

**THE EFFECT OF BULLYING ON INCREASING THE INCIDENCE OF SELF-HARM AMONG ADOLESCENTS IN INDONESIA: A SCOPING REVIEW****DAMPAK PERUNDUNGAN TERHADAP PENINGKATAN INSIDEN MELUKAI DIRI PADA REMAJA DI INDONESIA: TINJAUAN SKOPING****Ryka Widyaningtyas<sup>1</sup>, Meidiana Dwidiyanti<sup>2</sup>**Nursing Department, Medical Faculty, Universitas Diponegoro<sup>1,2</sup>\*ryka@lecturer.undip.ac.id<sup>1</sup>*\*Corresponding Author***ABSTRACT**

Bullying is a widespread issue that significantly affects the mental health of adolescents, particularly in Indonesia. The link between bullying and self-harm behaviors among adolescents has raised concerns, yet a comprehensive understanding of this relationship in the Indonesian context is lacking. To explore the effect of bullying on increasing the incidence of self-harm among adolescents in Indonesia, mapping existing literature and identifying research gaps. A scoping review was conducted following the PRISMA-ScR (Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for Scoping Reviews) guidelines. Studies were identified from the database Scopus using the PCC (Population, Concept, Context) framework. The review focused on studies examining the relationship between bullying (physical, verbal, and cyberbullying) and self-harm among adolescents aged 12-18 in Indonesia. The studies included were (n= 6) from 93 publications with search terms. The findings reveal that bullying is a significant factor contributing to increased self-harm behaviors among Indonesian adolescents. Various forms of bullying, including physical, verbal, and cyberbullying, were consistently linked to emotional distress, depression, and self-harm. The lack of adequate social and familial support further exacerbates these behaviors. However, research specifically focusing on cultural factors and long-term effects of bullying on self-harm in Indonesia remains sparse. Bullying plays a critical role in increasing the incidence of self-harm among Indonesian adolescents. This review highlights the need for more in-depth studies on the socio-cultural context of bullying in Indonesia and the development of preventive strategies and mental health interventions to mitigate its impact.

**Keywords: bullying, self-harm, adolescents, Indonesia, mental health****ABSTRAK**

Perundungan merupakan isu yang meluas dan berdampak signifikan terhadap kesehatan mental remaja, khususnya di Indonesia. Hubungan antara perundungan dan perilaku melukai diri pada remaja telah menimbulkan kekhawatiran, namun pemahaman yang komprehensif tentang hubungan ini dalam konteks Indonesia masih kurang. Penelitian ini bertujuan untuk mengeksplorasi dampak perundungan terhadap peningkatan insiden melukai diri pada remaja di Indonesia dengan memetakan literatur yang ada dan mengidentifikasi kesenjangan penelitian. Tinjauan skoping dilakukan dengan mengikuti pedoman PRISMA-ScR (Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for Scoping Reviews). Studi-studi diidentifikasi dari basis data Scopus dengan menggunakan kerangka PCC (Population, Concept, Context). Tinjauan ini berfokus pada studi yang meneliti hubungan antara perundungan (fisik, verbal, dan siber) dan melukai diri pada remaja usia 12–18 tahun di Indonesia. Studi yang termasuk sebanyak enam (n = 6) dari 93 publikasi yang ditemukan dengan istilah pencarian tertentu. Temuan menunjukkan bahwa perundungan merupakan faktor signifikan yang berkontribusi terhadap meningkatnya perilaku melukai diri pada remaja di Indonesia. Berbagai bentuk perundungan, termasuk fisik, verbal, dan siber, secara konsisten dikaitkan dengan tekanan emosional, depresi, dan melukai diri. Kurangnya dukungan sosial dan keluarga yang memadai semakin memperburuk perilaku ini. Namun, penelitian yang secara khusus berfokus pada faktor budaya dan dampak jangka panjang perundungan terhadap melukai diri di Indonesia masih terbatas. Perundungan memainkan peran penting dalam peningkatan insiden melukai diri pada remaja Indonesia. Tinjauan ini menyoroti perlunya

