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## Tawhid Education in Overcoming Bullying Cases in Generation Z Adolescents: Prevention and Recovery Strategies

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**Abstract:** *This study aims to analyze the design of appropriate prevention and recovery strategies by involving tawhid learning in cases of bullying that occur in Generation Z. The background of this study is the need for the right strategy to apply the understanding of tawhid in preventing bullying cases in the era of generation Z. The method used in this study is qualitative, with library research methods. Data was collected through literature studies and scientific papers of researchers who have been published as well as reviews of journals, articles, and scientific papers that can be trusted. The results showed that involving tawhid learning can minimize and prevent someone from bad behaviour including bullying behaviour. These findings indicate that applying monotheism learning can be an alternative method for preventing and stopping bullying cases that occur. This study concludes that applying tawhid learning in bullying prevention strategies can be a recommendation for educators and school administrators to consider the application of tawhid learning as an alternative method in preventing and stopping bullying cases that occur among Generation Z. This study has limitations on a limited sample of articles or journals under review and suggests for further research so that covers a wider and more diverse sample.*

**Keywords:** *bullying, teenagers, generation z, monotheistic education, cyberbullying.*

### INTRODUCTION

Generation Z is a young self-seeking person who since childhood is attached and familiar with advances in information and communication technology. Generation z with internet technology is like two things that cannot be separated. They spend half the time in a day interacting on social media, The content consumed on social media has a very influential impact on behaviour patterns in everyday life. A lot of content on social media that does not educate its users is imitated by connoisseurs of the content, as a result of which Generation Z is infected with a moral crisis or moral decadence. This moral decadence is characterized by bad behaviour such as bullying, theft, anti-social, disrespect to parents, and so on [1].

The existence of the Electronic Information and Transaction Law (ITE Law) regulates the way people communicate digitally. The ITE Law serves as a law and regulates communication ethics on daily social media. However, in reality, content that triggers cyberbullying behaviour or bullying on the internet is still often encountered on social media, especially TikTok. One of the contents that often get cyberbullying behaviour is vents made by users who experience upheaval and discomfort. In 2010, the OED dictionary (Oxford English Dictionary) added the term "cyberbullying". The term refers to the use of information technology as a tool to bully by sending intimidating or threatening texts. Bullying is aggressive behaviour carried out repeatedly by a person/group of people who have power, towards another weaker person, to hurt that person [2], [3].

One of the factors that lead to juvenile delinquency is the lack of religious education in family life. Religion has a very important role in moral formation because the moral values derived from religion do not change according to time and place. Since newborn children do not yet have a clear understanding of what is right and what is wrong, and the limits of moral provisions that exist in their environment, moral and religious development for adolescents must begin from the time they are young [4]. To ensure that his life path is directed and that nothing harmful happens to oneself, Islamic counselling and tawhid education must be provided. Tawhid education is guidance, teaching, and training that aims to instil the values of tawhid, given by adults as a process of changing both attitudes and behaviours in a person or group of people so that later they have a strong and firm belief in the existence of Allah subhanahu wa ta'ala as the only substance worthy of worship and praise. Tawhid, as the foundation of belief in Islam, has a crucial role in shaping the character and behaviour of individuals. Strengthening monotheism will minimize or prevent a person from bad behaviour including bullying behaviour [5].

## LITERATURE REVIEW

Adolescence consists of several phases. Umayah explained that adolescence is divided into four phases, namely preteens aged 10-14 years. At this stage, adolescents tend to experience negative phases, lack of communication with family, and hormonal changes. The second stage is early adolescence age 13-17 years. At this age, switching occurs rapidly, and many things lead to emotional imbalance and instability. At this time they are looking for an identity. Their social thinking began to transform. At this age, they have the right to make their own decisions. The third stage is elderly adolescents aged between 17 and 21 years. At this age, people have high goals and prefer to show their identity to others [6].

Khadija explained that adolescence is also called a transitional period. This period is also referred to as a very vulnerable, sensitive, and difficult time because adolescents struggle to adjust to the changes that occur to them, which have an impact on their attitudes and behaviour [7].

