



## The Phenomenon Of Bullying Among Teenagers In A Thematic Hadith Perspective

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**Abstract:** *Bullying has serious and long-term effects on adolescents. Victims of bullying have a higher risk of experiencing physical and psychosomatic problems such as headaches, stomachaches, and sleep problems. They are also at higher risk of internalizing problems such as anxiety and depression in young adulthood and middle adulthood. Bullying can also have a negative impact on both the victim and the bully. It can lead to physical injury, social and emotional distress, self-harm, and even death. Teens who bully others have a higher risk of drug abuse, academic problems, and experiencing violence in adolescence and adulthood. The issue of bullying becomes a big problem if it is not addressed. It is important to prevent bullying and provide support to those who are victims. The object of this research material is a case of bullying according to the hadith themes. This study uses a qualitative approach by applying the thematic method. The results of this study show that the themes of hadith can be formulated in the theoretical framework of the phenomenon of bullying in adolescents. The discussion of this study explains that bullying is not relevant to the teachings of Islam.*

**Keywords:** *Bullying, Hadith, Teens, Thematic*

### 1. INTRODUCTION

The phenomenon of bullying has become a common problem. It is usually done by bullying, threatening, ostracizing, and intimidating. With the development of technology, bullying does not recognize space and time, even bullying can also be done through social media or what is often called cyberbullying. This phenomenon often occurs among adolescents, where adolescence is a critical period for human development because at this time changes occur from individuals both from physical and psychological changes. So that they are more sensitive, they cannot control their emotions properly, which can lead to arbitrary behavior without thinking about the impact and risks in the future. Therefore, the phenomenon of bullying is currently a serious problem for society.

Acting Assistant Deputy for Fulfillment of Children's Rights to Health and Education of the Ministry of Women's Empowerment and Child Protection (KemenPPPA) Anggin Nuzula Rahma said KPAI data from 2011-2019 recorded 574 boys who were victims of bullying, 425 girls were victims of bullying at school. 440 boys and 326 girls as perpetrators of bullying at school. Meanwhile, throughout 2021 there were at least 17 cases of bullying that occurred at various levels in education units (ANAK, 2022). Bullying cases are increasing every year because there is no good handling in this case. Many people do not realize the impact of this bullying action either from the victim, the perpetrator, or the surrounding people because the impact is not seen immediately because the process takes place long and slowly because bullying is psychological and emotional.

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Bullying can occur anywhere, whether in the school environment, family, social media, or in the play environment. There are three factors in the existence of bullying actions that consider it a common thing so that bullying behavior will unwittingly become cultured. The first factor is peers. because adolescence is an age where adolescents begin to look for self-identity by forming gang groups that have similarities in age, interests and so on, so that people who are outside the group or not the same as them are considered like people who are not worthy of being friends. The second factor is the social media factor, where bullying is an unkind action that is carried out repeatedly and the action is deliberately carried out with the aim of hurting and making someone feel uncomfortable. And the last is the social environment factor, where the age of adolescence social status is often seen as an easy material for bullying. Where a person will seek status in a social environment with the same strata, so that if other people who have a social strata below their group will be seen as incapable. This is because status within a group is an important self-image (Yunita Bulu, 2019). The impact of bullying is very dangerous because it not only affects the victims, but also the perpetrators. The impact of bullying for victims is the emergence of excessive anxiety, anti-social, low self-esteem and can even lead to suicide because they feel depressed. While the impact for the perpetrators of bullying is the emergence of a feeling of dissatisfaction of always wanting to dominate others so that they think they have great power over the act of bullying.

However, Islam is very peace-loving, and it even teaches us to have good relations with fellow human beings. By speaking well, not making fun of, not hurting the feelings of others and even not recommended to call with a bad name. As the word of Allah swt in the Qur'an surah Al-Hujurat verse 11:

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَسْخَرُ قَوْمٌ مِّنْ قَوْمٍ عَسَىٰ أَن يَكُونُوا خَيْرًا مِّنْهُمْ وَلَا نِسَاءٌ مِّنْ نِّسَاءٍ عَسَىٰ أَن يَكُنَّ خَيْرًا مِّنْهُنَّ ۚ وَلَا تَلْمِزُوا أَنفُسَكُمْ وَلَا تَنَابَزُوا بِالْأَلْقَابِ ۚ بِئْسَ الْإِسْمُ الْفُسُوقُ بَعْدَ الْإِيمَانِ وَمَنْ لَّمْ يَتُبْ فَأُولَٰئِكَ هُمُ الظَّالِمُونَ

11. “ O you who believed, let not a people ridicule [another] people; perhaps they may be better than them; nor let women ridicule [other] women; perhaps they maybe better than them. And do not insult one another and do not call each other by [offensive] nicknames. Wretched is the name of disobedience after [one’s] faith. And whoever does not repent then it is those who are the wrongdoers” (Q.S. Al-Hujurat:11).

