

Research Article

Effectiveness of behavior contract counseling in reducing verbal bullying behavior of students

Ulfy Alwis Tiasari¹, Andi Thahir² and Iip Sugiharta³

Faculty of Education, Raden Intan Islamic State University, Lampung, Indonesia

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Abstract

This research aims to analyze individual counseling using behavior contract techniques in reducing verbal bullying behavior by student at vocational high school in the city of Bandar Lampung. This research is a Single Subject Research (SSR), using one research subject with an A-B-A design. The research subjects were selected through purposive sampling, namely one student in class X TKJ 3 who was known to often engage in verbal bullying behavior towards his friends. This research process took place in three stages. The first stage of the research, at baseline A1, had three meetings. where in this phase observations were carried out without treatment being given. Then the researcher provided treatment in the intervention phase (B) for six meetings. In this phase, behavior contract technique treatment is given. And the final stage is the A2 baseline phase with three meetings. without treatment to evaluate changes in verbal bullying behavior carried out by the research subjects. In this research, the data collection methods used were observation, interviews and documentation. The research results are presented in the form of graphic statistics showing changes from the baseline phase (A1), intervention phase (B), and baseline phase (A2). The data overlap in baseline phase (A1) and intervention conditions was 33.33%. The data overlap in the conditions between the intervention and baseline phase (A2) is 0%, where the smaller the overlap, the better the effect of the intervention on the target behavior. It is recommended for future researchers to use qualitative research methods to obtain more in-depth results.

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Introduction

Verbal bullying is an action that is often carried out in the form of ridicule, giving nicknames, bullying with harsh words and so on, which is aimed at hurting and lowering the self-esteem of someone who is considered weak or a minority, which is carried out repeatedly. Verbal bullying is one of the easiest types of bullying and is often carried out by someone, especially students. If bullying verbal behavior is allowed to continue, it can trigger other types of bullying such as physical bullying, relational bullying, and cyber bullying. Therefore, it is important to provide understanding and efforts to reduce verbal bullying behavior, so that students have characters that reflect a student who is educated and has good attitude.

¹ Student, UIN Raden Intan Lampung, Indonesia. E-mail: ulfyalwis31@gmail.com

² BKPI Lecturer, UIN Raden Intan Lampung, Indonesia

³ BKPI Lecturer, UIN Raden Intan Lampung, Indonesia.

Current Teenage Problems

Various adolescent problems are often found, especially morality issues. According to Immanuel Kant, morality is based on principles that encourage individuals to act correctly. Morality is based on rational principles that can be applied generally (Kiranti et al., 2021; Wahyuni, 2021). This agrees with Santrock's opinion, that individuals who grow and develop in the teenage phase, have emotional maturity which can influence morality. Teenagers who have reached emotional maturity, should be able to control themselves and understand the consequences of their actions on others (Cindrya, 2019; Hanik, 2019; Tjukup et al., 2020).

Hurlock states that individuals who have high emotional maturity, are able to handle situations calmly and make the right decisions. Individuals who have high emotional maturity, are able to understand the feelings and perspectives of other people (Aryati, 2022; Basuni & Khairun, 2021; Oktavian, 2021; D. Putri, 2020; Sulistianingsih et al., 2023). Based on this explanation, it can be concluded that there are still many teenagers who are unable to reach emotional maturity properly and have a very emotional nature. This causes teenagers to behave in deviant ways, one of the deviant behaviors related to violence is bullying.

According to data from the Indonesian Child Protection Commission (KPAI), the number of bullying cases as of May 30 2018 was 161 cases and this number is increasing every year. (Mardiyah & Syukur, 2020). Supposedly, with the existence of regulations contained in the 1945 Constitution which are obliged to protect students, the number of public complaints to the Indonesian Child Protection Commission (KPAI) regarding cases of deviance and violence against children should not increase. However, in reality, when conducting research in the field, there are still many cases of students carrying out bullying behavior.

Verbal Bullying Behaviour

Ken Rigby, stated that bullying is a design of desire to hurt other people carried out by a person or group. (Nasir, 2018; Setyawan et al., 2018). Meanwhile, according to Olweus, the term bullying is a loan word from English which means "bully". Bullying is oppression by a person or group with the aim of hurting a victim who is considered weak, which is carried out repeatedly (Ahmad, 2019; Karneli et al., 2022; Maria & Novianti, 2016; Syahrudin, 2019; Tahrir et al., 2019). Based on the opinion above, it can be concluded that bullying is an action carried out with the aim of hurting someone who is weak and is carried out repeatedly, either by one person or group.

According to Barbara Coloroso bullying is divided into four types, including physical bullying, a type of bullying that is visible, occurs through physical touch such as hitting, pushing, kicking, scratching, etc.; verbal bullying, this bullying is carried out through words that insult, degrade or embarrass someone. For example, insulting, threatening, or calling names; relational bullying, difficult to identify because it includes hidden behavior such as cynical glances, mocking laughter, aggressive glances; and cyberbullying, carried out on electronic media such as smartphone, social media, websites, chat rooms with the aim of threatening, making malicious comments, spreading embarrassing photos or videos, etc (Indriani et al., 2020; Muntasiroh, 2019; Yuyarti, 2018).