## METHODOLOGY

The method used in this study is qualitative descriptive, which is a method that describes or describes a problem to describe a population, situation, or phenomenon accurately and systematically [8].

Qualitative descriptive method of the right strategy to apply the understanding of tawhid in preventing bullying cases in this Generation Z era. The author obtained data through literature studies and scientific works of previous researchers that have been published. The author collects data through a review of reliable journals, articles, and scientific papers.

**Table 1. Research Methods**

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1	Research Methods	Kualitatif
2	Type of Research	study book
3	Nature of Research	Descriptive
4	Approach	Data Analysis

## RESULTS AND DISCUSSION

### Understanding Generation Z

Kristyowati said Generation Net also called Generation Z was born between 1998 to 2009. Generation Z was born in an era of advanced technology where the internet penetrated everyone. The NET generation is also known as Generation Z because they are highly dependent on technology and adept at using various sources of information. They rarely have time without their smartphones and are always connected to the internet. Even this generation already has a considerable income [9].

Gazali explains the characteristics of Generation Z: 1) Multitasking: Generation Z can multitask at once; and 2) Technology: Generation Z relies heavily on technology, especially the internet. They usually spend 3 to 5 hours every day accessing social media. 3) Open: Because of social media, they are a generation that is open to new things and easily curious about new things, including trying new things. As a result, visual media such as images, videos, graphics, and other forms of audio-visual are preferred. 5) Creative: they become creative because of the amount of information they get from the devices they have. 6) Innovative: they are people who are dissatisfied with the current state of affairs, so they strive to make innovations that will make their lives easier. 7) Critically, they can access various information randomly with the technology they have. This makes them critical in reading because the source read is never single. 8) Collaboration: According to them, the era of competition seems to be over. They prefer to cooperate with people of the same generation to solve the problems they face [10].



**Figure 1. Digital Generation**

Source: [pinterest.com/eschoolnews](https://pinterest.com/eschoolnews)

### Definisi Bullying

Understanding bullying is a form of aggressive action that someone does intentionally and repeatedly to hurt or cause discomfort to others, bullying comes from English which

originally said bully. If interpreted in Indonesian, it means bullying or disturbing weak people. This act of bullying is carried out directly by a person or a group of more powerful groups, for which they have no sense of responsibility, and it is carried out directly by a group of people [11].

This bullying behaviour is a behaviour that involves violence and it can be psychologically or physically disturbing to someone who is and becomes the goal of bullying, and it involves the victim who perceives himself as weak and helpless, and always feels that he is threatened by the bullying done to him.

Victims of bullying are often also called victims, and victims of bullying are a person or group of people who often experience fear or trauma from the behaviour and actions of others, the victim becomes weak and does not have the strength, ability, or opportunity to resist or stop the hurtful behaviour. Victims of bullying that are often found in the school world are children who tend to be introverted, it is because they lack social skills, especially in terms of assertiveness he does not have the strength to resist and feel hurt, afraid to meet bullies (perpetrators). In this incident, what happened to the victim was that she had the desire to stop being hurt by the perpetrator. But with fear, he did not dare to reveal it to parents or teachers. This happens because the victim is afraid of reprisals or he believes that he can solve the problem [12].



**Figure 2. Forms and Models of Bullying**

Source: [smpn11.bimakota.sch.id](http://smpn11.bimakota.sch.id)

As aggressive behaviour, bullying cannot be left alone. This must be followed up with the people responsible for them (in schools) such as teachers and the efforts of several parties. To deal with this kind of thing can be left to the counsellor for ongoing problems [13].

There are also types of bullying such as physical bullying for example; counterfeiting money, victimization, or theft of personal belongings, there is also a way a group of bullies hit victims in crowds or individually, and these things often occur and are experienced by men compared to women, many who are victims of bullying are women while men are mostly those who are bullies this can be seen that bullying Many attack weak people who are unable to stand up to the bullying group [14].

