

Analysis of Cinema Therapy Technique for Increasing Self-Confidence in Adolescent Victims of Prejudicial Bullying

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ABSTRACT

With the most bullying cases, Indonesia takes the top spot. With 84% of the vote, Indonesia holds the top spot. More than Vietnam and Nepal combined, this figure is higher. Pakistan came in third with 43%, and Cambodia came in second with 73%. According to KPAI data, there would be 226 instances of bullying in addition to physical and psychological abuse in 2022. In this are figures. is quite big, and all the parties concerned need to pay attention to it. As a result of bullying, victims often have low self-confidence, according to some research findings. Several studies have found that adolescents frequently struggle with self-confidence issues. How about making one of those initiatives to help victims of prejudiced bullying deal with their lack of confidence? is to create methods for self-reflection via movie therapy. The finest alternative to traditional therapy is film therapy.

Introduction

The young of today must be prepared and capable of overcoming the problems of life and society. Teenage years are the most crucial in a person's life since they mark the shift from childhood to adolescence and they also decide how to mature an individual will be as an adult. According to Hurlock (1997), adolescence is a time of transition from infancy to maturity when an individual undergoes physical and psychological changes. According to Monks et al. (1999:262), the age range of adolescence is limited to 12 to 21 years old, or until the end of physical growth. On The individual reaches its peak physical development and the maturity of its reproductive capacities currently. Teenagers will attempt to attract the other sex because of this maturity, which causes them to pay attention to the kind of their opponents. The

development of psychological functions, including heightened mental fortitude, thinking capacity, comprehension, and memory, will occur at the same time as physical growth. Adolescents pay attention to their social and intellectual environments as this ability grows.

Humans, as individuals, begin to know a wider environment than their family as they grow older. The socialization experienced by individuals begins to expand. Individuals begin to interact with their peers. As a result, the individual's social skills improve. If the values instilled by both parents are well absorbed, then the social skills possessed by the individual could be better. That's because humans grow and progress from phase to phase without abandoning what they have learned from the previous phase. Conversely, if the socialization of values that are instilled in the family is not absorbed by the children, it could retard their behavioral and psychosocial development. As a result, teenagers began to show pathological symptoms such as delinquency and other risky behaviors, one of which is bullying (Zakiyah, EZ., et al. 2017).

Bullying is the act of using power to hurt a person or group of people either verbally, physically, or psychologically so that victims feel depressed, traumatized, and helpless (Sejiwa, 2008). Bullying has often occurred in schools and is carried out by students. teenager. Interm of cases, Indonesia ranked first in 2015.highest bullying. Indonesia occupies the first position with 84%. Amount This is more than Vietnam and Nepal, which are both gross.79%, followed by Cambodia (73%), and Pakistan (43%), (UNICEF, 2015). One of the experts in the field of bullying, Sherri Gordon, categorizes bullying into six types: physical bullying, verbal bullying, relational aggression, cyberbullying, sexual bullying, and prejudicial bullying. One of the acts of bullying that will be discussed in this study is prejudicial bullying. Prejudicial bullying is a type of bullying that is done based on prejudice against an ethnicity, race, religion, or sexual orientation (Gordon, S. 2021).

It is uncomfortable to be the target of bullying. Bullying victims experience a variety of unpleasant effects. Some studies' findings indicate that victims of bullying have low self-confidence (Jelita et al., 2021; Yuliana, 2021; Kundre, R., 2018; Cahyono, 2020; Zulqarnain, MA, 2020). To see the detrimental effects of bullying, issues of low self-confidence faced by victims must receive substantial attention. Low self-confidence becomes a severe issue in teenagers who are still in the learning stage since it has an impact on motivation, learning outcomes, and academic success (Ghofar, A. 2018; Cahya, SB; Ariyanto, CW; 2016; Asiyah, A. et al. 2019; Mukti, WH; et al. 2017). Self-confidence is described as one of the most significant motivators and behavior regulators in people's daily lives in Bandura's theory (Bandura, 1986). The idea that one can act in a way that is expected and desirable is how Bandura defines "self-

confidence." In other words, "growing self-confidence demands a high level of trust in oneself" (Bandura, 2005).

Creating movie therapy techniques as a kind of self-reflection is one approach that can be taken to address the issue of poor self-confidence for victims of discriminatory bullying. Cinema therapy, according to Gary Solomon, Ph.D. (in Allen & Krebs, 2007), is a strategy for employing movies to benefit patients. Additional issues that can be handled include motivation, relationships, depression, and self-confidence, according to the Community College of Southern Nevada's professor of psychology. Implementing cinema therapy for victims of prejudicial bullying is anticipated to aid in resolving the issue of low self-esteem, which will impact their drive to learn, their academic success, and their ability to learn.

Method

This research makes use of the literature review technique to gather information from books, journals, and articles as well as data from the internet that has been examined for reliability and related articles that are pertinent to the study of writing and provide evidence for the discussion's description or analysis. An Advisory Lecturer specializing in Guidance and Counseling Related to the Effectiveness of therapeutic movies in boosting self-confidence is also consulted as part of the technique. The descriptive method of data analysis was used. i.e., the information gathered will be given in as much detail as is necessary to draw the conclusion from the description or discussion analysis. This essay also describes how to use film therapy approaches to boost adolescent self-confidence.

