

# The importance of human rights (HAM) in providing protection to victims of bullying and assessing the various impact for victims

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## ABSTRACT

Bullying often occurs in the area of group environment, especially in the school environment and it is an act that violates human rights, because human rights are the moral and legal basis that protects every individual from unfair and discriminatory treatment. Protecting victims of bullying and preventing such acts is a task that is not only the responsibility of individuals. We use a research method in the form of literature analysis to explore the importance of human rights in fighting bullying and to identify the psychological effects that may be experienced by victims of bullying. Human rights provide protection for victims of bullying by recognising their right to live in a safe environment free from discrimination. Psychological impacts include stress, anxiety, and depression, while social impacts involve isolation, decreased self-confidence, and impaired social relationships. Physical impacts include physical injuries and health disorders associated with chronic stress. Human rights protection and social support are important to counter bullying and protect the well-being of victims. This research highlights the importance of human rights in protecting victims of bullying. Human rights include the victim's right to live in a safe environment, get legal protection, be free from discrimination, privacy, and remedy, and get an education without harassment. This creates a strong legal and moral basis to protect victims of bullying and prevent such acts.

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## 1. INTRODUCTION

Bullying often occurs in group areas, especially in the school environment, and it is an act that violates human rights in the social environment because this act of bullying is often considered trivial by the environment. What's more, bullying cases often occur during adolescence, where At this time a person is looking for his identity and is adapting to circumstances by being proud of his behavior so that he is recognized in the surrounding environment with his strength in physical and non-physical forms.(S. Damayanti et al., 2020).

In Indonesia, cases of bullying usually occur in school and work environments, which are increasingly common, mostly from older siblings or those of the same age who carry out their actions against victims of bullying.(Amini, 2008; W. S. Lestari, 2016), bullying cases themselves often occur

as an act of venting against someone, which sometimes starts with a joke from the perpetrator but this is not felt by the victim because they feel like they are an object in the corner. (Sari, 2022).

The impact for victims of bullying is very much from the psychological impact of stress, anxiety, depression, lack of self-confidence and low self-esteem (Kurniasih et al., 2023). The social impact creates a fear of socializing because the victim considers the environment around him to be very frightening, uncomfortable, and this will make him tend to be alone, more comfortable with one's situation and more closed to socializing in the surrounding environment, and it will be difficult for victims of bullying to find new insights. (Ririn Ma'rifatun, 2023).

The importance of Human Rights (HAM) in the context of fighting bullying becomes increasingly clear when we understand the complexity of the problem of bullying and its impact on individuals (Khusna, 2022). Bullying is not just ordinary mischief or children's play. This is detrimental behavior that can have serious long-term implications for the victim's mental and emotional well-being (Amini, 2008). Quoting from the UNICEF website, bullying can be recognized by the following three characteristics: intentional (done to harm), frequent, and there is an imbalance of caste or power.

Why are human rights relevant in this context? The answer is because human rights are a moral and legal basis that protects every individual from unfair and discriminatory treatment (Bawole, 2013). Human rights recognize that everyone has the right to live in an environment that is safe, respected and free from violence (Zulfa, 2015). This is not just an abstract right; This is a right that must be exercised in the daily life of every individual. Bullying directly violates these rights. Victims of bullying often feel afraid, threatened and unsafe (R. Lestari, 2018). They may feel that their right to live free from violence has been violated, and this may have a negative impact on their well-being. Therefore, it is important to understand how human rights act as an important weapon in fighting bullying.

Protecting victims of bullying and preventing such acts is a task that is not only the responsibility of individuals, but also the responsibility of institutions, including schools, government and society at large. (Analiya & Arifin, 2022). By understanding the importance of human rights in this context, we can introduce justice, tolerance and respect for the basic rights of every individual, while understanding the serious psychological impact that can occur on victims of bullying. Therefore, human rights efforts in fighting bullying are an important part of life in ensuring that every individual, without exception, can live a life free from physical, emotional and psychological threats that degrade their dignity.

