

**HUBUNGAN *EXTERNAL SUPPORT* DENGAN RESILIENSI REMAJA
DALAM MENGHADAPI PERILAKU *BULLYING*
DI SMA NEGERI 22 GARUT**

ABSTRAK

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Remaja merupakan kelompok usia yang rentan terhadap tekanan psikososial seperti *bullying*. *External support* dari orang tua, teman dan guru (*significant other*) berperan penting dalam membangun resiliensi remaja. Penelitian ini bertujuan mengetahui hubungan antara *external support* dan resiliensi remaja dalam menghadapi *bullying*, penelitian menggunakan desain kuantitatif korelasional dengan pendekatan *cross-sectional*. Populasi penelitian adalah 238 siswa kelas X dan XI, dengan sampel 150 siswa yang dipilih melalui teknik *stratified random sampling*. Instrumen yang digunakan yaitu *Multidimensional Scale of Perceived Social Support* (MSPSS) untuk mengukur dukungan sosial dari keluarga, teman dan guru (*significant others*), serta *Adolescent Resilience Scale* (ARS) untuk mengukur tingkat resiliensi berdasarkan aspek regulasi emosional, pencarian kebaruan dan peningkatan aspek positif. Analisis data dilakukan secara univariat menggunakan distribusi frekuensi dan bivariat menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan 60,7% remaja memiliki tingkat *external support* rendah dan 52,7% memiliki resiliensi rendah. Hasil uji statistik menunjukkan $p\text{-value } 0,000 < \alpha 0,05$ yang berarti terdapat hubungan signifikan antara *external support* dan resiliensi. Disarankan pihak sekolah meningkatkan peran guru melalui program bimbingan dan melibatkan orang tua, remaja juga diharapkan aktif membangun hubungan positif dengan teman sebaya untuk saling mendukung dalam menghadapi *bullying*.

Kata Kunci : *Bullying, External Ssupport, Resiliensi, Remaja*
Kepustakaan : 15 buku (2018-2022)
21 jurnal (2020-2023)

**THE RELATIONSHIP BETWEEN EXTERNAL SUPPORT AND
ADOLESCENT RESILIENCE IN DEALING WITH BULLYING BEHAVIOR
AT SMA NEGERI 22 GARUT**

ABSTRACT

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Adolescents are an age group vulnerable to psychosocial pressures such as bullying. External support from parents, friends, and teachers (significant others) plays an important role in building adolescent resilience. This study aims to determine the relationship between external support and adolescent resilience in facing bullying. The study used a quantitative correlational design with a cross-sectional approach. The study population was 238 students in grades X and XI, with a sample of 150 students selected through a stratified random sampling technique. The instruments used were the Multidimensional Scale of Perceived Social Support (MSPSS) to measure social support from family, friends, and teachers (significant others), and the Adolescent Resilience Scale (ARS) to measure the level of resilience based on aspects of emotional regulation, novelty seeking, and increasing positive aspects. Data analysis was carried out univariately using frequency distribution and bivariately using the Chi-Square test. The results showed that 60.7% of adolescents had low levels of external support and 52.7% had low resilience. The statistical test results showed a p-value of $0.000 < \alpha 0.05$, indicating a significant relationship between external support and resilience. Schools are recommended to increase the role of teachers through guidance programs and involve parents. Teenagers are also expected to actively build positive relationships with peers to support each other in dealing with bullying.

Keywords : Bullying, External Support, Resilience, Adolescents

Bibliography : 15 books (2018-2022)
21 journals (2020-2023)