist. This research require understanding from an English grammar expert, namely an English teacher.

The validity values of the instrument ranging from 0,282-0,883 and the reliability of the instrument has a Cronbach alpha value in the range of 0.960-0.966. The data obtained were processed with the help of statistical software SPSS 16.0 and Microsoft Excel 2010. Starting from conducting frequency distribution to see the distribution of participants based on gender and age, then describing sexual bullying behavior and dimensions of sexual bullying in research subjects, followed by conducting t-tests on variables and cross-tabulation on sex with variables.

Result

Participants in this study were early adult individuals aged 18-25 years, male and female, and totaled 373 people as follows:

Table 1.
Frequency Distribution of Participants

Category	Type	Frequency	
Gender	Male	208	55,8%
	Female	165	44,2%
Age	18 years	21	5,6%
	19 years	29	7,8%
	20 years	80	21,4%
	21 years	62	16,6%
	22 years	48	12,9%

23 years	70	18,8%
24 years	50	13,4%
25 years	13	3,5%

Based on the table above, the number of male participants were 208 (55.8%), and female participants were 165 (44.2%). The age in early adulthood was dominated by 20 years at 21.4%, followed by 23 years old at 18.8%, 21 years old at 16.6%, 24 years old at 13.4%, 22 years old 12.9%, 19 years old 7.8%, 5.6% 18 years old, and 3.5% 25 years old.

Calculation of Sexual Bullying Statistics

Table 2.

Description of Sexual Bullying Statistics Calculation Data

Variable	Hypothetical					Empirical				
	Min	Max	Range	Mean	SD	Min	Max	Range	Mean	SD
Sexual Bullying	25	125	100	75	16,67	25	125	100	57,45	22,21

The results of descriptive statistical analysis from the table above showed that early adults in Kupang city had low levels of sexual bullying behavior. Based on the data obtained empirical value which is smaller than the hypothetical ($57.45 < 75$). There are five categories of sexual bullying, namely very high, high, medium, low, and very low.

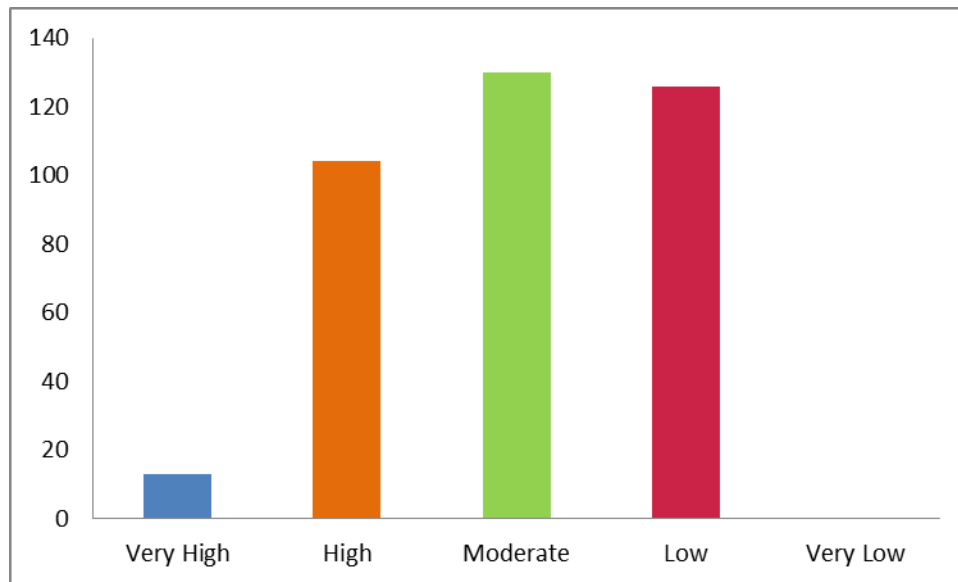


Figure 1. Categorization of Sexual Bullying

The figure above shows that out of a total of 373 participants, 13 participants (3.5%) were very high, 104 participants (27.9%) were high, 130 participants (34.8%) were moderate, 126 participants (33.8%) were low, and non-participants were very low (0%).

Calculation of Sexual Bullying Statistics per Dimension

Tabel 3.