However, not many victims of bullying admit or consider the behaviour they experience as bullying and those who admit bullying are the average victim who understands the meaning or definition of bullying, and this is sometimes not the direct victim who reports to the teacher or the responsible party, usually this is sometimes the one who reports is a close friend or friend of the victim's own story because the victim tells about what he experienced to his close friends, And the reaction of teachers who get to the bullying report is that some

immediately follow up and some are indifferent, do not take it seriously, and even do not respond to the report. However, only a small percentage of those who see this behaviour immediately follow up or stop the bullying that is happening to the victim [15].

The form of bullying that often occurs and is found in school children is ridicule, accompanied by beatings, even threats, or the spread of gossip that makes the victim embarrassed to makes his social mentality less confident. Among the subjects involved in bullying, the group of victims as well as perpetrators, will have the highest risk and the risk of developing psychopathological behavior. They show high emotions and behaviours in a group of bullies and victims of bullying [16].

### **Causes of Bullying**

Many acts of bullying occur in an education both carried out by school children and students. Several factors cause bullying, including family factors, mass media factors, and also peer factors. These three factors are the most powerful factors influencing student bullying actions. Here's a more complete explanation:

1. Individual factors, The physical strength of the perpetrator, and his aggressive reaction to the victim are among the individual factors. The perpetrator is physically stronger than the victim, according to Olweus (1978). Tough guys aren't always annoying; Only those who are aggressive tend to be annoying [17].
2. Family factors, according to the results of the study, children victims of bullying are afraid to tell their families or the pattern of communication between children and parents is very bad. According to Soejanto, the communication model is a simple description of the communication process that shows the relationship between one component of communication with another component. A communication pattern can be interpreted as a relationship between two or more people in the process of sending and receiving to understand the message. For a child whose house is damaged, it is very important to talk to each other or communicate with the family [18]. According to Handayani, Purbasari, and Setiawan, families that respect and open up to each other have a positive influence on the children of their members. Children can be productive, flexible, confident, proactive, and open. But in reality, the child did not want to tell the family about what he experienced. Because parents are busy with their affairs and busy with work. Family communication is the delivery of communication messages in the family as a communication process launched between the father, mother, and children [19]. Family factors are also the first thing that can affect the development of bullying in children. This can be caused by a lack of warmth and parental concern for their children, a parenting style that likes to allow so that it allows children to be free to do whatever they want, or vice versa parenting that is too strict. For the child to become familiar with the threatening atmosphere, lack of parental supervision, and the influence of siblings' behaviour at home [20].
3. Mass media factors, The cause of bullying can also be caused by mass media factors, such as TV and social media. TV shows and social media form bullying behaviour in the shows they air or post on social media. Many children today imitate the scenes they see on television and social media. The dissemination of television programs and social media that show acts of violence and bullying that are then imitated by children, such as violent soap operas, violent news shows, and violent social media that are often provided and played by children. Thanks to television and social media, it is then ingrained in the child's subconscious with a theology of violence designed to solve problems. And being very passive towards acts of violence. If there is a problem, it is solved by force. Both of these things can also be the cause. According to research, up to 56.9% of children imitate scenes they perform. Watch a lot of shows on TV, which are not all positive and negative But most imitate 64% of gestures and 43% of sentences. Social media can



be central to cyberbullying, the first is that they have a relaxed cyber attitude. At first, perpetrators bully social media for fun. Then the perpetrator is satisfied with his actions and then the bullying continues until many of his victims. Social media can also make children want to be popular in cyberspace, bullies give vile accusations or comments to their victims, then these comments become the centre of attention and spread virally among netizens, so bullies use these social media accounts [21].

4. Peer factor; In adolescence, there is a process of identity search where adolescents interact a lot with their social environment, and school is one of the closest places for adolescents to socialize, so adolescents spend a lot of time in school starting from understanding the subjects given by the teacher, to, meeting the needs of socializing with their friends. Peer influence is a dominant influence on bullying because adolescents will spend time with their peers, and adolescents will spend a lot of time in school. Therefore, peers exert a considerable influence on students' bullying behaviour [22].