## 2. METHOD

In this article, we use a research method in the form of literature analysis (Ridwan et al., 2021) to explore the importance of Human Rights (HAM) in fighting bullying and to identify the psychological impacts that may be experienced by victims of bullying. The literature analysis method allows us to present accurate and reliable information to readers by relying on previous research that has been tested and verified. With this approach, this article can provide a deeper understanding of the importance of human rights in fighting bullying and its impact on victims.

## 3. RESULTS AND DISCUSSION

In the research results that we examined through literature analysis, we found several important findings that illustrate the importance of Human Rights (HAM) in fighting bullying as well as the psychological impact that victims may experience. The following is a further discussion of the research results:

### 3.1 The Importance of Human Rights in Providing Protection to Victims of Bullying

Human rights recognise that every individual has the right to live in a safe and respected environment. Article 28h Paragraph 1 of the 1945 Constitution has stated, "Every person has the right to live in physical and spiritual prosperity, to have a place to live, to have a good and healthy environment, and to receive health services". In the context of bullying, human rights include the right of victims to feel safe from actions that dehumanise them. This creates a legal and moral basis to protect victims of bullying from harmful treatment. Human rights provide protection to victims of bullying in several fundamental ways. Here are some of the ways human rights provide protection to victims of bullying including:

- a. The Right to Live in a Safe Environment, The environment is one area where the Indonesian people have legal rights which are regulated by law. For example, Law Number 39 of 1999 concerning Human Rights which is regulated in Article 9 paragraph (2) that "Everyone has the right to be peaceful, safe, peaceful, happy, physically and mentally prosperous". In this context, human rights include the basic right of every individual to live in a safe environment, free from violence and harassment. This means that every victim of bullying has the right to feel safe and protected from actions that degrade their dignity. In the context of schools or workplaces, these institutions have a responsibility to create a safe environment in accordance with these human rights principles.
- b. The right to obtain legal protection. Every citizen has the right to feel safe and secure and protected from danger, including the crime of bullying. Bullying is a crime that can cause fear in addition to other negative impacts, both physical and psychological (Amelia, 2020). In Indonesia, protection for victims of bullying is regulated in Article 76C of Law Number 35 of 2014 which states "Every person is prohibited from placing, allowing, committing, ordering to commit, or participating in committing violence against children." The words "prohibited, prohibit violence against children" are an important point in protecting victims of bullying. Because this is clearly protected by Law number 23 of 2002 concerning Child Protection. Article 16 paragraph (1) which relates to the rights of children, states that: "Every child has the right to obtain protection from being subjected to abuse, torture or inhumane punishment." In this case, human rights also include the right to obtain legal protection for victims. Victims of bullying have the right to report the act to authorities, such as the police or school supervisor, and expect an appropriate response. Human rights ensure that a fair and objective legal process must be carried out to overcome acts of bullying.
- c. Right not to be discriminated against. An important human rights principle is the right not to be discriminated against. This means that there is no legitimate reason to discriminate against someone based on personal characteristics such as gender, race, religion, or sexual orientation. In the context of bullying, victims are often targeted because of these differences. Therefore, human rights protect victims from discrimination and harassment that may occur. In the context of the law on child protection, according to Article 21 paragraph (1) the State, Government and Regional Governments are obliged and responsible for respecting the fulfillment of Children's Rights without distinction of ethnicity, religion, race, class, gender, ethnicity, culture and language, legal status, birth order, and physical and/or mental condition.
- d. The Right to Privacy and Personal Security, According to Article 4 of the Witness and Victim Protection Law, children who are victims of bullying must receive protection for their safety, the safety of their families, and the protection of their property. They should also not face any threats because of the testimony they will give, are giving, or have given (Fadillah, 2020). Human rights also protect individual rights to privacy and personal security. This means that acts of bullying, especially those related to cyberbullying, which involve sharing personal information or damaging the victim's reputation, may violate this right. Human rights allow victims to take legal action against perpetrators who violate their privacy.
- e. In the context of education, human rights support the right of every individual to receive an education without fear of being a victim of discrimination, intimidation or bullying. Educational institutions must take steps to prevent and address bullying so that students can learn in a safe and supportive environment. According to Article 54 of Law No. 23 of 2002 on Child Protection states that "Children who are in and around schools must be protected from acts of violence committed by teachers, school administrators, or friends in the school environment concerned, or other educational institutions". In other words, students have the right to a safe and fear-free environment while at school. It is the responsibility of educators, including school officials, to protect students from harassment, assault and other forms of coercion.
- f. The impact of bullying on victims is numerous and includes physical and psychological suffering, low self-esteem, shame, trauma, feeling alone and wrong, and fear of going to school, Victims withdraw from school, experience social anxiety, and have suicidal thoughts and mental health problems. In this hall, human rights recognise the right of victims of bullying to psychological support, mental health, and recovery. Victims have the right to access mental health services and counselling to address the psychological impact of bullying. This ensures that they are not left alone to face the emotional consequences of the act. In accordance with Article 28 H paragraph (1) of the 1945 Constitution. Everyone has the right to live in physical and mental prosperity, to

