# ABSTRAK

Bertania, Etha, 2023. “Kajian *Literature* *Review* Tentang Remaja Korban *Cyberbullying* Pengguna *Instagram* di Indonesia”. Tugas Akhir. Program Studi Bimbingan dan Konseling Fakultas Bisnis & Humaniora. Universitas Teknologi Yogyakarta. Pembimbing Nararya Rahadyan B, S.Pd., M.Pd.

*Cyberbullying* adalah pernyataan yang dapat menyinggung dan menyakiti perasaan orang lain yang dilakukan dengan sengaja melalui media sosial. Media sosial yang digunakan untuk melakukan tindakan *cyberbullying* salah satunya *Instagram*. Rangkuman pada beberapa penelitian terdahulu menyatakan pelaku *cyberbullying* rata-rata berusia 14-24 tahun yang aktif dalam mengakses media sosial. Tujuan dalam penelitian ini yaitu, untuk mengetahui faktor penyebab terjadinya *cyberbullying* yang dialami remaja pengguna media sosial, mengetahui dampak psikologis, sosial, dan mental korban perilaku *cyberbullying* terhadap remaja yang ada di media sosial, mengetahui bentuk-bentuk *cyberbullying* pada media sosial *Instagram*, serta mengetahui upaya pencegahan dari *cyberbullying* di media sosial *Instagram*. Metode yang digunakan dalam penelitian ini yaitu kualitatif dengan jenis studi *literature*. Hasil penelitian terkait faktor penyebab *cyberbullying* yaitu keluarga; teman; media sosial; ras dan budaya; ketidaktahuan resiko hukum; imitasi; dan iri hati. Korban perilaku *cyberbullying* mengalami tekanan pada aspek psikologis; psikososial; akademik; dan fisik. Hasil penelitian terkait bentuk dari *cyberbullying* diantaranya yaitu *called name; threatened physical harm; opinion slammed; flaming; identity theft; outing; mis-information;* dan *cyber stalking*. Diperlukan upaya pencegahan *cyberbullying* dengan pola asuh orang tua yang tepat yakni menerapkan jenis pola asuh demokratis (mengajarkan kemandirian sesuai standar, menerapkan aturan disiplin yang sewajarnya, menasihati terlebih dahulu bila anak melakukan kesalahan dibandingan menghukumnya); selain peran orangtua, guru perlu berperan aktif membimbing remaja dalam berperilaku di media sosial sesuai dengan norma dan aturan yang berlaku di masyarakat; mengarahkan atau mendampingi remaja supaya dapat mengontrol tindakan atau perilakunya saat menggunakan media sosial sehingga lebih bijak dalam berkomunikasi di dunia maya. Adapun manfaat dari penelitian ini adalah dapat memberikan edukasi kepada masyarakat terkait dengan bentuk *cyberbullying* dan sebagai upaya preventif terhadap *cyberbullying* yang ada di kalangan remaja. Keterbatasan dalam penelitian ini adalah hasil penelitian ini tidak dapat digeneralisasikan pada lingkup diluar sampel. Saran bagi peneliti selanjutnya adalah dapat mengembangkan media yang dapat digunakan sebagai upaya preventif dari perilaku *cyberbullying* yang marak terjadi dikalangan remaja.

**Kata Kunci**: *Cyberbullying*, Remaja, *Instagram*.

**ABSTRACT**

Bertania, Etha, 2023. "Literature Review on Adolescent Victims of Cyberbullying Instagram Users in Indonesia". Final Project. Guidance and Counseling Study Program, Faculty of Business & Humanities. Yogyakarta University of Technology. Supervisor Nararya Rahadyan B, S.Pd., M.Pd.

Cyberbullying is a statement that can hurt and hurt other people's feelings that is done intentionally through social media. One of the social media used to carry out cyberbullying is Instagram. The summary of several previous studies states that the average age of cyberbullies is 14-24 years old who is active in accessing social media. The purpose of this study is to find out the causes of cyberbullying experienced by adolescents who use social media, to know the psychological, social and mental impacts of victims of cyberbullying behavior on teenagers who are on social media, to know the forms of cyberbullying on Instagram social media, and to know prevention efforts from cyberbullying on social media Instagram. The method used in this study is qualitative with a type of literature study. The results of the study are related to the factors that cause cyberbullying, namely family; Friend; social media; race and culture; ignorance of legal risks; copy; and envy. The results of research related to the impact of victims of cyberbullying behavior are psychological; psychosocial; academic; and physical. The results of research related to forms of cyberbullying include the so-called name; threat of physical harm; opinions are slammed; light up; identity theft; sightseeing; misinformation; and cyber stalking. The results of the research are related to efforts to prevent cyberbullying, namely parenting parents who are right with the rules of democratic parenting styles (teaching independence according to standards, applying reasonable disciplinary rules, advising children first if they make mistakes rather than punishing them); parents and teachers play an active role in guiding youth in behaving on social media according to the norms and rules that apply in society; directing or accompanying youth so that they can control their actions or behavior when using social media so that they are wiser in communicating in cyberspace; and a teacher needs to approach students so that students can select close friends who can have a positive impact on individuals. The benefits of this research are that it can provide information to the community regarding several forms of cyberbullying and as an education to prevent cyberbullying among adolescents. The limitation of this study is that the results of this study cannot be generalized to the scope outside the sample. Suggestions for future researchers are to be able to develop media that can be used as a preventive measure against cyberbullying behavior that is rife among adolescents.

Keywords: Cyberbullying, Teenagers, Instagram.