

ABSTRACT

Hafifah Rahmi. 2025. *The Effect of Bullying on the Mental Health of Eleventh-Grade Students at SMKN 4 Padang in the Even Semester of the 2025/2026 Academic Year. Bachelor's Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas Putra Indonesia "YPTK" Padang.*

This research aims to determine the effect of bullying on the mental health of eleventh-grade students at SMKN 4 Padang during the even semester of the 2025/2026 academic year. The study employed a quantitative approach with a simple random sampling technique. The sample consisted of 137 students out of a population of 207. Data were collected using a Likert-scale questionnaire and analyzed using SPSS 24 and Microsoft Excel 2021. The results showed that $t_{hitung} > t_{tabel}$ $0,915 > 0,135$ et a significance level of $\alpha = 0,05$. This indicates that the hypothesis was accepted, confirming a significant effect of bullying on students' mental health. The coefficient of determination revealed that bullying accounted for 83% of the variance in students' mental health. Interestingly, the findings suggest that students who experience higher levels of bullying tend to show stronger mental health management, possibly due to coping strategies or support systems.

Keywords: Bullying, Mental Health, Influence, Students

ABSTRAK

Hafifah Rahmi, 2025, **Pengaruh *Bullying* Terhadap Kesehatan Mental Siswa Kelas XI SMK Negeri 4 Padang Semester Genap Tahun Ajaran 2025/2026.** Sarjana Bimbingan Konseling Fakultas Keguruan Ilmu Pendidikan Universitas Putra Indonesia “YPTK” Padang.

Penelitian ini bertujuan untuk mengetahui pengaruh *bullying* terhadap kesehatan mental siswa kelas XI SMK Negeri 4 Padang pada semester genap tahun ajaran 2025/2026. Penelitian ini menggunakan pendekatan kuantitatif dengan teknik pengambilan sampel *simple random sampling*. Sampel berjumlah 137 siswa dari total populasi 207 siswa. Instrumen data berupa angket skala Likert. Analisis data dilakukan menggunakan SPSS 24 dan Microsoft Excel 2021. Berdasarkan penelitian yang telah dilakukan, maka diperoleh $t_{hitung} > t_{tabel}$, $0,915 > 0,135$ dengan $\alpha = 0,05$ maka hipotesis diterima yang dimana terdapat hubungan yang signifikan pada siswa kelas XI SMKN 4 Padang. Nilai analisis koefisien determinasi antara pengaruh *bullying* dengan kesehatan mental siswa yaitu sebesar 83%. Dengan demikian, siswa yang mengalami *bullying* tinggi maka cenderung mampu mengelola kesehatan mental dengan baik.

Kata Kunci: Pengaruh, *Bullying*, Kesehatan Mental