*penelitian lebih mendalam tentang konteks sosial budaya perundungan di Indonesia serta pengembangan strategi pencegahan dan intervensi kesehatan mental untuk mengurangi dampaknya.*

**Kata Kunci:** *perundungan, melukai diri, remaja, Indonesia, kesehatan mental*

## 1. INTRODUCTION

Bullying is a pervasive global issue that affects adolescents both physically and psychologically. In Indonesia, bullying is a growing concern, particularly in schools and online environments. It manifests in several forms, including physical, verbal, and cyberbullying. Adolescents who experience bullying are at a higher risk of developing mental health problems, with self-harm being one of the more severe outcomes (Andre Sourander, MD, PhD; David Gyllenberg, MD, PhD; Anat Brunstein Klomek & Lauri Sillanmäki, Stud SocSc; Anna-Marja Ilola, MD; Kirsti Kumpulainen, MD, 2016).

Bullying among adolescents has emerged as a global public health concern due to its profound psychological, emotional, and social consequences (Arseneault, 2019). In Indonesia, the prevalence of bullying is alarming, with various reports indicating that it affects a significant proportion of students across the country. (Farahat, T. M., & Alkot, 2021) Farahat, et al explain that bullying, which can take many forms, including physical, verbal, and cyberbullying, often leads to emotional distress, anxiety, depression, and in some cases, self-harm. Self-harm is defined as deliberate injury to oneself without suicidal intent, and it has become a growing concern among adolescents who experience bullying (Hinduja & Patchin, 2018).

Self-harm refers to the deliberate act of inflicting physical harm on oneself without suicidal intent (Hinduja & Patchin, 2018). It is often a coping mechanism for adolescents dealing with intense emotions, stress, and mental health issues like depression and anxiety (Prasetyo, W., & Susanti, 2019). Recent studies have shown a significant relationship between bullying and self-harm behaviors among adolescents (Arseneault, 2018), yet the specific factors contributing to this link, particularly in Indonesia, remain under-researched.

Base on Widyastuti, S., & Munandar, H. (Widyastuti, S., & Munandar, 2022) self-harm among adolescents is particularly concerning because it is not only a symptom of psychological distress but can also escalate to more severe mental health issues, including suicidal behavior (Arseneault, 2018). Understanding the relationship between bullying and self-harm is essential for developing effective interventions and support systems that can mitigate the negative effects of bullying on Indonesian adolescents (Farahat, T. M., & Alkot, 2021). However, while some research has explored bullying and self-harm individually, there is limited comprehensive evidence that links the two phenomena, particularly within the Indonesian context (Sourander *et al.*, 2016).

This scoping review aims to explore and map the available literature on the effect of bullying on increasing the incidence of self-harm among adolescents in Indonesia. By identifying key themes, gaps in research, and patterns, this review intends to provide insights that will guide future research and inform public health strategies.

## 2. METHODS

This scoping review was conducted following the PRISMA-ScR (Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for Scoping Reviews) guidelines. The review was based on the PCC (Population, Concept, Context) framework to ensure clarity in the formulation of the research question and search strategy.

### 2.1 Search Strategy

A complete literature search was conducted using the Scopus database. The search strategy included relevant keywords and Boolean operators such as:

ALL ( ( "Bullying" AND "Indonesia" AND ( "Self-Injurious Behaviour" OR "Self Harm" OR "Self-harm" ) ) ) AND PUBYEAR > 2013 AND PUBYEAR < 2025 AND ( LIMIT-TO ( DOCTYPE , "ar" ) ).

Studies published between **2014** and **2024** were included to provide up-to-date insights into the impact of bullying on self-harm in Indonesian adolescents.