This verse teaches us to introspect ourselves first before we judge others. Indeed, judging people is not prohibited, but is the way we judge someone correct and does not hurt him. It must be reconsidered the impact on the person. Social media is the most friendly means of expressing one's feelings or judgment, but social media is often misused by someone, namely to bully others. Whereas it is better to use it to motivate someone so that we can change someone's life for the better.

The hadith also explains that a Muslim must establish a good relationship not only with Allah but also with other fellow Muslims by keeping his tongue and hands. Here is the hadith:

الْمُسْلِمُ مَنْ سَلِمَ الْمُسْلِمُونَ مِنْ لِسَانِهِ وَيَدِهِ

“A Muslim is one in whom other Muslims feel safe from the harassment of his tongue and hands” (HR. Bukhari).

This hadith teaches that we must guard our tongues from being used to lie, order someone to do bad things, and hurt someone's feelings. And our hands are used for good things, not used to harm others such as bullying, killing, typing evil comments on social media, and so on. Therefore, the researcher took the title Bullying Phenomenon in Teenagers, because the study of this bullying problem still needs to be enriched by trying various points of view, one of which is the point of view of the Prophetic hadith which is considered urgent to see how the meaning and understanding of the Prophetic hadith talks about bullying and its impact on adolescents.

## 2. METHOD

This research uses qualitative research methods. Qualitative research methods are methods that emphasize aspects of a deeper understanding of a problem than seeing a problem. Qualitative research is a research study that is descriptive in nature, tends to use analysis and shows more of the meaning process (herdiansyah, 2012). Researchers use this method in order to better understand a problem that is being studied in detail. Thus, researchers use sources from the book of 9 imams, articles, and books related to the title of this research as material enrichment. For data collection is done through the literature study method. In the discussion to the results of the research, the impact of bullying is analyzed until the conclusion is obtained.

### 3. RESULT AND DISCUSSION

The research results are the results of processing the methods applied in this research. While the discussion is an interpretation of the research results supported by the theoretical basis of ethics against bullying. The results of the research and discussion below.

#### 1) Result

It has been explained in advance that the results of this research are the results of processing through methods. While the method used here is the thematic method (Badri Khaeruman, 2020). within the scope of the science of dirayah hadith (soetari, 2008). The results of this study are the themes of hadith regarding bullying. The hadith thematic was done through tracking with the keywords " bullying," "good person," "lying," and "arrogant," and on Maktabah Syamilah, Hadith Soft and Encyclopedia of Hadith Book of 9 Imams. (salnatera, 2015). After thematic tracking, the following themes of the hadith were found:

**Table 3.1.** Themes of the Hadith

| NO   | Final code/Hadith Caption                                      | Hadith Data   |
|--|--|---|
| <b>A. Prohibition of Bullying</b>          |  |   |
| 1  | It is not permissible to expose the disgrace of fellow Muslims | Abu dawud 4084 dan Tirmidzi no. 2722                  |
| 2  | Allah is all-seeing  | Muslim no. 2564                                       |
| 3  | Demeaning fellow Muslims                                       | Muslim no. 2564                                       |
| 4  | Guarding your tongue and hands                                 | Bukhari no. 6709                                      |
| 5  | Reproach is a great sin  | Bukhari no. 48 dan Muslim no. 64                      |
| 6  | The one who kufr or disbelieves                                | Muslim no. 64   |
| 7  | Residents of hell  | HR. Al-Bukhari no. 4918 dan Muslim no. 2853           |
| 8  | Doing bad things   | Muslim no. 3766                                       |
| <b>B. Basics of arrogance</b>              |  |   |
| 1  | Humans should not be arrogant                                  | Muslim no. 91   |
| 2  | The devout person  | Ahmad 5: 158  |
| 3  | Two oppressed people   | Muslim no. 2587 dan Abu Dawud no. 4894                |
| <b>C. Lies People</b>                      |  |   |
| 1  | Covenant with Rasulullah                                       | Imam Bukhari nomor 2930, versi Fatul Bari nomor 3166) |
| 2  | The one who will not smell heaven                              | Ahmad 2/381   |
| 3  | Cursing a Muslim   | HR al-Bukhari No. 6105 dan Muslim No. 110 [146]       |
| <b>D. Characteristics of a good person</b> |  |   |
| 1  | The advice to be khusnudzon                                    | Muslim no. 817  |
| 2  | The patient person   | Bukhari no. 1469                                      |
| 3  | Good manners   | Bukhari no.6035                                       |
| 4  | Humility   | Muslim no. 2588                                       |
| 5  | Charity  | Bukhari, no. 6105, 6652                               |