Based on the types of bullying above, the type of bullying that is most often carried out based on the results of previous research at the senior high school level is verbal bullying, this is because verbal bullying is the easiest type of bullying to carry out and many students consider insulting to be a form of joking, because it had become a habit at the previous school level, but this was done continuously until the victim felt hurt.

If verbal bullying behavior is allowed to continue, it can trigger other types of bullying and can make the victim feel depressed, lazy about going to school, experience psychological disorders, and feel suicidal (Simarmata & Muhazir, 2021). Therefore, it is necessary to provide special treatment to change verbal bullying behavior in students. So that they can develop behavior in a positive direction.

Research on Verbal Bullying in Indonesia

In research conducted by Sri Sukarti, et al in 2018 at the senior high school in Semarang, the level of verbal bullying behavior with insulting indicators showed the high category. After the behavior contract treatment was given, verbal

bullying behavior decreased. In this research, it was concluded that behavior contracts were proven to be effective in reducing verbal bullying behavior students (Sri Sukarti, Kusnarto Kurniawan, 2018).

Furthermore, in research conducted by M Jamilludin, et al in 2019 at secondary school level in Kudus, researchers provided group counseling using behavior contract techniques to students and it was concluded proven to be effective in reducing verbal aggressive behavior in students at secondary school level in Kudus (Jamilludin et al., 2019).

In another research, by Nicodemus Hukubun in 2021 at university to determine the effectiveness of applying the behavior contract technique in reducing verbal aggression by students in the Guidance and Counseling study program, in this research it was concluded that the application of the behavior contract technique could prove to be effective in reducing student verbal aggression (Hukubun, 2021).

Based on previous research using group counseling, Researcher interested in using individual counseling, because it is considered more effective in paying attention to the counselee, and more focused on the counselee's needs. The counseling process is more structured and intensive (Warjono et al., 2020)

Individual Counseling Behavior Contract Technique

According to Prayitno, individual counseling is a process of interaction between the counselor and the counselee which is aimed at helping the counselee in overcoming the problems they are facing in their lives. (Mardia, 2022; Putra, 2020; Y. R. Putri, 2022; Sitorus, 2021; Susanti & Syukur, 2021). Therefore, researcher use individual counseling so that the counseling process can be carried out well and focused. Because individual counseling can provide the counselee with a sense of comfort in telling about problems that happen, without feeling embarrassed.

The behavior contract technique with behavioral model is considered suitable for reducing verbal bullying behavior because this behavior can be observed and can be measured. The behavior contract technique also more emphasis on giving rewards, punishment, and reinforcement.

This is in line with the definition of a behavior contract according to Latipun, which is a written agreement between two parties (counselor and counselee) which contains an agreement regarding the behavior that the counselee must follow. This contract aims to help clients correct behavior that is considered bad or deviant to achieve certain goals through positive reinforcement and eliminating negative consequences (Rismayanti & Nuryanto, 2020; Rokhman et al., 2019; Sitoresmi, 2022).

In this research, researchers used the behavior contract technique to overcome verbal bullying behavior carried out by research subjects with the initials RDJ. The aim of providing the behavior contract technique is so that research subjects can make agreements based on their awareness and desires which are also agreed upon by the guidance and counseling teacher. In the content of the behavior contract, the research subjects agreed to reduce verbal bullying behavior, including not making fun of them, not ordering friends to force them, and reducing harsh words to friends. If RDJ violates this, he will be punished in the form of cleaning the classroom after school every day. If RDJ succeeds in changing his behavior, he will be given appreciation in the form of applause from his friends and will also be well received by his friends.

The use of behavior contract techniques can also instill a sense of responsibility in research subjects for the contracts they have made and agreed to, so that research subjects can reduce verbal bullying behavior. Based on previous research, the use of behavior contract techniques has proven to be effective in changing counselor behavior for the better.

Method

Research Model

This research use a Single Subject Research (SSR) type of experiment. Single Subject Research is carried out to find how much influence a treatment given to one subject has. According to Gast and LedFord, single subject research is a type of quantitative research that studies in more detail the behavior each of the small subjects (Anderson et al., 2019; Martin & Brasseur, 2022; Satsangi et al., 2019; Widodo et al., 2021). Meanwhile, according to Prahmana, it is

experimental research to look at behavior and provide certain interventions or treatments for the behavior of a single subject with assessments carried out repeatedly at a certain time (Indra, 2021).

In this research, an A-B-A pattern design was used, according to Juang Sunanto, the Single Subject Research design with the A-B-A pattern shows that there is a stronger causal relationship between the independent variable and the dependent variable (Juang Sunanto, Koji Takeuchi, 2005; Sembung et al., 2022; Tasliah et al., 2019). This A-B-A design strengthens the analysis of control effects by including interventions that allow for a greater degree of certainty that the intervention is responsible for the change in behavior (Kratochwill, 1978).

Participant

The subjects in this research were 10th grade students, majoring in Computer Network Engineering 3, with the initials RDJ. RDJ is 16 years old, often verbally bullying his friends, such as mocking his friends, calling friends by their parents' names, verbally abusive with his friends, making a friend a slave to buy or bring something by force, and many more. This is known based on the results of interviews and documentation of case notes held by guidance and counseling teachers. This research was conducted from February to March 2023 at SMK Negeri "X".