## 2.2 Eligibility Criteria

**PRISMA-ScR** (Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews) was used while conducting a scoping review. The review question is formulated using the PCC (Population, Concept and Context) Framework (Table 1) and there will be *“what are the effects of bullying on self-harm among adolescents in Indonesia?”*

**Table 1. PCC framework**

Population (P)	Adolescents aged 12-18 years in Indonesia
Concept (C)	The effect of bullying (physical, verbal, cyberbullying) on the incidence of self-harm
Context (C)	The Indonesian context, including social, educational, and cultural environments where bullying occurs

## 2.3 Study Selection

There are inclusion and exclusion criteria (Table 2) determined by the author according to the PCC framework and review questions.

**Table 2. Inclusion and Exclusion Criteria**

<p>Inclusion Criteria</p> <ol style="list-style-type: none"> <li>Articles published in English or Bahasa Indonesia.</li> <li>Studies focused on bullying and self-harm among adolescents aged 12-18 years in Indonesia.</li> <li>Studies published from 2014 onwards capture recent trends.</li> <li>Qualitative, quantitative, or mixed-methods studies.</li> </ol>
<p>Exclusion Criteria</p> <ol style="list-style-type: none"> <li>Studies focusing on bullying or self-harm outside the context of adolescence.</li> <li>Articles without clear evidence of a link between bullying and self-harm.</li> </ol>

Study selection was based on these criteria (Table 1) and PRISMA-ScR guidelines. Titles and abstracts were screened to ensure relevance. Full texts of potentially eligible articles were then reviewed based on the inclusion and exclusion criteria. The final list of articles was extracted and included in the review.

## 2.4 Data Extraction and Analysis

Data from the included studies were extracted using a standardized form, which included:

- Study characteristics (author, year, location, study design).
- Types of bullying examined (physical, verbal, cyberbullying).
- Incidence and types of self-harm behaviors.
- Factors influencing the relationship between bullying and self-harm.
- Key findings and recommendations for future research.

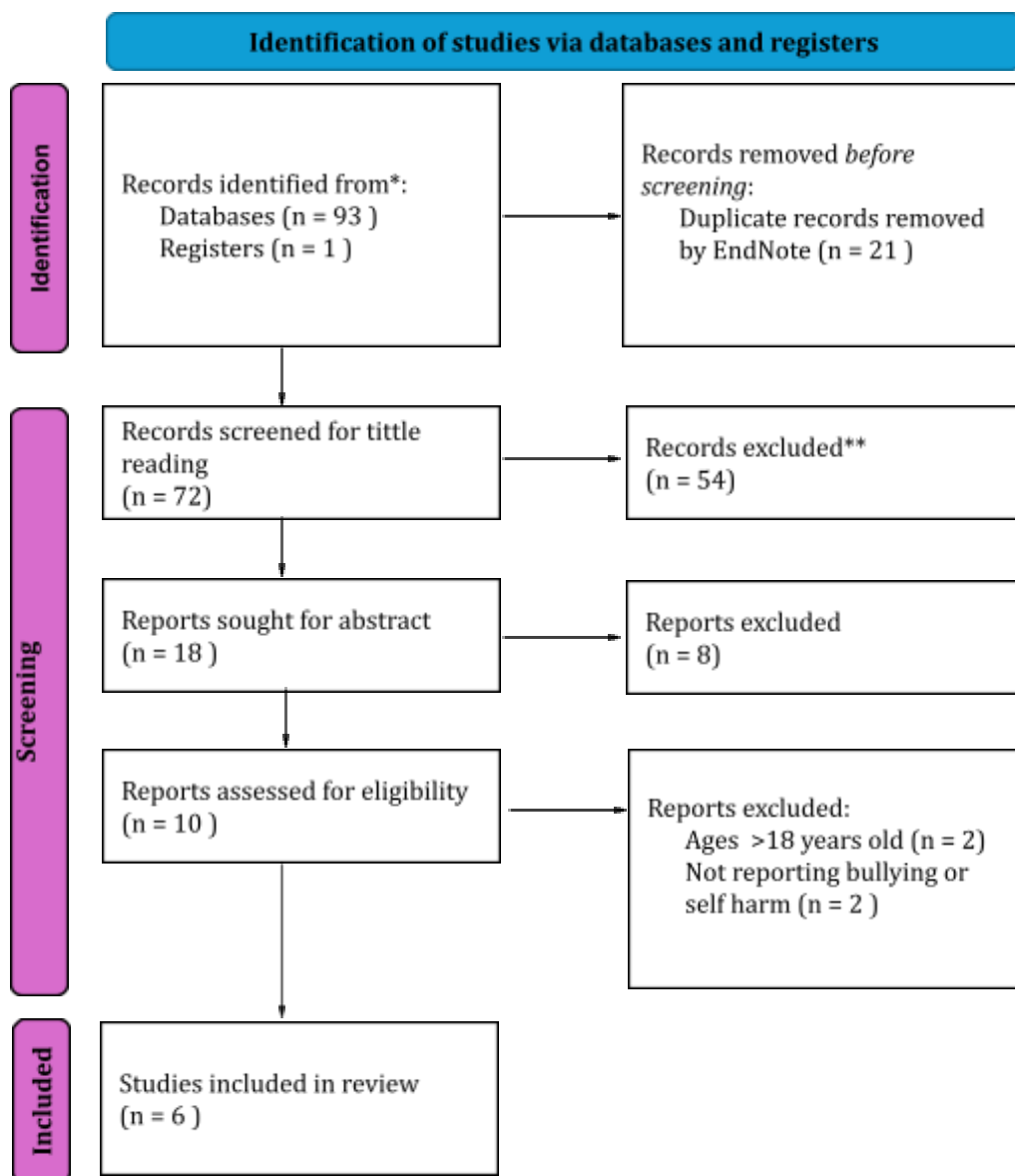
A narrative synthesis was conducted to identify common themes, risk factors, and patterns in the relationship between bullying and self-harm. A descriptive analysis was also used to summarize study characteristics and demographic information.