**Figure 3. Prohibition of Bullying**

Source: freepik.com

### **Impact of Bullying**

The impact of bullying does not only occur to victims, but the negative impact is also on bullies and perpetrators, for example, they can experience mental health disorders. Bullies have a minimal empathetic identity in social interactions where they behave abnormally, hyperactively, and pro-socially if they are involved in the surrounding social environment. However, unlike the victims, the level of mental health disorders is greater than the victims and perpetrators of bullying. Those who bully are often socially isolated, have no close friends or friends, and do not have a good relationship with both parents, victims of bullying are also affected by physical violence for bullying that is physically violent, this is a factor of trauma for the short and long term [23].

Psychological impacts on victims of bullying include:

1. Mentally weak, where this feeling is very, very severe to feel as if he did something but there is no use and no enthusiasm to live life the next day [24].
2. Being alone or separates himself from his friends or those around him because he is not confident and considers himself a burden to his surroundings because he is afraid of his surroundings not for fear of rejection but he is afraid of the bullying that has befallen him [25].
3. Prolonged depression can result in victims of bullying feeling depressed and unable to vent the emotions contained in them, to respond to the perpetrator's behaviour which is

not easy. The assumption is that silence is one of his ways not to muddy the atmosphere and assume everything is over, but in reality makes himself uncomfortable [26].

4. Anxiety disorders in someone who is bullied because he feels awry in what he feels, which makes him uncomfortable to do anything.
5. Experiencing problems with disorders in himself such as higher symptoms of depression, low self-esteem, and decreased self-confidence, and the worst is that he does things that hurt himself and can even commit suicide. And many things the victim covers his wounds to others [27].
6. Feeling that he has no self-esteem anymore and this kind of person will change the mindset that he is always insulted and ridiculed by his friends and the environment around him, because of the words and deeds that the perpetrator did to the victim of bullying [28].
7. Fear is prolonged and this is a big problem for victims of bullying because they always think that they will continue to be bullied and chased wherever and whenever so this can cause the victim to fear that he will go wherever he wants [29].

### **How to Prevent Bullying**

The occurrence of bullying is increasingly common among teenagers and even children. However, bullying behaviour can be prevented in the child's educational environment and several ways of prevention can be done including:

In the Home environment, this environment is the first environment of social interaction of the child. And in this environment, there are efforts to prevent behaviour if it occurs as little as possible. Some of these things parents can do to prevent bullying behaviour include: 1) Guiding children well to become polite, gentle, and respectful to others. 2) Teach children education so as not to fight and ridicule each other. 3) Teach children to worship, pray, and tell stories of prophets and companions. 4) Set good examples with the attitude and behaviour of parents, trying not to. Spit out obscenities, and do not quarrel with spouses even more so in front of children [30].



**Figure 4. Introspection and Evaluation**

Source: freepik.com

In the school environment, teachers are parents or guardians of students in school where they are fully responsible for the duration of school. Teachers can also prevent bullying at school including: 1) Educating students well. 2) Inculcate mutual love and respect for fellow friends. 3) Respect teachers and parents. 4) Provide education about

the dangers, impacts, and consequences of bullying. 5) Set a good example by behaving civilly in front of students [31].

In the community, there are several ways to prevent bullying behaviour in the community: 1) Holding activities in the form of gathering with residents, can increase the familiarity of residents, especially children. 2) Provide guidance and direction on the dangers of bullying. 3) Teach mutual love and friendship with each other. 4) Sharing, Victims of bullying must have complaints or complaints therefore by sharing and pouring out to close friends or friends they can provide solutions so that things like that do not happen again, by getting motivation and good opinions, will be able to respond to what they should do if the incident happens again. 5) Self-confidence, With high self-confidence to shows that he is not what people think. Giving kindness to people can give the impression that we are not weak. 6) Fight back, fighting the bully can make the perpetrator so captive and will not repeat his actions. In this way, we can show that victims of bullying are not always what they think [32].