have a place to live, to obtain a comfortable and healthy environment, and to obtain health services. Furthermore, it is clarified with Every person has the right to live, maintain life, and improve their standard of living, in accordance with Article 9 of Law Number 39 of 1999 concerning Human Rights. Thus, human rights act as an important umbrella of protection for victims of bullying. Human rights principles help ensure that victims have the right to live in an environment that is safe, respected and free from degrading treatment. Communities, educational institutions and authorities have a responsibility to implement these human rights principles in an effort to protect and support victims of bullying and prevent such acts.

### 3.2 Psychological Impact on Bullying Victims

Human Rights (HAM) views the psychological impact on victims of bullying as a serious concern related to the basic rights of every individual (P. I. Lestari, 2023). From a human rights perspective, the psychological impact experienced by victims of bullying has implications for their mental and emotional well-being, which is an integral part of human rights. The following are the impacts that may arise as a result of bullying treatment on victims according to R. Damayanti et al., 2013:

- a. Stress, Definition Stress is a physical and mental response to certain pressures or demands in life. This is the body's natural reaction to situations that are perceived as a threat or burden. Symptoms: Symptoms of stress can include increased heart rate, cold sweat, feelings of tension, anxiety, muscle tension, difficulty sleeping, changes in appetite, and reduced focus. Stress can be temporary or long-term.
- b. Anxiety, Definition: Anxiety is a feeling of excessive worry, anxiety, or fear about a certain situation or event. This could be an overreaction to a situation that shouldn't be so scary. Symptoms: Symptoms of anxiety can include obsessive thoughts, tension, constant restlessness, difficulty concentrating, insomnia, physical symptoms such as shaking, headaches, and sometimes panic attacks. Anxiety often lasts a long time and interferes with daily life.
- c. The main difference between stress and anxiety is that stress is a response to certain pressures or demands, while anxiety is an excessive feeling of worry without a clear or proportionate reason. These two conditions can coexist or influence each other, and if not treated properly, both can have a negative impact on a person's physical and mental well-being. Victims of bullying often experience high levels of stress and anxiety. They worry about the possibility of constant attacks or harassment that they experience throughout their lives because it causes them to become a threat and inner pressure, they think anxiously and cannot focus in their lives.
- d. Depression, Depression is a serious mood disorder that affects a person's feelings, thoughts and behavior. This is not just a momentary feeling of sadness or bad mood, but a long-lasting clinical condition that can seriously disrupt a person's daily life. Depression can affect many aspects of life, including physical, emotional, and social. The following are some common characteristics and symptoms of depression: Deep Feelings of Sadness: People with depression often feel deep and ongoing feelings of sadness. They may feel empty, hopeless, or lose interest in things they previously enjoyed; Loss of Interest or Pleasure: People with depression often experience anhedonia, which is a loss of interest or pleasure in activities they usually enjoy, such as hobbies or socializing; Loss of Energy: Depression can cause excessive physical and mental fatigue, even after getting enough sleep; Sleep Disorders: Sleep disorders are common in depression, such as insomnia (trouble sleeping) or hypersomnia (sleeping too much); Weight Changes: Significant weight changes can occur, either weight gain or weight loss for no apparent reason; Concentration Disorders: Sufferers often have difficulty concentrating, making decisions, or thinking clearly; Feelings of Guilt or Worthlessness: They may feel guilty, worthless, or have very negative feelings about themselves. Victims of bullying often experience decreased self-esteem. They may feel worthless, guilty, or feel like they are the problem.