Description of Sexual Bullying Statistics Calculation Data by Dimension

Variable	Hypothetical					Empirical				
	Min	Max	Range	Mean	SD	Min	Max	Range	Mean	SD
Verbal	2	10	8	6	1,33	2	10	8	5,25	2,17
Physical	5	25	20	15	3,33	5	25	20	9,61	4,68
Social	11	55	44	33	7,33	11	55	44	26,97	10,07
Cyber	7	35	28	21	4,67	7	35	28	15,62	6,94

The results of descriptive statistical analysis from the table above showed that early adults in Kupang city had sexual bullying behavior in each dimension, namely the verbal, physical, social, and cyber were tend to below. Based on the data obtained empirical value, which is smaller than the hypothetical ($5.25 < 6$), the physical dimension ($9.61 < 15$), and the social dimension ($26.97 < 33$), and the cyber dimension ($15.62 < 21$). Following is the categorization of sexual bullying per verbal, physical, social, and cyber dimensions in five categories, namely very high, high, moderate, low, and very low.

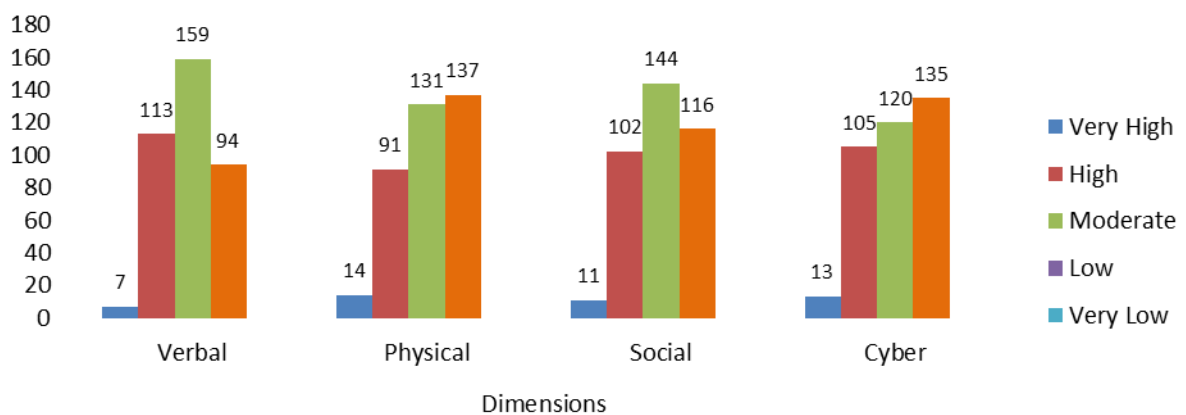


Figure 2. Categorization of Dimensions of Sexual Bullying

Based on the figure above, a total of 373 participants showed that sexual bullying tends to below. In the verbal dimension, the highest score was moderate with 159 participants (42.6%), in the physical dimension, the highest score was low with 137 participants (36.7%). Then in the social dimension, the highest score was moderate with 144 participants (38.6%), then in the cyber dimension, the highest score was low

with 135 participants (36.2%). Subjects are more involved in the verbal dimension, and the least in the cyber dimension.

a) Categorization of Sexual Bullying by Gender

Table 4.

Categorization of Sexual Bullying by Gender

Category	Sexual Bullying				Total	
	Male		Female			
Very High	9	4,3%	6	3,6%	15	4,02%
High	61	29,3%	40	24,2%	101	27,1%
Moderate	81	38,9%	60	36,4%	141	37,8%
Low	57	27,4%	59	35,8%	116	31,0%
Very Low	0	0%	0	0%	0	0%
Total	208	55,8%	165	44,2%	373	100%

Sexual bullying was more dominated by a male were 208 participants, very high as many as 9 (4.3%), the high as many as 61 participants (29.3%), moderate as many as 81 participants (38.9%), low as many as 57 participants (27.4%) and none participants were very low (0%). Meanwhile, for women were 165 participants, very high as many as 6 (3.6%), the high as many as 40 participants (24.2%), moderate as many as 60 participants (36.4%), low as many as 59 participants (35.8%), and none participants were very low of sexual bullying (0%).

b) Categorization of Dimensions of Sexual Bullying by Gender

Table 5.