Data Collection Tools

The data in this research were taken through observations in the baseline A1 phase of 3 meetings without being given any treatment, next, intervention (B) was 6 meetings with behavior contract technique treatment given, and baseline A2 was 3 meetings without behavior contract treatment given. Collecting data through interviews and documentation. The research instrument uses a validated observation sheet regarding verbal bullying behavior that appears at each meeting.

Table1. Verbal bullying procedures data

Observation Meeting	Phase	Average
1	<i>Baseline A-1</i>	15
2		14,5
3		14
4	Intervention	16
5		14,5
6		14
7		12
8		11
9		9
10	<i>Baseline A2</i>	8
11		7
12		6,5

In Single Subject Research (SSR), data is presented in graphical form using descriptive statistics. After the data was collected, the data was then analyzed using two stages of analysis, namely analysis within conditions and analysis between conditions. In the within-condition analysis stage, it consists of condition length, directional trend estimation, stability level, data trace, data trace stability level, and change range. Meanwhile, the analysis between conditions consists of the variables to be changed, changes in directional tendencies, changes in stability tendencies, changes in level, and data overlap. This analysis was carried out to make it easier to understand, to determine the effect of providing special treatment, namely individual counseling using behavior contract techniques, on changes in verbal bullying behavior at SMK Negeri "X".

Results

The results in this research are observations in the Baseline phase (A1), intervention phase (B), and Baseline phase (A2). The data is presented in graphical form below:

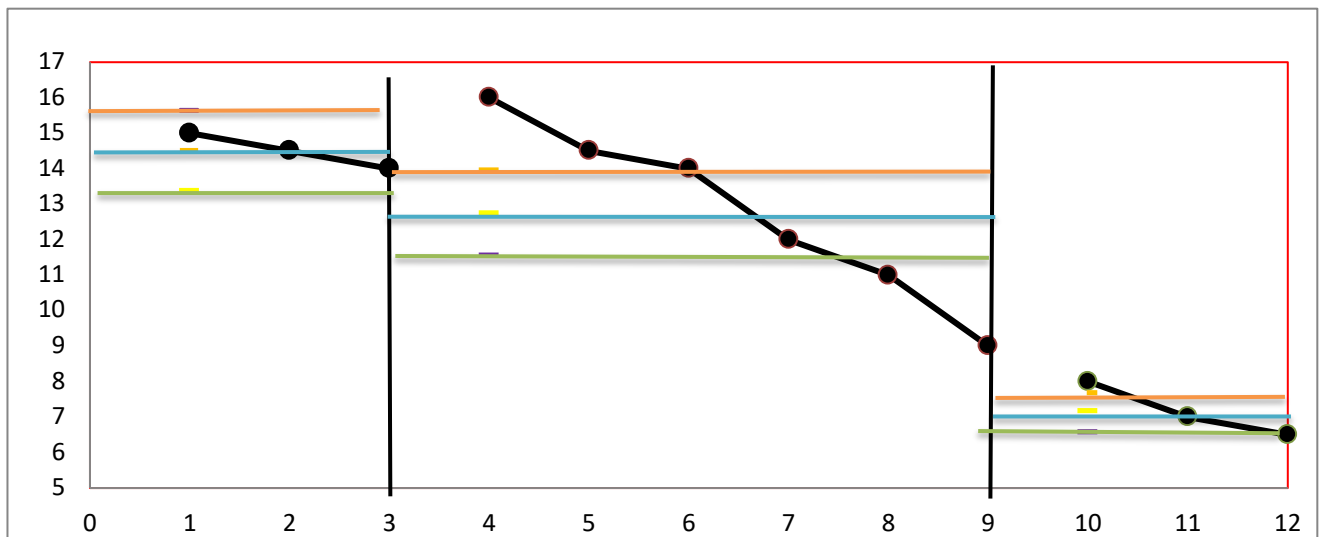


Figure 2. Baseline Phase (A1), Intervention Phase (B), Baseline Phase (A2)

Based on the results of data collection and analysis in the baseline phase A1, intervention phase (B), and baseline A2 phase, it can be described as follows:

Baseline Phase (A1)

Data collection in the baseline phase (A1) before treatment was given was carried out every day, for 3 meetings, and a score of 15 was obtained; 14.5; and 14.

In the baseline phase A1, the highest score was 15 and the lowest score was 14. In this phase, research subject still often called friends by their parents' names, said harsh words (such as: dogs, pigs), mocking his friends (such as: black, albino skin), and making a friend a slave to buy or bring something (such as: buy foods, carry bag) by force.

Intervention Phase (B)

After obtaining fairly stable data on changes in verbal bullying behavior at baseline phase (A1), the next stage was providing individual counseling treatment using the behavior contract technique, for 6 meetings. Obtained a score of 16; 14.5; 14; 12; 11; and 9.

In the intervention phase (B) the highest score was 16 and the lowest score was 9. In this phase, research subject began to be given an understanding of bullying behavior, how to differentiate bullying and joking, which came from RPL. After observations, the research subject increasingly changed their behavior in a positive direction, even though they still quite often called their friends using their parents' names and mocking his friends.