Teach children how to stand up for themselves, especially if there are no adult teachers or parents around. This is useful for self-defence during threatening, dangerous situations, bullying, or other cases. Self-defence can take both physical and psychic forms. Physical defence is martial arts, swimming, good motor skills (cycling, running, etc.), and excellent health. Psychic defence is self-confidence, courage, common sense, simple analytical skills, the ability to see situations, and the ability to solve problems [33].

Teach children about the ability to deal with various unpleasant situations that they may experience someday in their lives, occasionally allowing the child to feel disappointed but still accompanied by this will train his tolerance. Even though the child has been taught about how to defend himself, still the child must be told where to report or ask for help for acts of violence experienced by him (not only bullying behaviour). Strive for the child to have good socializing skills with peers or older people. Socializing well with older people, teachers, caregivers or others will make it easier for the child to report violence experienced by him [34].

### **Handling After Bullying**

If you have taken the above preventive measures, bullying cases still occur. Several things can be done to deal with bullying, namely:

First, providing counselling services in the form of reprimands and orders not to repeat, preventive actions are carried out by directing students to have an understanding that bullying behaviour is not good and providing guidance such as providing knowledge of what bullying is, its causes, and worst effects caused by bullying behaviour [35].

Second, provide recommendations for addressing bullying. In addition to providing an understanding of bullying, children should be equipped with knowledge and skills when they are subjected to bullying so that they can deal with it safely without resorting to aggressive or violent means, which can worsen the situation. Many ways can be used, such as ignoring the perpetrator, staying away from them, or expressing their disapproval of the perpetrator openly and confidently. In addition, they can avoid bullying by being around adults or other groups of children. If a child is a victim of bullying and the above methods have been carried out without success, children should be encouraged to bring the problem to an adult they trust, such as a school teacher, parent, or other family member [36].

Third, establish relationships and talk to children in two directions. Abusers usually threaten or humiliate their victims if they complain to others. This is the main reason why victims usually do not want to report their events to others. Therefore, it is very important to establish relationships and communicate bidirectionally with children so



that they feel safe when telling their problems to those closest to them and are not affected by the threat of bullying. For parents and family members, it becomes increasingly difficult in the busy and activity-packed modern life [\[37\]](#).

Fourth, encourage them to avoid becoming "silent witnesses" in sexual harassment cases. For example, defending the victim of bullying physically or through words. Children who witness bullying can also help in the following ways: Accompany or be friends with victims of bullying, for example by inviting them to play or do activities, keeping victims away from situations that allow them to experience bullying, inviting victims to talk about the treatment they receive, listening to victims' stories and expressing their feelings, and, if needed, helping victims report their problems to a reliable adult [\[38\]](#).

Fifth, foster self-confidence and courage in children who are victims of bullying because these things are often the cause of bullying. Having support around, especially the closest people, can help you become more confident. When fear is overcome and self-confidence increases, courage will emerge. Friendships can also boost confidence and courage. As contained in the Hadith of Bukhari and Muslim, Muhammad bin Al 'Ala' has told us Abu Usama from Buraid from Abu Burdah from Abu Musa (may Allah be pleased with him), from the Prophet Sallallahu 'alaihi wa sallam he said, "The parable of a friend who excuses a bad friend is like a perfume seller with a blacksmith, it may be that the perfume seller will gift you or you buy from him or you will get the smell of it whereas the blacksmith will either burn your clothes or you will get an unpleasant smell" [\[39\]](#).

Sixth. Helping children discover their interests and potential: By knowing their interests and potential, children will be encouraged to develop themselves and meet and befriend people who share their interests, which will increase their self-confidence and help protect them from bullying [\[40\]](#).

Seventh, Exemplify good attitudes and behaviour. No matter how good the slogans, suggestions, and advice they receive, children will look back at their environment to see the attitudes and behaviours accepted by society. Children also saw and recorded how adults managed stress and conflict, as well as how they treated others around them, although this was not noticeable. The easiest way to combat bullying is to avoid bullying or other things similar to it. Whether we realize it or not, adults can also become victims and perpetrators of bullying, for example by bullying at work or verbally abusing those around us [\[41\]](#).