Table shows the hadith themes related to the topic of bullying. The themes of the collected traditions are: It is not permissible to expose the disgrace of fellow Muslims (Abu Dawud 4084 and Tirmidhi no. 2722); Allah is all-seeing (Muslim no. 2564); Degrading fellow Muslims (Muslim no. 2564); Guarding the tongue and hands (Bukhari no. 6709); Reproach is a major sin (Bukhari no. 48 and Muslim no. 64); People who disbelieve (Muslim no. 64); Inhabitants of hell (HR. Al-Bukhari no. 4918 and Muslim no. 2853); Doing evil (Muslim no. 3766); Humans should not be slanderous (Al-Bukhari no. 4918 and Muslim no. 3766). 3766); Humans should not be arrogant (Muslim no. 91); People of piety (Ahmad 5: 158); Two wronged people (Muslim no. 2587 and Abu Dawud no. 4894); Covenant with the apostle of Allah (Imam Bukhari no. 2930, Fatul Bari version no. 3166); People who will not smell the smell of heaven (Ahmad 2/381); Cursing a Muslim (HR al-Bukhari no. 6105 and Muslim no. 110 [146]); The recommendation to be khusnudzon (Muslim no. 817); The one who is patient (Bukhari no. 1469); Good morals (Bukhari no. 6035); Humble (Muslim no. 817); The one who is patient (Bukhari no. 1469). ); Humble (Muslim no. 2588); Charity (Bukhari, nos. 6105, 6652).

## 2) Discussion

Bullying is a term derived from the English word bull, which means fort, likes to attack with its horns or commonly referred to as butting. The use of the term bullying is always associated with acts of violence. As said in the large Indonesian dictionary (KBBI) that bullying has the same meaning as violence. The violence in question is an attempt to frighten and harm someone carried out by a group or a person.

Bullying is a form of aggression. Aggression is a complex phenomenon consisting of a number of behaviors of a more specialized type. (Hall Calvin. S, 1993). Bullying is an aggressive act, either physically or verbally, committed by an individual. The action is carried out repeatedly, and there is a difference in strength between the perpetrator and the victim (Schott, 2014). The following is the definition of bullying according to several experts:

1. Bullying is the same as mistreatment, violence, or other hurtful behavior that usually occurs in schools (S.Psi, 2010)
2. According to Randall bullying is aggressive behavior that is intentional to cause physical or psychological discomfort to others.
3. Beane says bullying is “Overt and aggressive behavior that is intentional, hurtful and persistent (repeated)”. The meaning is an aggressive behavior that is intentionally hurtful, and carried out persistently (repeated).

From some of the above definitions, it can be concluded that bullying is an aggressive behavior that is done repeatedly by taunting, hitting and other harmful behavior on purpose. So that the victims cannot defend themselves. Bullying more often takes the form of individualized harassment in the form of mild annoyance and harmful comments. However, because the harassment is continuous, it becomes an aggressive attack.

Bullying can be direct or indirect. Examples of direct actions are physical or verbal attacks and relational or social isolation. Indirect bullying (for example, spreading malicious rumors or damaging property) includes, more recently, cyberbullying, which is bullying using cell phones or the internet. Other forms of bullying are damaging other people's property, ostracizing friends, and spreading gossip. More recently, bullying can also be done through blasphemous messages or comments.