Baseline Phase (A2)

In baseline phase (A2), without individual counseling treatment using the behavior contract technique, during 3 meetings, a score of 8 was obtained; 7; and 6.5.

In the A2 baseline phase after being given individual counseling treatment, the highest score was 8 and the lowest score was 6.5. In this phase, research subject can reduce their verbal bullying behavior in a positive direction and can show a better attitude.

Discussion and Conclusion

Based on research conducted by researcher at SMK Negeri "X" 10th grade students, majoring in Computer Network Engineering 3. There were subject who often carried out verbal bullying behavior with the initials RDJ. Verbal Bullying behavior that is often carried out includes calling friends by their parents' names, mocking and giving nicknames to friends, ordering friends to force them, and cursing with harsh words or animal names.

In implementation, researcher held 12 meetings. 3 meetings were used for observations at baseline phase (A1), 6 meetings were used to provide intervention phase (B), and 3 meetings were used to observe baseline phase (A2) without intervention. When carrying out observations in the A1 baseline phase, it can be concluded that there was a slight decrease in verbal bullying behavior carried out by RDJ. Furthermore, in the intervention phase (B), individual counseling services were provided using the behavior contract technique, there was a decline towards a better direction. In the baseline phase A2 without intervention, verbal bullying behavior persisted

This can be seen by the decline in the positive direction of persistent verbal bullying behavior based on the observation table scores. The data overlap in baseline phase (A1) and intervention conditions was 33.33%. The data overlap in the conditions between the intervention and baseline phase (A2) is 0%, where the smaller the overlap, the better the effect of the intervention on the target behavior. Based on the results of this analysis, it can be stated that the implementation of experimentation of individual counseling services using behavior contract techniques has had an effect and is permanent in reducing verbal bullying behavior among students at SMK Negeri "X" with the initials RDJ.

Recommendations

In this research, of course the researcher realizes that this research is still far from perfect. then the researcher provides suggestions. It is recommended for future researchers to use qualitative research methods to obtain more in-depth results.

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Appendix A. Verbal Bullying Behavior Observation Sheet

1. Observer 1 Baseline A1 and A2 Session 1

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : RDJ
 Pengamat : Ulfy Alwis Tiasari
 Sesi Ke : 1
 Tanggal : 13-02-2023 / 06-03-2023
 Waktu : Mulai: 09.00 Berakhir: 15.00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul A(1)	Banyaknya perilaku yang muncul A(2)	Keterangan
1.	Verbal bullying Jenis Perilaku (Rubrik)			
	a. Memanggil teman dengan nama orang tua.			
	b. Mengejek teman dengan sebutan, seperti: gendut, kurus jelek, hitam.			
	c. Memberi julukan kepada teman, seperti: bule, albino.		—	
	d. Mengejek teman yang berbeda agama, seperti: kristen.	—	—	
	e. Menghina kondisi ekonomi teman, seperti: kampungan, norak, miskin.		—	Temannya punya tas baru lalu mengatakan "norak lo baru punya"
	f. Merendahkan teman, seperti: bodoh, idiot.		—	Pada saat diberi tugas oleh guru
	g. Membentak teman di kelas.			
	h. Menyoraki teman yang melakukan kesalahan.	—	—	
	i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll.			
	j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet.			
	k. Menyuruh teman secara paksa tanpa meminta tolong.	—		menyuruh menuliskan tugas
	l. Mempermalukan teman di kelas.	—	—	
	m. Menakut-nakuti teman yang melakukan kesalahan.	—	—	
	n. Mengancam teman yang dianggap lemah.	—	—	

Total tally banyaknya kejadian: ||| ||| ||| | ||| |||

3. Observer 1 Baseline A1 and A2 Session 2

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : R01
 Pengamat : Ulfy Alwis Trasari
 Sesi Ke : 2
 Tanggal : 14-02 - 2023 / 07-03 - 2023
 Waktu : Mulai: 08.00 Berakhir: 15.00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul A(1)	Banyaknya perilaku yang muncul A(2)	Keterangan
1.	<p><i>Verbal bullying</i> Jenis Perilaku (Rubrik) a. Memanggil teman dengan nama orang tua. b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam. c. Memberi julukan kepada teman, seperti: bule, albino. d. Mengejek teman yang berbeda agama, seperti: kristen. e. Menghina kondisi ekonomi teman, seperti: kampungan, norak, miskin. f. Merendahkan teman, seperti: bodoh, idiot. g. Membentak teman di kelas. h. Menyoraki teman yang melakukan kesalahan. i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll. j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet. k. Menyuruh teman secara paksa tanpa meminta tolong. l. Memermalukan teman di kelas. m. Menakut-nakuti teman yang melakukan kesalahan. n. Mengancam teman yang dianggap lemah.</p>	<p>\\ \\ - \\ - - - \\ \\\\ - - - -</p>	<p> - - - - - \\ \\ - - - -</p>	<p>Mengejek teman non muslim saat jam sholat dhuhur</p>