### **Definisi Policy**

Tawhid is a science that discusses the form of God, which is the attributes that are obligatory and must be present in Him. The meaning of monotheism is to confirm that Allah is One and there is no ally for Him. The first thing taught by an apostle is the meaning of tawhid worship, which is to worship only Allah and may not worship anything other than Him, either in the form of prayer or action by the provisions that have been decreed. Tengku Muhammad Hasbi Ash-Shidieqy revealed that the naming of tawhid was due to the focus of his discussion based on the oneness of Allah, which is the main foundation of Islamic teachings as conveyed by the messenger of Allah [\[42\]](#).

Another definition of monotheism is the justification that there is no God but Allah, as a principle based on faith. Tawhid deals with the nature of God and the lives of all beings, including humans and angels, about God. From these several understandings, it can be concluded that tawhid is the recognition of Allah the Exalted, as the shahada is pronounced in the first Fardhu prayer and pillars of Islam [\[43\]](#).

### **Understanding Tawhid Education**

The concept of monotheism education in general is something that is understood. Education from the origin of the word didik with the prefix pen and suffix an, which is interpreted in Law No. 20 of 2003 in the National education system states that education is a

conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble character, as well as the skills needed by himself, society, nation, and state. While. Tawhid is to impress Allah in His deeds, names, attributes, and rights [44].

The teachings of Islam encourage people to believe that the universe was created because of God. Because something exists because someone planned it, designed it, and shaped it without a single flaw. As a religion (ad-din) Islam has two dimensions, belief or tawhid and something that is practiced. Charity is the expansion and application of faith. Islam is a holy religion that originated from Allah the Exalted and was revealed to the Prophet Muhammad Sallallaahu alaihi wasallaam. It is based on beliefs and actions. This is why Mohammed Syaltout wrote al-Islam 'Aqidah wa Shari'ah' discussing the importance of the two directions 'aqidah and sharia' in Islamic teachings [45].

In Islam, the phenomenon of bullying has received special attention. Islamic teachings give instructions for good morals and stay away from bad morals, especially such as reproach or ridicule others. The act of ridiculing has existed since the time of the Qur'an's descent even before the Qur'an's descent there was ridicule of the previous prophets. The religion of Islam has forbidden bullying in any form. The Qur'an mentions this prohibition in QS. Al-Hujurat verse 11 Allah the Exalted says which means: "O believers, let not one people make fun of another, (because) they may be better than them. And neither should women (make fun of) other women, (because) it may be that women (who are ridiculed) are better than women (who make fun). Do not reproach one another, and do not call one another by bad titles. As bad as a vocation is a bad (wicked) (call) after having faith. And whoever does not repent is the wicked." Aqidah is the foundation of religion. Therefore, Aqidah becomes a benchmark or foundation in behaviour, where if the foundation is strong, then the faith will be stronger. It is the fruit of this faith that reflects one's morals. In this case, Aqidah plays an important role in all aspects of life, especially in forming a person with charity. Bullying is one of the despicable morals that needs to be trained so that it can apply commendable morals [46].

### **Solutions to Strengthen Aqidah for Generation Z**

In facing the challenges of the digital era full of information and distractions, strengthening Aqidah for Generation Z requires a relevant and adaptive approach. This generation, growing up in a digital era full of information and distractions, so the solution to strengthen their Aqidah must cover several basic aspects, including:

1. Maintaining Worship; Worship is a necessity that is sought to be carried out properly according to Islamic teachings. In addition to improving the quality of faith, it is also to carry out relationships with God, to humans, especially in Generation Z so as not to be carried away by negative behavior and deviate from His path. The practice of worship that is carried out based on getting closer to God, will give birth to feelings and confidence that he is always being watched by God. Therefore, he will shun reprehensible behavior, and always adorn himself with benevolent deeds and positive deeds.
2. Learn to know God; Learning to know Allah will give us an awareness of the power of Rabb Almighty, his greatness that Allah has created, to foster a sense of love for Him. To cultivate love, fear, and hope only in Allah and it is obligatory for every Muslim believer to learn about Him.
3. Studying Tawhid; The science of tawhid is very basic in Islam. Learning the science of Tawhid is important for every Muslim [47].

