

ABSTRACT

Background: Bullying cases in Islamic boarding schools have a prevalence of 61-73%, which includes forms of violence, threatening, extortion and taking the belongings of fellow students. This is a serious concern that can interfere with the mental and emotional well-being of students, and contradicts the norms and ethical values taught in religious education. **Objective:** Knowing the relationship between bullying with mental health and emotional intelligence in students at Islamic Boarding Schools in Jambi City in 2024. **Methods:** This study is a quantitative analytical study with a cross-sectional design and a sample size of 91 students with the sampling technique used is simple random sampling. Data analysis was carried out by univariate analysis and bivariate analysis with chi-square test with cell breakdown method and PR value. **Results:** The frequency distribution of high bullying was 25.3%, moderate bullying was 49.5% and low bullying was 25.3%. The frequency distribution of students who experienced mental health problems was 41.8% and those who did not experience mental health problems was 58.2%. The frequency distribution of students who experienced emotional intelligence disorders was 40.7% and those who did not experience emotional intelligence disorders was 59.3%. High bullying and moderate bullying have a significant relationship to mental health ($p\text{-value} < 0.05$) while high bullying and moderate bullying do not have a significant relationship to emotional intelligence ($p\text{-value} > 0.05$) **Conclusion:** High and moderate bullying have a relationship to mental health and high bullying and moderate bullying have no relationship to emotional intelligence in students at Jambi City Islamic Boarding School. It is hoped that the Jambi City Islamic Boarding School can develop and implement a comprehensive anti-bullying program and provide access to counseling services and psychological support for students.

Keywords: Bullying, Mental Health, Emotional Intelligence, Santri

ABSTRAK

Latar Belakang: Kasus bullying di Pondok Pesantren memiliki prevalensi sebesar 61-73%, yang meliputi bentuk kekerasan, pengancaman, pemerasan serta mengambil barang-barang sesama santri. Hal ini menjadi keprihatinan yang serius yang dapat mengganggu kesejahteraan mental dan emosional para santri, serta bertolak belakang terhadap nilai-nilai norma dan etika yang diajarkan dalam pendidikan agama. **Tujuan:** Mengetahui hubungan antara *bullying* dengan kesehatan mental dan kecerdasan emosional pada santri di Pondok Pesantren Kota Jambi Tahun 2024. **Metode:** Penelitian ini merupakan penelitian kuantitatif yang bersifat analitik dengan desain *cross-sectional* dan jumlah sampel sebanyak 91 santri dengan teknik pengambilan sampel yang digunakan adalah *simple random sampling*. Analisis data yang dilakukan dengan analisis univariat dan analisis bivariat dengan uji *chi-square* dengan metode pemecahan sel (*cell breakdown method*) dan nilai PR. **Hasil:** Distribusi frekuensi *bullying* tinggi sebesar 25,3%, *bullying* sedang sebesar 49,5% dan *bullying* rendah sebesar 25,3%. Distribusi frekuensi santri yang mengalami gangguan kesehatan mental sebesar 41,8% dan yang tidak mengalami gangguan kesehatan mental sebesar 58,2%. Distribusi frekuensi santri yang mengalami gangguan kecerdasan emosional sebesar 40,7% dan yang tidak mengalami gangguan kecerdasan emosional sebesar 59,3%. *Bullying* tinggi dan *bullying* sedang memiliki hubungan signifikan terhadap kesehatan mental ($p\text{-value} < 0,05$) sedangkan *bullying* tinggi dan *bullying* sedang tidak memiliki hubungan signifikan terhadap kecerdasan emosional ($p\text{-value} > 0,05$). **Simpulan:** *Bullying* tinggi dan sedang memiliki hubungan terhadap kesehatan mental serta *bullying* tinggi dan *bullying* sedang tidak memiliki hubungan terhadap kecerdasan emosional pada santri di Pondok Pesantren Kota Jambi. Diharapkan Pondok Pesantren Kota Jambi dapat mengembangkan dan menerapkan program anti *bullying* yang komprehensif serta menyediakan akses layanan konseling dan dukungan psikologis bagi santri

Kata Kunci: *Bullying*, Kesehatan Mental, Kecerdasan Emosional, Santri