Total tally banyaknya kejadian: \\x \\x \\x \\x \\

4. Observer 2 Baseline A1 and A2 Session 2

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : RDJ
 Pengamat : Latifah Puji Astuti
 Sesi Ke : 2
 Tanggal : 14-02-2023 / 07-03-2023
 Waktu : Mulai: 08-00 Berakhir: 15-00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul A(1)	Banyaknya perilaku yang muncul A(2)	Keterangan
1.	Verbal bullying Jenis Perilaku (Rubrik)			
	a. Memanggil teman dengan nama orang tua.			
	b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam.			
	c. Memberi julukan kepada teman, seperti: bule, albino.		-	
	d. Mengejek teman yang berbeda agama, seperti: kristen.		-	mengejek teman non muslim pada saat jam sholat dzuhur
	e. Menghina kondisi ekonomi teman, seperti: kampungan, norak, miskin.	-	-	
	f. Merendahkan teman, seperti: bodoh, idiot.			
	g. Membentak teman di kelas.	-	-	
	h. Menyoraki teman yang melakukan kesalahan.	-	-	
	i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll.			
	j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet.			
	k. Menyuruh teman secara paksa tanpa meminta tolong.	-	-	
	l. Mempermalukan teman di kelas.	-	-	
	m. Menakut-nakuti teman yang melakukan kesalahan.	-	-	
	n. Mengancam teman yang dianggap lemah.	-	-	

Total tally banyaknya kejadian: ||||| |||||

5 . Observer 1 Baseline A1 and A2 Session 3

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : RDJ
 Pengamat : Ulfy Alwis Tiasari
 Sesi Ke : 3
 Tanggal : 15-02-2023 / 08-03-2023
 Waktu : Mulai: 08-00 Berakhir: 15-00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul A(1)	Banyaknya perilaku yang muncul A(2)	Keterangan
1.	<p>Verbal bullying Jenis Perilaku (Rubrik)</p> <p>a. Memanggil teman dengan nama orang tua.</p> <p>b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam.</p> <p>c. Memberi julukan kepada teman, seperti: bule, albino.</p> <p>d. Mengejek teman yang berbeda agama, seperti: kristen.</p> <p>e. Menghina kondisi ekonomi teman, seperti: kampung, norak, miskin.</p> <p>f. Merendahkan teman, seperti: bodoh, idiot.</p> <p>g. Membentak teman di kelas.</p> <p>h. Menyoraki teman yang melakukan kesalahan.</p> <p>i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll.</p> <p>j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet.</p> <p>k. Menyuruh teman secara paksa tanpa meminta tolong.</p> <p>l. Mempermalukan teman di kelas.</p> <p>m. Menakut-nakuti teman yang melakukan kesalahan.</p> <p>n. Mengancam teman yang dianggap lemah.</p>	<p> </p> <p> </p> <p> </p> <p>—</p> <p>—</p> <p>—</p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p>—</p> <p>—</p> <p>—</p>	<p> </p> <p> </p> <p>—</p> <p>—</p> <p>—</p> <p>—</p> <p> </p> <p> </p> <p>—</p> <p>—</p> <p>—</p> <p>—</p> <p>—</p> <p>—</p>	<p>menguruk pifet</p> <p>menumpahkan botol minum</p> <p>Menguruk beti jajan Fe Fortin.</p>

Total tally banyaknya kejadian: |||| |||| |||| ||||

6. Observer 2 Baseline A1 and A2 Session 3

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : RDJ
 Pengamat : Latifah P
 Sesi Ke : 3
 Tanggal : 15-02-2023 / 08-03-2023
 Waktu : Mulai: 08-00 Berakhir: 15-00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul A(1)	Banyaknya perilaku yang muncul A(2)	Keterangan
1.	<p><i>Verbal bullying</i> Jenis Perilaku (Rubrik)</p> <p>a. Memanggil teman dengan nama orang tua.</p> <p>b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam.</p> <p>c. Memberi julukan kepada teman, seperti: bule, albino.</p> <p>d. Mengejek teman yang berbeda agama, seperti: kristen.</p> <p>e. Menghina kondisi ekonomi teman, seperti: kampung, norak, miskin.</p> <p>f. Merendahkan teman, seperti: bodoh, idiot.</p> <p>g. Membentak teman di kelas.</p> <p>h. Menyoraki teman yang melakukan kesalahan.</p> <p>i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll.</p> <p>j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet.</p> <p>k. Menyuruh teman secara paksa tanpa meminta tolong.</p> <p>l. Mempermalukan teman di kelas.</p> <p>m. Menakut-nakuti teman yang melakukan kesalahan.</p> <p>n. Mengancam teman yang dianggap lemah.</p>	<p>11</p> <p>1</p> <p>1</p> <p>-</p> <p>1</p> <p>11</p> <p>1</p> <p>1</p> <p>11</p> <p>11</p> <p>1</p> <p>-</p> <p>-</p> <p>-</p>	<p>11</p> <p>1</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>11</p> <p>11</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p>	<p>Memarah mengesep</p> <p>menumpahkan botol minum</p> <p>Memarah membeli jajan ke kantin</p>