## **Implementation of the Aqidah Approach in Overcoming Bullying Cases in Generation Z**

Tawhid education as the foundation of Islam has great potential to reduce bullying cases that occur among Generation Z children. With the implementation of tawhid education, children can be given an understanding of the consequences obtained due to behaviour carried out against others and their peers. It is hoped that children can understand the importance of respecting others, appreciate differences, and be able to practice them in everyday life [\[48\]](#).

Here are some strategies and methods of the Aqidah approach in preventing bullying cases that are rife in Generation Z, including:

1. Instilling the value of Aqidah to Generation Z. The value of Aqidah teaches about how the relationship of a servant with His Rabb, namely believing wholeheartedly that Allah subhanahu wa ta'ala is the Supreme Rabb, has the power to create everything that exists in this universe. By instilling this value, it is hoped that Generation Z in their lives will become individuals who believe and carry out all His commandments can avoid all prohibitions, and provide peace and peace of heart and soul in doing everything. So with confidence in this value, children can realize that they are always under the supervision of Allah subhanahu wa ta'ala, and they will always behave well and be afraid to do the right actions [\[49\]](#), [\[50\]](#).
2. Aqidah-based character education. Integrating Aqedah-based character education in the school curriculum can help children understand the importance of respecting and respecting others, with programs that focus on strengthening good morals and ethics. Such as making group discussions, extracurriculars, individual or group counselling, anti-bullying seminars involving parents, students, and teachers, and making posters on this subject. Implementing Aqidah-based character education aims to minimize the occurrence of bullying cases that occur among school children. It is expected that educators and school managers can be active and cooperate in the implementation.
3. Set a good example. Educators and school administrators should be a good example for children and always advise them not to engage in bullying behaviour again because they are *uswatun Hashanah* who must be treated and imitated. Children who are amazed by educators or school administrators who do a good routine will surely follow his example. Being a pioneer who benefits others has benefits, such as attracting the attention of others, and implicitly making many people value them, especially children. Not only educators and school administrators are required to set a good example for their students, but educators are also obliged to teach good attitudes to their students to be good examples for other students [\[49\]](#), [\[50\]](#).

## **CONCLUSION**

Based on this study, it can be concluded that Generation Z was born between 1998 to 2009. Generation Z was born in an era of advanced technology where the internet penetrated everyone. They rarely have time without their smartphones and are always connected to the internet. Generation Z needs a different approach with these different characteristics. Today's teenagers are more sceptical and cynical, highly dependent on technology, maintain privacy, can do many things at once, and are very vigilant. This generation is supposed to be smarter, but many teenagers are becoming addicted. Very unsocial, unfocused, and lacks social competence. Bullying behaviour is behaviour that involves violence and that can be psychologically or physically disturbing to someone which is the goal of bullying. Several factors cause bullying, including family factors, mass media factors, and also peer factors. The impact of bullying causes psychological disorders including mental weakness, depression, and many others. Handling bullying can be done in the following ways: provide counselling

services in the form of reprimands and orders not to repeat themselves, provide recommendations to overcome bullying, establish relationships and talk to children in two directions, and encourage them to avoid becoming "silent witnesses", Fostering self-confidence and courage in children who are victims of bullying, Helping children discover their interests and potential, Exemplify good attitudes and behaviour. The meaning of tawhid is to confirm that Allah is almighty and there is no ally for Him. The first and foremost education that must be given to every human being is tawhid education. Tawhid education is guidance, teaching, and training that aims to instil the values of tawhid, which are given by adults as a process of changing both attitudes and behaviours in a person or group of people so that later they have a strong and firm belief in the existence of Allah Almighty as the only substance worthy of worship and praise. Strengthening monotheism will minimize or prevent someone from bad behavior including bullying behavior.

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### Author Contribution

All authors contributed equally to the main contributors to the study, all authors read and approved the final research, and all authors stated no conflict of interest.

### Conflicts of Interest

All authors declare no conflict of interest.

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