

HUBUNGAN ANTARA CYBERBULLYING DENGAN RISIKO BUNUH DIRI PADA REMAJA DI SMAN 24 BANDUNG

Lia Julianti
211FK03053

Program Studi Sarjana Keperawatan, Fakultas Keperawatan
Universitas Bhakti Kencana

ABSTRAK

Perkembangan teknologi digital telah memengaruhi pola komunikasi remaja, terutama melalui media sosial. Namun, kemajuan ini juga memicu peningkatan kasus *cyberbullying*. Di Indonesia, prevalensi *cyberbullying* pada remaja mencapai 69,64%, menunjukkan tingginya paparan terhadap risiko gangguan mental, termasuk risiko bunuh diri. Penelitian ini bertujuan untuk mengetahui hubungan antara *cyberbullying* dengan risiko bunuh diri pada remaja di SMAN 24 Bandung. Penelitian ini menggunakan metode kuantitatif dengan desain *cross sectional*. Sampel dalam penelitian ini sebanyak 257 siswa kelas X dan XI yang dipilih menggunakan teknik *proportionate stratified random sampling*. Instrumen yang digunakan adalah *Revised Cyberbullying Inventory* (RCBI) untuk mengukur keterlibatan remaja dalam *cyberbullying* dan *Beck Scale for Suicide Ideation* (BSS) untuk mengukur risiko bunuh diri. Analisis data dilakukan menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan bahwa mayoritas responden pernah terlibat dalam tindakan *cyberbullying*, baik sebagai pelaku, korban, maupun pelaku sekaligus korban. Sebanyak 118 responden (45,9%) termasuk dalam kategori berisiko bunuh diri. Hasil uji statistik menunjukkan adanya hubungan yang signifikan antara *cyberbullying* dan risiko bunuh diri dengan nilai $p = 0,001$ ($p < 0,05$). Remaja yang mengalami *cyberbullying*, lebih rentan memiliki ide dan percobaan bunuh diri karena tekanan emosional yang ditimbulkan seperti depresi, kecemasan, stres, rasa putus asa, penurunan harga diri, hingga perasaan terisolasi dari lingkungan sosialnya. Diperlukan peningkatan keterampilan coping remaja, dukungan emosional dari orang tua, serta keterlibatan sekolah dalam deteksi dan penanganan dini dampak *cyberbullying* terhadap kesehatan mental.

Kata Kunci: *Cyberbullying*, risiko bunuh diri, remaja
Daftar Pustaka : 11 Buku (2016-2022)
85 Jurnal (2014-2025)

THE RELATIONSHIP BETWEEN CYBERBULLYING AND THE RISK OF SUICIDE IN ADOLESCENTS AT STATE HIGH SCHOOL 24 BANDUNG

Lia Julianti
211FK03053

*Nursing Study Program, Faculty of Nursing
Bhakti Kencana University*

ABSTRACT

The development of digital technology has significantly influenced adolescent communication patterns, particularly through social media. However, this progress has also led to a rise in cyberbullying cases. In Indonesia, the prevalence of cyberbullying among adolescents has reached 69.64%, reflecting a high level of exposure to mental health risks, including suicide risk. This study aims to examine the relationship between cyberbullying and the risk of suicide in adolescents at State Senior High School 24 Bandung. This research employed a quantitative method with a cross-sectional design. The sample consisted of 257 students from grades X and XI, selected using proportionate stratified random sampling. The instruments used were the Revised Cyberbullying Inventory (RCBI) to measure adolescents' involvement in cyberbullying and the Beck Scale for Suicide Ideation (BSS) to assess suicide risk. Data were analyzed using the Chi-Square test. The results showed that the majority of respondents had been involved in cyberbullying, either as perpetrators, victims, or both. A total of 118 respondents (45.9%) were categorized as at risk of suicide. Statistical analysis revealed a significant relationship between cyberbullying and suicide risk, with a p-value of 0.001 ($p < 0.05$). Adolescents who experience cyberbullying are more likely to develop suicidal thoughts and attempts due to emotional distress, including depression, anxiety, stress, hopelessness, low self-esteem, and feelings of social isolation. Strengthening adolescents coping skills, emotional support from parents, and active school involvement in the early detection and management of cyberbullying impacts on mental health are strongly needed.

Keywords: Cyberbullying, suicide risk, adolescents

Bibliography: 11Books (2016-2022)

85 Journals (2014-2025)