### 3.3 Social impacts for victims of bullying

Victims of bullying can experience various damaging social impacts in their daily lives. These impacts can affect social relationships, engagement at school or work, and overall well-being. The following are some of the social impacts generally experienced by victims of bullying according to Siloam Hospital medical experts (2023): Social Isolation: Victims of bullying often feel isolated because they are afraid of being the target of further harassment or ridicule. They may withdraw from friends, social groups, or activities they usually enjoy; Decreased Self-Confidence, Bullying can damage the victim's self-confidence. They may feel worthless or feel that they are not worthy of interacting with others; Social Relationship Disorders: Victims of bullying can experience difficulty in building and maintaining

healthy social relationships. They may have problems trusting others or find it difficult to socialize; Lack of Social Support, Sometimes, victims of bullying feel lonely because they may feel that there is no one they can trust or they do not have enough social support to overcome the situation; Decreased School or Work Engagement: The impact of bullying can affect performance at school or work. Victims of bullying may find it difficult to concentrate, attend regularly, or participate in academic or work activities; Social Identity Disorder Bullying can damage a victim's social identity, changing how they see themselves and how they believe others see them; Problems in Forming New Relationships Victims of bullying may face difficulties in establishing new social relationships due to distrust or fear of past experiences; Having a sense of revenge, the impact of victims of bullying having thoughts of revenge. This needs to be watched out for because it can cause someone to commit acts of violence against other people to vent their frustration.

The social impact of bullying can vary from one individual to another, depending on the severity and duration of the bullying experienced. In many cases, social support and help from friends, family, or mental health professionals can help victims overcome the social impact they have experienced and recover their self-confidence and social engagement. Efforts to prevent bullying are also very important to prevent negative social impacts on future victims (Munawarah, 2022).

### **3.4 Physical impact for victims of bullying**

Bullying can have a physical impact on the victim, although this impact may not always be as obvious as the psychological or social impact, but this impact is very visible or visible in the victims of bullying. The physical impacts of bullying can include:

- a. Physical Injuries In some cases, bullying can cause physical injuries such as bruises, cuts, or even broken bones. This is especially true in cases of physical abuse.
- b. Health Problems Victims of bullying often experience health problems related to chronic stress. These can include headaches, sleep disturbances, digestive problems, or other health problems.
- c. Decreased Mental Health Although this falls into the category of psychological impacts, the depression and anxiety often caused by bullying can also affect the victim's physical health.
- d. Growth and Development Problems Children and teenagers who are victims of bullying can experience growth and development problems, including unhealthy weight loss or weight gain.
- e. Nutritional Disorders Some victims of bullying may experience nutritional disorders due to the stress they experience. This can result in unhealthy eating patterns, such as overeating or not eating at all.
- f. Sleep Disorders: The stress caused by bullying can disrupt the victim's sleep, which in turn can cause sleep problems, such as insomnia.

The physical impacts can differ from one individual to another, depending on how serious and how long the victim experienced bullying. Preventing bullying by implementing human rights can create a safe environment in schools, workplaces and communities and is also important to avoid detrimental physical and psychological impacts on victims.

## **4. CONCLUSION**

Results This research highlights the importance of Human Rights (HAM) in protecting victims of bullying. Human rights include victims' rights to live in a safe environment, obtain legal protection, be free from discrimination, privacy and recovery, and receive education without harassment. This creates a strong legal and moral basis for protecting victims of bullying and preventing such acts.

Besides Therefore, the psychological impact experienced by victims of bullying is a serious concern from a human rights perspective. Victims often experience stress, anxiety and depression which can disrupt their mental and emotional well-being. The social impacts include social isolation, decreased self-confidence, impaired social relationships, and lack of social support. Physical impacts, although they may not always be visible, can also occur, including physical injury, health problems, growth and development problems, and sleep disorders.

Preventing bullying by respecting human rights is a key step to prevent this negative impact on victims. It involves collective action from communities, educational institutions, and authorities to create a safe environment, address bullying, and provide support to victims. This effort aims to protect the basic rights of every individual to live in dignity and security, and ensure that no one becomes a victim of degrading treatment.

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