

**BULLYING IN SCHOOLS AND ITS IMPACTS ON THE  
MENTAL HEALTH OF THE VICTIM REFLECTED IN SUSIN  
NIELSEN'S THE RELUCTANT JOURNAL (2012):  
A PSYCHOLOGICAL PERSPECTIVE**



**Compiled as one of the requirements for the Strata I at the Department of  
English Education, Faculty School of Teacher Training and Education**

**By:**

**IKA MADEVI JUWITANINGRUM**

**A 320 170 121**

**DEPARTMENT OF ENGLISH EDUCATION  
SCHOOL OF TEACHER TRAINING AND EDUCATION  
UNIVERSITAS MUHAMMADIYAH SURAKARTA**

**2021**

APPROVAL

BULLYING IN SCHOOLS AND ITS IMPACTS ON THE MENTAL  
HEALTH OF THE VICTIM REFLECTED IN SUSIN NIELSEN'S THE  
RELUCTANT JOURNAL (2012): A PSYCHOLOGICAL PERSPECTIVE

PUBLICATION ARTICLE

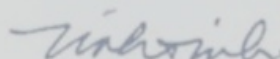
By:

Ika Madevi Juwitaningrum

A320170121

Have been checked and approved to be tested by:

Consultant,



Dr. M. Thoyibi, M.S

NIK.410

## ACCEPTANCE

**BULLYING IN SCHOOLS AND ITS IMPACTS ON THE MENTAL HEALTH  
OF THE VICTIM REFLECTED IN SUSIN NIELSEN'S THE RELUCTANT  
JOURNAL (2012): A PSYCHOLOGICAL PERSPECTIVE**

By:

IKA MADEVI JUWITANINGRUM

A320170121

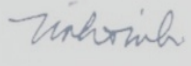
Has been defended in front of the Examiner Board  
Faculty School of Teacher Training and Education

Muhammadiyah University of Surakarta

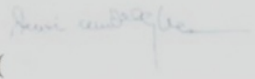
On Friday, 28 May 2021

The Board of Examiners:

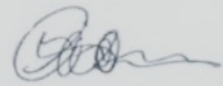
1. Dr. M. Thoyibi, MS.  
(Chairman of Examiners)

(  )

2. Dr. Phil. Dewi Candraningrum, M.Ed  
(Member I of Examiners)

(  )

3. Dr. Abdillah Nugroho, M. Hum.  
(Member II of Examiners)

(  )

Dekan,



Prof. Dr. Harun Joko Prayitno, M.Hum

NIP: 196504281993031001

## STATEMENT

I hereby declare that in this scientific publication there is no work that ever submitted to obtain a bachelor's degree in a college and to the best of my knowledge there are also no works or opinions that have been written or published by other people, unless in writing they are referred to in the text and mentioned in the bibliography.

If later it is proven that there are untruths in my statement above, then I will be fully responsible.

Surakarta, 31 May 2021

Writer



**IKA MADEVI JUWITANINGRUM**

A320170121

# **BULLYING IN SCHOOLS AND ITS IMPACTS ON THE MENTAL HEALTH OF THE VICTIM REFLECTED IN SUSIN NIELSEN'S THE RELUCTANT JOURNAL (2012): A PSYCHOLOGICAL PERSPECTIVE**

## **Abstrak**

Penelitian ini bertujuan untuk menganalisis tentang dampak kesehatan mental di dalam novel, untuk mengidentifikasi indikator-indikator yang dapat mempengaruhi dampak kesehatan mental korban intimidasi, untuk mengetahui bagaimana intimidasi digambarkan didalam novel tersebut, dan untuk mengetahui mengapa penulis mengangkat tentang intimidasi didalam novel. Jenis penelitian ini adalah deskriptif kualitatif. Penelitian ini menggunakan dua sumber data. Sumber data yang pertama adalah novel. Sedangkan sumber data yang kedua adalah dari biografi penulis, buku-buku online, dan sumber lainnya untuk menganalisis. Dalam penelitian ini menghasilkan beberapa kesimpulan. Pertama adalah indikator-indikator bullying di dalam novel ini. Kedua adalah hal-hal yang dapat menunjukkan adanya penggambaran dari intimidasi didalam novel. Ketiga adalah menunjukkan keprihatinan penulis terhadap kasus bullying yang sering terjadi di beberapa negara yang direfleksikan ke dalam novel *The Reluctant Journal*.

**Kata Kunci:** Dampak Kesehatan Mental, *The Reluctant Journal*, Psikologi

## **Abstract**

This study aims to analyze the impact of mental health in the novel, to identify indicators that can affect the mental health impact of bullying victims, to find out how bullying is depicted in the novel, and to find out why the author raises about bullying in the novel. This type of research is descriptive qualitative. This study uses two data sources. The first data source is novel. While the second data source is from author biographies, online books, and other sources for analysis. In this research, there are several conclusions. First are the indicators of bullying in the novel. Second, there are things that can show the depiction of bullying in the novel. The third is to show the author's concern for cases of bullying that often occur in several countries which is reflected in the novel *The Reluctant Journal*.

