

ABSTRAK

Purnama, Arif Fauzan. 2026. *Studi Kasus Well-being Pada Remaja Korban Bullying di SMKN 1 Jiwan*. Skripsi. Program Studi Bimbingan dan Konseling, FKIP, Universitas PGRI Madiun. Pembimbing (I) Dr. Asroful kadafi, M.Pd., (II) Silvia Yula Wardani, S.Pd., M.Pd.

Bullying merupakan permasalahan yang masih sering terjadi di lingkungan sekolah dan *well-being* merupakan kondisi kesejahteraan individu yang mencakup aspek psikologis, emosional, sosial, dan kehidupan secara menyeluruh.

Penelitian ini bertujuan untuk mendeskripsikan *well-being* pada remaja korban *bullying* di SMKN 1 Jiwan. Penelitian ini menggunakan pendekatan kualitatif dengan metode studi kasus. Subjek penelitian terdiri atas lima remaja korban *bullying* yang dipilih menggunakan teknik purposive sampling.

Data dikumpulkan melalui wawancara mendalam, observasi, dan dokumentasi, kemudian dianalisis menggunakan model Miles dan Huberman yang meliputi reduksi data, penyajian data, dan penarikan kesimpulan. Keabsahan data diuji melalui triangulasi sumber dan triangulasi teknik.

Hasil penelitian menunjukkan bahwa seluruh subjek mengalami penurunan *well-being* setelah menjadi korban *bullying*, ditandai dengan rendahnya penerimaan diri, kesulitan membangun hubungan sosial, menurunnya kemandirian dalam menghadapi tekanan sosial, serta berkurangnya motivasi dan tujuan hidup.

Namun, setiap subjek menunjukkan proses pemulihan yang berbeda melalui dukungan keluarga, teman terdekat, serta kemampuan menerima pengalaman yang dialami. Temuan penelitian menunjukkan bahwa *well-being* remaja korban *bullying* bersifat dinamis dan dapat berkembang seiring adanya dukungan sosial serta kemampuan adaptasi individu.

Kata kunci: *well-being*, remaja, *bullying*, studi kasus, korban *bullying*.

ABSTRACT

Purnama, Arif Fauzan. 2026. *A Case Study on Well-being of Teenage Victims of Bullying at SMKN 1 Jiwan*. Thesis. Guidance and Counseling Study Program, FKIP, PGRI University of Madiun. Supervisors (I) Dr. Asroful Kadafi, M.Pd., (II) Silvia Yula Wardani, S.Pd., M.Pd.

Bullying remains a prevalent issue in schools and has a significant negative impact on adolescents' psychological well-being, particularly in terms of self-acceptance, positive relationships with others, autonomy, and purpose in life.

This study aimed to describe the well-being of adolescent victims of bullying at SMKN 1 Jiwan. The study employed a qualitative approach using a case study method. The participants consisted of five adolescent bullying victims selected through purposive sampling.

Data were collected through in-depth interviews, observations, and documentation, and were analyzed using the Miles and Huberman interactive model, including data reduction, data display, and conclusion drawing. The trustworthiness of the data was ensured through source and technique triangulation.

The findings revealed that all participants experienced a decline in well-being after becoming victims of bullying, as indicated by low self-acceptance, difficulties in establishing positive social relationships, reduced autonomy in dealing with social pressure, and diminished motivation and sense of purpose in life.

However, each participant demonstrated a different recovery process, supported by family, close friends, and the ability to accept their experiences. The study concludes that the well-being of adolescent bullying victims is dynamic and can improve through social support and individual adaptive coping.

Keywords: *psychological well-being, adolescents, bullying, case study, bullying victims.*