

ABSTRAK

Daniel Oktaviano Syukur. 21.75.7025. **Menangani Masalah Cyberbullying Dengan Pendekatan Konseling Client-Centered**. Skripsi. Program Sarjana, Program Studi Filsafat, Institut Filsafat dan Teknologi Kreatif Ledalero. 2025.

Cyberbullying mempunyai dampak yang signifikan terhadap orang khususnya bagi individu yang mengakses internet. Penelitian ini bertujuan untuk (1) mendeskripsikan dan menjelaskan tentang dampak *cyberbullying* terhadap manusia di era digital dan (2) menjelaskan tentang bagaimana menangani persoalan *cyberbullying* dengan menggunakan pendekatan konseling *Client-Centered*.

Objek kajian dari penelitian ini adalah *cyberbullying* dan dampak *cyberbullying*. Metode yang digunakan penulis dalam menyelesaikan karya ilmiah ini adalah metode deskriptif kualitatif. Penulis mengkaji dan menganalisis data-data tentang *cyberbullying* dari pelbagai buku, jurnal, manuskrip, majalah, internet maupun artikel-artikel yang berhubungan dengan fenomena maraknya kasus *cyberbullying* dan pendekatan konseling *Client-Centered*.

Berdasarkan hasil penelitian, penulis menyimpulkan tiga hal. *Pertama*, fenomena *cyberbullying* di era digital menyebabkan korban mengalami gangguan psikologi seperti gangguan emosional yang mendalam, penurunan harga diri, gangguan interaksi sosial, dan resiko kesehatan mental jangka panjang. *Kedua*, fenomena kemunculan *cyberbullying* di era digital disebabkan beberapa faktor seperti harga diri, perilaku remaja yang suka meniru, lemahnya kontrol sosial, pola asuh, dan teman sebaya. *Ketiga*, untuk menangani masalah *cyberbullying*, solusi yang tepat adalah dengan menggunakan teknik-teknik pendekatan konseling *client-centered*.

Maraknya fenomena *cyberbullying* yang mewarnai jagat digital memberi pengaruh buruk yang signifikan terhadap korban. Karena itu, dalam menangani masalah *cyberbullying* perlu ada kolaborasi antara elemen masyarakat seperti orang tua, lembaga pendidikan, dan pemerintah. Melalui kerja sama yang baik dengan orang sesama, maka mekanisme kejahatan di dunia digital dapat dikurangi, mengingat dampaknya yang ekstrem terhadap psikis korban.

Kata Kunci: Korban, *cyberbullying*, dampak, konseling *client-centered*.

ABSTRACT

Daniel Oktaviano Syukur. 21.75.7025. **Handling Cyberbullying Problems With a Client-Centered Counseling Approach.** Thesis. Undergraduate Program, Philosophy Study Program, Ledalero Institute of Philosophy and Creative Technology. 2025.

Cyberbullying has a significant impact on people, especially for individuals who access the internet. This study aims to (1) describe and explain the impact of cyberbullying on humans in the digital era and (2) explain how to deal with the problem of cyberbullying using the Client-Centered counseling approach.

The object of study of this research is cyberbullying and the impact of cyberbullying. The method used by the author in completing this scientific work is a qualitative descriptive method. The author reviews and analyzes data about cyberbullying from various books, journals, manuscripts, magazines, the internet and articles related to the phenomenon of rampant cyberbullying cases and the Client-Centered counseling approach.

Based on the research results, the author concludes three things. First, the phenomenon of cyberbullying in the digital era causes victims to experience psychological disorders such as deep emotional disturbances, decreased self-esteem, impaired social interaction, and long-term mental health risks. Second, the phenomenon of cyberbullying in the digital era is caused by several factors such as self-esteem, adolescent behavior that likes to imitate, weak social control, parenting, and peers. Third, to deal with the problem of cyberbullying, the right solution is to use client-centered counseling approach techniques.

The rise of the cyberbullying phenomenon that colors the digital universe has a significant adverse effect on victims. Therefore, in dealing with the problem of cyberbullying, there needs to be collaboration between elements of society such as parents, educational institutions, and the government. Through good cooperation with others, the mechanism of crime in the digital world can be reduced, given its extreme impact on the victim's psychology.

Keywords: Victim, cyberbullying, impact, client-centered counseling.