**Keywords:** Mental Health Impacts, *The Reluctant Journal*, Psychology

## **1. INTRODUCTION**

Research on *The Reluctant Journal* has never been investigated by other studies. Thus, researchers are looking for data sources that are relevant to the topic of bullying that occurs in various environments and the impact of bullying to complement the data in this study. There are several studies that are relevant to

this research. Researchers found data that bullying that occurs in the school environment is a classic problem (Olweus, D., 1994). Other researchers revealed in the workplace bullying survey that took place at Staffordshire University in 1994 (Rayner, C., 1997). Other researchers discussed the impact of bullying in Stephen King's novel "Carrie" (Sitorus, A. M., 2018).

The research of previous studies above shows that they are classified based on data sources, namely fields and literary works relevant to the topic of this research. In this study, researchers used a psychological perspective that focuses on the mental health impacts of victims of bullying. The novelty in this research is to describe the indicators of bullying, to describe the bullying in the novel, and the reason why the writer raised the bullying in the novel.

## **2. METHOD**

Bullying is a phenomenon from various kinds of groups that can directly affect all elements of society each year. According to Sanders, C. E. (2004) states that the explicit definition of bullying based on a unifying theory that includes ecological and evolutionary contexts states that bullying includes aggressive behavior that leads to certain goals where the action can harm other individuals in the context of a power gap. We recommend that bullying should be based on the assessment of these three elements of bullying. The three elements of bullying include goal-direction, power gap, and danger. For that reason, we need to review and convert the cost-benefit breakdown of bullying as a principle for intervention to be successful. Bullying is a violent act that is carried out continuously and there is no balance between the forces between the parties. This study used the hermeneutic data analysis method described by (Michael & Williams, 2002). In this method, there are six techniques that can be used to analyze data. While the data analysis process, the authors used the qualitative method described by (Miles & Huberman, 1994). In this method, there are three techniques, namely data reduction, data display, and drawing conclusions. The purpose of this study is to describe the mental health impacts of victims of bullying in a novel entitled "The Reluctant

Journal" which was first published in 2012. This research uses the psychological theory by Wellek and Warren to examine the moral messages in this novel.

### **3. FINDINGS AND DISCUSSION**

#### **3.1 Indicators of Bullying**

##### **3.1.1 Insulting Others**

Verbal bullying is bullying in the form of words spoken cruelly. Types of acts classified as verbal bullying include mentioning names, insults, ridicule, intimidation, homophobic or racist comments, or verbal harassment. Although the onset of verbal bullying is harmless, it can be dangerous over time. Another indicator of humiliation can be found on Thursday, January 24, when Farley takes Henry up to the third floor of his school.

##### **3.1.2 Criticizing Friends Sharply**

Sharp criticism of your friends can be in the form of rude phone conversations, racist or mocking remarks, annoying banter or making mean words, etc.

##### **3.1.3 Sexual Invitation Nuanced Statements**

Sexually graded statements are all kinds of words that lead to insults about sexuality itself.

#### **3.2 Depiction of Bullying in Novels**

##### **3.2.1 Through Character and Characterization**

###### **3.2.1.1 Victims of Bullying**

Victims of bullying is Jesse who is the older brother of Henry K. Larsen. Jesse is the victim of bullying from a classmate named Scott Marlin and his friends. Jesse was nicknamed "Ballsack" from his friends.

###### **3.2.1.2 Perpetrators of Bullying**

Perpetrators of bullying is Scott Marlin who is Jesse's classmate who bully him. Scott is the person who gave the nickname "Ballsack" to Jesse.

#### 3.2.1.3 Supporting People

Supporting people is the biological father of Jesse and Henry. His father owned an old hunting rifle. This weapon was once owned by Henry's grandfather. However, as a result of his father's carelessness in placing the weapon in an unsafe place, his son, Jesse, abused the weapon.

#### 3.2.2 Through Events

The beginning of the bullying was Henry K. Larsen's brother, Jesse, who got the first bullying from his friends. In the first week at the High School level at Port Salish Secondary, new students carry out "Bonding Activities" led by their seniors with various game activities ranging from bowling games, pizza parties, and others. When Jesse had gotten off the stage, suddenly the principal approached him and snapped high-pitched that Henry was asked to see the zipper open during Jesse's speech on the stage.

#### 3.2.3 Through Setting of Place (Schools)

Setting of place is a place that circles the events of the story. In this novel, most of them take place in school.

### 3.3 Reasons for Susin Nielsen to Raise Bullying in Novels

Susin has successfully written several novel titles, one of which is *The Reluctant Journal*. In the novel, the author raises the bullying contained in this novel because she is concerned about bullying cases in several countries.