### **Triggering Factors for Bullying**

Bullying does not just happen, there are several factors that influence bullying, namely family factors, peer factors, school factors and social media factor.

#### **1) Family Factors**

Parenting patterns applied in the family are one of the factors in the emergence of bullying behavior. Of the various parenting patterns that trigger more bullying behavior is authoritarian parenting. Parents who educate children in an authoritarian manner and tend to give physical punishment to children (in every wrong behavior) without giving an explanation, making children "angry with the family" and taking vent outside the home, one of which is bullying (veronica, 2007). When viewed more deeply, this is also associated with the age of the subject which is in the age range of 12-17 years because at that age adolescents are emotionally more unstable and have many conflicts because of the tendency to try to rebel from all rules of authority, including from their parents (santrock, 2003).

Not only parenting, but household harmony can also be a factor in bullying. A family that is less harmonious can cause pain for the child's mentality which in the end they take it out on the association whether it's being a bully because they want to vent their anger or being a victim of bullying because of a lack of attention from the family so that he feels there is no one who can hear his complaints, children prefer to be alone and not confident and very easy to be bullied. Therefore, it is important for parents to establish a good relationship with their children.

## 2) Friendship Factor

Teenage children spend most of their time outside the home, namely at school where they interact directly with their peers. School is a big space for teenagers to find familiar friends or commonly called gangs. In order for them to be accepted in the group, they usually have the same characteristics. Ganks who commit bullying behavior because they follow friends in the group who first commit acts of bullying, so that they are accepted by the gang they follow the actions of their friends and then they are comfortable doing this so they do it continuously. For this reason, it is important for parents to pay attention to who they are friends with, what their friendship environment is like, and parents must provide good education from a young age so that they do not easily fall into the wrong association and they can appreciate or respect other people

### 1. School Factor

A factor that is large enough to trigger bullying behavior is school. As explained above, schools and peers are a large space for bullying behavior. Because teenagers spend more time at school. Therefore, schools are expected to be a place or forum for adolescents to express, learn, socialize, and develop talents within adolescents.

However, it is very unfortunate that schools become a factor in bullying behavior due to lack of supervision by the school. Even if the school knows there is bullying, they still underestimate it, only giving small punishments and not considering it a big problem. They just think this is just normal children's behavior that will one day change. But in fact this is a problem that has a very big impact on the present or future of the victim or perpetrator of bullying. Schools should be able to prevent or hack bullying behavior.

### 2. Social Media

The last bullying factor is social media or cyberbullying. Social media is an online medium where users can easily participate, share, and create content including blogs, social networks, forums, and virtual worlds. The impact of what often happens is bullying. All teenagers today use social media as a means of expressing themselves, either by uploading photos or telling stories about their thoughts. However, many teenagers use social media as a means of bullying. They usually issue bad posts or comments on things they don't like or disagree with. They don't give good advice, but they issue comments that put them down.

## **The Impact of Bullying on Teenagers**

Bullying has a negative impact on both victims and perpetrators, where both can feel depressed which can interfere with the physical, psychological and productivity of adolescents. The physical impact of bullying on the victim is experiencing headaches, chest pain, bruises, scratches, sharp objects, and other physical pain that could lead to death. The physical impact for the perpetrators is that they are easily bored so that they become light-hearted.

Then there are the psychological impacts, including decreased psychological well-being, poorer social adjustment, experiencing emotions such as anger, resentment, annoyance, pressure, fear, shame, sadness, discomfort, threatened, anxiety, and even the victim's desire to commit suicide rather than having to face pressure in the form of insults and punishment. The disadvantage for the perpetrator is the sanction, furthermore, if violent behavior (bullying) exceeds the limits of institutional authority, and school regulations, such violence can lead to violations of human rights which can be charged as criminal cases (lesmono, 2013)

There is also relational bullying, which is spreading issues that are not necessarily true with the intention of destroying friendships, ostracizing friends who are smart so that instead of not wanting to be rivaled, which has a difficult impact on satisfaction with their achievements, they always do not want to be inferior to others and then provoke them to commit acts of bullying. This can make the victim feel alienated so that there is no comfort in the environment.