Total tally banyaknya kejadian: 11 11 11 11 11

7. Observer 1 Intervention (B) Session 1

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : RDJ
 Pengamat : Ulfy Alwts Trasari
 Sesi Ke : 1
 Tanggal : 17-02-2023
 Waktu : Mulai: 08.00 Berakhir: 15.00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul Intervensi (B)	Keterangan
1.	<p>Verbal bullying Jenis Perilaku (Rubrik)</p> <p>a. Memanggil teman dengan nama orang tua.</p> <p>b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam.</p> <p>c. Memberi julukan kepada teman, seperti: bule, albino.</p> <p>d. Mengejek teman yang berbeda agama, seperti: kristen.</p> <p>e. Menghina kondisi ekonomi teman, seperti: kampung, norak, miskin.</p> <p>f. Merendahkan teman, seperti: bodoh, idiot.</p> <p>g. Membentak teman di kelas.</p> <p>h. Menyoraki teman yang melakukan kesalahan.</p> <p>i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll.</p> <p>j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet.</p> <p>k. Menyuruh teman secara paksa tanpa meminta tolong.</p> <p>l. Mempermalukan teman di kelas.</p> <p>m. Menakut-nakuti teman yang melakukan kesalahan.</p> <p>n. Mengancam teman yang dianggap lemah.</p>	<p> </p> <p> </p> <p> </p> <p>—</p> <p>—</p> <p> </p> <p>—</p> <p>—</p> <p> </p> <p> </p> <p> </p> <p>—</p> <p>—</p> <p>—</p>	-

Total tally banyaknya kejadian: ||| ||| ||| ||

8. Observer 2 Intervention (B) Session 1

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : PDJ
 Pengamat : Latifah P
 Sesi Ke : 1
 Tanggal : 17-02-2023
 Waktu : Mulai: 09.00 Berakhir: 15.00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul Intervensi (B)	Keterangan
1.	Verbal bullying Jenis Perilaku (Rubrik)		
	a. Memanggil teman dengan nama orang tua.		
	b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam.		
	c. Memberi julukan kepada teman, seperti: bule, albino.		
	d. Mengejek teman yang berbeda agama, seperti: kristen.	-	
	e. Menghina kondisi ekonomi teman, seperti: kampungan, norak, miskin.		
	f. Merendahkan teman, seperti: bodoh, idiot.		
	g. Membentak teman di kelas.	-	
	h. Menyoraki teman yang melakukan kesalahan.	-	
	i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll.		
	j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet.		
	k. Menyuruh teman secara paksa tanpa meminta tolong.		
	l. Mempermalukan teman di kelas.	-	
	m. Menakut-nakuti teman yang melakukan kesalahan.	-	
	n. Mengancam teman yang dianggap lemah.	-	

Total tally banyaknya kejadian: ||| ||| |||

10. Observer 2 Intervention (B) Session 2

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : RDJ
 Pengamat : Latifah P
 Sesi Ke : 2
 Tanggal : 19-02-2023
 Waktu : Mulai: 09-00 Berakhir: 15-00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul Intervensi (B)	Keterangan
1.	<p><i>Verbal bullying</i> Jenis Perilaku (Rubrik)</p> <p>a. Memanggil teman dengan nama orang tua.</p> <p>b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam.</p> <p>c. Memberi julukan kepada teman, seperti: bule, albino.</p> <p>d. Mengejek teman yang berbeda agama, seperti: kristen.</p> <p>e. Menghina kondisi ekonomi teman, seperti: kampung, norak, miskin.</p> <p>f. Merendahkan teman, seperti: bodoh, idiot.</p> <p>g. Membentak teman di kelas.</p> <p>h. Menyoraki teman yang melakukan kesalahan.</p> <p>i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll.</p> <p>j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet.</p> <p>k. Menyuruh teman secara paksa tanpa meminta tolong.</p> <p>l. Mempermalukan teman di kelas.</p> <p>m. Menakut-nakuti teman yang melakukan kesalahan.</p> <p>n. Mengancam teman yang dianggap lemah.</p>	<p>II</p> <p>I</p> <p>.</p> <p>.</p> <p>.</p> <p>.</p> <p>.</p> <p>III</p> <p>III</p> <p>.</p> <p>.</p> <p>.</p>	<p>menyuruh membuat tat ke partiran</p>

Total tally banyaknya kejadian: IIII IIII I

11. Observer 1 Intervention (B) Session 3

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : RDJ
 Pengamat : Ulfy Aluis Trasari
 Sesi Ke : 3
 Tanggal : 21 - 02 - 2023
 Waktu : Mulai: 08.00 Berakhir: 15.00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul Intervensi (B)	Keterangan
1.	<p>Verbal bullying Jenis Perilaku (Rubrik)</p> <p>a. Memanggil teman dengan nama orang tua.</p> <p>b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam.</p> <p>c. Memberi julukan kepada teman, seperti: bule, albino.</p> <p>d. Mengejek teman yang berbeda agama, seperti: kristen.</p> <p>e. Menghina kondisi ekonomi teman, seperti: kampungan, norak, miskin.</p> <p>f. Merendahkan teman, seperti: bodoh, idiot.</p> <p>g. Membentak teman di kelas.</p> <p>h. Menyoraki teman yang melakukan kesalahan.</p> <p>i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll.</p> <p>j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet.</p> <p>k. Menyuruh teman secara paksa tanpa meminta tolong.</p> <p>l. Mempermalukan teman di kelas.</p> <p>m. Menakut-nakuti teman yang melakukan kesalahan.</p> <p>n. Mengancam teman yang dianggap lemah.</p>	<p> </p> <p> </p> <p> </p> <p>-</p> <p> </p> <p> </p> <p>-</p> <p>-</p> <p> </p> <p> </p> <p> </p> <p>-</p> <p>-</p> <p>-</p>	

||| ||| |||

Total tally banyaknya kejadian:

12. Observer 2 Intervention (B) Session 3

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : RDJ
 Pengamat : Latifah P
 Sesi Ke : 3
 Tanggal : 21-02-2023
 Waktu : Mulai: 08-00 Berakhir: 15-00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul Intervensi (B)	Keterangan
1.	<p>Verbal bullying Jenis Perilaku (Rubrik)</p> <p>a. Memanggil teman dengan nama orang tua.</p> <p>b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam.</p> <p>c. Memberi julukan kepada teman, seperti: bule, albino.</p> <p>d. Mengejek teman yang berbeda agama, seperti: kristen.</p> <p>e. Menghina kondisi ekonomi teman, seperti: kampung, norak, miskin.</p> <p>f. Merendahkan teman, seperti: bodoh, idiot.</p> <p>g. Membentak teman di kelas.</p> <p>h. Menyoraki teman yang melakukan kesalahan.</p> <p>i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll.</p> <p>j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet.</p> <p>k. Menyuruh teman secara paksa tanpa meminta tolong.</p> <p>l. Mempermalukan teman di kelas.</p> <p>m. Menakut-nakuti teman yang melakukan kesalahan.</p> <p>n. Mengancam teman yang dianggap lemah.</p>	<p> </p> <p> </p> <p> </p> <p>-</p> <p> </p> <p> </p> <p>-</p> <p>-</p> <p> </p> <p> </p> <p> </p> <p>-</p> <p>-</p> <p>-</p>	

Total tally banyaknya kejadian: ||| ||| |||

13. Observer 1 Intervention (B) Session 4

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : RDJ
 Pengamat : Ulfy Alwis Triasari
 Sesi Ke : 4
 Tanggal : 22-02-2023
 Waktu : Mulai: 09.00 Berakhir: 15.00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul Intervensi (B)	Keterangan
1.	<p>Verbal bullying Jenis Perilaku (Rubrik) a. Memanggil teman dengan nama orang tua. b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam. c. Memberi julukan kepada teman, seperti: bule, albino. d. Mengejek teman yang berbeda agama, seperti: kristen. e. Menghina kondisi ekonomi teman, seperti: kampung, norak, miskin. f. Merendahkan teman, seperti: bodoh, idiot. g. Membentak teman di kelas. h. Menyoraki teman yang melakukan kesalahan. i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll. j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet. k. Menyuruh teman secara paksa tanpa meminta tolong. l. Mempermalukan teman di kelas. m. Menakut-nakuti teman yang melakukan kesalahan. n. Mengancam teman yang dianggap lemah.</p>	<p>\\ \\ - - - \\ \\ -</p>	<p>Menyoraki teman yg telat dan ditufun</p>

Total tally banyaknya kejadian: *||||*

14. Observer 2 Intervention (B) Session 4

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : RDJ
 Pengamat : Latifah P
 Sesi Ke : 4
 Tanggal : 22-02-2023
 Waktu : Mulai: 09-00 Berakhir: 15-00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul Intervensi (B)	Keterangan
1.	<p><i>Verbal bullying</i> Jenis Perilaku (Rubrik)</p> <p>a. Memanggil teman dengan nama orang tua.</p> <p>b. Mengejek teman dengan sebutan, seperti: gendut, kurus jelek, hitam.</p> <p>c. Memberi julukan kepada teman, seperti: bule, albino.</p> <p>d. Mengejek teman yang berbeda agama, seperti: kristen.</p> <p>e. Menghina kondisi ekonomi teman, seperti: kampungan, norak, miskin.</p> <p>f. Merendahkan teman, seperti: bodoh, idiot.</p> <p>g. Membentak teman di kelas.</p> <p>h. Menyoraki teman yang melakukan kesalahan.</p> <p>i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll.</p> <p>j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet.</p> <p>k. Menyuruh teman secara paksa tanpa meminta tolong.</p> <p>l. Mempermalukan teman di kelas.</p> <p>m. Menakut-nakuti teman yang melakukan kesalahan.</p> <p>n. Mengancam teman yang dianggap lemah.</p>	<p> </p> <p> </p> <p> </p> <p>.</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p>.</p> <p>.</p>	<p>memporaki teman yang telat dan dibukuk</p>