### 3.4 Discussion

The impact of oppression in this novel is that victims become individuals who are introverted, gloomy, easily discouraged, and have an urge to commit suicide. Actually, the impact felt by victims of bullying can be grouped into two aspects, namely the mental aspect and the physical aspect. From a mental perspective, bullying can affect a child's self-esteem in the future. Victims of bullying are more likely to experience anxiety and depression, especially if the victim is harassed for



a prolonged duration of the act. Bullying can have psychological consequences such as low self-esteem, loneliness, and it can cause the victim to fall ill. This problem can become a burden for the victim of bullying until the victim of bullying grows up. The impact of this bullying case is not only felt by the victim but also the bullying perpetrator will experience various mental health, academic, and social problems.

Based on the theory of bullying in psychology, the impact of bullying in this novel is more than the four things, namely the desire to injure. The theory states that in bullying there are no incidents or irregularities and there is no deliberate element in the exclusion of victims of bullying. Bullying can result in emotional sadness or in the form of physical injury, associate actions that can hurt and of course make the perpetrator feel happy when the bully sees the suffering of the bullying victim. This study is useful to complement previous studies because this study is different from other research which uses data in the form of the novel *The Reluctant Journal*.

This novel is a reflection of the author's concern over the increase in bullying cases in several countries. Based on the ASCB science page, there are five countries with the highest cases of bullying in the world, including: (1) Portugal is in the first position with the highest number of bullying cases in Europe, especially in the world; (2) Britain is in the second position with the highest number of bullying cases in the world because about 29 percent of schools in England have bullying cases almost every week; (3) Estonia is in the second position with the highest number of bullying cases in the world because bullying cases do not only occur in the school environment but these cases also often occur in the work environment; (4) Russia is in the second position with the highest number of bullying cases in the world because nearly 30 percent of school children in Russia have received bullying from their schoolmates; and (5) Austria is in the second position with the highest number of

bullying cases in the world because bullying cases often occur in schools and academies.

The author provides a moral message to readers for mutual tolerance between humans, open-mindedness, sympathy, and empathy. Of the four things, it is something that is very important in social life. To achieve these four things, children should be taught from an early age the meaning of these four things starting from the smallest things.

#### **4. CLOSING**

After reviewing the novel *The Reluctant Journal*, the researcher drew three conclusions based on the results of the data analysis in this chapter. First, there are three indicators of bullying found in this novel, namely: insulting others, criticizing friends sharply, and statements of sexual invitation. In many cases, many children experience verbal bullying, such as name names, insults, ridicule, intimidation, homophobic or racist comments, or verbal abuse. Sharp criticism of your friends can be in the form of rude phone conversations, racist or mocking remarks, annoying banter or making mean words, etc. Sexually graded statements are all kinds of words that lead to insults about sexuality itself. Second, the mental health impact reflected in the novel can be seen from the characters and characterizations contained in the novel. Victims of bullying in school taught Henry to dare to fight someone who is bullying and bullying in the school environment in a positive way. Perpetrator of bullying at school taught Henry not to bully anyone in various environments, especially the school environment, because what we have done will be held accountable to God. Supporting people at home gives a lesson to Henry so that he is always careful in storing things, especially sharp objects, both at home and anywhere. Third, the reason the author raises bullying in *The Reluctant Journal* is that the author wants to reveal the author's concern for bullying cases that have occurred in several countries and are contained in the novel *The Reluctant Journal*.

#### **REFERENCES**

Miles, M. B., & Huberman, A. M. (1994). *Qualitative Data Analysis: An expanded sourcebook*. sage.

- Nielsen, S. (2016). *The Reluctant Journal of Henry K. Larsen*. Random House.
- Nielsen, Susin. 2014. *TRJOHKL (aka The Reluctant Journal of Henry K. Larsen) Q&A*. <https://susinnielsen.com/extras-2/trjohkl-aka-the-reluctant-journal-of-henry-k-larsen-qa/>.
- Olweus, D. (1994). *Bullying at School*. In *Aggressive Behavior* (pp. 97-130). Springer, Boston, MA.
- Patterson, M. E., & Williams, D. R. (2002). Collecting and analyzing qualitative data: Hermeneutic principles, methods and case examples. *Patterson, Michael E.; Williams, Daniel R. 2002. Collecting and analyzing qualitative data: Hermeneutic principles, methods and case examples. Advances in Tourism Applications Series, Volume 9. Champaign, IL: Sagamore Publishing, Inc. 127 p.*
- Rayner, C. (1997). The Incidence of Workplace Bullying. *Journal of Community & Applied Social Psychology*, 7(3), 199-208.
- Sitorus, A. M. (2018). *Impacts of Bullying on Carrie in Stephen King's 'Carrie'*.