And the impact of verbal bullying, which is most often carried out by teenagers, is mocking, cursing, intimidating, calling parents names, or giving bad names to their friends such as, nyet, asshole, asu, etc. However, it is unfortunate that some teenagers do not mind these nicknames. With these nicknames, it can be said that they have a more intimate friendship. Even though it is one of the acts of bullying.

## **Bullying From a Hadith Perspective**

Bullying is an act of bullying, exclusion, intimidation by one person to another whether verbal or physical. These behaviors can include verbal abuse, physical violence or coercion, and can be directed repeatedly against a specific victim, perhaps on the basis of race, religion, gender, sexuality or ability. It is not because of a prior problem, but rather out of an attitude of superiority that makes it seem as if the perpetrator has the right and ownership to demean their victim (LESTARI, 2016).

Bullying is a prohibited behavior in Islam. There are several hadiths that mention the importance of treating others with kindness and respect. In one hadith, the Prophet Muhammad said, "I was sent to perfect good character". This means that Muslims should strive to have good character. Bullying is a form of oppression and injustice. Therefore, bullying is haram (forbidden) in Islam. Muslims should strive to create a safe and respectful environment for everyone, and should not engage in any form of bullying or harassment.

In Islam, bullying has existed since ancient times, one example of which occurred during the time of Prophet Yusuf a.s.. Prophet Yusuf experienced violence committed by his brothers as recorded in the Qur'an. This began with the jealousy of Yusuf's brothers because their father, prophet Ya'kub a.s loved Yusuf and his younger brother Benjamin more. Actually it was natural because Yusuf and Benjamin had been abandoned by their mother when they were still small. However, his father's special treatment of Yusuf made them spiteful. Then they gathered and planned something to harm Yusuf. At first one of them planned to kill Joseph, but finally they agreed to drown him in a well. But before Joseph was put into the well they mistreated Joseph first (Az-Zuhaili Wahbah, 2013).

If we look at the orientation of bullying behavior that leads to an act that degrades others, there are several hadiths that specifically explain about this. According to the hadith bullying is a despicable act (Abu Daud no. 4084 and Tirmidzi no. 2722), therefore we are advised to be tabayun (Muslim no. 817), so we should not be arrogant (Muslim no. 91), Allah does not see the form but Allah sees our hearts (Muslim 2564), Allah does not see the form but Allah sees our hearts (Muslim 2564), so we should not be arrogant. 91), Allah does not see our appearance but Allah sees our hearts (Muslim 2564), and Allah loves pious people (Ahmad 5:158), belittling fellow Muslims is a bad act (Muslim no. 2564), Muslims who guard their tongues and hands will be saved from hellfire (Bukhari no. 6709). It is forbidden to criticize because it is a major sin (Bukhari no. 2587 and Muslim no. 64).

Later they will bear the sin of those whom they have wronged (Muslim no. 2587 and Abu Dawud no. 4894). In Islam, reviling is ungodliness and fighting fellow Muslims is kufr (Muslim no.64). The Prophet also taught not to revile others (Imam Bukhari no. 2930 version of Fatul Bari no. 3166). The inhabitants of hell are disbelievers (Ahmad 2/381), people who are abusive (HR. Al-Bukhari no. 4918 and Muslim no. 2853), people who insult fellow Muslims (Muslim no. 3766), slander or curse fellow Muslims with their disbelief (HR al-Bukhari No. 6105 and Muslim No. 110 [146]). And the inhabitants of Paradise are the patient (Bukhari no. 1469), the humble (Muslim no. 2588), and the charitable (Bukhari no. 6105, 6652), for Allah loves those with good manners (Bukhari no. 6035).

#### 4. CONCLUSION

Bullying is an aggressive behavior that is done repeatedly by taunting, hitting and other harmful behavior on purpose. The victims are unable to defend themselves. Bullying more often takes the form of individualized harassment in the form of mild annoyance and harmful comments. However, because the harassment is continuous, it becomes an aggressive attack. Bullying can be direct or indirect. Examples of direct actions are physical or verbal attacks and relational or social isolation. Indirect bullying (for example, spreading malicious rumors or damaging belongings) includes, more recently, cyberbullying. Bullying does not just happen, there are several factors that influence bullying: family factors, peer factors, school factors, and social media factors. Bullying has a negative impact on both victims and perpetrators, where both can feel depressed which can interfere with the physical, psychological and productivity of adolescents..

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