Categorization of Dimensions of Sexual Bullying by Gender

Category	Male				Female			
	Verbal	Physical	Social	Cyber	Verbal	Physical	Social	Cyber
Very High	6 (2,9%)	8 (3,8%)	13 (6,25%)	5 (2,4%)	13 (7,9%)	14 (8,5%)	7 (4,2%)	5 (3,03%)
High	73 (35,1%)	58 (27,9%)	50 (24,03%)	59 (28,4%)	46 (27,9%)	25 (15,15%)	43 (26,1%)	45 (27,3%)
Moderate	67 (32,2%)	70 (33,65%)	94 (45,2%)	83 (39,9%)	51 (30,9%)	61 (36,9%)	59 (35,75%)	39 (23,6%)
Low	62 (29,8%)	72 (34,6%)	51 (24,5%)	61 (29,3%)	21 (12,7%)	65 (39,4%)	56 (33,9%)	76 (46,1%)
Very Low	0 (0%)	0 (0%)	0 (0%)	0 (0%)	34 (20,6%)	0 (0%)	0 (0%)	0 (0%)

Participants in the verbal dimension were more dominated by the male in the high category, with 73 participants (35.1%), while the females in the moderate category were 51 participants (30.9%). In the physical dimension, the male gender was mostly in the low category were 71 participants (34.6%), while the females in the low category were 65 participants (39.4%). In the social dimension, the male gender was mostly in the moderate category, as many as 94 participants (45.2%), while the females in the moderate category were 59 participants (35.75%). Then, in the cyber dimension, the male gender was mostly in the medium category were 83 participants (39.9%), and the females in the low category as many as 76 participants (46.1%).

Discussion

All individual participants in early adulthood between the ages of 18 and 25 years had a low level of sexual bullying and dimensions of sexual bullying, namely verbal, physical, social, and cyber. It means that early adulthood individuals in Kupang City are less likely to engage in sexual bullying. In line with Santrock's (2011) explanation of the theory of development that the criteria for individuals entering early adulthood are one of them being able to control themselves, their emotions, and be responsible for their consequences and actions or in other words, they are less often involved in risk actions.

This finding is different from the results of a study conducted by ASBAE (2015), which showed that nearly three-quarters (73%) of young people reported experiencing one or more sexual bullying behaviors in more than one incident. Verbal acts include nicknames, sexual jokes, gossip about their bodies, and the way they dress. Physical actions such as holding vital organs to unwanted sexual and physical acts. Social acts include actively accepted pressure, such as the view that one is gay, lesbian, bisexual, and even cyber acts of sharing sexual photos or videos without permission.

The people of Kupang City realize that all people in Kupang City have the same essence, which means that all human beings are siblings. The people of Kupang City have an attitude of empathy, tolerance, peace, and acceptance of one another, thus creating a conducive life for heterogeneous people to live in Kupang City. The

application of attitude is shown through mutual respect, help, and empathy in realizing harmonious social interactions (Sena, 2020).

Sena (2020) adds about the motto of Kupang, the city of KASIH. K defined as Kupang, the capital city of East Nusa Tenggara Province, A is defined as Safe where Kupang is always safe, orderly and people have freedom of opinion, S is defined as Healthy, where the City of Kupang is physically and mentally healthy and always supported by the government and all elements of society, I defined as beautiful panorama and tourism, and H defined as harmonious life of the people in Kupang City. Kupang city of KASIH is the basis for Kupang city people's units and becomes a guide in carrying out daily activities.

Mediaindonesia.com (2020), entitled of the article "Harmony in the Village of Harmony in Kupang City, explains that on September 14, 2019, Kupang City had formed a village of harmony in Fatubesi Village, Kota Lama District represents the entire area of Kupang City in various cultural, racial diversity. As well as religion, but can live in harmony, security, and peace. The people of Kota Kupang can increase tolerance, help each other, and emphasize potential conflict.

Sena (2020) finds several factors that can affect the people of Kupang City being able to live in safe and peaceful conditions even though the people in Kupang City are very heterogeneous, including:

1. The existence of genealogical factors or fraternal relationships that increase profits in the fields of economy, education, culture, and others.
2. The role of religious leaders in Kupang City fostering the community through advised and taught, so that people live in a calm and balanced psychological condition. Physical health and psychological calm will increase social happiness, calm in facing problems, and minimize social conflicts.
3. Social awareness allows the people of Heterogeneous Kupang City to be able to maintain and protect each other. It is this social awareness that forms empathy from families to community life.

4. The role of places of worship in Kupang City as a place of build up the character of Kupang City to become a religious person has high empathy and tolerance.