Findings and Discussion

Findings

The results showed that in mid-adolescence occurs greater discrepancy between the real self and the ideal self than in early or late adolescence, argues Strachen & Jones 1982 (Santrock, 2003). A humanist, Carl Rogers, in 1950 (Santrock, 2003), argues that a large discrepancy between self-reality and the ideal indicates interference. Based on views in this case, something that is expected and feared is a phenomenon that is psychologically healthy because it provides a balance between the positive self that is expected and the negative self that is feared. Positive self can direct adolescents into the positive while the negative self can be identified as things to avoid. From this description it can be concluded that teenagers in essence are a unique individual who has inner dynamics self-perspective, both positive and

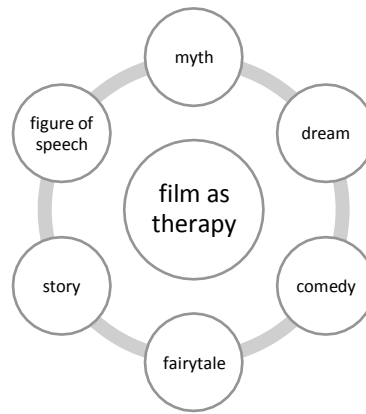
negative, so that a sense of strong optimism to be able to become a quality teenager, and believe in its abilities without having to feel isolated which can lead to a lack of confidence.

To grow a sense of self-confidence that is proportional, the individual must start from within yourself. This is very important considering that only the individual concerned can overcome that lack of self-confidence he is experiencing. For most teenagers, low self-esteem is cause temporary emotional discomfort, he said. Damon in 1991 (Santrock, 2003). But for some teenagers, it is low. Self-confidence can cause problems. Low self-confidence can lead to depression, suicide, anorexia nervosa, delinquencies, and problems with other adjustments (Damon & Hart, 1988; Fenzel, 1994; Harter & Marold, 1992; Markus & Nurius, 1986; Pfeffer, 1986, Santrock, 2003). Success is greatly influenced by one's confidence. If we lack confidence, we risk missing a great chance. A spiritual crisis One of the main barriers to action is self. not simply doubt but also act or even do nothing.

Conclusion

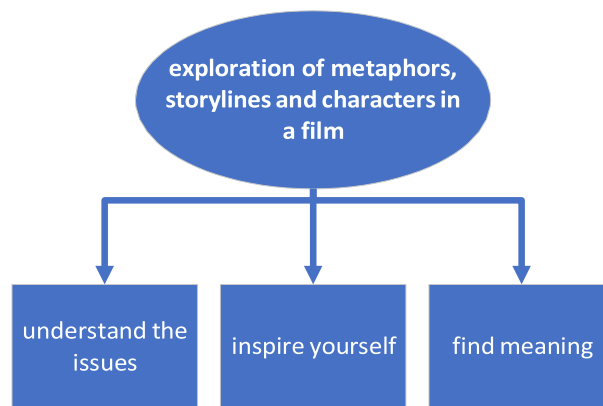
The difference between the real self and the ideal self is bigger in mid-adolescence than in early or late adolescence, according to Strachen and Jones' 1982 argument (cited in Santrock, 2003). An expert in humanism named Carl Rogers asserted in 1950 (cited in Santrock, 2003) that a significant gap between the real and ideal selves is a sign of disorder. According to this perspective, the existence of something that may elicit both fear and expectation is a psychologically beneficial phenomenon because it creates a balance between the positive self that can be anticipated and the bad self that can be feared. Adolescents with favorable self-images are more likely to have positive outcomes than those with negative ones.

To grow proportional self-confidence, individuals must start from within themselves. This is very important considering that only the individual concerned can overcome the lack of confidence he is experiencing. "For most adolescents, low self-esteem only causes temporary emotional discomfort," said Damon in 1991 (in Santrock, 2003). But for some teenagers, low self-esteem can cause problems. Low self-esteem can cause depression, suicide, anorexia nervosa, delinquency, and other adjustment problems (Damon & Hart, 1988; Fenzel, 1994; Harter & Marold, 1992; Markus & Nurius, 1986; Pfeffer, 1986 in Santrock, 2003).



Picture 1. cinema therapy and self-confidence correlation

What are the techniques or methods to increase self-confidence? Cinema therapy can be an alternative. Because cinema therapy is an alternative for increasing self-confidence, the following will explain the steps or process of "group cinema therapy":



Picture 2. "Group Cinema Therapy" Process

Watching the film indicates that there is active work in the brain that shows itself to understand emotional issues, which are marked by the emergence of an understanding with a storyline in the film. Therapy using movies or the cinema can awaken enthusiasm in our subconscious. By watching a movie, emotional expression occurs. The audience feels like it is being hit by magic as if they are part of the storyline of the film. The endpoint of cinema therapy is to find the meaning or purpose of the film's storyline. This discovery of meaning, which can then encourage them to appear as they should, can be in the form of motivation, depression, or self-confidence.

Efforts to increase the self-confidence of adolescents because cinema therapy can inspire self-exploration. Many things can be learned through cinema therapy, or film therapy as it is known in Indonesia. The result of cinema therapy techniques is to find implied or explicit meanings in film shows. A film or films that are also related to increasing self-confidence, for example, are considered "film therapy" for increasing self-confidence.

This self-confidence grows from a subconscious call that makes films to inspire teenagers to explore ideas and can influence or even change mindset patterns to become self-motivated. This is supported by Murty Lefkoe (Wolzt, 2004), who stated that dramas or movies can increase self-confidence because, by immersing themselves in them, the audience seems to fully trust the dramas. When you have faith in someone, you can easily influence their behavior and emotions. Behavior and emotions can easily be influenced. Not only that, Birgit Wolz (2004) stated the same thing: watching movies can evoke emotions, add optimism to life, and brighten the mind. Optimism and zest for life are needed to increase the self-confidence of adolescents so that all things that affect adolescents are how adolescents manage, increase, and maintain self-confidence.

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