### 3. RESULTS

#### 3.1 Search results and screening

The search approach identified 93 records. Reviewed titles and abstracts ( $n = 186$ ) for eligibility against inclusion criteria, removing duplicates ( $n = 18$ ).

A total of 4 records were excluded due to age beyond 18 years old and not correlated with bullying or self-harm. Disputes were handled through consensus. Unlocated full text data ( $n = 6$ ) were eliminated before full text review.



**Diagram 1.** PRISMA 2020 flow diagram for new systematic reviews which included searches of databases and registers only

### 3.2 Study Characteristics

A total of 93 studies were identified through Scopus search, and after applying inclusion and exclusion criteria, 6 studies were included in the final review. These studies spanned various settings across Indonesia, including urban and rural schools, and used a range of methodologies (qualitative, quantitative, and mixed-methods approaches).

The most common form of bullying reported was verbal bullying, followed by physical and cyberbullying (Arseneault, 2018). Self-harm behaviors reported included cutting, scratching, burning, and hitting oneself.

### 3.3 Prevalence of Bullying and Self-harm

The studies indicated a high prevalence of bullying among adolescents in Indonesia, with some reports suggesting that up to 30-40% of students have experienced some form of bullying (Farahat, T. M., & Alkot, 2021). Self-harm behaviors were more common among adolescents who reported being bullied, with 15-20% of bullied students engaging in self-harm compared to non-bullied peers.

### 3.4 Types of Bullying and Impact on Self-harm

The review identified different types of bullying that contributed to self-harm behaviors:

- Verbal bullying, including name-calling and taunting, was the most frequently reported and had the strongest association with emotional distress, leading to self-harm.
- Physical bullying, while less common, was linked to more severe self-harm behaviors, as adolescents often turned to physical pain as a coping mechanism.
- Cyberbullying was increasingly common due to the rise of social media usage among adolescents in Indonesia, and its anonymity often led to more profound psychological effects (Prasetyo, W., & Susanti, 2019).