Life guidelines that concern Kupang as a city of love also in-questioned things to generation each generation through parenting. Line with Surbakti (2012, in Elimafe, Salesman & Dion, 2018), which states that parenting is one action, deeds, and interaction of parents to encourage growth and development of children to grow and develop well, and correctly. Elimafe, Salesman & Dion (2018) show that most children in Kupang City who behave both received parenting parents who are democratic, where democratic custody is the application of guidance that simultaneously provided controlled freedom for children to create a comfortable atmosphere in family life. It will enable the creation of open communication space so that it is easier for children to discuss the problems they face include sexual tribes that are still taboo. Democratic custody becomes a clear understanding and guideline for children in good behavior. Because it not only gives attention and guidance, but there is control in activities to a negative association.

Amseke and Panis (2018) added that late adolescents in the city of Kupang have good morals because of the development of conscience, empathy, and guilt. Good moral development will make it easier for individuals to improve prosocial behavior in themselves, as well as individuals increasingly understand how to distinguish good and bad things or in other words, individuals can internalize values and norms. Moral development is also a benchmark for adolescents in Kupang City to become adults who are able to make decisions and control themselves from bad behavior.

Even though the tendency is low, it does not mean that early adult individuals do not engage in sexual bullying behavior and dimensions of sexual bullying, namely verbal, physical, social, and cyber, because based on the results of the study there were 104 participants (27.9%) who committed high sexual bullying, and 13 participants (3.5%) committed very high sexual bullying. Farrell, et al (2014) show that late adolescence towards early adulthood is more likely to engage in sexual bullying. Volk,

et al (2006, in Farrell, et al., 2014) added that the more mature physically and mentally age to sexuality was more involved in sexual bullying. Pepler, et al (2006, in Farrell, et al, 2014) also confirmed that late adolescence towards early adulthood is much more skilled and understands sex better, making it more likely to engage in sexual bullying.

The results showed that sexual bullying behavior between men and women had a significant difference. This finding is supporting by Cunningham's (2010) research on sexual bullying shows that there are significant differences between men and women, namely men [$F(2.163) = 6.80, p < .001$] while women [$F(2.227) = 10.16, p < .001$]. The American Association of School Administrators (2009) explains that gender also influences bullying behavior. Scheithauer, et al., (2006) added that men get the potential to engage in bullying behavior that is greater than that of women. This finding is in line with the sexual bullying factor described by ASBAE (2015) that young people act according to patriarchal cultural values and ignore gender equality, it is even natural for men to commit acts of sexism, including sexual bullying.

The results showed that dimensions of sexual bullying behavior, namely verbal, physical, social, and cyber between men, and women, had a significant difference. Male early adult individuals in Kupang city did have a higher level of sexual bullying dimensions than female early adult individuals, where men tended to be higher in verbal, physical, and social dimensions than women. Meanwhile, in cyber, men and women have a presentation that is not much different. In line with Rachmawati and Magfirah's (2013) research, male tend to engage in verbal and physical bullying behavior compared to female. The findings concerning the social dimension are supporting by Fredland (2008) that women as perpetrators of sexual bullying tend to engage in social sexual bullying (27%). On the verbal dimension supported by the results of research by Marcum, et al., (2012, in Fatmawati, 2016) Proves that men and women both engage in cyberbullying behavior so that there is no difference in bullying behavior on social media (cyberbullying) between men and women.

This research is not free from weaknesses. First, research during the COVID-19 pandemic is limited by health protocols so that researchers could not interact directly with respondents. This research is not free from weaknesses. Second, online research

using Google Form software is beneficial because it cut costs, but causes researchers to have difficulty controlling the length of time for data collection.

Conclusion

This research concludes that early adult individuals from the age of 18 to 25 years in Kupang city have a low level of sexual bullying behavior and the level of dimensions of sexual bullying behavior, namely verbal, physical, social, and cyber, which tend to be below. Next, sexual bullying behavior based on gender has a significant difference with the level of sexual bullying behavior in male early adult individuals, which tends to be higher than female early adult individuals. In the dimensions of sexual bullying behavior based on gender, there are significant differences with the level of the verbal, physical, and social dimensions, which tend to be higher by men. Meanwhile, in cyber, the two sexes tend not to differ much.

Suggestion

For early adult individuals in Kupang City, they can maintain positive values in themselves. Be an example for other young adult individuals, such as carrying out activities to develop creativity and self-potential. So they can live life with full responsibility for the developmental tasks of this period.

For further researchers, to deepen the study of sexual bullying or are interested in conducting further research from this research. The discussion can be extended to other variables such as education, work, or other aspects of life.

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