Total tally banyaknya kejadian: XII XX

16. Observer 2 Intervention (B) Session 5

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : RDJ
 Pengamat : Latifah P
 Sesi Ke : 5
 Tanggal : 23-02-2023
 Waktu : Mulai: 09-00 Berakhir: 15-00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul Intervensi (B)	Keterangan
1.	Verbal bullying Jenis Perilaku (Rubrik) a. Memanggil teman dengan nama orang tua. b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam. c. Memberi julukan kepada teman, seperti: bule, albino. d. Mengejek teman yang berbeda agama, seperti: kristen. e. Menghina kondisi ekonomi teman, seperti: kampung, norak, miskin. f. Merendahkan teman, seperti: bodoh, idiot. g. Membentak teman di kelas. h. Menyoraki teman yang melakukan kesalahan. i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll. j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet. k. Menyuruh teman secara paksa tanpa meminta tolong. l. Mempermalukan teman di kelas. m. Menakut-nakuti teman yang melakukan kesalahan. n. Mengancam teman yang dianggap lemah.	1 1 1 - 1 1 - - 1 11 1 - -	

Total tally banyaknya kejadian: III III

17. Observer 1 Intervention (B) Session 6

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : RDJ
 Pengamat : Ulfy Alwis Tiasari
 Sesi Ke : 6
 Tanggal : 03-03-2023
 Waktu : Mulai: 09-00 Berakhir: 15-00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul Intervensi (B)	Keterangan
1.	<p>Verbal bullying Jenis Perilaku (Rubrik)</p> <p>a. Memanggil teman dengan nama orang tua.</p> <p>b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam.</p> <p>c. Memberi julukan kepada teman, seperti: bule, albino.</p> <p>d. Mengejek teman yang berbeda agama, seperti: kristen.</p> <p>e. Menghina kondisi ekonomi teman, seperti: kampungan, norak, miskin.</p> <p>f. Merendahkan teman, seperti: bodoh, idiot.</p> <p>g. Membentak teman di kelas.</p> <p>h. Menyoraki teman yang melakukan kesalahan.</p> <p>i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll.</p> <p>j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet.</p> <p>k. Menyuruh teman secara paksa tanpa meminta tolong.</p> <p>l. Mempermalukan teman di kelas.</p> <p>m. Menakut-nakuti teman yang melakukan kesalahan.</p> <p>n. Mengancam teman yang dianggap lemah.</p>	<p> </p> <p> </p> <p> </p> <p>—</p> <p>—</p> <p>—</p> <p> </p> <p> </p> <p> </p> <p>—</p> <p>—</p> <p>—</p> <p>—</p>	<p>Salah Pakai Seragam lalu disoraki</p>

Total tally banyaknya kejadian: 1X 1X 11

18. Observer 2 Intervention (B) Session 6

LEMBAR OBSERVASI
PERLAKU VERBAL BULLYING

Nama Subyek (Inisial) : KDJ
 Pengamat : Latifah P
 Sesi Ke : 6
 Tanggal : 03-03-2023
 Waktu : Mulai: 08-00 Berakhir: 15-00 Total:

No	Target Behaviour	Banyaknya perilaku yang muncul Intervensi (B)	Keterangan
1.	<p>Verbal bullying Jenis Perilaku (Rubrik)</p> <p>a. Memanggil teman dengan nama orang tua.</p> <p>b. Mengejek teman dengan sebutan, seperti: gendut, kurus, jelek, hitam.</p> <p>c. Memberi julukan kepada teman, seperti: bule, albino.</p> <p>d. Mengejek teman yang berbeda agama, seperti: kristen.</p> <p>e. Menghina kondisi ekonomi teman, seperti: kampung, norak, miskin.</p> <p>f. Merendahkan teman, seperti: bodoh, idiot.</p> <p>g. Membentak teman di kelas.</p> <p>h. Menyoraki teman yang melakukan kesalahan.</p> <p>i. Mengucapkan kata kasar, seperti: goblok, bangsat, setan, dll.</p> <p>j. Mengumpat dengan nama binatang, seperti: anjing, babi, monyet.</p> <p>k. Menyuruh teman secara paksa tanpa meminta tolong.</p> <p>l. Mempermalukan teman di kelas.</p> <p>m. Menakut-nakuti teman yang melakukan kesalahan.</p> <p>n. Mengancam teman yang dianggap lemah.</p>	<p>1</p> <p>1</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p> <p>1</p> <p>11</p> <p>11</p> <p>-</p> <p>-</p> <p>-</p> <p>-</p>	<p>salah pakai seragam</p>

Total tally banyaknya kejadian: 11

Appendix B. Behaviour Contract

KONTRAK TINGKAH LAKU

Saya Rama Dika Januar pada tanggal 21-2-2023
menyatakan bahwa saya setuju melakukan hal-hal di bawah ini:

- Tidak Melakukan Perilaku verbal bullying, seperti Mengejek,
Menyuruh teman-teman dengan Memaksa, dan berkata
~~Amoy~~ kasar dan lain-lain
- Jika saya melanggar saya akan melakukan bersih bersih
kelas setelah pulang Sekolah


Usaha saya dianggap berhasil, jika saya:

Tidak Melakukan verbal bullying / mengejek


Apabila saya berhasil melakukannya, saya akan mendapatkan:

Rujukan dari teman teman dan diterima baik oleh teman-teman,
mendapat hadiah
Tanggal berakhirnya kontrak: 03-3-2023

Guru BK (Konselor)


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Siswa (Konseli)


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