### 3.5 Risk Factors for Self-harm

Several risk factors for self-harm among bullied adolescents were identified, including:

- Lack of social support: Adolescents who lacked support from family, friends, or teachers were more likely to engage in self-harm as a way to cope with their emotions.
- Mental health issues: Depression, anxiety, and feelings of hopelessness were common among bullied adolescents who engaged in self-harm.
- Gender differences: Females were found to be more vulnerable to the emotional impact of bullying and had higher rates of self-harm compared to males.
- Cultural norms: In Indonesia, societal norms regarding masculinity, femininity, and peer dynamics may play a role in how bullying is perceived and experienced, though few studies have explored these cultural factors in depth (Farahat, T. M., & Alkot, 2021).

### 3.6 Research Gaps

Widyastuti, S., & Munandar, H. (Widyastuti, S., & Munandar, 2022) explain that the relationship between bullying and self-harm is evident, there were several gaps in the literature:

- Cultural influences: Few studies have delved into how Indonesian cultural values, such as collective family orientation and social hierarchies, influence both bullying behavior and the responses of adolescents.
- Longitudinal data: Most studies were cross-sectional, providing a snapshot of bullying and self-harm at a single point in time. Longitudinal studies are needed to understand the long-term psychological effects of bullying on adolescents and how these might evolve into adulthood.

- Intervention efficacy: Research on anti-bullying programs and mental health interventions specifically tailored to the Indonesian context is limited. This presents an opportunity for future research and policy development

#### 4. DISCUSSIONS

The findings from this scoping review provide evidence that bullying is a significant factor contributing to self-harm among Indonesian adolescents. Bullying, particularly verbal and cyberbullying, significantly increases the likelihood of self-harm behaviors, largely driven by emotional distress and mental health issues (Arseneault, 2019). Verbal and cyberbullying were identified as the most common forms of bullying, both of which had a profound impact on the emotional and psychological well-being of victims (Radovic et al., 2017). Physical bullying, while less common, was associated with more severe forms of self-harm (Hinduja & Patchin, 2018).

Adolescents who experience bullying often feel isolated, hopeless, and unsupported, which further exacerbates their psychological distress and leads to self-harm as a coping mechanism (Arseneault, 2018). Lack of social and familial support was a recurring theme in the studies reviewed. Adolescents who lacked a strong support network were more likely to internalize the negative effects of bullying, which often manifested as self-harm (Hinduja & Patchin, 2018). This suggests that strengthening family and community support structures may be a crucial factor in reducing self-harm behaviors (Prasetyo, W., & Susanti, 2019).

Mental health issues such as depression and anxiety were prevalent among bullied adolescents, further compounding their risk of engaging in self-harm (Arseneault, 2018). Schools and communities in Indonesia need to implement preventive strategies that address both bullying and the mental health needs of adolescents (Hinduja & Patchin, 2018). Additionally, cyberbullying is a growing concern that requires more attention, as the anonymity and pervasive nature of online bullying make it difficult for adolescents to escape their tormentors (Farahat, T. M., & Alkot, 2021).

While this review provides valuable insights into the relationship between bullying and self-harm in Indonesia, further research is needed to explore the socio-cultural factors that may shape these behaviors. Understanding how cultural norms and values influence bullying and self-harm will be essential for developing effective, culturally appropriate interventions (Widyastuti, S., & Munandar, 2022).

#### 5. CONCLUSION

Bullying is a significant risk factor for self-harm among adolescents in Indonesia. This scoping review has mapped the existing literature on this issue and identified critical gaps in research. To reduce the incidence of self-harm, there is an urgent need for effective anti-bullying policies, mental health interventions, and increased social support systems for adolescents at risk. Further research is also necessary to understand the cultural dimensions of bullying in Indonesia and develop targeted prevention strategies (Farahat, T. M., & Alkot, 2021).

The findings from this scoping review underscore the need for more comprehensive research that explores the cultural context of bullying and self-harm in Indonesia. Additionally, targeted interventions that address both bullying prevention and mental health support are crucial for reducing the incidence of self-harm among Indonesian adolescents.

Future research should focus on longitudinal studies to track the long-term effects of bullying on self-harm and explore the efficacy of intervention programs. Strengthening social support systems, particularly within families and schools, could play a key role in mitigating the harmful effects of bullying on adolescents' mental health.

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